



## **Northumberland Athletics Network offers Aviva Startrack – Free Athletics Sessions to first 50 kids to sign up online!**

Aviva Startrack is a great way for kids to have their first taste of athletics in a fun environment. Each scheme covers all aspects of the sport as participating youngsters are encouraged to run, jump and throw, the three base skills required of any athlete. You can sign up for one of our free taster sessions, held by the **Northumberland Athletics Network** at CRAMLINGTON SPORTING CLUB, Cramlington, Northumberland, NE23 6BN on Tuesday 16<sup>th</sup> August 2011, 9.00 am to 12.00 noon or 1.00pm to 4.00pm. Visit: [www.uka.org.uk/academy](http://www.uka.org.uk/academy) for more details.

You can be part of the Nationwide Event supported by AVIVA AMBASADORS JEDWARD, right here in CRAMLINGTON, NORTHUMBERLAND. Furthermore, there will be also a free goodie bag to all those successful in enrolling, so don't wait, go and sign up now at [www.uka.org.uk/academy](http://www.uka.org.uk/academy) First 50 only at each camp so don't miss out!!!



Aviva has enrolled Jedward as ambassadors for **Aviva Startrack**, one of the seven programmes within the Aviva Athletics Academy.

This scheme has been running for over 10 years, offering thousands of children - between the ages of 8 and 15 - the chance to try out athletics with qualified athletic coaches. Throughout the summer of 2011, Aviva and UK Athletics want to get even more children involved by offering free Aviva Startrack sessions across the whole of the UK.

Jedward are huge athletics fans and, before their success on The X-Factor, had hoped to become professional long distance runners: "We've always loved athletics it's totally cool. We used to run and compete all the time back in Ireland and we think it's a great way to meet people and have a laugh. Aviva's scheme is awesome because it means anyone can give athletics a try - with trained coaches – to see if they like it. Our motto for this summer is: "run, jump or throw....give athletics a go!"

Aviva has been supporting British athletes since 1999, and the Aviva Startrack scheme is just one of the grassroots programmes that are paving the way for the next generation. In fact World Heptathlon Champion, Jessica Ennis, joined the Aviva Startrack scheme as a 10 year old and credits it as one of the key experiences that led to her passion for athletics today. This summer Aviva and UK Athletics are hoping to ignite a similar passion in many British kids with free taster Startrack sessions throughout the summer holidays and across the whole of the UK.

For further information Visit our website [www.northumberlandathletics.co.uk](http://www.northumberlandathletics.co.uk) or contact MNAN Athletics Officer Hemant DESAI on 075 4041 2089 or email [hemat.desai@northumberland.gov.uk](mailto:hemat.desai@northumberland.gov.uk)