

## RESIDENTIAL

- Accommodation at the 4 star Crowne Plaza London - Heathrow Hotel Stockley Road, West Drayton, London UB7 9NA
- Transportation to/from the hotel to Brunel University.
- Breakfast, lunch and dinner.
- Pastoral care.
- Evening entertainment.
- Entry to the Brunel University Sports Park and all its facilities.
- Specialist coaching from some of the UK's best athletes and coaches.
- Various talks/lectures from leading guest speakers.
- Celebrity athlete interview

**Price: £695.00**

10% discount if you book before April 30th 2019

**Discounted Price: £625.00**

### Airport Transfers:

Optional Pick Ups / Drop Offs - Additional Cost  
Heathrow: £50 | Gatwick: £75 | Stanstead or  
Luton: £100

## NON-RESIDENTIAL

- 9:30am - 5:00pm Daily (Mon-Fri)
- Lunch provided.
- Entry to Brunel University Sports Park and all its facilities.
- Specialist coaching from some of the UK's best athletes and coaches.
- Various talks/lectures from leading guest speakers.
- Celebrity athlete interview

**Price: £295.00**

10% discount if you book before April 30th 2019

**Discounted Price: £265.00**



*"The Performance Running Athletics Camp is a great vehicle for nurturing young people in track and field whether you are a total beginner or already a member of an existing Club. It offers you the chance to learn and participate in various athletic disciplines; whether you like to run, jump, throw or even pole vault our expert coaches are ready to show you how!"*

*The daily seminars are a key part of the week and give you an opportunity to ask questions and gain a valuable insight from our elite coaches, athletes and guest speakers. I wish you luck as you embark on your own personal journey to success.*

*Have fun!"*

**Denise Lewis**



# PERFORMANCE RUNNING INTERNATIONAL ATHLETICS CAMP 2019



**MON 5TH AUG - FRI 9TH AUG**

**Brunel University**  
7 Kingston Ln, Uxbridge UB8 3PN

**WWW.PERFORMANCERUNNING.CO.UK**  
**ATHLETICSCAMP@PERFORMANCERUNNING.CO.UK**  
**+44 (0) 7734 731 238 / +44 (0) 7857 312 445**



## The Performance Running International Athletics Camp 2019

Our international athletics summer camp covers the full range of track and field events from sprints to middle & long distance, jumps, throws, hurdles, multi-events and even pole vault, from ages 8 to 18yrs old.

With specialist coaching from some of the UK's leading athletes and coaches, you are provided with a great opportunity to have some fun, learn new skills and to take part in a range of athletic disciplines.

Experience first hand the Olympics premier sport; athletics!

The Performance Running International Athletics Camp returns on Monday 5th of Aug to Friday August 9th 2019

### Who Is Performance Running?

Performance Running (est. 2006) is a professional athletics coaching company founded by UKA Level 4 Qualified Coach Rodger Hughes. Rodger has many accolades to his name including winning BAA Sports Coach of the Year and was honoured to carry the Olympic torch in 2012 for his services to sport.

Our main aims are to deliver the sport to juniors and adults alike.

Performance Running has partnerships with some of the UK's biggest companies such as [British Airways](#) and [Craft Performance Apparel](#), as well as supporting local businesses such as [Cliff Røe Sports Ltd.](#) and [Apex Sports](#).

The coaching we provide is of the highest quality, with many of our coaches being past and or present international athletes and coaches.

Over the years we have been fortunate to have the following coaches:



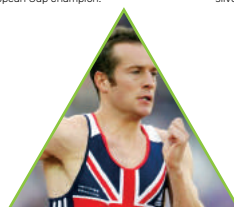
**ADRIAN PATRICK**  
Former GB International 400m runner (45.6)  
Commonwealth & European Cup champion.



