

Sussex Athletics Network Clubs, Coaches and Road Running forum

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Friday 19th March 6:30pm to 9:00pm K2 Leisure Centre, Crawley.

As part of athletics development across the county of Sussex we are holding a forum for Clubs, Coaches and Road Running members, with the chance to find out more about developments in their area of the sport, give feedback and network with others.

6.30pm: - Light Refreshments and Networking



Sussex
Athletics Network

7.00pm: - Sussex Athletics Network update

7.30pm: - Workshops:-



**Athletics
Networks**

A - Road Running

Q & A session with panel including guests :-

Ed Warner - Chairman, UKA

Martin Rush - National Coach Mentor for Endurance, EA

B - Clubs and Coaches

New coaching structure - Elspeth Turner, Club & Coach Support Officer, EA

Athletics 365 - Zoe Mckinnon, Network Co-ordinator

8.30pm: - **Lucozade Sport**

Gareth Turner BSc(Hons) MSc - Sport Scientist

Hydration and nutritional advice specific to athletics performance

8.40pm: - **Questions and Answers**

9.00pm: - **Close**



Free Lucozade Sport samples !

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**To attend, please contact Zoe Mckinnon via mobile : 07811 278827 or email :
zoe.mckinnon@dorothy-stringer.co.uk**

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Visit our website : www.sussexathleticsnetwork.org.uk

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