

Developing Steeplechasers Workshops and Races

Train and Race or Just Race!

Medway & Maidstone Open 10th Aug 2014

Venue: Medway Park, Gillingham Kent ME7 1HF Timetable:

- Coaching workshop 10.30 am to 11.30 am (U15+)
- 2 Lap Format Steeplechase 11.30 am (U15+)
- 1500m Steeplechase Women:11.40 am (U17+)
- 1500m Steeplechase Men: 11.50 am (U17+)

For more information and on line entries visit http://www.justiming-live.co.uk/m&m2014.html

Better Athletics Crystal Palace 23rd Aug 2014

Venue: Crystal Palace Athletics Stadium London SE19 2BB **Timetable:**

- Coaching workshop:10.00 am-12.30 pm (U15+)
- 2 Lap Format steeplechase 12.30 pm (U15+)
- 1500m Steeplechase Women:12.40 pm (U17+)
- 1500m Steeplechase Men: 12.50 pm (U17+)

For more information about Better Athletics Open Meetings visit www.justiming-live.co.uk/crystal-palace2014.html

Workshop content: Practical sessions to improve hurdling, barriers clearance and water jump skills Suitable for athletes aged 13+. No previous experience of steeplechase is needed. All coaches welcome

Steeplechase "format" are an introduction to the event—reduced total distance (approx 800m) and number of barriers (4 plus 2 water jumps.)

1500m races will suit newcomers and more experienced athletes who wish to develop their steeplechase skills over a shorter distance. To encourage event development male athletes will be able to take part in the women's race to use the lower height barriers.

For further information please contact Stella Bandu UKA L3 Steeplechase coach Tel: 07960371958 Email StellaAAC@aol.com or via her Facebook page COACH STELLA where you will find information for everyone interested in steeplechase.



www.englandathletics.org

