

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 6th December 2009

**(The session run from 10.45am-
3.30pm)**



For further information and registration 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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