

Hi All,

A reminder of upcoming workshops and flying coach visits for November:

Thursday 6th November 6.30pm-8.30pm, West Suffolk AC, West Suffolk Arena Track, Bury St Edmunds, IP33 3TT.

Nick Anderson- Developing Effective Running Posture for the Endurance Athlete followed by a Nutrition/Lifestyle presentation.

Monday 10th November 7-9pm, Framlingham Flyers, Framlingham Sports Club, Badingham Road, Framlingham, IP13 9HS

Nick Anderson- Threshold running followed by a Marathon Training presentation.

Wednesday 16th November 7-9pm, Haverhill Running Club, Haverhill Leisure Centre

Nick Anderson- Marathon Preparation

Thursday 18th November, 6.45-7.45pm, Saxons Running Club, Carlton Park Recreational Ground, Saxmundham, IP17 1AT

Paul Evans, Flying coach visit- Running Styles and Techniques.

These events are free for all network coaches and coaching assistants to attend, please email me at your earliest convenience to secure a place. Please forward this information to fellow coaches who may not be on this mailing list.

Kind Regards

Janet Lomas

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