**ASHLEY BRYANT**  
GB No.1 decathlete & 2014 Commonwealth  
silver medalist.



**EGRYN JONES**  
Coach to the former UK women's junior &  
senior Pole Vault record holders



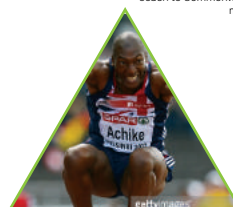
**JAMES MCILROY**  
Northern Ireland 800m Record Holder (1:44.65)



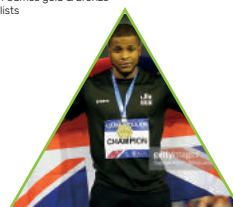
**KEITH FLEMING**  
England Athletics jumps coach of the year &  
coach to Commonwealth Games gold & bronze  
medalists



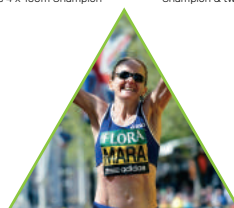
**LAURA TURNER**  
Former British No.1 100m runner  
Commonwealth Games 4 x 100m Champion



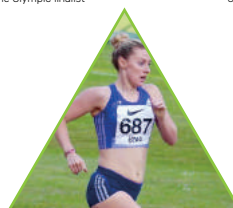
**LARRY ACHIKE**  
1998 Commonwealth Games Triple Jump  
Champion & two time Olympic finalist



**NATHAN FOX**  
6th in the 2014 Commonwealth Games Triple  
Jump final



**MARA YAMAUCHI**  
6th at the 2008 Olympics & Commonwealth  
bronze, 2nd fastest ever GB marathon 2:23.12



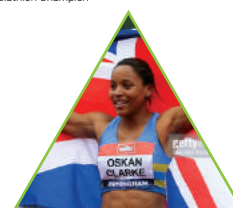
**MELISSA COURTNEY**  
National 1500m Champion, European U23  
finalist & World U21 Biathlon Champion



**MARK WISEMAN**  
Former World Masters Champion & Olympic  
throws coach (Discus)



**MO FARAH**  
Olympic, World & European 5,000/10,000m  
Champion, European & world indoor &  
European Cross Country Champion



**SHELAYNA OSKAN-CLARKE**  
5th in the 800m at the 2015 World  
Championships (1:58.86) & 2016 British 800m  
Champion & Anniversary Games winner.



**TIM BENJAMIN**  
Former British No.1 400m runner (44.56) senior  
World finalist & former European Junior  
Champion



**RODGER HUGHES**  
Performance Running Founder  
Winning BAA Sports Coach of the year  
2012 Olympic Torch Bearer

## REGISTRATION FORM

YOUR FULL NAME

ADDRESS

POSTCODE

CONTACT NUMBER

EMAIL ADDRESS

AGE

DATE OF BIRTH

DD / MM / YY

GENDER

☐ MALE

☐ FEMALE

T-SHIRT SIZE

☐ SMALL

☐ MED

☐ LARGE

☐ X LARGE

☐ OTHER

EMERGENCY CONTACTS

CONTACT 1 / FULL NAME

RELATIONSHIP

PHONE NUMBER

CONTACT 2 / FULL NAME

RELATIONSHIP

PHONE NUMBER

I WANT TO...

☐ EXPERIENCE A RANGE OF ATHLETIC EVENTS

☐ FOCUS ON ONE SPECIFIC EVENT

PREFERRED EVENT(S)

PAYMENT

☐ RESIDENTIAL ATHELTE  
DEPOSIT PAID BEFORE APR 30TH - £625.00

☐ NON-RESIDENTIAL ATHELTE  
DEPOSIT PAID BEFORE APR 30TH - £265.00

☐ RESIDENTIAL ATHELTE  
£695.00

☐ NON-RESIDENTIAL ATHELTE  
£295.00

☐ DIRECT DEPOSIT  
PERFORMANCE RUNNING LTD: HSBC Bank // ACCOUNT NO. 11895141 // SORT CODE: 403105

☐ CHEQUE  
MADE PAYABLE TO PERFORMANCE RUNNING LTD  
8 PORCHESTER, SOUTH ASCOT, BERSHIRE SL5 9DY

☐ CASH

CONSENT

MEDICAL CONDITIONS

PARENTAL CONSENT FOR PHOTOS/DVD

☐ YES

☐ NO

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 academy. 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 BY PARENT/GUARDIAN