**Jenny Meadows Running Clinic on Sunday 2nd December 2018   
@ Durham School, Quarryheads Lane, Durham DH1 4SZ**

**9:30 am to 3:30pm**

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| **This training day is for all Modern Pentathlon and Pony Club athletes. Parents are also encouraged to attend the classroom sessions in the morning.**    Jenny Meadows is firmly established as one of Britain’s leading female athletes. Jenny has represented Great Britain since 2000 when as part of Great Britain Juniors 4x400m relay team they became World Junior Champions.  Her break through came at the 2009 World Outdoor Championships in Berlin where she won a magnificent bronze medal in a life-time best of 1:57.93 and became the 3rd fastest British women of all time.  After cruel injuries in 2012 and 2013, which forced Jenny to miss competing in her home Olympics, Jenny made a return to competitive action to become Commonwealth Games finalist in 2014 and the world leader in the Women’s 800m indoors in 2015. | |
| Content of the day | Preparing the Mind to Perform Workshop  This is a 2-hour workshop that will explain how the human mind works and will suddenly explain a lot of previous situations that many athletes, runners, parents & coaches have experienced. It has been said that a lot of sporting moments have been won by what’s going on in the mind and we will be drawing on live examples of this.  Session content:  We have all felt nervous, even sick, but how much are these feelings and anxieties holding us back? Learn to control your thoughts and conquer your fear, as a healthy mind is a winning mind!  Running Mechanics/Technique Workshop & Laser Shooting  This is a practical session for ALL abilities of athlete.  Increasing the amount of running that you do doesn’t always result in increased performance! Indeed if you are running inefficiently you are likely to increase your risk of injury and suffer from other stress related symptoms. This workshop encourages runners to take ‘time out’ from the stress of the stopwatch and think about their own running mechanics and technique. Runners are encouraged to focus on their posture and will gain greater awareness of their own body, their unique habits, and areas where they can make performance gains. Integrated into this workshop will be laser shooting and transitions. |
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| Coaches | Jenny Meadows ( Great Britain 800m/1500m athlete), Sam Sanderson ( PentathlonGB ), |
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| Requirements | All Participants must be age 8 years or older |
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| What to bring | Please bring suitable sports clothing and equipment for each discipline (not spikes). Shooting equipment will be available to borrow if required. Bring a packed lunch and plenty to drink (water bottle**)** |
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| Cost and payment | £15 , discount for ETP athletes.  Pay by bank transfer to Modern Pentathlon GB - North  Sort Code 20-56-78 Account Number 73179273 and use the athletes name as the reference. Email [northernregionpentathlon@gmail.com](mailto:northernregionpentathlon@gmail.com) to confirm your booking and include the information requested on the slip below  Or  Pay by cheque and send to the address below with the booking slip.  Stephen Wilcock  Hedrick Rigg, Marwood, Barnard Castle, County Durham, DL12 8SG  **CLOSING DATE 26th November 2018** |

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| Athlete Name | DOB | Contact Email | Contact Tel. |  |
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