

## **COACHING**

The coaching and training programmes at Perth Road Runners have seen significant success this year, highlighted by the addition of three new coaching assistants: Tessa Ward, Lucy Ward and Stuart Robertson who have brought fresh perspectives and increased support to our members. The increased number of coaching assistants has allowed us to run more specialised sessions, providing better attention to both beginners and more experienced runners, ultimately helping everyone progress in their fitness journey.

One of the most notable developments this year has been the rise in participation, particularly at our track sessions. The numbers have surged, as runners of all levels have found the structured, focused environment to be incredibly beneficial. The success of the track sessions can be attributed to the collaborative team atmosphere, reflecting the enthusiasm and commitment of the Perth Road Runners community, which continues to thrive and expand.

The door is always open for members to join the coaching team, with the club funding training through Scottish Athletics. This year Kevin is stepping down from his coaching role and we would like to extend our heartfelt thanks for his outstanding service and dedication to Perth Road Runners and for the positive impact he has had.

*Richard Ward, PRR Lead Coach*