



Water Jump Wednesday Training Sessions July 2016

Practical sessions 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!

6th 13th 20th July 2016

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

There will also be an opportunity to do a two lap steeplechase challenge at each training session.

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