

STEEPLECHASE

Training & Development Day

To be held at
Lee Valley Athletics Centre

for all existing and aspiring steeplechasers (male and female) 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: Saturday 20 February 2010
(The session run from 11.00am-3.00pm)



For further information 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

Lee Valley Leisure Complex, 61 Meridian Way,
Picketts Lock, London N9 0AR

Tel: 020 8344 7230
www.leevalleypark.org.uk

