



**ENGLAND ATHLETICS**  
**Kent and Medway Athletics Network**



## **Steeplechase Training** **29<sup>th</sup> March 5<sup>th</sup> 19<sup>th</sup> and 26<sup>th</sup> April 2017**

**Julie Rose Stadium, Ashford, Kent TN24 9QX**

### **Beginners Session 5.30-6.30pm**

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 6.30pm-8.15pm**

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)

