



## Suffolk Steeplechase Training Day 11<sup>th</sup> April 2020

**West Suffolk Arena  
Bury St. Edmunds Leisure Centre  
Beetons Way, BURY ST. EDMUNDS IP33 3TT**

Time: 10:00-14:00

Suitable for athletes aged 13+ (Must be year 9 or older at school)

An introduction to the event, hurdling and barrier clearance. No previous experience of steeplechase is needed. Practical session to improve hurdling, barrier clearance and water jump skills. Water jump will be filled.

Bring spikes, towel and change of clothes!

All coaches are welcome.

For further information please contact David Cripps  
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[www.Englandathletics.org](http://www.Englandathletics.org)