



Everyone is Welcome to come and Throw with Experienced International Coaches and Athletes, they and other Guest Speakers will be here to talk about their various experiences and challenges they have overcome and share ways to help you.

We want everyone to **LEARN, ENJOY** and have some **FUN**.

COST

£12.50 a session
or £60 for all six
(saving £15)

WHERE

York Athletics
Track, Heslington,
York, YO10 5NA

TIME

9am til 1pm

AGE/ABILITY

Age 11 upwards /
all abilities are
welcome

WHEN

2019

OCT
6th

NOV
10th

DEC
8th

2020

FEB
23rd

MAR
22nd

APR
5th

HOW TO BOOK A PLACE

Visit www.raceresults.co.uk/re-sults/2019/ and click on the date required, you can book all 6 on the first date.

Places will be limited so please try and book early to avoid disappointment.

CONTACT

For further details please contact:

Head Coach Paul Wilson
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