



www.bristolandwestac.org.uk

Bristol Half Marathon Reebok Master Class & Training Run



All Young Athletes!

Welcome to train with

Steve Cram

Wednesday 20 July 2005

6-7 pm Whitchurch Stadium

Autograph and photo opportunities

At 7.00 pm - Steve joins the Masterclass session

B&WAC Secretary: mikeadams.blagdon@virgin.net

01761 462179



www.bristolandwestac.org.uk

Bristol Half Marathon Reebok Master Class & Training Run



All Road & XC Runners!

Welcome to Whitchurch Stadium

Wednesday 20 July '05

6.00 pm

7.00 pm

Steve Cram

Bud Baldaro

Alan Storey

Andy Graffin

Steve Brace

7.30 pm

8.30 – 9.00 pm

Registration (better early than sorry!)

Opening session with experts panel:

Olympian & BBC Athletics Commentator

UK Athletics marathon coach

Director UK Athletics endurance running

Olympian & Reebok consultant

Winner 1st Bristol Half Marathon 1989

Training run 4, 5, 6 miles

Masterclass session

B&WAC Secretary: mikeadams.blagdon@virgin.net

01761 462179