



**NEW DATE!!!**

**T&F Training - JUMPS!**  
**Saturday, March 8, 1:30-4:30pm,**  
**Lee Valley Athletics Centre**

OPEN TO EVERYONE INTERESTED IN T&F!

Whether you are an experienced high jumper or pole vaulter or a complete beginner, come to a T&F training afternoon focussing on Jumps, with some Track options, on March 8<sup>th</sup>.

We will have 3 separate training sessions of c.45mins each. We will divide into groups according to ability and interest. You can just do one or two sessions if you can't come for all 3 hours.

Entry to LVAC costs £3.90 and there is no further charge for the coaching, but please bring your own drinks and snacks.

Hope to see lots of people there – please sign up on My Events if you are coming, or for any questions contact:

**Rachel Whittaker** 07971 910795 [rachelw@serpentine.org.uk](mailto:rachelw@serpentine.org.uk)

\*\* There is no obligation to compete in the matches if you come to the training session, and you can still come and compete even if you can't come to the training session! \*\*

**Serpentine Team T&F matches 2008**

See Serpie planner to check dates, location, to sign up, and for other open matches.

<b>Southern Womens League</b> (all women)	<b>Southern Mens League</b> (all men)	<b>Rosenheim League</b> (all men & women)	<b>Southern Counties Vets AC League</b> (men and women >35)
<u>Senior Division 2</u> Sat 26th April Sat 31st May Sat 28 <sup>th</sup> June Sat 26th July Sat 30th August	<u>Divisions 1, 2 &amp; 3</u> Sat 3rd May Sat 17th May Sat 7th June Sat 12th July Sat 2nd August	Wed 7th May Wed 21st May Wed 4th June Wed 18th June Wed 2nd July Wed 23rd July Wed 13th August	Mon 12th May Sun 1 <sup>st</sup> June (Indoor Champs) Mon 9th June Mon 23rd June Mon 14th July Sun 7th Sept.
<b>Contacts</b>			
Rachel Whittaker	JT Wong Robin Kindersley (1) Charles Lescott (3) Alessandro Brandimarti (4)	Miguel Branco	Jan Farmer (women) Simon Baird (men)

Check dates on planner and with Team Captains! Contact details on Serpiebase.





## Getting to LVAC by public transport:

**From North West London** - take Silverlink to either Dalston, or to Highbury & Islington and change for Victoria line to Tottenham Hale.

**From East/Central London** - take train from Liverpool St to Edmonton Green.

**From South/Central London** - take Victoria line to Tottenham Hale.

### **From Dalston station (Silverlink - zone 2)**

6.4 miles - you can bring your bike on the Silverlink, take taxi, or bus – head north on A10/Kingsland High St toward Winchester Pl for 2.4 mi; slight right at A10/High Rd for 0.4 mi; slight right at Monument Way for 0.3 mi; slight left at A503/The Hale; continue to follow A503 for 0.1 mi; slight left at A1055/Watermead Way, continue to follow A1055, go through 1 roundabout, turn right at Pickett's Lock Ln.

### **From Tottenham Hale (Victoria line, zone 3)**

4 miles - jog, taxi, bus - head west on Newton Rd toward Victoria Rd, turn right at Walton Rd, turn left at A10/Broad Ln, turn right at A10/High Rd 0.3 mi, slight right at Monument Way 0.3 mi, slight left at A503/The Hale, continue to follow A503 for 0.1 mi, slight left at A1055/Watermead Way, continue to follow A1055, go through 1 roundabout, turn right at Pickett's Lock Ln.

### **From Edmonton Green station (train from Liverpool St)**

1.3 miles - jog/walk! Or get bus W8 which stops on the LVAC complex.

Head north toward B154/Church St, slight left at A1010/The Green, continue to follow A1010 for 0.3 mi, turn right at Bounces Rd 0.5 mi, turn right at B137/Montagu Rd, turn left at Pickett's Lock Ln

