

STEEPLECHASE

Training & Development Day

To be held at
Lee Valley Athletics Centre

for all existing and aspiring steeplechasers (male and female) seeking to improve their performance.

Athletes of all standards, all ages and from any region are welcome.
Coaches are encouraged to attend for their own development.

Admission is free

Date:
Sunday 11th October 2009

**(The session run from 10.30am-
3.30pm)**



This is the first of what is hoped to be a regular monthly training day for Steeplechasers.

For further information contact Brian Hopkins on 020 8344 7230 or email bhopkins@leevalleypark.org.uk Alternatively Email Rob McKim at rob@runwhizz.co.uk

Lee Valley Athletics Centre

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