

THE UK HURDLES CLUB
NORTHWOOD ACADEMY OF HURDLES - 2003/2003



Venue Northwood Stadium Indoor Area, Stoke-on -Trent

Provisional Dates:

Sundays Nov 16th: Dec. 7th: Jan 18th : Feb 15th: Mar. 7th but may change when indoor dates known.

Sessions normally 12 noon - 2.00pm.. One or more sessions might be extended for a further hour to accommodate different aspects of training. Details later.

Athletes: These will be as per 2003 indoor and outdoor season
Inters U17 (80m @2'6") Youths U17 (100m@3'0")
Euro Juniors (100m@2'9") Euro-Juniors (110m@3'3")
Seniors(100m@2'9") Seniors (110m@3'6")
300/400mH all ages for technique training indoors. Outdoor weather permitting

Facilities: Indoor area 45mx 35m. OK for indoor spike length

Coaches: In addition to some of the country's top coaches, all personal coaches will be welcomed and we will attempt to place them with the age-group of their preference.

Refreshment: There is a range available from vending machines but please come prepared especially with liquids

Cost : **£20 for all five the sessions.** This includes a special Northwood inscribed T-shirt from Puma.. A sweatshirt can also be ordered at the November session at a cost of £10.

Applications Please send them to Ted Grey , Stretton Cottage, Wellow Road, Ollerton, Newark, Notts NG22 9AX. who can be contacted on 01623 861027 : email ted@yet2.demon.co.uk

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ATHLETE APPLICATION FORM

NAME: _____ **AGE GROUP** __._____

ADDRESS _____

_____ **POST CODE** _____

CLUB/SCHOOL _____ **PB (2002)** _____

COACH _____ **Tel / email** _____

ADDRESS _____

_____ **POST CODE** _____

I enclose cheque/postal order payable to :
NORTHWOOD HURDLES ACC.

ALL FIVE SESSIONS. £20.00