



## News Release

Issue Date: 17/06/2010

### **Get in shape for the 2010 Bradford City Half Marathon: 4 month training plan begins 21<sup>st</sup> June**

Anyone wanting to compete in this year's Bradford City Run, taking place on Sunday October 17<sup>th</sup>, should take advantage of a downloadable training plan, covering a 17-week period that starts on Monday 21<sup>st</sup> June.

The specially written plan has been compiled by Simon Forde, Chairman of Airedale Athletics. The schedule incorporates three training sessions a week to get participants into peak condition for the 13 mile race that takes in the scenic countryside around the city centre later this year.

Simon Forde, author of the plan explains; "As well as using the schedule as a basis for training, local prospective runners can also benefit from training clinics, supervised by qualified coaches, in the lead-up to the event. These sessions are provided courtesy of Airedale Athletics and other clubs within the Bradford Athletics Network."

Coun. the Reverend Paul Flowers, comments; "We're delighted that the clubs within the Bradford Athletics Network are offering so much support for this year's City Run. Anyone in the region can take advantage of the training plan and special club meetings, which provide a great source of motivation and help improve overall fitness and technique. People of all age-groups, backgrounds, abilities, and running disciplines are welcome to participate and we hope to see even more runners taking part in 2010's event."

The Bradford City Run also includes a 5k fun run that takes in the award winning Lister Park, and two children's races covering 3k and 1k - providing challenges for all ages. You can now register online for any of the events or download the comprehensive training schedule from [www.bradfordcityrun.com/training2010.htm](http://www.bradfordcityrun.com/training2010.htm)

**ENDS**

#### **Notes to editors:**

For further information or images please contact:

Digi Berry

Andy Ross,

Wonderberry

Leisure Programmes Manager, Bradford District Council

T: 020 7404 9594

T: 01274 433828

E: [d.berry@wonderberry.co.uk](mailto:d.berry@wonderberry.co.uk)

E: [andy.ross@bradford.gov.uk](mailto:andy.ross@bradford.gov.uk)

Airedale Athletics is a partnership of five running clubs (Baildon Runners, Bradford-Airedale AC, Eccleshill Road Runners, Skyrac and St Bede's AC) and other clubs within the Bradford Athletics Network, including Bingley Harriers, Ilkley Harriers and Keighley & Craven AC. For information about the Bradford Athletics Network, please contact Simon Forde by emailing [Simon.Forde@brepols.net](mailto:Simon.Forde@brepols.net)

*Get up &  
running in  
Bradford*