



- 👉 Run for fun, get fit and keep fit with other like minded people
- 👉 Train and compete in competition on the road, track and over the country if you want to
- 👉 Experience running on all surfaces
- 👉 Receive training advice from qualified coaches and other more experienced runners
- 👉 Meet new friends – we are a social lot!
- 👉 Take part in races from 100 metres right up to the marathon – it all depends on what you want to do
- 👉 Have a go at more specialised track and field events
- 👉 You are only limited by what you want to do!



Fleet and Crookham
ATHLETIC CLUB

Fleet & Crookham Athletic Club

Organisers of the Fleet Pre-London Half Marathon



If you want to find out more about us, pop down on a club night, visit www.fleetandcrookham.org.uk or call the Club Secretary on 01256 816249 and ask for Penny.

We look forward to hearing from you



Follow me to F&C AC

Contact address:
PO Box 1, Fleet, Hampshire, GU52 8GU



Fleet and Crookham
ATHLETIC CLUB

Meet us at the Peter Driver Sports Field,
Bourley Road, Church Crookham



Fleet & Crookham AC is a friendly club affiliated to UK Athletics and we welcome new members of all abilities. Catering for all ages from under 11's to the over 60's and all abilities – beginners who only run a few miles to county standard and beyond.

Established in the late 1950's, we can offer great opportunities:

Club members all have different goals, each dependent on the amount of free time they have, the level they are aiming to attain and the amount of training they can put in. We are all different but together we make a great team and can have great fun along the way.

The club meets twice a week at our HQ at the Peter Driver Crookham – behind the Tweseldown pub. Our young athletes meet at 6.45pm and the over 18's meet at 7pm on both evenings – we like to get away promptly so encourage people to arrive slightly earlier. Smaller groups of members also make their own arrangements to meet at various times over the weekend.

Autumn and Winter Months (Sept – March)

Groups of mixed abilities go running using various routes from the club HQ. Running in groups is safer and more fun than on your own, especially during the darker evenings. The groups tend to concentrate on specialised speed and hill training sessions on Tuesday nights to develop strength and leg speed. These sessions are hard to do on your own and working within the group we find that everyone progresses faster. Thursday evenings tend to be steadier runs over a longer distance. Group running really will help you aim for that Spring full or half marathon.

Cross country running can bring back memories of cold days at school, but give it another go and see how much you now enjoy the challenge of the mud, hills, sometimes rain but always beautiful off-road routes here in Hampshire and the surrounding Counties – we promise, you'll do it again and again.....

As well as road races we can offer race opportunities in several local cross country leagues of differing standard – (Hampshire League, Today's Runner cross country league and the Border League for the u18s) allowing our runners to compete as individuals but also to be part of the Fleet and Crookham AC team as well. We also try to send teams to the Southern area and National cross country championships – they are a great experience and an opportunity to run with the country's top runners.

Spring and Summer Months (April – August)

Running continues but with most of our evening runs now off-road on the main trails and paths that cross the water catchment area and the Army training area on the edge of Fleet – a beautiful and traffic free place to train right on our doorstep. We continue with our Tuesday speed/hill sessions but again make the most of the off-road areas.

Training also takes place at Calthorpe Park School on Tuesdays where those interested can make use of their grass track, throwing area and long jump pits. Our younger athletes can focus on their preferred events by practising skills and techniques under the guidance of our UKA qualified coaches. They are also encouraged to try athletic disciplines they haven't tried before.

Our track and field athletes compete in various National and Regional area leagues and open track meetings whilst our runners concentrate on local 10kms, 10 mile races and half marathons both as individuals and as organised team events. Being part of a successful club provides opportunities for everyone of all abilities to participate and have fun

A monthly club cross country handicap race brings the senior club together – see how you improve over the summer months.

What else do we do?

As a club we also organise running events. We are very proud of or two major races – the annual Fleet pre-London Half Marathon and the Fleet 10Km. Both events are organised by runners for runners because we know what club runners want from a race.

The Fleet pre-London Half Marathon is one of the largest races in the South of England and is used by many as a warm-up for the London Marathon. Attracting in the region of 3,500 runners we have the backing from both national and local companies and supporters. Thousands of pounds have been raised through the years by these events for local and national charities including our charity partner, The Leukaemia Research Fund as well as giving vital funds to local voluntary organisations who help us with the events.

We also organise cross country and track and field events when required by the leagues in which we participate.

Outside of running, throwing and jumping we produce a regular newsletter to keep all our members informed about club activities and members achievements as well as forthcoming events. We hold social events as a club including a Christmas dinner, pub visits and other get togethers.

Fleet and Crookham AC is not about winning - it is about taking part, finding new friends and feeling good. We welcome new members interested in road running, cross country and track and field.