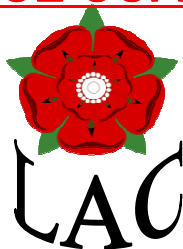


# ENDURANCE COACHING DAYS



**LANCASHIRE ATHLETIC  
COACHING**

## 4 ENDURANCE COACHING DAYS

**SUNDAY 20<sup>th</sup> NOVEMBER 2011 10.30am at Witton Park Blackburn**

**SUNDAY 18<sup>th</sup> DECEMBER 2011 10.30am at Wilson Playing Fields  
Hyndburn**

**SUNDAY 19<sup>th</sup> February 2012 10.30am at Pendle venue to be confirmed**

**SUNDAY 25<sup>th</sup> MARCH 2012 10.30am at Stanley Park Blackpool**

**Coaching for all over the age of 11 years old and all abilities  
Be coached by some of the best coaches in the North West.**

**ALL COACHES ARE INVITED**

**Cost:- Coaches Free**

**Athletes £3 per session or £12 for all 4 sessions with a FREE TEE SHIRT.**

**Athletes Reserve your place by returning the booking form below**

-----Detach and return the booking form below-----

**LAC ENDURANCE BOOKING FORM 20/11/11, 18/12/11, 5/2/12, 25/3/12**

<b>First Name</b>																																																		
<b>Surname</b>																																																		
<b>Address</b>																									<b>Post code</b>																									
<b>Your Phone No.</b>																																																		
<b>Email address</b>																																																		
<b>Club</b>																																																		
<b>Is your coach coming</b>	<b>Yes</b>											<b>No</b>											<b>Tick the box</b>																											
<b>Which sessions attending</b>	<b>Tick the box</b>		20/11/11												18/12/11												5/2/12												25/3/12											
			XSmall												Small																																			
			Medium												Large																																			
			X Large												XXLarge																																			
<b>If attending all 4 sessions £12</b>	<b>Tee Shirt Size</b>		XSmall												Small																																			
Medium													Large																																					
X Large													XXLarge																																					

Please Enclose a cheque (payable to LAC) for £.....

Send completed form and cheque made payable to LAC. To Bob Welfare 59 Ribblesdale Drive,  
Grimsargh Preston PR2 5RJ Tel 01772 653926 No Acknowledgement sent unless an SAE enclosed

**ENDURANCE COACHING DAY BOOKING FORM**