

RaceRunning Assembly Uppsala Sweden 24th to 26th February



CPISTRA would like to take this opportunity to thank #RaceRunning Sweden, in particular, Vicki Skure-Eriksson for putting on the RaceRunning Assembly early this month.

140 athletes, coaches and classifiers from 11 countries took part in the event.

The highlight for the athletes was 2 days of intensive training, in a wonderful indoor facility in Uppsalla.



Coaching Course

In addition to the athletes training, Mansoor Siddiqi, Helle Ladefoged and Susanne Braüner Ladefoged held a coaching course. This course was attended by over 20 people who were interested in becoming RaceRunning coaches. The participants on this course came from various countries including Austria, Lithuania, Netherlands, UK, and Germany. The course covered all aspects of coaching the event including strength and conditioning, stretching, and speed training. The feedback from those taking part was very positive, and all the participants felt that over the 2 days they had gained an overview of coaching RaceRunning, and would be comfortable starting to coach the event in their home countries. The material use for this course will be available in the next few months to download on the CPISTRA website www.cpisra.org



Classification Course

During the weekend a National Classification course was presented by Ana Cecilia Frazao, Heinz Zwerina, and Craig Carscadden . The course was designed to give the participants the necessary skills, knowledge, and awareness to allow them to classify athletes in their home country.

The course covered all elements of the classification process, including understanding the RaceRunning profile, bench testing, technical assessment, and in competition observation. At the end of course, 12 participants reached the necessary standard to be certified as National Classifiers. As with the coaching materials used over the weekend, the classification material will be available on the CPISRA website.



The classification course was a very hands on experience for the trainees as they performed mock bench testing and technical assessment on young Swedish Athletes.



The weekend was enjoyed by all those who attended and those new to this athletics event were won over by the potential of this event and it is clear from this weekend that RaceRunning has a very positive future. More photographs from the weekend can be found at <https://racerunning.ansu.se/#share?id=212e96a5-f6cd-4057-ae61-5e73b41d56ee>

Craig Carscadden

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