



TIGER CUBS ARE BACK

Richmond Harriers Athletics 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 25th August through to 15th December 2025 and then from January 26th 2026 through to March 2nd 2026.

To obtain a registration form please email Ron on ron.brown1@optusnet.com.au or alternatively on our Richmond Harriers Website at 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 or mobile 0419 440923