



# England Athletics North-East Regional Endurance Day

Saturday 15<sup>th</sup> July

2pm-5pm

Maiden Castle Athletics Track, The Graham Sports Centre, Durham City DH1 3SE

Building on the success of past endurance days, we are inviting up to 50 athletes and 25 coaches to attend an exclusive training session with multiple World Champion and former Marathon world record holder, Paula Radcliffe; who is visiting the region to take part in the Durham City Run and present her hugely popular Families on Track event.

Paula will present her 'Journey through athletics, early years, highlights, lessons learned and most important advice to young athletes'.

You will then be led by Paula through a full warm up and drills, both on the track and infield.

Once you've learnt how to warm up like an elite athlete, you will take part in a one-hour training session, with the chance to ask questions and gain valuable insight to help elevate your own training and approach to racing. Water and snacks will be provided.



In partnership with  Durham University

RSVP via [kevin.johnson@marvelus.co.uk](mailto:kevin.johnson@marvelus.co.uk) to register your interest and that of your coach.

Note there are a maximum of 50 places for athletes and 25 for coaches so please respond asap.