

England vs Australia

The athletics 'Ashes' are on the way

England Athletics are delighted at the announcement of a revolutionary England versus Australia street athletics meeting in 2009.

It will be the first time England and Australia have met in an official athletics meeting at senior level and will take place on Saturday, 19 September, the eve of the Bupa Great North Run and just before the seventh and final cricket One Day International at Chester-le-Street.

The innovative event - the Great North City Games - will take athletics 'to the streets' with a specially constructed four-lane, 200 metre sprint track. The venue will host sprints, hurdles, pole vault, high jump and shot putt, along with the traditional one mile circuit of NewcastleGateshead Quaysides able to cater for middle distance events.

This major new event comes at the end of what promises to be an

exciting Ashes summer of cricket, with England desperate to gain revenge over Australia for the 5-0 whitewash in 2006/07. The Athletics 'Ashes' will take place just 24 hours before the seventh and final cricket One Day International at Chester-le-Street.

Raising the profile

The event has the support and involvement of official athletics bodies, England Athletics and Athletics Australia. John Graves, Chair of England Athletics, expressed his delight at this ground-breaking event, "England is delighted to be part of a venture that will help to raise the profile of the sport. As we edge towards the London Olympics in 2012, athletics has to seize the initiative and 'raise the bar' in terms of innovation and excitement to capture hearts and minds."

Former Olympian Brendan Foster's company Nova International

successfully tested the format when staging a series of televised 100 metres races on the Quaysides in October, as part of the build-up programme before the day of its flagship Bupa Great North Run; the world's biggest half marathon.

The announcement of the Athletics 'Ashes' came after the inaugural Great Australian Run, organised by Nova, was held in Albert Park, Melbourne. The 15km race was won by Ethiopia's Haile Gebreselassie and Kenya's Catherine Ndereba.

World indoor 60 metres silver medallist Jeanette Kwakye and other top stars have enthusiastically welcomed the announcement.

Jeanette, who in the summer became the first British woman to reach the Olympic 100 metres final for 24 years having earlier in the year narrowly missed out on the world indoor title, is thrilled by the new fixture.

Inside:

Schools Competition

page 5

Athletics Networks

page 6

National Coach Development Programme

page 7

National Awards

pages 8-9

Hall of Fame

pages 12-15

Courses

Officials page 17, Coaching pages 18-19

Prize Competition

page 16

Featured Clubs

pages 22-24

*100m finalist Jeanette Kwakye has welcomed the news of the England versus Australia challenge.
(photo: Mark Shearman)*



How to contact us

By post:

England Athletics
Wellington House
Starley Way
Birmingham International Park
Solihull
B37 7HE

By email:

info@englandathletics.org

By telephone:

0121 7817271

By fax:

0121 7817371

National Operations Team

Mike Summers

Chief Executive
msummers@englandathletics.org

Chris Jones -

Head of Marketing & Strategy
chrisjones@englandathletics.org

Richard Wheeler -

Head of Coaching
coaching@englandathletics.org

Ruth Galvin

Financial Controller
rgalvin@englandathletics.org

Jo Wilkinson

HR and Welfare
jwilkinson@englandathletics.org

Andy Day -

Head of Teams & Competitions
aday@englandathletics.org

Andy Barber

National Communications
abarber@englandathletics.org

The 25-year old said: "What a brilliant idea and it promises to be great fun for everyone at whatever level. The idea of an England versus Australia match is fantastic. There are masses of Aussies in this country and with their fervent patriotism and desire to beat us at absolutely everything, I'm sure they'll come along in masses to spectate. This could really start off a new rivalry between the two countries, just like there is for cricket and rugby. I'm definitely interested."

Lisa Dobriskey, the Commonwealth 1500 metres champion and Jo Pavey, the Games 5000 metres silver medallist, who have both regularly competed at the Quayside venues where in the past the races have focused on just middle distance races, also believe it is a very positive step forward.

Lisa, winner of the Quayside mile for the last two years, said: "This could be massive news for athletics and I'm sure it will catch everyone's imagination".

Jo, who has twice competed in the Quayside races, said: "It's a brilliant idea. I've enjoyed the Quayside races in the past, but I think it will be great to have something different.

"England versus Australia, away from the track, can develop into something comparable with what happens in the other sports like cricket and rugby and will of course have an exclusive attraction. It will also push athletics even more into the public eye. It will certainly spice up the sport."

Athletics Australia itself gave the green light for the 'Ashes' clash, where it is expected both countries will field 40-strong teams in a series of disciplines.

One of Australia's biggest sporting names, Olympic pole vault gold medallist Steve Hooker, said he was looking forward to the chance to showcase his skills on the streets.

A tradition of rivalry

"There has always been a strong rivalry between England and Australia - in athletics and all other sports," said Steve who is determined to defend his title at the 2012 London Olympic Games. "The whole concept is fantastic, the country versus country format doesn't happen that often in athletics and to have this in the lead up to London 2012 is great news.

"Street pole vaults are very popular in Europe. It's fun for both the athletes and the spectators and it reached a broader audience," he added.

Nova International managing director Dave Newton of the Newcastle-based company is eager to ensure the Great North City Games is a major success, and intends to expand it to other venues around the country.

Dave said: "In the past by definition, track and field athletics has taken place in a stadium or an indoor arena. We experimented with the 100 metres sprints and they attracted plenty of support with spectators enjoying being so close to the athletes that they could only see from a distance in a stadium.

New style competition

"We believe although there will always be a place for the traditional track and field meetings, athletics can receive a massive boost in both popularity from this new style of competition." ■

Lisa Dobriskey who won the Commonwealth 1500m title for England in Melbourne has also welcomed the challenge. (photo: Mark Shearman)



ENGLAND ATHLETICS

With support from:



Welcome

to the Winter 2008/2009 edition of the England Athletics Newsletter

England Athletics exists to support the grass-roots of the sport, and to provide the bridge between local clubs and coaches and elite performance.

In October we had the privilege of hosting a combined National Awards and Hall of Fame evening, where Athletics greats mixed shoulder to shoulder with the people who make the sport tick at grass-roots level. That evening's presentations underlined the immense importance that the elite athletes place in our volunteers, and how stars such as Sally Gunnell, Seb Coe, Daley Thompson and David Hemery all attributed their success to the clubs and coaches who brought them into the sport and supported them on the path to success.

