



Winter to Summer transitional training for middle and long distance athletes

Venue: Sport Central, Northumbria University, NE1 8ST

Date: Wednesday 7 March 2012

Time: 6:30pm to 8pm

Cost: Free (This is a one time offer)

Talk and Q&A with David Lowes

David is a former GB International, a Level 4 senior coach and the Endurance Director of UK Athletics Northern Division. He is also Chairman of the British Milers Club.



Teas and coffees will be available on the evening

If you are interested please contact Victoria Spence at victoria.spence@notan.org.uk or on 07807 039541