

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 2018

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 2018

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 2018



MON 6TH AUG - FRI 10TH AUG

Brunel University

7 Kingston Ln, Uxbridge UB8 3PN

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ATHLETICSCAMP@PERFORMANCERUNNING.CO.UK
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The Performance Running International Athletics Camp 2018

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 6th of Aug to Friday August 10th 2018

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 Roe 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 (45.4)
Commonwealth & European Cup champion.



ASHLEY BRYANT
GB 110m Decathlete & 2014 Commonwealth
silver medalist.



EORLYN 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 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 1000m Champion, European U23
Finalist & World U21 Bather Champion



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



NO FARAH
Olympic, World & European 5000/10,000m
Champion, European & World indoor &
European Cross Country Champion



SHELAYNA OSKAN-CLARKE
5th in the 800m at the 2018 World
Championships (1:58.85) & 2018 British 800m
Champion & Anniversary Games winner.



TIM BENJAMIN
Former British 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 <input type="radio"/> MALE <input type="radio"/> FEMALE	
T-SHIRT SIZE <input type="radio"/> SMALL <input type="radio"/> MED <input type="radio"/> LARGE <input type="radio"/> XLARGE <input type="radio"/> OTHER <input type="text"/>	
EMERGENCY CONTACTS	
CONTACT 1 / FULL NAME	
RELATIONSHIP	PHONE NUMBER
CONTACT 2 / FULL NAME	
RELATIONSHIP	PHONE NUMBER
I WANT TO... <input type="radio"/> EXPERIENCE A RANGE OF ATHLETIC EVENTS <input type="radio"/> FOCUS ON ONE SPECIFIC EVENT	
PREFERRED EVENT(S)	
PAYMENT <input type="radio"/> RESIDENTIAL ATHLETE DEPOSIT PAID BEFORE MAR 31ST - £426.00 <input type="radio"/> NON-RESIDENTIAL ATHLETE DEPOSIT PAID BEFORE MAR 31ST - £266.00 <input type="radio"/> RESIDENTIAL ATHLETE £696.00 <input type="radio"/> NON-RESIDENTIAL ATHLETE £296.00 <input type="radio"/> DIRECT DEPOSIT PERFORMANCE RUNNING LTD: H6BC Bank // ACCOUNT NO. 11896141 // SORT CODE: 403106	
<input type="radio"/> CHEQUE MADE PAYABLE TO PERFORMANCE RUNNING LTD 8 FORCHESTER, SOUTH ASCOT, BERKSHIRE SL6 9DY <input type="radio"/> CASH	
CONSENT	
MEDICAL CONDITIONS	PARENTAL CONSENT FOR PHOTOS/DVD <input type="radio"/> YES <input type="radio"/> 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	