

Diss & District Athletics Club

Diss Athletics Club provides all disciplines of athletic training and competition to the people of Diss and the surrounding district. We welcome anyone aged nine years and over regardless of ability. Our younger members practice in all track and field events, cross country and sports hall athletics while some of our older athletes prefer to specialise in their chosen events. We compete regularly throughout the year with track and field events through the summer and cross country and sports hall during the winter months. We encourage all of our members to compete although it is not compulsory.

Diss Athletics Club was established in 1952 by local teacher Reg Wright so that the local people could still participate in athletics after they left school. Reg remained coaching at the club until his retirement in 2008.

The club is now run under the leadership of head coach Barry Palmer, with coaches Gordon Coe, Karen Hindle and a few dedicated 'parent' helpers. The club currently has about 60 members many of whom are aged between 9 and 18, although we would love to expand our senior team. Our road running section is run under the leadership of coach Mark Gotts.

We train fifty weeks a year - on Tuesday and Thursday evenings from 6.30 - 8.00 pm at the Sports Ground, Shelfanger Road, Diss. If you think you might like to try athletics or road running then please contact us at: info@dissathleticsclub@gmail.co.uk. Further information can also be found at the club website www.dissathleticsclub.co.uk.