

## **Steve Perkin's Training Group – Autumn-Winter 2011/2012**

Please note that Steve's group that will be training at Amersham & Chiltern rugby club over the winter months on Thursdays is full.

Steve will not be accepting new members to the group unless in exceptional circumstances.

In order for the group to operate successfully we are putting in place the following guidelines for winter training:

- Runners must maintain regular attendance throughout the winter.
- Runners (unless otherwise advised) are expected to compete for the club as often as possible in the five Chiltern Cross Country League races (ideally minimum of three over the season).
- Athletes are advised that in order to aid their development, entry to certain championship races is strongly encouraged.
- Anyone not yet a member of Chiltern Harriers should complete membership forms available on the club website [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk) and post along with subscription cheque to Membership Secretary Steve Field. This is essential to adhere to insurance requirements.

Please don't hesitate to contact Steve Perkin if you have any queries or don't feel able to meet these criteria and would like to discuss other group options.