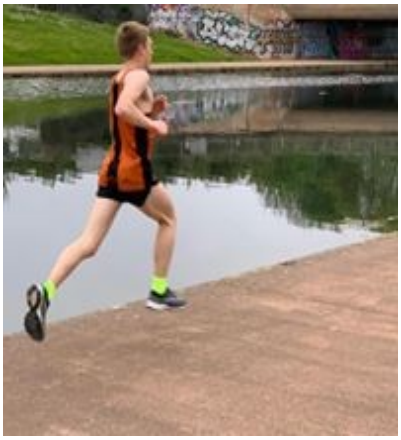
Tavistock Run Project

Running for the community

Are you looking to improve your running in 2021. You may be new to running, coming back after a lay off, looking to move to the next level or just looking to get fitter.
Joining a training group like TRP might be the answer



7 REASONS TO JOIN TRP

1) Athlete centred
We don't believe in one size fits all
2) Best qualified coaches and leaders
DBS checked, licences coaches
3) Has its own sports injury clinic
4) Great running and social environment
5) Proven to help achieve your goals
6) A club run by runners
7) Welcoming to all levels of runner

We meet at 6pm on a Tuesday and Thursday in meadowlands carpark, every week for our coached sessions. Plus a fortnightly track session on a Friday. (Starting March 30th)

We offer new prospective members 3 free trial sessions. Any questions please contact us at tavistockrunproject@gmail.com

ENGLAND ATHLETICS TRP