2009 will be a big year for Athletics in England. We are delighted to have secured investment from Sport England for the next four years of over £20.46M. Our funding bid marked a significant shift in focus from years gone by.

Our belief is that continuous improvement in clubs, coaching and competition requires direct financial investment. Our focus will be to secure funding from sponsors, government and key partners such as UK Athletics, and to distribute those funds as directly as possible into clubs, coaching and competition. You will read in this newsletters of new plans to invest money in athletics in schools, clubs and coach development programmes, and plans for Athletics Networks, clusters of clubs working together with schools, universities and colleges to raise standards in their designated areas. We also have exciting plans to support the Women's Running Network and the Parkrun series in extending their reach across the country.

In October we announced a major staffing restructure, based on our belief that Athletics can be best served by a consistent national strategy, delivered at a local level by well-trained staff working directly with clubs and coaches. In our new model, the nine regional councils will continue to help shape the sport in their local areas, but we will bring many of the "back-office" functions into the centre. Our goal is to minimise duplication of effort, ensure a consistent level of service across the country and free-up as much of our valuable funding as possible for investment in clubs and coaching.

The changes have brought about a period of uncertainty for our staff, but they have reacted with a positivity and professionalism that has been second to none. I have had the pleasure of announcing the appointments of three new Team Leaders - Andy Lee for the North, Chris Mallender for the Midlands and South West and Martin Beaver for the South - and wish them every success in their new challenges. Our new team at the coal-face will be our nineteen Club and Coach Support Officers, who will be tasked with the challenge of helping clubs and coaches throughout the country to achieve their full potential.

Through this newsletter you'll read success stories from some of our most innovative clubs, including Shaftesbury Barnet Harriers and the Washland Women Runners. Two very different clubs which highlight the wonderful diversity of our sport.

Finally as I reach the end of my first calendar year as Chief Executive of England Athletics I'd like to thank all the people who have given me such excellent support, including all of my colleagues, our regional councils, our counterparts at UK Athletics and the multitude of new friends that I've made across all corners of the country. I look forward to meeting many more of you in 2009.

Best wishes,



Mike Summers



Mike Summers

Stars such as Sally Gunnell, Seb Coe, Daley Thompson and David Hemery have all attributed their success to the clubs and coaches who brought them into the sport and supported them on the path to success.

Building for the futurein the here and now

By England Athletics Head of Coaching Richard Wheater

Our vision

Good coaching is fundamental to the success of athletics.

It means that athletes across all disciplines, levels of ability and levels of aspiration are able to get as much enjoyment and success from the sport as possible. England Athletics believes that good coaching should be made available to all athletes and we place a high emphasis on our desire to work with coaches to help develop and inspire them.

The dedication and hard work of coaches across the country should never be under-estimated. We know that as well as gaining a huge amount of enjoyment from their involvement in the sport the work that they do benefits many athletes and that the best coaches are keen to expand their knowledge through opportunities to develop their skills. It is often those with the highest level of ability and experience who still show the biggest appetite to learn and share ideas.

Coach development is central to the work of England Athletics as its effects do not stop at the coach; they are felt by clubs and squads nationwide with the benefits being reaped for years to come.

England Athletics' vision is of a strong, vibrant, cohesive athletics community with supported, respected volunteers taking ownership and leadership in their areas of expertise. Specifically within coaching our goal is to have enough coaches of high quality, in every discipline, to support athletes at every level.

It is our vision that all coaches will have access to excellent quality education, which will be provided

locally wherever possible and at the lowest feasible cost. Coaches will have mentors or advisers to support them at every stage of their careers and peers with whom they can work where possible and necessary. There will be clear technical and support resources available, online wherever possible and all clearly laid out within a single framework.

With London 2012 on the horizon there is great excitement within athletics and around the sport but our vision and enthusiasm is for a legacy that will last far beyond the Games.

What we are doing

We are now dedicating a large part of our resources towards supporting and developing coaches. We will be providing suitable mentors for all coaches at Level Two or above who are actively contributing to the sport whether in a professional or voluntary capacity.

We are providing coach education courses at all levels and are actively seeking further funding sources to make these cheaper for coaches. Another avenue we are working on is effective use of distance and web based learning and support.

We are engaging with talented coaches to develop them in a challenging, structured way. Those who want the opportunity to be stretched in their learning will be given it and those who only need infrequent support will be offered

All coaches should have access to excellent quality education



Head of Coaching, Richard Wheater

that too. We will encourage and facilitate coaches to work together regularly and locally. Many of these opportunities are in addition to the coaching courses held to enable coaches to progress their qualifications.

In short, we will switch much of our focus from directly developing athletes through such activities as 'regional squads' and shift towards providing support direct to coaches and groups of coaches. This will be of direct benefit to athletes as the impact of the development of coaching will be more widespread and sustained.

A lot of work in these areas is already underway but there will be more development over the coming months. Our winter development programme is seeing us working with coaches, as well as athletes, across all events to provide them with opportunities to expand their skills through talks from experts in specific fields, workshops, practical sessions and peer-to-peer communication. ■

Find out more

To learn more about England Athletics' work with coaching go to www.englandathletics.org/coaching. You will find more details on our work and specific learning opportunities as well as the full statement on our vision for the future of coaching in England.

England Athletics always welcomes comments and suggestions about our work. We would be delighted to hear comments about England Athletics' work with coaches. Please email coaching@englandathletics.org or contact us at England Athletics, Wellington House, Starley Way, Birmingham International Park, Solihull B37 7HE.

All Round Experience for Competition in Schools

An evolving partnership is promising great opportunities for athletics competition in schools.

The nationwide schools Competition Manager Programme presents England Athletics, local clubs and county associations with a ready made army of full time school based staff willing and able to organise induction level athletics provision for young people from the ages of 7-18 and England Athletics has teamed up with Sportshall Associates, Quadkids and the English Schools Athletics Association to ensure the right formats and tools are available for this network to put athletics at the top of their list of chosen sports.

England Athletics has forged this close alliance to ensure that schools can deliver a consistent format of competition across England with each school delivering modified athletics competition to its students by 2012.

What is modified competition?

