

# England Athletics International Women Day

6<sup>th</sup> March to 13<sup>th</sup> March

## Female Led Open Sessions for Women:

Observe a female coach with an opportunity to ask questions at the end of the session:

Sun 6 <sup>th</sup> March	Hammer/Discus: Shirley Quinn	Chelmsford 10.30am – 12.30pm
Tues 8 <sup>th</sup> March	Sprints: Cathy Walker	Hertfordshire 6.30pm – 8pm
Wed 9 <sup>th</sup> March	Youth Development: Wendy Tydeman	Basildon 6pm – 7.30pm
Wed 9 <sup>th</sup> March	High Jump: Carol Jackson	Lee Valley 6pm – 8.30pm

For more information or to book please contact Karen Stephanou on [kstephanou@englandathletics.org](mailto:kstephanou@englandathletics.org)

Mon 7 <sup>th</sup> March	High Jump: Carol Jackson	Bedford 6.30pm – 9pm
Wed 9 <sup>th</sup> March	On the Run: Monika Yarnell	Aylesbury 7pm – 8.30pm
Wed 9 <sup>th</sup> March	Try the Track for Female Road Runners: Ros Hamlyn	Peterborough 7pm – 8.30pm
Thurs 10 <sup>th</sup> March	Road Running: Debbie Cox	Milton Keynes 7pm – 9pm

For more information or to book please contact Amy Frith on [afrith@englandathletics.org](mailto:afrith@englandathletics.org)

## Women Only Workshops

Tuesday 8 <sup>th</sup> March	Heading Towards Success	Milton Keynes 7pm – 9pm
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For more information or to book please follow the link <http://www.leapwithus.org.uk/events/heading-towards-success/>

Wednesday 9 <sup>th</sup> March	Developing an effective warm up	Oxford Brookes 7pm – 9pm
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Delivered by Allison Collier and will include mobility training and the importance of demonstrations in analysing and correcting movement patterns. To book please contact Tania Spurling on [tspurling@englandathletics.org](mailto:tspurling@englandathletics.org)

Sun 13 <sup>th</sup> March	Movement Skills Workshop one	Leatherhead, Surrey 10am – 4pm
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For more information or to book please visit [www.ulearnathletics.com/cpdEvent/83155](http://www.ulearnathletics.com/cpdEvent/83155) or contact Christine Benning on [cbenning@englandathletics.org](mailto:cbenning@englandathletics.org)



**Women & coaching – be inspired!**