

Welcome to newsletter Three. (5th May 2017)



Thank you to everyone who is sharing details of races and training opportunities.

**Finding 3k s/c races for female athletes in the UK is an issued raised by several people. Thoughts and ideas are welcome.**

Several more clubs have added Steeplechase races to the Open Meetings to support the development of the event. Please support them by encouraging athletes to complete.

---

**BRITISH MILERS' CLUB STEEPLECHASE SEMINAR. SOLIHILL GRAND PRIX. Saturday May 13th.**

We are delighted that at 3.30pm, one hour before the meeting kicks off, that Rio Olympian Sara Treacy will be our star guest at a Q and A session facilitated by BMC News Editor Matt Long. She will be joined on the panel by 3 coaches with distinguished experience working with chasers - namely Bashir Hussain, Stella Bandu and Geoff James - all of who have been heavily involved with England Athletics in recent years.

Please email [matt@mattlong.wanadoo.co.uk](mailto:matt@mattlong.wanadoo.co.uk) to confirm your place at this event at no additional charge after entry to meeting.

Coaches, athletes or plain fans all welcome!

---

**Races in UK, Ireland, France and Belgium**

**English Schools Qualification race opportunity at KSAA Track and Field Champs on Saturday 10th June.**

Kent Schools AA will again be holding Open Senior Steeplechase events as part of our KSAA Track and Field Champs on Saturday 10th June at the Julie Rose Stadium, Ashford. As well as IB and IG races there will also be SB 2K Chase and SG 1500 Chase. If any of your athletes would like to enter, please email Iain Presnell direct on [ijkl.presnell@btopenworld.com](mailto:ijkl.presnell@btopenworld.com)

---

**Open Meetings with Steeplechase Races**

**Blackheath and Bromley AC: 22nd May Open** will include 1500m for Women (u15+) and u15 boys and 2k (men) Steeplechase races. Entry details <http://www.bandbhac.org.uk/> entry form attached.

**Stop Press: A 1500m s/c race male athletes will be added if there is enough interest.**

**Dartford Harriers AC: 26th July** Open meeting will include 1500m Steeplechase Male and Female athletes. All ages u15 +

**Dartford Harriers AC 16th August** Open Meeting will include 2k steeplechase (Women) and 3k steeplechase (Men)

For details see [www.dartfordharriersac.co.uk/wordpress/](http://www.dartfordharriersac.co.uk/wordpress/)

**East Lothian Open Meetings** will include Steeplechase races. For details: <https://teameastlothian.org.uk/>

5th May: 1500m s/c

27th June: TBA

8th August: TBA

2nd Sept: TBA

### League Meetings

**Southern Athletics League** <https://www.southernathletics.org.uk/>

Women: 2000m at fixtures 1, 3 and 5, and 1500 at 2 and 4

Men: 3000m at fixtures 2 and 4 2000m at fixtures 1, 3 and 5,

**Youth Development League:** <http://www.ukydl.org.uk/>

U17 and U20 Women 1500m Steeplechase

U17Men 1500m Steeplechase U20men Steeplechase

**British Milers Club** : [www.britishmilersclub.com](http://www.britishmilersclub.com)

Solihull May 13th: 2000m s/c Men and Women

Manchester May 27th: 3000m s/c Men

Milton Keynes PB classic June 3rd 1500m s/c Men and women 2000m s/c Men and Women

Loughborough July 8th: 3000m s/c Men and Women

### Ireland

Friday 7th July 2017. Letterkenny International Track & Field Meeting. Likely to include Steeplechase races.

### France

1st June 2017 Meeting International de Montreuil , Paris (FRA) 3000m Steeplechase

Meeting Organiser

Name: GIOWACHINI Loïc

Mobile Phone+33 6 73 193147

Business Phone+33142872844

Email [l.giowachini@cam93.fr](mailto:l.giowachini@cam93.fr)

Web Site <http://www.camontreuil93.org>

### Team East Lothian open meetings

The dates are:

Open Graded Friday 5th May

Track Meeting Tuesday 27th June

Field Meeting Tuesday 8th August

Open Graded Saturday 2nd September <http://www.activeeastlothian.co.uk/>

### Flanders Cup meets (Belgium)

28 May IFAM, Oordegem 3000m Men and Women

9 July 20ste Kortrijkse Guldensporenmeeting 3000m men

25 July Memorial Jo Porteman Beveren 1500m and 2000m Men and Women All ages

29 July Meeting Voor Mon Antwerp 3000m Men and women

26 Aug Julien Schots + Open Pk steeple en 10.000 Kortenberg 2000 and 3000m Men and women All ages

I regularly attend meetings in Belgium. (I can get there quicker than Manchester!)