Modified competition can be seen as a stepping stone to real athletics. Sportshall, established under the guidance of innovator George Bunner, can be seen as one such format. Sportshall Athletics is an indoor, winter/autumn and early spring product that then feeds directly into Quadkids in the outdoor setting. Quadkids is a quadrathlon (with optional relay) and takes place in the Spring and Summer months through a programme of local festivals and events between clusters of schools. The modified formats can be applied by both schools and clubs in the local setting and provide an endorsed stepping stone onto more traditional formats of the sport at the top end of Key Stage 3 (ages 13 upwards).

Both Sportshall and Quadkids are team based, self challenging and provide young people with the all



English Schools' Athletic Association
Founded 1925



round experience of athletics - run, jump and throw ... in essence, the all year round multi-discipline athletic 'experience'.

What is traditional competition?

This is what some call 'real' athletics. Many consider the jump from modified to traditional athletics too big for many young people. Indeed traditional athletics can often take longer to complete, be more technical and this is difficult for many schools to facilitate for many young people. The English Schools Athletics Association provides a traditional format of schools competition through its district cup and formal portfolio of athletics competition, including the prestigious Track & Field Championships.

England Athletics is working closely with the ESAA and is delighted to announce the agreement to a four year deal which will ensure the continuation of the impressive portfolio of ESAA events.

Can clubs deliver Sportshall and Quadkids?

Most certainly, yes. In fact we would recommend that both formats are used with young people of school age as much as possible to retain that all round, fun, exciting and team based athletic experience. It is important that many young people experience all the events before specialising. We would encourage local clusters of clubs to work collaboratively to facilitate midweek and weekend cluster events and festivals for youngsters that only take one to two hours to complete and that are based locally to reduce travel time.

In fact many schools and clubs are now using teaching tools such as Elevating Athletics to instil the fundamental skills and then applying Sportshall and Quadkids as the competition formats through which these skills can be used.

What next?

England Athletics presented its clear competition framework (a clear pathway) for schools athletics in Birmingham during early December and it is hoped that both Sportshall and Quadkids competition formats will be built into local delivery plans for 2009 onwards. We also hope to see a rise in the entry levels of all senior schools in the ESAA District Competition programme during coming years, especially given the interest that the 2012 London Games will bring.

EA will also be working with this group of competition providers to pilot an eight event format for young people at the top end of Key Stage 3 in Summer 2009 before rolling it out wider in late 2009. This eight event format will close the gap even further between modified and traditional athletics competition. EA is also endorsing the Tesco Great School Run, a vibrant and dynamic endurance event enjoying wide coverage in English primary schools and involving 750,000 young people at present. It is hoped that this partnership will look at evolving a similar senior school format in late 2009.

For further information please visit
www.Englandathletics.org/schools
www.quadkids.org.uk
www.sportshall.org
www.esaa.net
www.greatschoolrun.org ■

(photos: Mark Shearman)



McCain Athletics Networks Empowering Clubs



Athletics Networks

England Athletics believes there are two particularly key cornerstones of our sport: clubs and coaches

England Athletics is totally committed to supporting both clubs and coaches to succeed and to help us to grow the next generation of senior athletics champions.

Athletics Clubs are our lifeblood. England Athletics believes that a successful legacy for the sport shall be built through investing energy and resources to support clubs to develop themselves and the opportunities they present to existing and prospective members.

Clubs are crucial in growing and retaining participation levels in the sport as well as providing a foundation for talent identification and nurture.

With this in mind, England Athletics, in partnership with UK Athletics and sponsors McCain, are seeking to roll out a nationwide network of Athletics Networks across England in 2009-2013.

England Athletics has secured financial support, thanks to McCain, to kick start this initiative during Autumn and Winter 2008/09 and we plan to have identified a minimum number of clubs by April 2009 before looking to roll out a total minimum number of 50 other networks by April 2010 thanks to further investment from Sport England.

Our aspiration is to support Athletics Networks to develop and succeed for an initial four year period with investment being provided for a minimum three year period.

Why are we taking this approach?

Clubs are fundamental to the success of athletics at all levels. We want to invest more time, energy and finance into clubs to help them develop. We want to put clubs at the forefront of our focus. We want a consistent way in which we support clubs through such a focused approach.

We are developing a nationwide club and coach support strategy that

we believe will help to build a dynamic, vibrant and successful sport.

We are committed to getting as much resource into clubs as we possibly can.

What are Athletics Networks?

Athletics Networks are clusters of clubs working locally to develop the sport of athletics in that area. Normally comprising a maximum of five or six clubs in each area, networks will seek to drive up the quality of coaching, links with community groups such as schools, competition in clubs (inter and intra club) and also seek to develop the all round quality of provision within clubs in the network.

How does a cluster of clubs become a network?

We have now received the first batch of applications and are considering proposals. These areas will be trail blazers in effect so we can learn together and share the successes and issues faced with other areas when they come on line.

What if we are not selected in the first batch?

Don't worry - this will be a very useful process for us all even if you aren't selected as a first wave network. We hope to invest in further networks during the coming months

What if we are selected?

You will be contacted by England Athletics who will relay the next stages. This will involve England Athletics coming to see you and your cluster of clubs to start negotiations and planning in January.

Do we have to match any future investment from England Athletics?

It always helps as it enables you to do more. Your network plan (to be produced at a later stage once selected) will only be as successful as

the resources (people or finance) available to help you deliver your aims. We hope that the time and resource England Athletics can invest to a network, will encourage clubs to try to 'unlock' other funding locally, through their own funds or through forms of grant aid.

Initial schemes

England Athletics would like to thank those groups of clubs who have kindly submitted their proposals to be part of the first batch of Athletics Networks. We realise that a lot of work has gone into collating the information required for this submission. Second stage information has also been gathered. We will then go through the process of sifting thoroughly through each initial proposal and will be contacting each lead person from the respective "Network" with further specific guidance.

The planned timescale is as follows:

- ◆ Panel Selection 1st Networks: December 2008
- ◆ Decisions Relayed with further instructions following panel selections
- ◆ January: planning and initiation work with support from England Athletics to first wave
- ◆ Mid January - opportunity for further proposals to be submitted and considered as part of a second application period.
- ◆ April: start of delivery first wave

This schedule is subject to change in the event of unforeseen circumstances.

