

MENAI TRACK & FIELD

TRAINING

Every Monday & Wednesdays
18:30 - 20:00pm

LOCATION

Menai Track & Field Athletics Club
Treborth Athletics Track
Bangor LL572RQ



UNIQUE BENEFITS

- Specialist and event specific coaching
- A chance to develop talent, health, wellbeing and fitness
- Train with other athletes
- Meet new people and try something new
- Access a full competition programme
- Regular updates and club newsletters

COACHING

All training sessions are organised and delivered by UKA / British athletics qualified coaches. All Track and Field disciplines are covered as well as cross country, Road running and Sportshall Athletics.

These coaches can best develop talent and advise on both correct training programmes and competition schedules.

menaitrackandfield.co.uk

TRAINING

Training is a great way to meet new people and develop talent. Club training takes place every Monday and Wednesday evenings 18:30pm - 20:00pm at the athletics track in Treborth.

KIT

To view the club kit catalogue please visit: www.totalteamwearuk.com/clientshops/menaintrackandfield/default.htm

AGE GROUPS

Sessions and competitions are held to cater for all ages groups from Under 11's through to Senior and Master Athletes.

For more information on specific training for u11's, u13's, u15's, u17's, u20's, Seniors & Masters age groups, please contact the club.

COMPETITION

The club offers members a comprehensive fixtures programme and competes in the following leagues/events:

- UKA Youth Development League
- Cheshire League
- Welsh Junior League
- Welsh Senior League
- North Wales Cross Country League
- North Wales Junior Cross Country League

...as well as a range of open meetings, road races and all regional, inter regional, national championships and UK championships across all disciplines.



BRITISH
ATHLETICS

WELSH ATHLETICS
ATHLETAU CYMRU

For further information please visit the club website:

menaintrackandfield.co.uk or email. info@menaintrackandfield.co.uk