



# TIGER CUBS ARE BACK

Richmond Harriers Athletic Club a Fair Play Club invites young runners aged 8 – 14 years for athletic training each Monday from 4.00 to 4.40 pm at Citizens Park Gleadell Street Richmond.

Ron Brown from Richmond Harriers will conduct weekly running sessions designed to help children enhance their running abilities and general fitness. The sessions have a focus on fun inclusive activities to improve running technique, speed and endurance for all participants.



## When:

Every Monday starting on 26<sup>th</sup> August through to 16<sup>th</sup> December 2024 and then from January 27<sup>th</sup> 2025 through to March 3<sup>rd</sup> 2025.

To obtain a registration form please email Ron on [ron.brown1@optusnet.com.au](mailto:ron.brown1@optusnet.com.au) or alternatively on our Richmond Harriers Website at [www.richmondharriers.org.au](http://www.richmondharriers.org.au)

Cost is \$25 per child for the entire season.

For Further Information Contact Ron Brown at [ron.brown1@optusnet.com.au](mailto:ron.brown1@optusnet.com.au) or mobile 0419 440923