



ACTIVE EAST HERTS

JANUARY 2018 - NEWSLETTER

Who we are...

Active East Herts is a Community Sport Network that was re-established as of September 2017 with the aim to increase sport and physical activity. This service covers the whole of the East Herts district, with an ambition to providing as many opportunities for all residents to get as active as possible. Supported by the trustees, East Herts Council and Herts Sports Partnership, the service is initially being run for a two year period until August 2019.

Junior parkrun...

Junior parkrun is a series of 2k runs for children aged between 4 and 14. They are held in areas of open space around the UK and are free and easy to take part in. Active East Herts have partnered with Herts Sports Partnership and Parkrun to create a junior parkrun opportunity in East Hertfordshire.

Junior parkrun is held at Hartham Common, Hertford and **launched Sunday 28th January 2018** at 9am seeing 92 runners participate. If your little ones would like to join in or if you would like to volunteer please get in contact.

<https://www.activeeastherts.org.uk/whats-on/junior-parkruns/>



Back to Netball...

Brand new Back to Netball session starting on Thursday 22nd February 2018 at Sele School in Hertford. Please see details below for more information:

Where: Sele School, Welwyn Rd, Hertford SG14 2DG

When: Every Thursday, **starting 22nd February 2018**

Time: 7 – 8pm

Cost: £4 per session

Booking: No need to book, simply turn up

Contact: For more information contact Florence.Jones@englandnetball.co.uk

My name



Play Forever

My sister thought that when I left school we'd stop playing netball together. No chance! I like to keep her on her toes.

Find your way Back To Netball
www.englandnetball.co.uk/Back-to-Netball

Anita *pp* Herisha *-♥-*

Back To Netball in Hertford!
Where: Sele School, Welwyn Rd, Hertford SG14 2DG (outdoors)
When: Thursdays 7-8pm – Starting Thurs 22nd Feb!
Cost: £4

For more information, please contact Florrie Jones:
Florence.Jones@englandnetball.co.uk / 07525 703153



Triathlon bookings go live...



GO TRI everyone ACTIVE
 ACTIVE EAST HERTS East Herts

ADULT GO TRI

15+ Years

When Sunday 3rd June 2018 & Sunday 5th August 2018
Time 9:00am
Where Hartham Common, Hertford, SG14 1QR
Cost £12 (pre-booking required at www.activeeastherts.org.uk)

Active East Herts
 @Activeeastherts

2.5k Cycle
 1.5k Run
 300m Swim

Walk, jog or run
 It's at your own speed

Active East Herts have organised adult and junior Triathlons for Summer 2018 at Hartham Leisure Centre and The Grange Paddocks in East Hertfordshire. These events are for those who want to take their first steps into the sport without the pressure of a high number of competitors, along with shorter distances. Both events are held on the same day so families can enter together and cheer one another on. **Adult Triathlon** events are tailored for ages 15+ and **Junior Triathlon** events cater for those aged 9-14. Limited spaces,

to book click the following link: <https://www.activeeastherts.org.uk/whats-on/triathlon/>

New website and social media...

With the launch of Active East Herts came a re-brand, please find our website and social media links below to keep up-to-date:

www.activeeastherts.org.uk

Facebook: [Active East Herts](#)

Twitter: [@Activeeastherts](#)

Sports Clubs...

Active East Herts is designed to work with the community sports clubs and voluntary organisations to assist their development. Therefore, if you would like this support please register your club with us by completing our online form <https://www.activeeastherts.org.uk/register/>

Alternatively, contact us via kirsty.feasey@activeeastherts.org.uk or social media links.


