



## England Athletics

England Athletics (EA) is the regional body of UK Athletics, the national governing body for athletics. It provides support, resources and training to clubs, coaches, and athletes. It also organises grassroots campaigns such as Run Together and This Girl Can to encourage individuals to take up running.

Royston Runners benefit in a number of ways from links with EA, and we are keen to maintain this relationship, in order to help the club to thrive and develop. EA is funded substantially from membership fees. Without these fees, EA would go out of existence.

## How Royston Runners benefit from you taking out EA membership

- Existing members can access a range of training programmes to support runner, club and coach development.
- Group leaders of Tuesday Club Runs gain training licences by attending EA's Leader in Running Fitness (LiRF) programme.
- Coaches, Captains and Group leaders gain higher level training licences by attending EAs Coach in Running Fitness (CiRF) programme.
- Advice and support on how to manage the Club and ensure we remain compliant with England Athletics policies and procedures.
- Help and best practice in hosting events and making sure they are well run.
- Allocated place(s) in the London Marathon (two places if we have over 190 EA individual members).
- Access to free coaching sessions with a professional coach for all members if we have 50% EA membership.
- Targeted coaching for us as a club to help with priorities e.g. help on how to achieve 10k PB's, recruiting and developing volunteers.

## EA Membership Benefits

- Access to a range of **support** and information services.
- **Training** and development opportunities, including free webinars and professional qualifications.
- **Eligibility to participate** in UKA competition/championship events not open to the wider public.
- **Exclusive partner offers and discounts.** Discounted road race entry and early bird access to premium athletics events, and a range of offers from partner companies.
- [Check out the full range of benefits available for individuals here](#)