

Steeplechase Session

WHEN & WHERE?

10am-3pm Sunday 9th April

West Suffolk Arena, next to

Bury St Edmunds Leisure Centre, Suffolk, IP33 3TT

This was originally scheduled for Saturday 8th.

WHO FOR?

The session is for **anyone** wanting to try-out steeplechase and for those who already run steeplechase.

WHAT'S INVOLVED?

It will include drills (plyometric and hurdle), hurdling, barrier technique and water jump.

Bring a towel and dry shoes.....maybe lunch and a drink too.

WHO'S RUNNING IT?

David Cripps

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