

Welcome to the first Steeplechase Centre Newsletter.



The aim is to share information about:

- Steeplechase races
- Training and Development opportunities
- Articles, videos and research

If you have anything you want to share on the topic of Steeplechase send me details.

Please forward it to others who you think might be interested.

If you don't want to receive the email, let me know and I will remove you from the list.

The Steeplechase Centre is based at the Julie Rose Stadium, Ashford, Kent (easy access from Junction 10 of the M20 motorway) and holds steeplechase training sessions throughout the spring and summer along with workshops for coaches and athletes.

Races

I am collating details of steeplechase races. If you know of any please let me know.

British Miles Club

- 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

www.britishmilersclub.com

Open Meetings

Doncaster Athletic Club Spring Open Meeting 1st April 2017

1500m steeplechase races included in event programme

Details and entry information found here

<http://www.doncasterathleticclub.com/spring-open-meeting-2017/>

Yeovil Olympiads Bill Whistlecroft Spring Athletics Festival 1st April 2017

14.45 1500 S/C U15B, U15G

15.00 1500 S/C U20W, U17W

15.10 2000 S/C U18W,U20W,SW

15:25 3000 S/C SW

15:40 3000 S/C SM

15:55 2000 S/C U18M, U20M

16.10 1500 S/C U17M

For more information go to

<http://www.yeovilolympiads.com/yeovil-open-meetings/hurdles-s-chase-festival>

Tonbridge Athletic Club Easter Monday Open meeting 17th April 2017

Programme will include a range of Steeplechase events. Details to be available shortly.

I am in discussions with other clubs about the possibility of steeplechase races being included in open meetings.

League races

If an athlete is planning to do a Steeplechase race in a league let me know and I will aim to co-ordinate information to get some head to head races.

I see league races as being useful in the development of steeplechasers and should not be discounted.

Including steeplechase races in leagues and having range of distances took a long time to get in place. Use it or lose it!

Training Opportunities

Steeplechase Centre Training Julie Rose Stadium Ashford, Kent

I will be starting regular training sessions in Ashford from April. (Maybe earlier. It depends how track repairs are progressing.)

Spring Steeplechase workshops in Doncaster and Bolton

<http://www.englandathletics.org/england-athletics-news/2017-spring-steeplechase-workshops-announced>

- **Doncaster workshop:** Saturday 4th March, 10am - 1pm
at Keepmoat Stadium, Stadium Way, Doncaster DN4 5JW.
- **Bolton workshop:** Wednesday 8th March, 6.30pm - 8.30pm
at Leverhulme Park, Long Lane, Bolton, BL2 6BZ.

Contact Bashir Hussain for further information; bh122@tiscali.co.uk or call 07 510 122275.

If you are doing steeplechase specific training sessions and are happy for others to attend let me know and I will spread the word.

Articles, videos and research

Dave Sunderland on the Steeplechase-essential viewing on Ucoach.

Dave discusses training for the steeplechase. He covers the event requirements, the importance of technique, types of training and skill development.

<http://ucoach.com/video/dave-sunderland-on-the-steeplechase-part-1/>
<http://ucoach.com/video/dave-sunderland-on-the-steeplechase-part-2/from-filter/>
<http://ucoach.com/video/dave-sunderland-on-the-steeplechase-part-3/from-filter/>

Hurdling for Young Athletes A Guide for Coaching Young Hurdlers Ted Grey & Nic Christie

http://media.speedendurance.com/Hurdling_For_Young_Athletes_2011.pdf

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 UK, Ireland and beyond.

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