

Dear All,

Please excuse the pretty late notice but I have only just confirmed the booking as I needed confirmation from last night's Network meeting that they would fund the event.

I will be holding an event on behalf of the Avon Athletics Network at the Saddlery (upstairs in Ashton Court Mansion) on Saturday 8th September 2012 from 10.30 a.m. until 2.30 p.m. and the theme is 'Planning a Successful Winter'.

The event is open to athletes and coaches and will begin with a run around Ashton Court at 10.30 for up to an hour. There will be a break between 11.30 and mid-day to refuel and rehydrate (early lunch) followed by a presentation and discussion on 'Planning a Successful Winter'. The presentation will explore successful cross-country and road running, indoor track, how to possibly integrate some indoor track around cross-country and the part winter training plays in a successful summer.

The event is being staged by the Avon Athletics Network and athletes and coaches from within the county are free - coaches and athletes from outside of the former Avon County will be asked to make a £5 contribution towards the costs of staging the event.

I would ask addressees to please forward this email on to anyone who might be interested in attending.

Please get in touch if you have any questions about the event.

Best Wishes.

Keith Brackstone

keithatrvp@blueyonder.co.uk