

Mile End Camp

Mile End Camp is an athletics based training programme delivered by coaches Yourlance Richards and Chris Zah at Mile End Stadium. Young people of any ability are invited to improve their fitness, particularly those who train and compete in other sports and who want to take their performance to the next level.

Tower Hamlets Sport & Physical Activity support these sessions by providing facility hire at Mile End Stadium, enabling Mile End Camp to keep costs down and sessions inclusive of any low income families.



"I wasn't getting good times but now I have a huge PB and a Welsh National time" – Yasir, 12

"It feels amazing when you're running around and feel tired, but you know that you've done hard work" – Khalid, 11

"In the future I have aspirations to go to the Olympics and also to get a scholarship at university" – Ilyas, 15



In the first **6 months** of the partnership Mile End Camp has engaged **82 young people**, who have collectively **attended 650 times**.

To find out more about Mile End Camp contact:
mileendcamp@gmail.com

To find out more about Tower Hamlets Sport and Physical Activity visit www.towerhamlets.gov.uk/sport