



**South
Staffordshire**
Athletics Network

www.ssan.org.uk

Come and Run with Olympian Paul Evans!

**Sunday 12th February 2012 at Marquis Drive
Cannock Chase (WS12 4PW)**

**10:30am – 12 noon on the chase and then 1pm – 3pm
at Stafford Harriers home St Leonards Sports and
Social Club – Stafford (ST17 4HX)**timings approximate!**

£5.00 charge (see booking details below)



The session will be a circuit on grass paths, including a few inclines! Then afterwards at Stafford for question and answers, sandwiches, the bar and support for your training and preparation from Paul.

ALL ABILITIES WELCOME (the session will be split into groups - please don't be put off by Paul taking the session!! He is a great personality to meet and welcomes everyone)

Paul is most well known of winning the 1996 Chicago Marathon at the age of 35 in 2:08.52. He ran in the 10,000m final in the 1992 Barcelona Olympics and also the 1996 Atlanta Olympics. In 1996 he was 2nd in the Great North Run and 3rd in the London Marathon. Paul launched our network with a session 3 years ago and was a huge hit with many people still remarking on the event. He is a very inspirational, motivational guy able to speak to all abilities. We are really looking forward to seeing him again soon.



We welcome everyone to this session - whether to one / both parts, to take part or to come to Stafford to listen to Paul speak.

**To book just email or telephone; Catherine Pendlebury- Network
Coordinator Email: cpendlebury@staffordbc.gov.uk
Phone: 07800 619 841**

Then send cheque for £5.00 made payable to Stafford Borough Council (our host agency) to SSAN/SASSOT c/o Stafford Borough Council, Civic Center, Riverside, Stafford ST16 3AQ. Please add your name and the event on the back of the cheque. Thanks



ENGLAND ATHLETICS

www.englandathletics.org