

## **Fraserburgh Running Club Moves Into The Fast Lane**

A hectic two days of training over the weekend of the 26<sup>th</sup> and 27<sup>th</sup> November at South Park School, has seen Fraserburgh Running Club achieve a sea-change in the club's coaching capacity. Tutors from **scottishathletics**, funded by Active Schools, put eleven of the club's members and other clubs candidates from as far away as Ayr, through the 'UKAthletics Assistant Coach' course over the two days.

Active Schools Coordinator, Paul Winter said, "The dedication of volunteers from Fraserburgh Running Club and Fraserburgh Jog Scotland to promoting children's participation in sport through the after-school clubs is inspirational. Completing this course has enabled them to apply state of the art coaching techniques to the after-school clubs they run and to include more 'jump and throw' events into the sessions".

Fraserburgh Running Club president Graeme Clark commented, "With substantial support from schools, the volunteers are currently providing athletics activities for around three hundred children each week and with the sustained growth in participation being achieved in this and other volunteer-run activities, the town has to be well on the road to having the fittest children in the UK".