



ILORD AC Press Report and England Athletics initiative

Subject: ILORD AC Press Report and England Athletics initiative

Message from Billy Green December 15, 2020 21:12

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Evening all.

This weeks Press Report can be found at the following link:-

ilfordathleticclub.co.uk/2020/12/15/ilford-ac-press-report-15th-december-2020/

Last weeks piece in the printed Press is attached.

Please also see below and attached the latest initiative from England Athletics to develop run leaders skills which I think is fantastic value and something to consider if you want to give a little something back to your sport

RUN LEADER DEVELOPMENT DAYS

Back for 2021 are the England Athletics Run Leader Development Days. Due to covid restrictions, these are being delivered virtually. The five webinars aim to support leaders, develop their skills and help bridge the gap between leading/coaching.

The webinars will cover a range of topics including – developing confidence as a leader, adapting your offer, goal setting, core skills of a LIRF and examples of practical content to include in your sessions.

The webinars are taking place every Monday from 1/2/21 – 1/3/21 and it is £30 for all five webinars.

For further information, please see the link below or the attached flyer.

www.englandathletics.org/virtualRLDD

Any help with promoting this to run leaders, clubs and groups across the East would be greatly appreciated.

Best wishes,

Amy

Amy Frith



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England Athletics

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Regards

Billy

If you need to respond to this email please do not reply but contact Billy Green separately



[ea-run-leader-development-days-2021-FINAL.pdf](#)

