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WEST SUFFOLK ATHLETICS CLUB

ENGLAND ATHLETICS
active accessible accredited
ACCREDITED CLUB

Club Secretary
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STEEPLECHASE SESSION & RACES 8th JUNE 2019

Training session 10.00 a.m. – 1.00 p.m.

Races 2.00 p.m. – 4.00 p.m.

West Suffolk Arena, Beetons Way, Bury St Edmunds, IP33 3TT

The training session is for those who want to give steeplechase a try and those who are 'chasing already and want to develop in the discipline. The session will be run by Stella Bandu and David Cripps. Stella has an impressive CV that includes working with double Olympic gold medallist Dame Kelly Holmes's "On Camp with Kelly".

The races, including developmental races for U15's (UKA Rule change 2019) are largely intended to help those aspiring to English Schools T&F Championship qualification, but do include opportunities for U20 and Seniors competition across all distances. Times will be posted to POT.

UKA Permit OUT 19/453

14:00	1500m	U15B, U15G
14:15	1500m	U20W, U17W
14:30	2000m	U18W, U20W, SW
14:50	3000m	SW
15:10	3000m	SM
15:30	2000m	U18M, U20M
15:40	1500m	U17M

Entry fees £7 (on the day)

David Cripps, Endurance Coach
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