

*Cornwall Athletics Club in association with Carn Brea Leisure Centre, Redruth*

## **A 'Coaching Legends' Masterclass weekend**

**Unique opportunity to attend  
lectures and practical workshops with**



**Tom McNab  
John Anderson  
Alan Launder**

**13<sup>th</sup>/14<sup>th</sup> August 2011  
Carn Brea Leisure Centre, Redruth,  
Cornwall, TR15 3QS**

**BBQ each day and informal "get-togethers"**

For the first time three of the UK's most respected coaches, who between them have coached over 300 international athletes including world record holders, will together share their knowledge and experience.

Participants will see teaching sessions for young athletes in:-  
***Hurdles, Javelin, Triple Jump, Discus, Shot Put, and High Jump.***

There will be coaching sessions for more established athletes in:-  
***Pole Vault, Long Jump, Sprints, Triple Jump, Javelin, Hurdles and Middle Distance.***

Places limited so book early. Costs and further booking details will be available soon at the Cornwall A C website, [www.cornwallac.org.uk](http://www.cornwallac.org.uk).

*Provisional enquiries and booking information: 01326 211415*