There are other Steeplechase races in Belgium. You can do a search on this web

site <https://www.atletiek.be/evenementen/2017/05>

---

## Training and Development Opportunities



**ENGLAND ATHLETICS**  
Kent and Medway Athletics Network

**Steeplechase Training**  
10<sup>th</sup> 17<sup>th</sup> 31<sup>st</sup> May 2017

Julie Rose Stadium, Ashford, Kent TN24 9QX

**Beginners Session 5.30-6.30 p.m.**  
Suitable for athletes aged 11+ (Must be year 7 or older at school.)  
An introduction to the event, hurdling and barrier clearance. No previous experience of steeplechase is needed.

**Performance Development Session 6.30-8.15 p.m.**  
Practical sessions to improve hurdling, barrier clearance and water jump skills. Suitable for athletes aged 13+ who have some experience of steeplechase training.

**Cost £3 per session.** Bring spikes, towel and change of clothes!  
All coaches are welcome.

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

Kent Athletics

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

### **Steeplechase Centre Training Julie Rose Stadium Ashford, Kent**

10th 17th and 31st May 2017 Julie Rose Stadium, Ashford, Kent TN24 9QX  
Beginners and Performance Development Sessions available. See poster attached.

**Stockport:** Bashir Hussain organises regular training sessions at Stockport.  
Contact Bashir for more information; [bh122@tiscali.co.uk](mailto:bh122@tiscali.co.uk) or call 07 510 122275.

### **Bury St Edmonds/West Suffolk AC**

David Cripps organises regular Steeplechase sessions with a filled water jump at West Suffolk Athletics Arena, Bury St Edmonds. Contact David directly for more information via email [david.cripps@nhs.net](mailto:david.cripps@nhs.net).

### **Milton Keynes**

Jim Bennett organises regular Steeplechase sessions at Milton Keynes. Contact Jim directly for more information via email [jim\\_bennett@btinternet.com](mailto:jim_bennett@btinternet.com) or phone 07779 253447

---

## Sources of information

### **Drills & techniques for successful steeplechase- Alternating lead leg.**

A 2 minute video showing step by step progressing from drills to going over hurdles alternating lead leg.

<https://www.youtube.com/watch?v=-hjq6YVLE3s>

Dilley, Mike. "The Steeplechase – Training and Racing."

A short article by a coach sharing his thoughts on steeplechase.

<http://www.everythingtrackandfield.com/webapp/wcs/stores/servlet/PBOnePieceView?storeId=10152&catalogId=10753&pagename=146>

### **Transition To Steeplechase -Evan Jager**

Short video (3mins) providing insight from Evan regarding his transition to steeplechase.

[RunnerSpace.com/Training - Videos - Transition To Steeplechase - Evan Jager - Coaches Clinic - Nike Cross Nationals 2015](http://RunnerSpace.com/Training - Videos - Transition To Steeplechase - Evan Jager - Coaches Clinic - Nike Cross Nationals 2015)

### **Raising awareness of the importance of supporting female athletes and helping them stay healthy.**

Nutrition for Menstrual Health part 1 and 2

<http://ucoach.com/video/nutrition-for-menstrual-health-part-1/>

<http://ucoach.com/video/nutrition-for-menstrual-health-part-2/>

---

### **Social Media**

My Facebook page COACH STELLA where you will find information for everyone interested in steeplechase.

Twitter: @runsteeplechase

Twitter: [@Supercoachstel](https://twitter.com/Supercoachstel)

### **Female Steeplechasers Facebook**

page <https://www.facebook.com/femalesteeplechase/>

Find information here on steeplechase race opportunities for female athletes in the UK, Ireland and beyond.

Sk1 Steeplechase Group on Facebook: This is a "secret" group run by Bashir Hussain.

---

### **Stella Bandu BA (Hons) MRTPI**

Athletics Coach UKA Level 3 Coach

Tel: +44(0)7960 371958 Email: [StellaAAC@aol.com](mailto:StellaAAC@aol.com)