**Mercia Training Evenings**

Hello and welcome to Mercia Fell Runners, the number 1 fell running club in Shropshire and the Midlands. My name is James Dowdall, and I am the head coach/training coordinator.

Whether you are new to fell running, an experienced fell runner, or even just looking for a friendly bunch of like minded people to train with, I’m sure Mercia Fell Runners is the club for you. We are lucky enough to have a very diverse range of fell races throughout the summer and winter months that you will be able to enter if you wish to compete.

Our training team are very keen and well qualified to help you improve your running fitness for the fells as well as improving your skills for off road running. We currently have two groups that meet up every Thursday throughout the summer and winter.

One session meets at the bottom of the main path at the Wrekin in Telford, and the other session meets in Church Stretton at various locations. Both sessions are subject to change so the best way to be up to date is to join the Shropshire Fell Running page, or Mercia Fell Runners page on Facebook for details of all sessions. All of the people who currently lead these sessions are highly experienced fell runners and qualified under England Athletics Coaching in Running Fitness, and Leading in Running Fitness.

There are also Tuesday night social runs from Church Stretton catering for runners of all abilities. Again, these runs are subject to change so keep an eye on the Shropshire Fell Running page for updates of times and locations.

To participate in any training session or social runs, you must have appropriate grippy footwear and clothing to be out on the fells. From September through to April, you will also need a good headtorch and spare batteries. A full list of the kit you will be required to carry for a fell race is available on the FRA website. This can differ from race to race depending on expected conditions.

If you are looking to attend one of these training sessions or the Tuesday night social run, please contact me first and I’ll make sure the session or run leader is expecting you.

For any further information, please feel free to contact me.

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