

# MENAI TRACK & FIELD

## TRAINING

Every Monday & Wednesdays 18:00 - 19:30

**Club Nights:** Every Monday & Wednesdays 18:00 - 19:30

**Optional S&C sessions for older athletes:** Thursdays 17:30 - 18:30

**Insport athletics sessions for athletes with disabilities:** Fridays 17:30 - 19:00

**Eryri Athletics Academy for juniors aged 5-9 year olds:** Fridays 17:30-19:00

**Optional additional weekly fitness session** (hills, sand dunes, trail runs, gym, grass)  
Sundays 10:00 - 11:30



## 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.

**Menai Track & Field Athletics Club** | Treborth Athletics Track | Bangor | LL57 2RQ

**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 18:00pm - 19.30pm at the athletics track in Treborth.

## KIT

To view the club kit catalogue please visit: [www.totalteamwearuk.com/clientsshops/menaitrackandfield/default.htm](http://www.totalteamwearuk.com/clientsshops/menaitrackandfield/default.htm)

## COMPETITION

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

- UKA Youth Development League
- Northern Track & Field League
- Welsh Junior League
- Welsh Senior League
- North Wales Cross Country League
- North Wales Junior Cross Country League

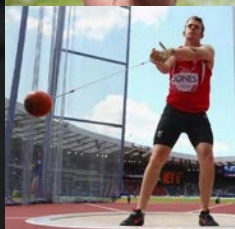
...as well as a range of open meetings, road races and all regional, inter regional, national championships and UK championships across all disciplines.

To view the competition / events fixtures please visit: [www.welshathletics.org/en/competition](http://www.welshathletics.org/en/competition)

## 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.



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For further information please visit the club website:

**[menaitrackandfield.co.uk](http://menaitrackandfield.co.uk)**