

# QUALIFY AS A LEADER IN RUNNING FITNESS (LIRF)

**Do you have an interest in running for fitness & would like to lead a group? Then this is the course for you!**

The Leadership in Running Fitness course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.



## Your nearest course

**Date:** Saturday 1<sup>st</sup> April 2017 – 10.00am – 6.00pm  
In the Firs (Theory) and ½ the main hall (Practical)

**Venue:** Armitage Sports Centre, Moseley Rd, Manchester M14 6HE

**Code:** NC0921

**Cost:** £160 or £140 for EA affiliated club members  
For further info, to book on: <http://bit.ly/2mtdRlp>  
[enquiries@englandathletics.org](mailto:enquiries@englandathletics.org)



RunTogether



ENGLAND ATHLETICS



**find out more at: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)**