

### ENDURANCE: Main – Road/Grass

Head Coach of Endurance:

- Nick Anderson

Athletics Coaches:

- Lou Walker – inactive
- Karen Hazlitt

Coaching Assistants:

- Franklyn Young
- Pete Curtis

LIRF:

- Fiona Bolton
- Mark Craven
- Shirley Dyson Laurie
- Adrian Haughton - inactive
- Stephen Lowy
- Steve Oliver
- Kate Green
- Colin McManus

### ENDURANCE: Speed (U17/U20/Sen)

Head Coach of Endurance:

- Nick Anderson

Athletics Coaches:

- David Vosser
- Mike Chambers
- Nicky Cousins

Coaching Assistant:

- Hallum Collier

LIRF:

- Alex Whiting

### ENDURANCE: Performance

Head Coach of Endurance:

- Nick Anderson

Coach in Running Fitness:

- Andy Parkinson

Athletics Coaches

- Mike Chambers

Coaching Assistants:

- Simon Harvey

LIRF:

- Tamsin Simmonds

### Changes to ENDURANCE: Main – Road\Grass section only:

- Nick to set weekly programme for the main endurance group and to introduce weekly session to athletes.
- Nick to occasionally coach the main endurance session.
- Identification of coaches to deliver weekly session (ideally 2 or 3 Coaching Assistants or Leaders in running fitness or others looking to step up to Athletics Coach level).
- Opportunities for all levels of coach to increase experience (across junior section) and receive mentor support.
- Identification of athletes within pace groups to become leaders in running fitness, strengthening leadership within the groups.
- Target to increase numbers of coaches at all levels to support expected increases in new members and juniors moving through.
- Juniors moving through to initially join **Speed (U17/U20/Sen) group**
- New members joining **Main – Road/Grass or Speed (U17/U20/Sen) groups**.
- Athletes welcome to try different groups in consultation with their coach.
- In practice, coaches may be working across different groups.

### RACES:

Hampshire Cross Country League

Hampshire Cross Country Championships

Hampshire Road Race League

Southern Athletics League

Youth Development League - Upper

Other Relays

CC6 – Cross Country League

RR10 – Summer Cross Country League

Road Relay Championships

Veterans Track and Field

Wessex Track and Field

### ENDURANCE: Juniors (U11 to U15)

Head Junior Endurance Coach:

- Nick Anderson

Junior Endurance Coaches: Coaching Assistants:

- Andy Parkinson
- Mike Chambers
- Natalie Thomas

- Simon Harvey (Junior Endurance Manager)
- Ali Stout
- Stephen Moore