

St Mary's
University
Twickenham
London



St Mary's University Endurance Performance and Coaching Centre (EPACC)

Open Day's

For prospective 2018 and 2019 students. Two dates available:

Saturday 28th October 2017 &

Saturday 16th December 2017

"To provide an endurance performance environment that supports, challenges and develops elite runners, inspires beginners, fosters and tests talent and promotes excellence in the coaches who work with them."

- EPACC Vision



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As a talented young athlete deciding which university to go to is an important decision. Find out what St Mary's is all about, train with our squad, meet our coaches and find out what makes us the country's top performing university for endurance athletics.

Athletes are welcome to attend either the October or December open day with the timetable for the days as follows:

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|--------|---|
| 9.45am | Welcome by EPACC staff - Craig Winrow, Michael Woods & Rowan Axe
Meet in the Shannon rooms |
| 10am | Training session with current EPACC squad
Take part or observe (grass or track) |
| 12pm | Buffet lunch |
| 1pm | Campus and sports facilities tour |
| 2pm | University life at St Mary's |
| 2.15pm | EPACC support services |
| 2.30pm | Q&A with current EPACC athletes |
| 2.45pm | Final questions |

Places are limited. If you wish to attend one of the days please contact:

Rowan Axe Tel 020 8240 2324 Email rowan.axe@stmarys.ac.uk