

CROSS COUNTRY



Rugby and Northampton Athletics Club is running a new 6-week cross-country course, in Rugby, during January and February 2021.

If your child is a keen runner, wants to get fit or learn new skills from experienced coaches, then please get in touch with us. The only requirements are enthusiasm, lots of energy and a willingness to get muddy!

The course is free and will be open to both non-club and club athletes.

Age – 8 years upwards.

When – Sunday mornings at 11 am
17th January to 21st February.

Where – Rugby & Northampton AC Track



For further information and to register interest, please email us on rugbyxc@gmail.com.

Places are limited, register now!

For COVID requirements, all children must register beforehand – you cannot simply turn up.

To find out more about Rugby and Northampton AC please see our website <https://randnac.org/>