



**ENGLAND ATHLETICS**  
Kent and Medway Athletics Network



## The Steeplechase Centre Half Term Training Session

**1<sup>st</sup> June 2016**

**10am -2pm Julie Rose Stadium Ashford, Kent TN24 9QX**

**Practical session to improve hurdling, barriers clearance and water jump skills. Suitable for athletes aged 13+. All coaches welcome.** Athletes will need to pay track admission fee. Bring spikes, towel and change of clothes!

**The Steeplechase Centre** is based at the Julie Rose Stadium, Ashford, Kent (easy access from J10 of the M20 motorway) and holds steeplechase training sessions throughout the summer along with workshops for coaches and athletes.

For further information please 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: @runsteeplechase



[www.Englandathletics.org](http://www.Englandathletics.org)