



Steeplechase Training Day 4th September 2021

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

Time: 12:00-16:00

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 and to book, please contact David Cripps Email: david.cripps7@outlook.com
Tel:07484811982



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