



An exceptional evening for runners by exceptional runners



A three part presentation by elite athletes and coaches

**** Running SMART - Setting Goals ****

**** From Marathon to Ultra ****

**** Peaking and Tapering ****

+ Q&A session.

Presented by Jackie Newton, Charlie Sharpe and Bashir Hussain

Where?: Cinnamon Brow Community Association Club Warrington WA2 0SF

When?: Friday 31 March 2017

Doors open at 19:00

Tickets £7 each (includes hot food)

To reserve places, please send Alan Brady an email at spectrumstriderssecretary@gmail.com payment by cash or credit transfer by 24th March.
(Say if you would like the vegetarian food option)

Charlie Sharpe – Sponsored Ultra Distance runner, prolific winner and coach
Jackie Newton – UKA L3 Coach, GB athlete from thirties to Supervet. runbritain author.
Bashir Hussain - UKA L4 Coach, International athlete on road, cross country, track and mountains.

*See more details of their background, their achievements
and the content of the presentations at*
www.spectrumstriders.org.uk

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