

Maastricht Athletics - For a sporty feeling

Running, Track Athletics, Sporty Walking/Hiking, Nordic Walking

Doing athletics in a group is stimulating!

Get to know us. The first 3 weeks you can take part in a training of your choice for free!

Certified trainers / Multiple training programs per week / Groups at different levels / Good social atmosphere / Various club events

Maastricht Athletics is one of Maastricht's largest sports clubs. It offers activities for various audiences:

Running

The recreational runners can work out five days a week (daytime and evening) with long distance runs and interval training. The training will be offered at all levels. Beginners can start in a basic group "Samen leren hardlopen". Every year we organize the Club Cross Country run, the ENCI race, the Treechloop, and we are a club partner at various other events.

Sporty Walking/Hiking

The Sporty Walking department offers two types of walking courses five days a week in Sporty and Nordic Walking. Every year we organize several open days including a 3-week 'Walk for Health' program, including a preparation for the "Evening Four Days Marches" in spring and the so called "Jeker valley Marathon" in fall. There are also regular long distance walks on Sundays.

Track athletics

Track athletics can be performed from the age of 7 years, also by adults. Track athletics knows the disciplines running (sprint, hurdles, medium and long distances), jumping (long jump, high jump and pole jump), throwing (shot put, hammer throw, discus throw and javelin-throwing) and all-round athletics (all parts). Athletes participate in competitions for teams and also individual competitions, some at national and international level.

Special groups

1) On Thursday evening a group of mentally restricted athletes follow training. They are an active club within the association. 2) Students are members of Athletics Maastricht through the student athletics association UROS. They have their own training groups. However, students can also participate in the regular training of Maastricht Athletics.

Location

All activities take place or start at the athletics track of the Jekerdal Sports Park on the Mergelweg – Maastricht, there is also the recently refurbished and modernized sports cafe. The runners and hikers use the beautiful scenic landscape on St. Peter's hill or the "Jeker valley". The river Maas valley and the Albert Canal area are also popular destinations.

Information

For more information visit our website www.atletiekmaastricht.nl and follow us on Facebook.