In early 2009 we shall be seeking further submissions from potential networks of clubs to complete the allocation of networks for this year. Further details will be relayed in due course. ■



**For more information on the Athletics Networks please visit
www.englandathletics.org/athleticsnetworks**

National Coach Development Programme

A programme of events for athletes and coaches is underway to help build the future of the sport. The effects of the England Athletics National Coach Development Programme should be felt in the build up to the Delhi Commonwealth Games in 2010, the London 2012 Olympics and then beyond.

The programme runs throughout the winter. It sees coaches and athletes coming together on a series of days and weekends. The coaches and athletes have been selected by the regions of England Athletics and event co-ordinators. The focus with the athletes has been upon those ranked at the top of the country in their events. But focus has also been placed upon inviting coaches to help them to develop and share their ideas.

Dave Sunderland who is co-ordinating the programme explained: "The primary aim is coach development, there will be a mix of activities on the days including practical sessions, lectures and workshops."

The lectures include experts in specific fields talking about their subjects, and coaches are also given the opportunity to gain wider experience of the training needs of athletes competing at a high level.

Long lasting benefits

England Athletics Head of Coaching Richard Wheeler explained: "Our objective is to enable athletes to achieve a higher level of performance. But by this focus on coach development we are able to develop broader and longer lasting effects. By putting in place resources to help coaches improve we can help far more athletes. The athletes will gain more from the sport in terms of performance and enjoyment than if we restricted our activities to only athletes. Having better coaching brings a continuous benefit for an athlete. This is not only about us being the ones providing resources and education for the coaches, we also believe that opening lines of communication between the coaches

will mean that they are better able to educate, support and challenge one another on a year round and on going basis."

The new National Coach Development Programme events replace the Winter Squad Programme that was previously run by UK Athletics. The coaches and athletes have been invited and/or nominated by their regions.

Fuzz Ahmed is co-ordinating the series of high jump days. He is coach to Beijing Olympic Silver medallist Germaine Mason and Olympic finalist Tom Parsons.

Fuzz explained: "The rationale behind the events in terms of coach education makes complete sense to me. I don't see any other starting point, you have got to start with coaches.

"On the first day we basically split the day into two with morning and afternoon. In the morning we tried to get out of the coaches what they needed. The first thing we identified was a need for was channels of communication. In the afternoon it was more coach co-ordination – the principles of what we are using and what we are doing. We don't want it to be me sitting there lecturing and them thinking 'that's not relevant to me'. It is about finding out what coaches need. We are asking them to be energised and coming up with ideas."

Communication is the key

Fuzz said that coach education and communication between coaches is very important if coaches, and therefore athletes, are to develop.

"Four years ago we as a group of high jump coaches sat down with each other. In the 1996 and 2000 Olympics we only had one person in the high jump. In 2008 we had three in the final and are now the second strongest nation after Russia, so we must be doing something right. The thing we are doing is communicating."



Fuzz Ahmed, who is co-ordinating a series of high jump days.

He continued: "It is about getting coaches to take responsibility and say what they need and then we go and create that for them. We are a source of information.

"One problem coaches have had in the past is that people stop their coach education because they think they 'know it now'. But there are always new athletes and coaches coming through and we have to keep moving forwards." ■

14 February 2009

Throws

Venue: Birmingham
Contact: Nigel Bevan (Javelin); Bill Tancred (Discus); Mark Proctor (Shot); Lorraine Shaw (Hammer)

28 February 2009

Endurance

Venue: Manchester
Contact: Dave Sunderland

14-15 March 2009

Combined Events

Venue: Birmingham
Contact: Darrell Bunn and Ian Grant

Horizontal Jumps

Venue: Birmingham
Contact: John Crotty

Sprints/Hurdles

Venue: Loughborough
Contact: Clarence Callender & Tony Hadley (Sprints); John Isaacs (Hurdles)

Walks

Venue: Leeds Metropolitan University
Contact: Andi Drake

21-22 March 2009

Pole Vault

Venue: Brunel
Contact: Peter Sutcliffe

High Jump (21st only)

Venue: Lee Valley
Contact: Fuzz Ahmed

If you require more details on the Winter Development Programme contact Dave Sunderland at david.sunderland2@ntlworld.com, Andy Day at aday@englandathletics.org or on 0121 7817271, or contact the event coordinators.

England Athletics

National Awards

Volunteers and athletes have been honoured by England Athletics in the 2008 England Athletics National Awards.

The national award winners were selected from shortlists drawn from winners of the regional awards. A ceremony was held at the National Motorcycle Museum where the winners were announced and presented with their awards.

As well as honouring the efforts and expertise of the winners in each category the England Athletics National Awards also recognise the efforts or volunteers throughout the sport and the successes of so many athletes that they work to support.

England Athletics chief executive Mike Summers said: "The work and skills of volunteers is what athletics in England is built upon. There are people involved in coaching, officiating, provision of competition or working within the clubs who provide vital and high quality services. Without these people we would not see athletes enjoying and succeeding in the sport as we do.

"I would like to congratulate each of the award winners as their work has been selected ahead of many other worthy and notable nominations."

Without these people we would not see athletes enjoying and succeeding in the sport as we do

(photos: gwenharrisphotography.com)



Award winners. Top row left to right Andy Parker, Dean Williams, Mike Oakley; Middle row: David Moubey, Stan Burton, Mick Woods; Front: Ted Toft, Steve Winfield and Wilf Paish



2008 Award winners

Young Athlete of the Year:

Rowena Cole

(Coventry Godiva)

Rowena leads the Under 17 rankings at 800m and this year won both the English Schools and Schools International.

Young Athlete of the Year:

Deji Tobais

(Windsor Slough Eton & Hounslow)

Deji won the UK Schools Games in a new record performance and placed fourth in the Commonwealth Youth Games in a personal best time of 10.52sec.

Services to Athletics:

Wilf Paish

Wilf has had an influence which has extended far beyond the many athletes he has coached. He has influenced many coaches through his direct involvement, books and articles. Wilf has mentored new coaches and given wise advice to more experienced ones. He has supported many athletes through their transition from junior to senior athletics. The athletes he has coached include Peter Elliott and Tessa Sanderson but numerous others have benefitted from his wisdom over the years.

