



ENDURANCE

GRASSROOTS LEAGUE

1st April 2025 - 31st March 2026

Join the Grassroots League

- All RDA Participants can join
- Earn rosettes for achieving distances
- Add variety to sessions
- Learn new skills
- Track progress in the league table
- Award for the furthest distance achieved



For further information go to
MyRDA.org.uk/Endurance