

Wirral A. C....

- ✓ *...established as an athletic club since 1911*
- ✓ *...affiliated to the local and national bodies of the sport*
- ✓ *...Clubmark accredited*
- ✓ *...largest athletic club on Wirral with over 300 members, male and female, 8 to 80, joggers to internationals*

Activities....

- ✓ *...track and field athletics*
- ✓ *...road, cross country and fell running*
- ✓ *...coaching and advice on all disciplines available from the club's coaches*
- ✓ *...competition in full range of local and national events*
- ✓ *...disabled athletes squad*

Facilities...

- ✓ *...based on The Oval Wirral, Bebington*
- ✓ *...8 lane, all-weather track hired for members 3 times a week throughout the year*
- ✓ *...showers and changing accommodation in the club's HQ in the Gatehouse*



Competition

- Young beginners compete in Sporthall athletics in the winter and outdoor competition in summer.
- For the more experienced, a succession of nationally organised leagues provide track and field competition for different age groups
- Distance runners compete in championships and local leagues on the road and country throughout the year.

Training

- Qualified coaches organise training at the Oval.
- Youngsters can join the 8 –13 squad, graduating to specialist coaches as their talents mature.
- Parents are welcome to attend and assist at training sessions.
- Mob runs for Senior distance runners on Mondays and Thursdays at 6.30pm from the club HQ in the Gatehouse.

Come and try it!

You are welcome to take part in sessions at the Oval for up to six weeks before applying to become a member.

To arrange this or for more information, please contact the person who most suits your needs on the list overleaf

=====>>

For more information about the club,
please contact the person who most
suits your needs:

8 – 13 Squad:

Margaret Milne 0151 334 8492

or

Maureen Crowe 0151 608 3352

Track & Field Athletics:

Running and jumping:

Norman Waterson 0151 327 2571

Throwing:

Joe Fallon 0151 334 6148

Disabled Athletes Squad:

Mike Carter 0151 608 6113

**Distance Running
and**

General Enquiries:

Honorary General Secretary:

Leo Carroll

1, Cumberland Avenue

Prenton

Birkenhead, CH43 ORY

Tel: 0151 608 4647

E-mail: ljc@liverpool.ac.uk

Club Web Site:
wirralac.co.uk

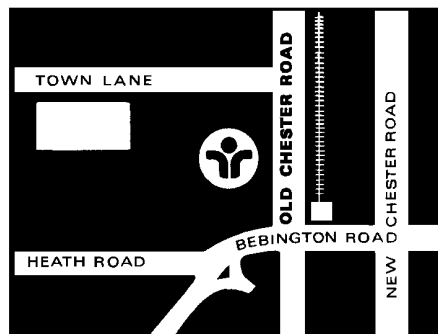
Principal Training Times:

*Monday, Wednesday, Thursday
Oval track hired from 6pm to 9pm
8-13 Squad 6 – 7pm*

*Monday, Thursday, 6.30pm
Senior distance training from the
Gatehouse.*

Where are we?

*The entrance to the Oval Wirral is
on Old Chester Road.....*



*The club HQ is in the Gatehouse,
which can be seen on turning into
the Oval from Old Chester Road.*

*Wirral A C is a volunteer
organisation.
Officers and coaches are unpaid*

Introducing

WIRRAL

ATHLETIC

CLUB