Club of the Year:

Chesterfield & District

A club which is celebrating its 30th anniversary this year, Chesterfield & District was chosen on the basis of the work done by its coaches, parents and volunteers. The club has had athletes competing in the Commonwealth Youth Games and seen members setting records at County and Regional Championships.

Coach of the Year:

Mick Woods

Successful young athletes coached by Mick are too numerous to mention but include World Junior 1500m champion Steph Twell, Emma Pallant, Charlotte Purdue and Jonathan Hay. He has also worked with and helped many other coaches.

Services to Coaching:

Tony Lett

Tony edits a magazine for sprints coaches and done beneficial work across many other aspects of coaching including disability athletics and race walking.

Services to Disability Athletics:

Mike Oakley

Mike has helped to found Orwell Panthers and works to ensure everyone involved in disability athletics receives the support and help he can give whether they are an athlete, coach or parent.

Volunteer of the year:

Steve Winfield

Steve's work includes writing the Belper Harriers club newsletters, acting as club Secretary, developing handicap races and successfully gaining funding for initiatives in the sport.

Services to Clubs and Athletics:

Ted Toft

Ted has been coaching since 1956, founded the Leicester Track League, works on county and regional committees and still makes time to officiate at meetings.

Official of the Year:

Dean Williams

Dean is an international field referee. He is a course tutor and has helped to develop the new Level 3 technology modules and training for special equipment. He is a specialist in use of Electronic Distance Meters.

Services to Officiating:

Stan Burton

Stan was chief timekeeper at the Commonwealth Games in Manchester and is highly involved in encouraging and training new timekeepers.

Partnership of the Year:

Preston Harriers and Fulwood High School

This scheme works to deliver an exciting and unique programme for school children that has attracted many of them into the sport outside of school hours.



Norma Pugh, coach of Rowena Cole, receives the Young Athlete of the Year award from Darren Campbell on her athlete's behalf



Andy Parker receives the Partnership of the Year Award from Mike Summers on behalf of Preston Harriers and Fulwood High School



Mick Woods receives the Coach of the Year award from Maria Aries of Sunwise



Mike Oakley received the award for Services to Disability Athletics from Darren Campbell.

We would like to congratulate all the winners and nominees

The future of England Athletics



We believe athletics is the most exciting, diverse and inclusive sport there is.

Athletics is driven by clubs, coaches, officials, volunteers and athletes who have a fantastic level of commitment to the sport that brings them such enjoyment and satisfaction.

With London 2012 seeming to approach at an ever faster pace these are thrilling times for everyone involved in the sport and days of great opportunities.

England Athletics believes that the future of the sport lies in the hands of volunteers and has always worked hard to achieve three core objectives:

- ◆ To increase participation in the sport across a wider cross-section of the community
- ◆ To improve the quality of experience of every participant
- ◆ To support the development of the next generation of champions.

But, as everyone involved in the sport knows, you can never rest on past achievements or assume future successes can be built on 'more of the same'.

This is why England Athletics is undergoing a restructure that sees us working to make the most of the resources available to athletics, not just in terms of finance but also with regards to the combined work, experience and expertise that comes from both the volunteers and professionals within the sport.

A national team

The new structure will see England Athletics move away from the nine semi-autonomous regions to a set up that combines a national administration team and national policies with staff working hands on with clubs, coaches and volunteers across the country. The structure will allow everyone across the country to benefit from the best practises that have been developed and implemented under the previous regional system while ensuring that there is both national consistency and the advantages given by a continued local presence. The changes will result in a reduction in staffing levels by around 15 to 20

people and will see approximately half a million pounds redeployed into clubs and coaching where it can be use most effectively.

We believe that the future of the sport lies in the hands of volunteers and in enabling them to fulfil their roles more effectively. This restructure will enable us to support them with a more consistent, higher level of service.

A sustainable legacy

We have a responsibility to the sport and everyone involved to ensure that a sustainable legacy is created in clubs, schools, coaching and competition. This will put our sport in a strong shape for years to come. The challenge facing England Athletics is to lay the foundations for future success on the world stage by helping our clubs and coaches find talented athletes nationwide and guide them to the level of the UK Athletics world-class performance programme.

Continuous improvement in clubs, coaching and competition requires direct financial investment. Part of the role of England Athletics is to secure funding on behalf of the sport from sponsors, government and key partners such as UK Athletics and Sport England. These can then be distributed as directly as possible into clubs, coaching and competition.

Athletics Networks

A key new initiative called Athletics Networks has now been launched and shows how the new structure will enable fund to be targeted at proactive clubs who are working together with schools, universities and colleges to raise standards in their areas. This shows our commitment to supporting, rewarding and developing proactive clubs and ensuring that they are at the centre of the future of athletics. The needs of athletics will be best served through a consistent national strategy, implemented at a local level by well-trained staff working directly with our clubs and coaches.

Competition is clearly a vitally important aspect of the sport too. We believe athletics competition, other than at national championship level, can be best delivered by established competition providers and we will

support them wherever possible to deliver a revitalised competition structure that benefits all athletes.

We believe that our customer services functions, and the administration of coach, officials and teacher education courses and development events, will be provided most efficiently and cost effectively by a single centralised administrative team, rather than by the current system of nine separate regional business units.

A new structure

Our proposed new organisation will be as follows:

- ◆ A team of up to 19 field-based Club and Coach Support Officers, deployed across the country. Their role will be to directly support clubs and coaches in their designated areas, working in partnership with the elected Regional Councils that represent the volunteers in their areas.
- ◆ The Club and Coach Support Officers will be grouped into three teams under the direction of three Team Leaders. These Team Leaders will also work with local authorities to influence planning agendas and attract further local investment into the sport.
- ◆ We will deploy additional development officers and development coaches, where appropriate, within Athletics Networks. These may be employed directly by the Athletics Networks or sit within the England Athletics organisation on fixed term contracts, depending on local circumstances.

These changes will impact on the following posts:

- ◆ The existing 10 Regional Manager posts, and the 28 regional development posts (a combination of Regional Performance Development Co-ordinators, Coach Mentors, Athletics Development Officers, Event Co-ordinators and Community Sport Coaches) will become redundant.
- ◆ The 15 regional and head office administration posts will be replaced by six central posts, under the direction of a new Education and Athletics Services Manager.

