



Workshop Tutor – Phil Fleetwood

Phil Fleetwood is a Frame Running Coach for the Paralympic Development Academy and also an England Athletics Coach Tutor and Assessor. Currently, as one of very few Frame Running coaches in the UK, Phil is working closely with British Athletics and CP Sport to support the growth of Frame Running in the UK. He works with athletes across the Midlands and the North of England, coaching Elite Frame Runners, including European Champion Rafi Solaiman, and also supporting young athletes new to the sport and he is regularly involved with delivering Frame Running taster activities for CP Sport.

Phil will be sharing his extensive knowledge and experience of how to approach coaching sessions for athletes using Running Frames and also how to introduce the sport of Frame Running in to athletic clubs and sporting environments.

The session will include:

- A presentation introducing participants to the fundamentals of Frame Running
- Practical sessions covering warm ups, beginner training sessions and cool downs
- A session summary with Q&A opportunity

Equipment Supplier and Support

We are also delighted to be joined at the event by Kyrby Brown, the Adaptive Sports Development officer for Quest. Kyrby has immense experience of assessing and fitting Frame Running equipment to users and is also a keen Frame Runner herself. Kyrby will be on hand to answer any questions about Running Frames and their attachments throughout the workshop, and as the only UK supplier of Running Frames, it will be an ideal opportunity for participants to find out more about Quest and their role within Frame Running and adaptive sport.

Who Should Attend

We would encourage Athletics & Running Coaches, Physiotherapists and Sport & Exercise professionals to attend. Parents and children with disabilities interested in learning more about Frame Running and getting involved in the sport are also encouraged to attend. Any children who already have access to a Running Frame are welcome to bring their own frame along to the session.

How to Book

To book a free of charge place on the workshop, please visit our website www.bmbfoundation.co.uk and register your details through the 'Education and Workshops' page.

If you have any questions or would like further details before booking, please contact Julie Hardcastle at jh@bmbfoundation.co.uk.