

# — fife athletic club —

Fife Athletic Club caters for runners and athletes of all ages and abilities: from the complete beginner, to the recreational runner who just wants to keep fit, to athletes who have represented both club and country at international events.

Geographically, it is a widespread club taking in Central and North East Fife, with training groups in a number of locations. The aim of the Club is to promote all aspects of athletics—track and field, road, cross country, trail, ultra and hill running—throughout the age range, to both sexes, and for all standards including the disabled.

As well as organizing coaching and training, Fife AC promotes many events, over 30 per year at the last count, including the largest hill relay race in Scotland and a series of local races.

Fife AC aims to encourage and develop athletics by

- offering coaching and competitive opportunities in all branches of athletics;
- promoting the Club within the local community and Scotland;
- ensuring a duty of care to all members of the Club;
- providing all its services in a way that is fair to everyone; and
- ensuring that all present and future members receive fair and equal treatment.

We feel that we can offer you something whatever your ability. Our experienced coaches can advise you on all aspects of training, helping you to improve your fitness and achieve your aims and ambitions. Club training sessions are free, and non-members and/or beginners are very welcome to come along to any of our training groups (Cupar, Glenrothes, Kirkcaldy, St Andrews, Wormit, and various hill running venues). Why not come along and give it a try!

There are also Run/Jump/Throw events for juniors at Newport, Cupar, St Andrews and Levenmouth, for which there is a small fee.

For further details of training group times and age groups, and for a membership application form, see the club website:

**[www.fifeac.org](http://www.fifeac.org)**

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