England Athletics relaunches website

England Athletics has relaunches its website to give easier access to information for more people in the sport.

The website remains at the same address of www.Englandathletics.org but the site has an all new design and lay out to make information easier to find.

Chief executive Mike Summers explained: "For many people the internet is the easiest way to find the services they want to access or the information they need. It is therefore important that whether you are an athlete, coach, official, club volunteer or working in schools you can get to what you need as readily as possible."

The News section makes it easy to see the latest developments and initiatives from England Athletics, a searchable Events section will help you to find what is happening near you or nationwide and there is a separate section where you can find out about the courses that we are running for coaches.

For the 'standing information' that many people come to the site for such as contact details, downloadable forms or information sheets the majority of main menu options are named by who the information is for or about. So for example an athlete can find information relevant for them under the 'Athletes' header and so on.

The site is also fully searchable so you can type a few 'keywords' in a search box on the top right hand side of any page to find all the pages on the website containing these words.

The information available at www.Englandathletics.org is not intended to be a comprehensive guide to everything happening in athletics in England. To offer this type of service would divert funds away from investing in the development of the sport. Our website is to help you find information on England Athletics, access our services, keep you up to date on our work and also inform you about news, information, resources and services that are closely related to the work we do.

Guide to key sections of England Athletics' website

- ◆ **Homepage** - www.Englandathletics.org
- ◆ **News section** - www.Englandathletics.org/news
- ◆ **Events** - www.Englandathletics.org/events
- ◆ **Athletes' section** - www.Englandathletics.org/athletes
- ◆ **Coaching information** - www.Englandathletics.org/coaching
- ◆ **Clubs section** - www.Englandathletics.org/clubs
- ◆ **Officials pages** - www.Englandathletics.org/officials
- ◆ **Contacting England Athletics** - www.Englandathletics.org/contacts
- ◆ **Schools Athletics** - www.Englandathletics.org/schools ■

It is envisaged that many of the existing incumbents of the redundant roles will successfully transition into the new Club and Coach Support Officer, Team Leader or central administration roles.

The proposed changes will create savings of around £500,000 that we will redistribute directly to Athletics Networks and coach development.

Councils continue

The vital role of our volunteer Regional Councils will continue. The Councils play an essential leadership role in co-ordinating and supervising interaction between volunteers and employed staff to further the development of the sport. The Board has begun a consultation process with the Regional Chairs and Council members to recommend new structures and terms of reference for the Regional Councils to best support the sport going forwards.

The overall aim running through the whole of this restructure is to improve the experience available to everyone involved in athletics in England, enable more people to share in the enjoyment of our sport and provide the foundations which will see the emergence of our next generation of champions. ■

AAAs Championship to return

England Athletics is to relaunch the historic English AAA Championships with a two-day competition expected to be held after next summer's World Championships.

It will be the first senior national track and field championships held by England Athletics. The championships will incorporate the name of the historic AAAs championships which were launched in 1880 and were last contested in 2006.

England Athletics believes that the opportunity for English champions to add their names the AAA trophies will inspire athletes as well as giving them an important competitive opportunity to compete at a national standard.



HALL *of* FAME

Stars of the sport honoured in inaugural Hall of Fame ceremony

England Athletics has recognised the contributions made to athletics by some of the biggest names in the sport. At a ceremony dinner at the National Motorcycle Museum the first athletes were officially inducted into the England Athletics Hall of Fame with three other people also inducted for Services to the Sport of Athletics.

The athletes were chosen in an open vote by athletics fans and members of the public from a short list put forward by a panel of experts.

The 2008 ceremony

The Hall of Fame honours the athletes involved but it is also about helping to build their legacy in inspiring the next generation of athletes.

Darren Campbell was the chair of the panel which put forward the shortlist of athletes for the public vote. Darren himself won Olympic gold in the 4 x 100m relay and a silver medal at 200m. He was also European 100m champion and bronze medallist in the World Championships.

Speaking at the ceremony Darren explained the significance of the Hall of Fame in recognising the heritage of athletics, honouring the stars of the past and building for the future. He said: 'I think it is extremely important for all the people who have been inducted. For them it has brought back memories. They have never been recognised in this way and we are now recognising what our great athletes have done. We can remember them, the great things that they have done and the great things many of them continue doing within the sport. It feels an honour for me to be a part of it all.'

Darren said the athletes of today can be inspired by those who have gone before them, that they can aspire to be similar role models and that they can learn from the approaches of

Sally Gunnell receives her Hall of Fame award from Darren Campbell David Holding with his Hall of Fame award



(photos: gwenharrisphotography.com)

the athletes inducted and the advice they so often give: 'They all have the same message - be professional, make sure you have the best coach, the best equipment, spend time with great athletes and leave no stone unturned.'

Inductee David Holding described what the award meant to him, and the impact he hoped the Hall of Fame would have on future generations of athletes: 'As a Paralympian I hope this inspires younger Paralympians for 2012 and beyond. The Paralympic movement is always improving and gaining more publicity. It is always worth giving it a go at any level whether you are doing it just for enjoyment or are going to be able to go on to be in a future Paralympic team.'

'I have had a lot of enjoyment from the sport. It is great to receive something like this in recognition of my career. It is an honour.'

Fellow inductee Sally Gunnell joked to those gathered at the ceremony that it had been a long time since she won an award but paid tribute to what the Hall of Fame can achieve and to the efforts of the many people within the sport. She said. 'Athletics taught me so much, it's only when you retire that you appreciate what the world of athletics is and if anything it's a chance today to thank everybody who has been so involved for so many years. It made me the person I was, I would never have gone on and won those titles if people hadn't been there. I hope this Hall of Fame inspires youngsters to get into the sport as that is what we need. It is a fantastic sport and the more kids we get into it to enjoy it the better.'

The 2008 ceremony was held at the National Motorcycle Museum, Solihull. Those athletes short listed but not inducted will remain on the shortlist for voting in 2009.

