



Saturday 27th February 2016 – 10.30am-12.30pm

At: Norman Park Running Track, Hayes Lane, Bromley, Kent BR2 9EJ (Nearest Station: Bromley South)

Costs £10 to attend if you are not a member of Blackheath & Bromley AC, Petts Wood Runners, Bexley AC and Beckenham Running Club.

The Kent London Athletics Network would like to invite you to a marathon workshop, with Mara Yamauchi the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are preparing for a marathon in 2016 this workshop is for you! Mara will talk about the essential steps of marathon training covering nutrition, hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared.

You will also have the opportunity to ask Mara any questions you may have on marathon training/running. Places are limited and will be on a first-come basis.

Please contact Kathryn Suckling on 07855 063014 or crsuckling@talktalk.net