

Summer Camp Booking form:

Full Name:
 Address:
Postcode.....
 Tel:Mobile:.....
 E-mail:
 Age:DOB:Male/Female.....
 Preferred event e.g. hurdles.....
 Emergency contact name.....
 Emergency contact no.....

- Residential athlete £300 (Incl, all meals & talks)
- Non-residential athlete £180 (Incl lunch & talks)
- Residential coach/teacher £180 (Incl, all meals & talks)
- Non-residential coach/teacher: £80 (Incl lunch & talks)

Please make all cheques payable to Performance Running Ltd (8 Porchester, South Ascot, Berkshire SL5 9DY).

Parental consent for photos/DVD: YES NO

Medical Information (E.g. asthma, allergies, dietary)

(Any medical condition which may affect my child's participation on the Performance Running athletics camp has been fully disclosed. My child is in good health and I consider him/her capable of taking part in the activities provided at the athletics camp. I consent that, in the event of any illness/accident, any necessary treatment can be administered to my child, which may include the use of anaesthetics or transfer to hospital. I also understand that, while the coaches at the Performance Running athletics camp will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury suffered by my child.

Signed parent/guardian:

"The Performance Running Summer Athletics Camp is a great vehicle for getting kids really excited about the sport of track and field athletics.

They get a chance to not just take part in the various athletics disciplines but actually train for those events, just like a top athlete would in a fantastic setting with some of the UK's leading athletes and coaches.

It was great having the chance to meet the kids and talk to them about what it was like while I was training and competing and to offer them some advice as they begin on their road to perhaps one day Olympic fame too and I wish them and everyone on the project all the very best?"

Dame Kelly Holmes – Double Olympic Champion 2004



Important information

Full sports kit, including swimwear and kit for hot/cold weather, plus extra kit to change into after sweating.

Those children who require Epi-pens must have a written consent letter giving our coaches permission to administer them, in case of emergency. Children who do not carry their inhalers will not be able to take part in the camp.

Packed lunches will be provided by British Airways, but please advise of any special dietary requirements in advance.

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Performance Running Ltd. Summer Athletics Camp

**Mon 23rd July 2012
 To
 Fri 27th July 2012**



Supported by

BRITISH AIRWAYS 

&

CRAFT 

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BRITISH AIRWAYS

Offering the full range of track and field events, there will be specialist coaching from some of the UK's leading athletes and coaches, providing a great opportunity to have some fun and to take part in a range of athletic disciplines. With the 2012 Olympics just the following week, all those taking part will experience at first hand the Olympics premier sport; athletics!



The camp will take place at one of the UK's newest and finest athletics facilities, the Hillingdon Sports & Leisure Complex, West London, just off the M40.

There will, as always, be theory elements as well as our usual celebrity athlete interview, hosted by the BBC's Paul Dickinson who is widely regarded as "the voice of athletics".

Last year we are lucky to have former European, Commonwealth & Olympic heptathlon Champion and star of Strictly Come Dancing; Denis Lewis OBE. This year's guest is still to be confirmed.

The camp will be split into two main groups:

- 1) Those athletes wanting to experience a range of athletics events across all the track & field disciplines throughout the week.
- 2) The other group has the option of training in "event specific" squads, led by some of the UK's top athletes, so they can choose which event they would like to specialise in for the duration of the camp.

BRITISH AIRWAYS

When: Monday 23rd July – Friday 27th July 2012.

Where: **Hillingdon Sports & Leisure Complex**
Gatting Way,
Uxbridge,
Middlesex, UB8 1ES



Time: Residential 9.00am Monday to 5.00pm Friday.
Non residential athletes can arrive at 9:30am and finish at 5:00pm each day.

Residential costs: £300. This includes:

- Entry to the new Hillingdon track and all its facilities.
- The UK's newest 50m indoor & out Swimming pools.
- Specialist coaching from some of the UK's best athletes and coaches.
- Specialist talks/lectures from leading guest speakers.
- Celebrity athlete interview by the BBC's Paul Dickinson.
- Accommodation at the new Bucks University halls.
- Breakfast, lunch and dinner.
- Pastoral care.
- Evening entertainment.
- A Craft T shirt.
- A signed certificate of attendance.

Non Residential costs: £180, that's only £36 per day!

There will be official photos available to buy and parents, teachers and coaches are welcome to attend the celebrity sports star interview.

The camp is open to any one aged between 8 and 18 and coaches or teachers wishing to attend the whole camp themselves can do so at a reduced rate of £180 residential or £80 non-residential.

BRITISH AIRWAYS

The 2012 Summer Athletics Camp boasts a most impressive lineup of top class international athletes and coaches including some of the following:

Ania Massey	Former World Youth bronze in the pole vault
Adrian Patrick	Former GB International 400m runner (45.6)
Ben Tyler	University cross country champion & now PE teacher
Danny Hodge	World Masters 400m hurdles Bronze medalist & former Te-Kwon-Do Champion
Egryn Jones	Coach to the former UK women's junior & senior Pole Vault record holders
Harry King	IAAF International Sprints Coach and former Commonwealth & UK Indoor 60m record holder
Joanne John	GB bobsleigh team member and international hammer thrower
James McIlroy	Northern Ireland 800m Record Holder (1:44.65)
Julian Golley	1994 Commonwealth Games Triple Jump Champion
Keith Fleming	Former GB international long jumper & coach to Commonwealth Games gold & silver medalists.
Larry Achike	1998 Commonwealth Games Triple Jump Champion & two time Olympic finalist
Mark Wiseman	UKA L 3 throws coach & masters international
Matt Love	UKA L 2 hurdles coach & multi-sports schools coach for Charters School, Surrey.
Nick Leavey	GB international 400m runner, ranked No.10 in the world indoors in 2009
Richard Aspden	Former GB international & Commonwealth Games High Jump finalist (2.20m)
Shelayna Oskan	5 th in the 2008 Youth Commonwealth Games English Schools 400 and National indoor and out 400m Champion
Simon Wells	Former International decathlete & coach
Tim Benjamin	Former British No.1 400m runner (44.56) senior World finalist & former European Junior Champion