

FLEET & CROOKHAM

Athletic Club



*Organisers of the Fleet Pre-London
Half-Marathon & Fleet 10k*



Fleet & Crookham Athletic Club is a very friendly club affiliated to England Athletics and we always welcome new members. We cater for all ages and abilities - juniors from 8 to 17 and adults from 18 upwards ranging from beginners who can only run a few miles to county standard runners and beyond.

There are opportunities to train for road races, cross-country and trail races as well as track and field events for juniors, but the emphasis is on enjoyment. We offer lots of variety - friendly, social group steady runs as well as training focus on hills, speedwork and intervals - the kind of training that is hard to do on your own but makes a real difference to your general running performance and wellbeing. Why not give our club a try and be part of a special group of people? You won't regret it!

If you are interested, please drop into our club hut located by the Peter Driver fields at the Church Crookham end of Bourley Road at 7pm on a Tuesday or Thursday evening or visit our website for further information.



Find us on Facebook: [Fleet and Crookham AC Public Group](#).

Benefits of Membership

- ◆ Run for fun, get fit and keep fit with like-minded people.
- ◆ Make new friends and enjoy the social atmosphere.
- ◆ Receive training advice from qualified coaches and experienced runners.
- ◆ Take part in races from 100m to full marathon, cross-country races and in track & field events - the choice is yours with no obligation.
- ◆ Experience running on all surfaces on and off-road as well as on a track.
- ◆ Receive discounts on race entry fees & at local running stores.

**Please visit our website for further details:
www.fleetandcrookhamac.org.uk**

**POSTAL ADDRESS:
PO BOX 1, FLEET, GU52 8GU**



F&CAC is Registered Charity 1156074 - Helping to raise funds for the promotion of community participation in healthy recreation and the provision of facilities and coaching for all running/athletics disciplines in the Fleet area.