

# Low Fell

Running Club

Founded 1985

## Information about the club

Low Fell Running Club is a small and friendly running club based in Gateshead, catering for all age groups, from Junior Under 11 's, up to Veterans. The club meets every Tuesday and Thursday evening at Gateshead Cricket Club, at 6.50pm, when we usually run in a number of groups. Members of the club compete in local and national road, cross country and fell races.

**Contact email address:** [enquiries@lowfellrunningclub.co.uk](mailto:enquiries@lowfellrunningclub.co.uk)

**Club address:** 2 Eastwood Gardens, Gateshead NE9 5UB



## Meeting times and club fees

**Monday:** Ladies beginner group - Meet at 6.15pm at the Cricket Club, all abilities welcome.

**Tuesday:** Speed training – Meet at 6.50pm at the Cricket Club, different groups are led by a qualified coach.

**Thursday:** General club run - Meet at 6.50pm at the Crickey Club, different groups are led by a qualified coach.

**Friday:** Junior training (under 16) – Meet at 5.50pm at Gateshead Stadium.

**Annual club fees: £25 (seniors) £2 per week (juniors)**

## Committee, qualified coaches and coaching assistants

**Chairman:** Alan Elders

**Treasurer:** Vicki Halse

**Secretary:** Clare Magrath

**Welfare Officer:** Neil Morris/Clare Magrath

**Other committee members:** Neil Kavanagh, Garry Patterson, Keith Pearson, Carl Watson, Lesley Johnson, Roger Sillito, Stan White, Doug Long, John Stephens.

**Qualified club coaches and assistants:** Allan Clark, Bill Doidge, Alan Elders, Vicki Halse, Lesley Johnson, Craig Lamb, Mark Lisle, Gordon Long, Bob Najafi, Garry Patterson, Catherine Tucker, David Wright.



## Other information

- When you register with the club, you will receive a UK Athletics number and will become an affiliated athlete. You can use this number when entering a variety of races.
- The club has an annual male and female 'Grand Prix.' A number of local races are included, it offers club members an opportunity to gather points, and the winner with the most points is announced at the club's AGM – Please see the club board for current standings and further information.
- Some of the 'big races' which club members take part in, each year are: The Great North Run, The Blaydon Race, The Gibside Trail Race, The Pier 2 Pier Race, Saltwell 10k, Tynedale 10 mile Race, Norther and National Cross Country Championships, Northern 12 man and 6 women relay race, The London Marathon and the North East Harrier Cross country League.
- If you would like any further information on any of the above races, or any others, please speak to a committee member.

