

## DARE to try something different? DARE to aspire? DARE to achieve?



We are pleased to announce details of the **DARE Project**, this is aimed at Endurance athletes across the East Midlands and adjoining counties; most specifically those aged 14 to 35 but older athletes are more than welcome. This project has the support of members of both the England Athletics National and Local Coach Development Programmes and National Coach Mentors for endurance. A private benefactor is willing to invest money in the project; so for the foreseeable future this will be at no cost to participants.

### Who is it aimed at?

If you are willing to try something different, attempt another event, and prepared to take a risk - which may lead to medals at area and or national level – you are the type of person we would like to get involved! It may lead to selection in England Athletics or British Athletics teams. We would emphasise that becoming involved would not mean giving up on your current event(s). If you are content to be 4th, 5th or 6th in your county, then, dare we say this might not be for you!? We would, however, wish you the best of luck in your future athletic pursuits.



### The event we are talking about developing is Race Walking.

- You are not being asked to leave your existing coach or club. This is about acquiring additional technical skills in an associated event.
- You are being asked to be open-minded and receptive to being challenged.
- It may mean that you need to make some choices in regard to which races you do; it may mean sacrificing some of the races you would normally aim to compete in.
- There are no promises of easy success, like all things in athletics there are no easy gains.
- There are competitive opportunities available for race walking which you would be supported in targeting.

### The current situation

Opportunities exist for success provided one is able to master the basic technique. We would like to work with coaches and athletes in increasing the number of contenders from the East Midlands area for the opportunities that exist in the event with a target of qualifying athletes for the English Schools' walks championships in September.

We have held sessions at recent LCDP days and an offer of help has been extended to clubs, networks and counties especially in regard to 'Athletics 365'.

England Athletics offers three selected competitive opportunities in European fixtures. British Athletics selects teams for both the World and European Cups (alternate years) plus the various international championships. We want to make the competition for these teams stronger.

### **What is being planned?**

We will have regular sessions focussing on technical skills; your current training regimes enable you to initially succeed in the event. These will be held at a range of venues across the region. As athletes advance in the event and 'critical mass' is achieved we will look to have focussed longer sessions where athletes can advance further in the event. To enable athletes to test their skills it is proposed to hold an event in each county, forming a regional league. This also includes involvement in larger competitions.

### **Following in their footsteps**

All of the following have made the transition in recent years; all were runners who have transitioned to race walking and made notable progression.

- [Ellie Dooley](#) (U/20 Record holder 3000m indoor walk, UK International 2012)
- [Bethan Davies](#) (UK International 2013, UK U/23 & Welsh Record holder)
- [Jamie Higgins](#) (7th European Juniors 2013, Top 10 in the world)
- [Jo \(Jackson\) Atkinson](#) (Dual Olympian, current commonwealth Champion)



If you are willing to DARE then email us on: [dare-project@outlook.com](mailto:dare-project@outlook.com) and tell us about yourself  
Also take a look on our Facebook Page: [www.facebook.com/pages/DARE-Project/1444359852464503](https://www.facebook.com/pages/DARE-Project/1444359852464503)

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