



.....Celebrating 30 Years of Running!

Helen Clitheroe

British Olympic & Commonwealth Athlete

Talking about her personal experiences, What it takes to be an elite athlete, training tips and a Q +A session.

at Birchwood Golf Club

on

Friday 29 November 2013

Doors open at 19:00

Tickets £10 each (includes food)

To reserve places, please send Steve Pickford an email at steve.pickford@talktalk.net, payment is by cash on night.

Helen Clitheroe is a British middle- and long-distance runner who has competed in the 1500m at the 2000 Summer Olympics in Sydney and in the 3000m steeplechase at the 2008 Summer Olympics in Beijing. In May 2011 Great Manchester Run saw her produce a career best for the 10k as she completed a dominant performance to win the race in a time of 31:45 minutes.



Manchester, 15.5.11. Great Manchester Run winners, HAILE GEBRSELASSI (Ethiopia) and HELEN CLITHEROE (Gt. Britain), photograph by Mark Shearman.



Cheshire
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