

TRAINING SESSIONS

Tuesdays and Thursday Nites Are The Training Nites for Junior and Senior Athletes...

Please See Vale Royal AC Web Site For Details.... Or Phone...



Shaun - 01606 592746

Any Time - Day or Nite!!!

www.valeroyalathleticclub.co.uk

**Come Down The Club
And Have A Go At Any
Athletics Events You
like!!!!**



Safe, Effective
Child Friendly
Club

SPORT ENGLAND CLUB MARK
(REGISTERED CLUB)

The Safety of athletes whilst under the supervision of qualified coaches is paramount and there are systems in place to ensure that athletes can learn in a safe learning environment hence the awarding of Club Mark Status

Make New Friends
Accept New Challenges
Have Fun!!!

Vale Royal Athletic Club



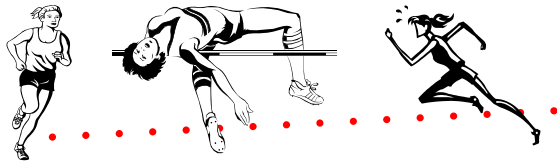
The Club For Athletics

Welcome To Vale Royal Athletic Club

Vale Royal Athletic Club has been in existence for 12 years this year. Success has reaped success with Junior Athletes winning National titles in middle distance events as well as sprints events.

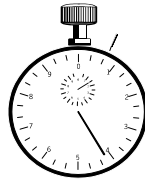
The Club has produced eight junior internationals, with three Senior athletes who have also competed for their Country.

The Club has endless enthusiasm for the development of athletics within the borough, whether you are a runner, jumper, sprinter or thrower.



Coaching Staff

The Club has a dedicated group of Coaches which coach in a range of events including



**SPRINTS
JUMPS
THROWS
MIDDLE DISTANCE**

Coaches At The Club are trained in Child Protection, Health & Safety As well as Life Support Skills.

Coaches Are Registered With UK Athletics And Are Police Checked (CRB) To Work With Athletes

Athletes Must Be Nine Years Of Age To Join Vale Royal AC

How Is The Club Structured??

Junior Section

The Junior Section Caters For Athletes Under the Age Of Twenty

Please View The Web Site For Further Information On How The Junior Section Is Organised!!!

Senior Section

The Senior Section Caters For Athletes Over the Age Of Twenty

Compete In Fell Races, Cross Country, Track Races As well as Half Marathon to full Marathon Please View Web Site!!!