

# STEEPLECHASE

## Training & Development Day

To be held at  
**Lee Valley Athletics Centre**

for all existing and aspiring steeplechasers (male and female) to improve their performance.

Athletes of all standards, all ages and from any region are welcome.  
Coaches are encouraged to attend for their own development.

**Admission is free**

**Date:**  
**Saturday 20 February**  
**2010**

**(The session run from**  
**11.00am-3.00pm)**



For further information contact:  
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### **Lee Valley Athletics Centre**

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