**the athletes of today
can be inspired by
those who have
gone before them**



Inductees 2008: Athletes

Daley Thompson

Daley Thompson was twice Olympic gold medallist. He won a record breaking 12 decathlons over a six year period. His great talent stretched across a range of events, it was developed through systematic, tough and highly effective training. But Daley was known for his mental resolve and ability to master his rivals psychologically as well as physically. In announcing the induction chair of England Athletics John Graves described Daley Thompson as 'the most complete athlete of modern times, if not of all time'.

Sally Gunnell

Sally Gunnell's career saw her win World Championships silver in 1991, Olympic gold in 1992 and World Championships gold in a world record in 1993. In the Commonwealth Games she won in gold in 1986, 1990 and 1994. She was ranked number one in the world in 1991, 1992, 1993 and 1994. She held the UK record for over 20 years and was one of few athletes to hold Commonwealth, World, Olympic and European titles at same time.

Sebastian Coe

Sebastian Coe won the Olympic 1500m titles in both 1980 and 1984 as well as numerous championship medals, it was a surprise to many that his 1986 European 800m title was his first at the distance. His 1981 world record for 800m was truly ahead of its time and Wilson Kipketer remains the only man to have eclipsed his time of 1:41.73. Coe also set world records at 1500m, mile and the 1000m. Coe has since become known as the man who brought the Olympics to England with the Games planned for London in 2012 now a byword for potential and hope in sport, not only for athletics but across the spectrum of events which will be held at the Games.

Steve Ovett

Always regards as the 'athletes athlete' Steve Ovett notably won the 800m gold medal at the Moscow Olympics ahead of his great rival Sebastian Coe. Ovett won many other national and international championship medals at 800m, 1500m and a Commonwealth Games title 5000m. He set world records at 1500m and the mile. But Ovett was quintessentially a racer. He said, ▶



(photos: Mark Shearman)

The selection process

The short list

The eleven short-listed athletes chosen by the panel were (in alphabetical order):

- ◆ **Harold Abrahams** – 1924 Olympic 100m champion and long-time athletics administrator
- ◆ **Roger Bannister** – first man to run a sub-four-minute mile
- ◆ **Seb Coe** – twice Olympic 1500m champion, multi-world record-holder and chairman of London 2012
- ◆ **Sally Gunnell** – 1992 Olympic 400m hurdles champion and world record-holder
- ◆ **David Hemery** – set world record to win 1968 Olympic 400m hurdles title
- ◆ **Steve Ovett** – multi-world record-holder and Olympic 800m champion
- ◆ **Ann Packer** – 1964 Olympic 800m gold medallist
- ◆ **Mary Rand** – jumped a world record to win Olympic long jump title in 1964
- ◆ **Daley Thompson** – 1980 and 1984 Olympic decathlon winner and world record-holder
- ◆ **Dorothy Tyler** – won Olympic medals in high jump both sides of World War II
- ◆ **Sydney Wooderson** – world record-holder for 880 yards and the mile

The criteria

The short list was drawn up on the following criteria:

- ◆ Athletes will be selected for the Hall of Fame shortlist based on their contribution to the sport of athletics as well as performance. (This could be as an athlete, coach or some other contributor). An example could be the impact of Roger Bannister's sub 4min mile on middle distance running or Seb Coe's work for the sport and Olympics.
- ◆ Nominated athletes must have been retired for a minimum of five years.
- ◆ Any athlete who has served a two year plus drug ban would not appear on the panel's recommended short-list

Voters could also nominate a choice from a further list of athletes to add another name to their list. The

athletes on this 12th athlete list are Albert Hill, Alf Shrubbs, Brendan Foster, Denise Lewis, Diane Leather, Dorothy Hyman, Douglas Lowe, Fatima Whitbread, Geoff Capes, Gordon Pirie, John Regis, Jonathan Edwards, Kathy Cook, Linford Christie, Lord Burghley, McDonald Bailey, Peter Radford, Roger Black, Steve Cram, Tessa Sanderson and Tom Hampson.

The panel

The panel who selected the above 11 athletes was chaired by Darren Campbell, the Olympic 4x100m gold medallist. The full panel consisted of:

Darren Campbell MBE - a respected and celebrated sprinter. He has won gold (4 x 100m relay) and silver (200m) medals at the Olympic Games was European 100m champion and bronze medallist in the World Championships.

Dame Tanni Grey-Thompson - competed as a disabled athlete and won medals at sprint events and marathon distance at national and international events. She has won gold medals at four Paralympics, Atlanta, Barcelona, Sydney and Athens at four different distances: 100, 200, 400 & 800m.

She has also won the London Marathon wheelchair race six times between 1997 and 2002

She was recently awarded the Dame Commander of the Order of the British Empire for services to sport

Paul Dickenson - a BBC sports commentator whose familiar voice has helped the public understand and appreciate some of the great sporting and athletic achievements of modern athletics. A former British record holder for the hammer, he still competes and coaches and is president of The Hammer Circle.

Mel Watman - a respected athletics journalist and statistician, author of 'All Time Greats of British Athletics' and one time editor of Athletics Weekly

Jason Henderson - respected athletics writer and current editor of Athletics Weekly.

Frances Ratchford – representative of the England Athletics board. She is also an experienced Level 4 Endurance coach and President of Ranelagh Harriers. ■



David Hemery

'I don't run for a time, I run to win'. The highest accolade that Ovett has been given perhaps came from his great rival Sebastian Coe, 'He's the greatest runner I ever competed against, probably the most complete athlete I know'.

David Hemery

David Hemery broke the world record for 400m hurdles in the 1968 Olympic final. His win was the first time in 36 years a British man had won an Olympic title in a world record. The performance saw him voted BBC Sports Personality of the Year. He won Olympic bronze in 1972 and was twice Commonwealth sprint hurdles champion. His UK record for 400m hurdles stood for 21 years. Away from the track Hemery was the first President of UK Athletics.

Sir Roger Bannister

Roger Bannister's feat in running the first ever 4min mile at Iffley Road Track, Oxford, in May 1954 is for many people the most historic moment in sport. Running for the AAAs of England against his former university Bannister defied the windy conditions to beat not only 4min with his time of 3:59.4 but also beat his rival John Landy to the target that each had been striving for. The two went head-to-head in the Empire Games later that year in what became known as the Miracle Mile. Bannister, this time wearing the England vest, triumphed over Landy, who had since lowered the record, to win in 3:58.8 to 3:59.6 the first time two men broke four minutes for the mile in the same race.

