



# Lawrence Roy

UK Athletics Licensed Coach

Event Group - Endurance

CiRF LiRF

I offer a coaching service to runners of all abilities.

Have you ever thought about running?

Do you want to run your first Park Run, 5k, 10k, 1/2 Marathon or Marathon?

Are you just looking to improve your running?

Do you want to get to a more competitive level?

My coaching can be for individuals or for groups, but above all it will be tailored to your specific needs, goals and level of fitness.

I hold the U.K. Athletics LiRF, CiRF and Event Endurance qualifications which incorporate DBS checks. I have also completed the U.K Athletics Movement Skills Course.

If you have any questions or wish to discuss anything further, please get in touch.

Prices start at £20/hr

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