

Ever fancied having a go at Pole Vault?

Come-and-have-a-go session with former international vaulter and regional coach Alan Richardson

Open to athletes and coaches wanting to learn about a new and exciting event from one of the regions most experienced coaches

Harvey Hadden Sports Complex – Indoor track

Saturday 13th October

9.30 – 11.30am

£2

**For more information please contact Mike Beaumont
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