

Cambridge & Region Endurance Performance Squad

Cambridge & Region EPS is a new programme launched in 2010 by local coaches Brian Corbett (Cambridge & Coleridge) and Robert Woodward (Saffron Striders). It is open to any athletes (and their coaches) in Cambridge and the surrounding area, who meet the performance standards. C&R EPS is endorsed by Greater Cambridge Athletics Network (www.gcan.org.uk) but it is an independent squad intended to be self-sustaining and managed by its athletes and coaches.

Who is it for?

Elite level/aspiring runners and their coaches who wish to:

- Maximise the impact of their training programmes - improving technique & performance.
- Train and network with athletes of comparable performance & commitment levels
- Avoid injury and improve recovery.
- Develop a better understanding of the key principles of training.

What's the format?

- Training sessions will be held approximately once a month at a variety of locations depending on session content.
- Sessions will be designed to fit with annual training periods.
- Occasional seminars and workshops may be offered on topics such as nutrition, injury prevention, race training and tactics.

Is there a cost?

- The squad is managed and delivered by volunteers, so there is no cost to join the squad.
- There may be occasional small charges to cover track hire costs or fees for visiting specialist coaches & speakers.

How do I get involved?

This event is open to qualifying athletes & their coaches in Cambridge and surrounding areas.

There are minimum performance standards which are currently based on 10k times of:

Male – sub 38 minutes

Female – sub 42 minutes

These are only guidelines and we are happy consider those who are training towards those standards. There are also squad members with significantly faster times (e.g. male sub 32 minutes).

For more information please provide full contact details and your club affiliation by emailing

Brian Corbett brian@corbett.org.uk or Robert Woodward rammie.woodward@btinternet.com

