

Abbey Runners

Abbey Runners Juniors is an inclusive running group for children and young people from school year 2 upwards.

Our weekly junior sessions are led by two fully qualified and experienced Coaches and two run leaders; all are DBS checked.

Sessions are structured to focus on fun and variety to help encourage and develop all our juniors irrespective of age or ability.

The activities are adapted to ensure they suit individual experience levels and personal progress within a group environment.

We train on Sunday afternoons from 3-4pm.

Most of our sessions are held on Bedquilts Playing Fields in Adel, or at Golden Acre Park, Bramhope.

We also encourage and support participation in junior running events, but this is completely voluntary.