



# Marathon Rep

## Job Description

Role:	Marathon Rep
Responsible to:	Club
Role purpose:	To inform members of suitable marathon and racing sessions and events
Commitment:	As required

## Main Tasks

To be a contact for any club member wishing to try or take part in marathons or racing

To organise training sessions for a variety of levels of skill and expertise as conditions permit

To understand and be able to explain and demonstrate how to maximize racing potential through practise, nutrition and technique

Publicise any racing events to club members

## Skills required

Knowledge and experience of various races

Approachable and confident communicator

## Opportunities

The marathon rep should have the opportunity to attend any courses that would help him or her to give good racing experiences and knowledge to its members.