

Lincoln Wellington Athletic Club

Promoting Fun Activities, Fitness and a Healthy Life style for all ages, abilities, shapes and sizes.

You do not have to be a runner to join in the fun at Lincoln Wellington. Those who feel they are not built for running often make great field athletes; you do not have to be a Paula Radcliffe, Colin Jackson or Linford Christie. You may be the next Geoff Capes, Steve Backley, Denise Lewis, Tessa Sanderson, Fatima Whitbread, or you might just be YOU! One of the great things here at Lincoln is that we encourage all; we already have established groups of all standards and attract large numbers of young people of all ages from 8 years upwards. Moreover we offer expert supervised coaching by CRB-checked coaches, to help guide you through graded fun exercises that can help increase your level of fitness. Due to recent changes in our coaching set up, athletes have a choice of different training squads in sprint, field and middle distance. Stuart Benson, a Scottish International Long Jump and Triple jump athlete is a regular new Sprint/Field coach at Lincoln.

So why not come and have a go, we offer: high jump, long jump, Hammer, shot, discus, javelin, 110m hurdles, 400m hurdles, Steeple Chase, 100m -1500m, we do them all. We also have a road group of all abilities and ages that enjoy the longer distance runs.

Furthermore a new indoor circuit will be starting on Tuesday Evenings for the younger athletes U17/U15/U13/U11, to practice field event technique and strengthen core stability.

Senior athletes of all standards are also needed to participate in our athletic team. We have especially been short on strength-based athletes, I am sure there must be some strength-based people out there, with all the Gym and other sporting activities in Lincoln. We have both male and female strength athletes of all ages and abilities, from parents just having a go, to those dedicated to more serious training, so all will be welcome.

Lincoln Wellington Are Having A Field Day On Thursday 21st September 6:30-8pm

David Parker, an international 79m Javelin Thrower, will be demonstrating and coaching javelin techniques for both beginners and elite.

Lincoln Wellington organises trips to local and national events. We are members of Lincolnshire, Northern and Young Athletes' leagues.

Lincoln Wellington train every Tuesday and Thursday night 6:30-7.30pm at Yarborough Leisure Centre, where there is free parking.

Why not just turn up and have a go.

For more information contact

Adrian Marston (Coach Development Officer / Sprint Coach) on 07801 268073