

DECATHLON WORKSHOP

With Common Wealth Bronze Medallist

MARTIN BROCKMAN

**Saturday 6th and Sunday 7th of October 2012
@ Medway Park Athletics Centre - ME7 1HL**



The workshop will be over 2 days from 10am till 3pm with 5 events each day.

**Day 1 will be 100m, 400m, Pole Vault, High Jump and Discus
Day 2 will be Shot, Javelin, 1500m, Long Jump and Hurdles. .**

The cost will be £20 per candidate with a limited number of places available.

This workshop is open to all Ages, Old and Young from Beginners to Experts

For more Information or to Register please email wsitc@aol.com