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**Lorna Boothe ‘Intro to sprint hurdles and technical delivery workshop’**

**Athletes and coaches**

**Sunday 9th November 2014**

**Norman Park Track 10-12pm**

Lorna Boothe is a double Olympian and Commonwealth Gold and Silver Medallist in the 100m hurdles and GB Team Manager for 9 years which included being the Senior Team Manager for the Sydney Olympics.

At present she is enjoying a successful time coaching sprints and hurdles and has kindly agreed to run a hurdles workshop for the Network.

Please contact Kathryn Suckling on 07855 063014 or at crsuckling@talktalk.net to book your free place on the workshop. Please be aware that there are limited places for the workshop so book early to avoid disappointment.