

Please find details below of various Flying Coach visits and other Coach Development sessions that are taking part around the county over the next few weeks that you are more than welcome to attend

Date	Time	Venue	Discipline	Lead Coach
Thursday 22nd April	19:00 pm	Bingham Track	High Jump	Colin Barnes
Saturday 24th April	9.00 am	Harvey Hadden	Hammer	Lorraine Shaw
Saturday 24th April	10.30 am	Harvey Hadden	Discus	Lorraine Shaw
Saturday 24th April	11.30 am	Harvey Hadden	Shot	Lorraine Shaw
Saturday 24th April	11:00 am	Harvey Hadden	Javelin	Clem Bartley
Wednesday 5th May	18:30 pm	Sutton Harriers	Pole Vault - Beginners	Ricky Hallam
Wednesday 12th May	18:30 pm	Sutton Harriers	Pole Vault - Beginners	Ricky Hallam
Wednesday 19th May	18:45 pm	Sutton Harriers	All Disciplines	Coach Development Session – Normal lead coaches
Thursday 20th May	19:00	Bingham Track	High Jump, Hurdles, Javelin	Colin Barnes (others to be confirmed)

All sessions are free and you can turn up to as many as you want.  
If you require any further information please don't hesitate to contact me

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