

# Spar Northwood Academy of Hurdles

## 2011/2012

**Venue:**

Northwood Stadium Indoor Area, Keelings Road, Hanley, Stoke-on-Trent ST1 6PA

**Dates:**

2011	Sunday 6 November	12-3pm
	Sunday 4 December	12-2pm
2012	Sunday 8 January	12-3 pm
	Sunday 29 January	12-2pm
	Sunday 4 March	12-2pm

**Athletes:**

These will be as per 2011 indoor and outdoor season

**Sprints**

U15 B (2'9")	U17B (3'0")	U20M (3'3")	Seniors M (3'6")
U15 G (2' 6")	U17G (2'6")	U20L (2'9")	Seniors L (2'9")

**300/400mH**

All ages for technique training indoors. Outdoor weather permitting.

Hurdlers should be of reasonable club standard.

**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:**

A range is available from vending machines but please come prepared, especially with liquids.

**Application:**

Via form below returned to:

Ted Grey , Stretton Cottage, Wellow Road, Ollerton, Newark, Notts NG22 9AX.

Tel: 01623 861027 – email: ted@yet2.demon.co.uk

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## The Spar Northwood Academy of Hurdles – 2011/2012

**Athlete Application Form**

Name  Age Group

Address

Post Code

Club/School Pb (2011)

Tel.

T Shirt Size (tick one)  XL  L  M  S

Coach Name

Coach Tel. / email

Address

Post Code

I enclose cheque/postal order for £17.50 payable to: NORTHWOOD HURDLES ACC to cover all sessions

**For further information please contact Ted Grey - ted@yet2.demon.co.uk**