



Kent Athletics



ENGLAND ATHLETICS Kent and Medway Athletics Network

Steeplechase Training and Races April 2015

Practical sessions to improve hurdling, barriers clearance and water jump skills. No previous experience of steeplechase is needed. Suitable for athletes aged 13+. All coaches welcome. Athletes will need to pay track admission fee. Bring spikes, towel and change of clothes!

8th April 15th April 22nd April

6.30-8pm Julie Rose Stadium Ashford, Kent TN24 9QX

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

Steeplechase Races

Tonbridge Easter Open Meeting **6th April 2015** 2 lap
steeplechase www.tonbridgeac.co.uk (u15 +)

Ashford Leisure Trust (ALT) Open Meeting **29th April 2015**
1500m Men and Women (u17+) and 2 lap steeplechase (u15+)
www.justiming-live.co.uk/ashford2015.html



www.englandathletics.org