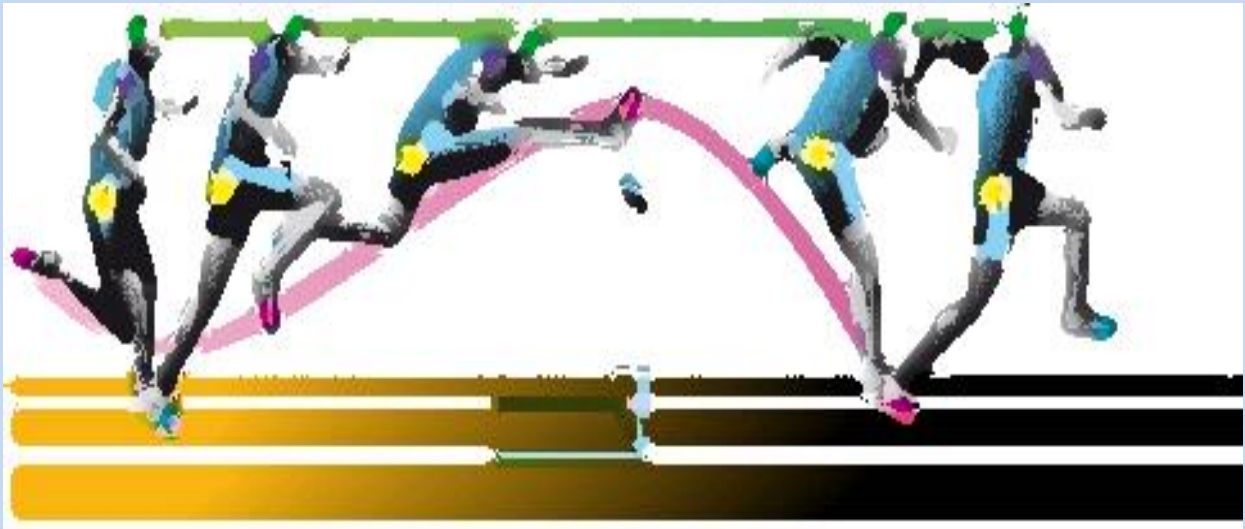


Coach and Athlete Development Programme



Sprint Hurdles

An opportunity to progress technique and to see other coaches and athletes in action



The first in what we hope will be twice yearly sessions led by Ted Grey who is an esteemed and knowledgeable sprints and hurdles coach. From basic techniques to improvers. An ideal opportunity for both coaches and athletes to progress.

Friday 14th July 2017

6.30pm – 8.00pm

**Paula Radcliffe Stadium
Loughborough**

Cost £4

**per person - payable on the night
No need to book**

Please email with intention of attendance

There is no charge if you are a Coach (CirF/L1/L2) however you MUST book in advance to gain free access.
Contact john.skevington@hotmail.com for more info/to book or to reserve a free place if you have a qualification