



Welcome to newsletter two. (30th March 2017)

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

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

Races in UK, Ireland 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

Open Meetings with Steeplechase Races

Yeovil: **1st April** Bill Whistlecroft Spring Athletics Festival 1500m, 2000m, 3000m
<http://www.yeovilolympiads.com/yeovil-open-meetings/hurdles-s-chase-festival>

Herne Hill **1st April 1500m and 2000m**
<http://www.hernehillharriers.org/timetable-for-hhh-open-me.../>

Doncaster: **1st April 1500m**
<http://www.doncasterathleticclub.com/spring-open-meeting-2017/>

Tonbridge Open: **17th April 1500m s/c for women has been added.** Please support this additional opportunity. There are also 800m and 1000m steeplechase development races. Ideal for novices.
<http://www.tonbridgeac.co.uk/easteropen.html>

Blackheath and Bromley AC: **22nd May Open** will include 1500m and 2k Steeplechase races. Entry details will be available shortly <http://www.bandbhac.org.uk/>

Dartford Harriers AC: Steeplechase races will be included in July and August. Conformation of distances and entry details awaited. <http://www.dartfordharriersac.co.uk/wordpress/>

League Meetings

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

Women: 2000m at fixtures 1, 3 and 5, and 1500 at 2 and 4-dates as below (first two fixtures are at Tooting
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
U17Men1500m Steeplechase U20men Steeplechase

British Milers Club : 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.

Team East Lothian open meetings

The dates are:

Open Graded Friday 5th May (Saturday 6th May for U11s and twenty 14 kids)
Track Meeting Tuesday 27th June
Field Meeting Tuesday 8th August
Open Graded Saturday 2nd September At the moment, development and open steeplechase races are planned for each track event. The development races will be 1500m, probably with adjusted water jump and the open will be 2000m, with a possibility of 3000m in September.

Details will be available shortly at <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 Opportunities

Steeplechase Centre Training Julie Rose Stadium Ashford, Kent

29th March 5th 19th and 26th April 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 or call 07 510 122275.

Bury St Edmonds/West Suffolk AC 9th April 10am -1pm
David Cripps is organising a Steeplechase session with a filled water jump at West Suffolk Athletics Arena, Bury St Edmunds. Contact David directly for more information via email david.cripps@nhs.net. Places are filling up fast

Articles, videos and research

Video of Warm up by Yoann Kowal at 3000m steeplechase Diamond League Paris 2015

This short film illustrates the difference in his hurdling ability using either leg.

<https://www.youtube.com/watch?v=zEkQucG5ErA>

Steeplechase Technique by Iain Hunter, Brigham Young University

This media book is designed to provide steeplechase technique information to coaches and athletes of collegiate and elite levels. The information found here is a result of 5 years of data collection at USATF Nationals and other meets. <https://biomech.byu.edu/Presentations/Steeplechase/Welcome>

Ground reaction forces during steeplechase hurdling and waterjumps by Kipp, Taboga, Kram (2016)

Ground reaction forces (GRF) in the steeplechase were quantified to elucidate injury risks / mechanisms and to inform coaches.

https://www.researchgate.net/publication/307869234_Ground_reaction_forces_during_steeplechase_hurdling_and_waterjumps

Note: Author Shalaya **Kipp** is an American middle distance runner who has made the U.S. Olympic team for the 2012 Summer Olympics in the 3k **steeplechase**.

3D Biomechanical Analysis of Galina-Samitova's Steeplechase Hurdling

The purpose of this study was to investigate the kinematic parameters of the hurdling of women's steeplechase world record holder Gulnara Galkina-Samitova. Digital video cameras were used to record seven barrier clearances during the women's 3000m steeplechase event at the Athens Grand Prix "Tsiklitiria" in July 2007.

<https://www.iaaf.org/news/news/3d-biomechanical-analysis-of-galkina-samitova>

Social Media

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

Twitter: @runsteeplechase

Twitter: @Supercoachstel

Female Steeplechasers Facebook page

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

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

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

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