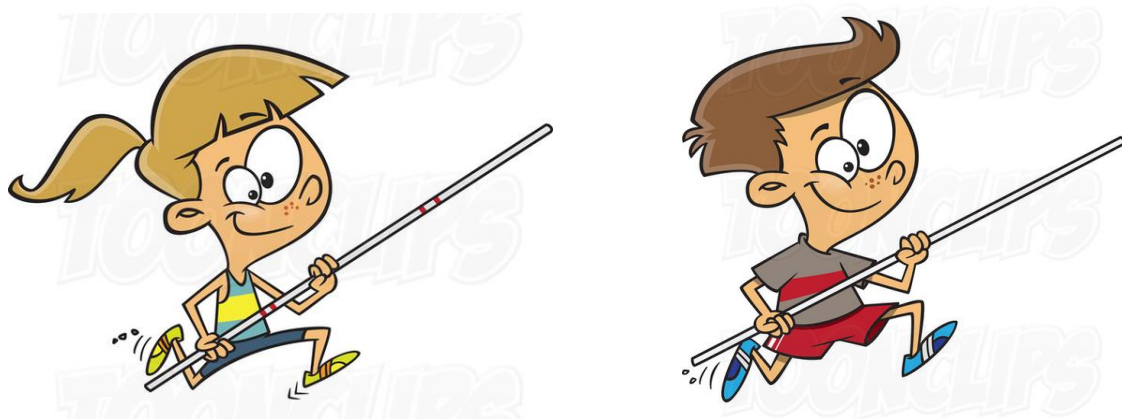


# **POLE VAULT WORKSHOP FOR BEGINNERS**



**Templemore Track, Co Tipperary**

**Saturday 15<sup>th</sup> September 2018**

**11am to 3pm**

**Pole Vault Coach, Eamon Flanagan will hold a beginner's Pole Vault workshop in Templemore Track for any athlete interested in trying out Pole vault.**

**The work shop will be open to athletes aged 12 years+**

**Poles will be provided on the day.**

**Cost of workshop is 5 euros per athlete**

**If interested in attending, please email [eflanpolevault@gmail.com](mailto:eflanpolevault@gmail.com) in advance to secure a place.**