

OLYMPIC'S LEGACY:

AVIVA STARTRACK 2012 – hosted by Vale Royal Athletic Club

8 Young athletes attended the Aviva Startrack athletics event at Knights Grange on Tuesday 31st July and Wednesday 1st August 2012.

Everybody had a chance to try out jumps (high jump, long jump and triple jump), throws (discus, shot, hammer and javelin), sprints, endurance running and relays. They all achieved awards in both Endurance and Decathlon (target throw, standing long jump, standing triple jump, vertical jump, balance test, speed bounce, high stepper, shuttle runs, chest push and javelin). There were also a range of games and activities, including orienteering, which were enjoyed by everyone.

One grateful parent said “Thank you very much for running the 2 day course. Charlie has really enjoyed the opportunity to try various sports and is full of enthusiasm for athletics (even if he is aching a bit!!!!). The certificates are a great confidence boost and Charlie feels that he has really achieved something”.

The course was organised by Vale Royal Athletic Club and run by coaches Dave Copsey and Nick Kelly, who were ably assisted by Jade Evans and Ellie Copsey from VRAC.

Vale Royal Athletic Club are hoping to run a two day session again in August 2013 – watch this space!!



