

Lincoln Wellington 515 club

The 515 club started in May 2009. It is an introductory group for 8 – 12 year olds, who wish to join LWAC. Jeanette Dunderdale and Alison Dale started the group along with young adult helpers - Jono Humberstone, Becki Dobson and Stuart Campbell.

We meet on a Thursday 5.15pm – 6.15pm. This is because we are the only ones on the track which makes it safer and also it means that we coaches can all go on and train with the other groups afterwards if we wish.

We now average 20 young athletes each session, who are developing very well and with promise.

Our aim is to teach techniques, building confidence and socialising as most of our athletes had not met one another until joining the group.

We have now been joined by Odette Reed, who is a level 1 coach, as we are trying to start a group to run in conjunction with the existing group for young athletes with special needs.

We also have some more young adult helpers - Megan Ball, Ronny Wilson and Libbie Read. Also two volunteer helpers, Cameron and Katie. We encourage and assist our helpers with their coaching qualifications and are always looking for more people to help us. If you are interested, then please contact Alison through the web site.

Our ethos is that we are all equal but we are all different. We respect one another by learning and having fun.

We have recently had some of our young athletes take part in the 5k series and, as I mentioned before, we have some promising young athletes.