David Holding

David Holding's career saw him excel at an incredible range of distances. He had the endurance to win four

London Wheelchair Marathon titles in 1989, 1994, 1996 and 1997. But at the other end of the spectrum David became Paralympic champion at 100m in Atlanta in 1996, and was crowned world champion at 100m in 1998. To underline his diversity David also won the 1994 World title at 1500m. He was awarded the MBE in 1998.

Inductees 2008: Contributions to the Sport of Athletics

David Coleman

David Coleman is the athletics and sports commentator for the BBC whose voice provided the soundtrack to some of the most memorable and historic moments in the sport.

At the ceremony BBC sports broadcaster Paul Dickenson described David Coleman as 'the finest sports broadcaster this country has ever known'. Coleman started work for the BBC in 1954 and his work included covering 11 summer Olympic Games.

Geoff Dyson

Geoff Dyson has been described as the father of coaching. He was the first chief national coach, establishing a network of qualified coaches and set standards for coaching in this country. His classic book 'The Mechanics of Athletics' was published in 1961 and ran to eight editions, being translated into five languages. When he died in 1981 the McWhirter twins described him as 'probably the greatest all round coach in the world'.

Chris Brasher

Chris Brasher's contribution to athletics in England is as diverse as it is deep. Many will recognise him as having been pacemaker when Sir Roger Bannister ran the first 4min mile. But while he played this important role in that historic moment Brasher was himself a formidable athlete as evidenced by his Olympic gold in the 1956 Olympic steeplechase. He went on to be founding father of English orienteering, an award winning journalist, inventor of the Brasher boot and founder of the sportswear company that is now Sweatshop. But the impact he made by co-founding the London Marathon with John Disley means that Chris Brasher's legacy and importance to athletics in England remains as strong and deep as ever. ■

England Athletics teams up with Sunwise

England Athletics and Sunwise have unveiled a deal which will see the sunglasses manufacturer acting as a supplier of products and sponsoring our Hall of Fame.

As part of the deal Sunwise will be supplying sunglasses for distribution to key people within the sport. This initiative will include sunglasses being given to winners at England Athletics National Championships for different age groups and to members of England Athletics Teams. Sunwise sunglasses will also be given to selected coaches and officials in recognition of their work and contribution within the sport.

Sunwise is also sponsoring the England Athletics Hall of Fame. The Hall of Fame, launched this year, recognises the contribution made to the sport by inspirational athletes. These athletes were voted for by athletics fans and members of the public from shortlists drawn up by a panel of experts. This year the first athletes were inducted at a ceremony and dinner on 18 October 2008.

England Athletics CEO Mike Summers said: "Since the start of our discussions with Sunwise we have been impressed by their desire to support our current crop of athletes, coaches and officials. At the same time they have shown an appreciation of the rich heritage that our sport has, as reflected by



their wish to support the England Athletics Hall of Fame. This new relationship with Sunwise recognises the current contributions and successes of people within athletics, helps us build for the future and also acknowledges the contribution made to our sport by athletes in the past. We all hope the Hall of Fame will serve to inspire the next generation of champions as well as recognising the great athletes who have gone before.

"The Sunwise product is of a high quality and alongside having the right footwear and clothing, the provision of high quality sunglasses will help to properly equip our athletes as they work to achieve their best possible performances. It is right and proper that coaches and officials benefit from this sponsorship deal too."

Athletes, coaches and officials supplied with a pair of Sunwise sunglasses will wherever possible be given a choice of styles to ensure that they are able to select a pair that best suits their needs. The sunglasses also come with a selection of changeable lenses for use in different light conditions. ■



Competition:

Win a weekend watching the stars at the Aviva Grand Prix!

Exclusive – only available to members of England Athletics

England Athletics have teamed up with Premier Inn to offer our members the chance to a weekend at the Aviva Indoor Grand Prix at the Birmingham National Indoor Arena complete with tickets and two nights of accommodation for two people.

Nearly 8000 people will fill the National Indoor Arena when the biggest international meeting on the indoor circuit heads once again for Birmingham.

The grand prix format provides the stage for the world's greatest athletes to do battle over three hours providing numerous personal best and world record breaking opportunities. As well as the world's best athletes coming to town the event provides an ideal warm-up for Britain's athletes ahead of the European Indoor Championships which take place a fortnight later.

The competition prize also includes a free two night stay for two adults on 20 and 21 February at the Premier Inn at Broad St, Canal side, Birmingham which is just half a mile from the Birmingham National Indoor Arena. Breakfast is provided as part of your prize.

England Athletics has chosen Premier Inn as our preferred hotel supplier and that means that if you stay at a Premier Inn hotel at any time you can ensure that money is ploughed back into your sport. For each booking made with Premier Inn through the official England Athletics portal £1 is donated back to the sport.

To find out more go to www.premierinn.com/athletics

Your chance to win

This is a competition open to every individual who is registered with

England Athletics. To enter the competition to win a weekend at the Aviva Grand Prix with Premier Inn make sure that you have a valid email address at your profile. See www.englandathletics.org/editmyprofile to ensure your details are up to date. You will need your password and username to access your profile.

Then just answer the following question:

What time did Ethiopia's Kenenisa Bekele record when he set the world record for two miles at the 2008 Indoor Grand Prix in Birmingham?

Send your answer to along with your name, age, address and daytime contact number to:

Premier Inn Competition,
England Athletics,
Wellington House, Starley Way,
Birmingham International Park,
Solihull, B37 7HE

Kenenisa Bekele after stopping the clock at 8:04.35 for a new world record in two miles at the Grand Prix in 2008



(photo: Mark Shearman)



Check your subscription preferences

To check or amend your subscription preferences go to www.englandathletics.org/editmyprofile

This will ensure that you get all the information on news, services and offers from England Athletics and UK Athletics that you want to receive and can opt out of being given updates you do not want. ■

Please note:

This competition is only open to over-18s. The winner will be drawn from the correct entries received by 23.59 on 30 January. Normal England Athletics competition terms and conditions apply. These can be viewed at www.englandathletics.org/competition-terms



With 559 hotels across the UK, Premier Inn is the UK's biggest hotel chain. Premier Inn have more hotels in more places making it easier for you to stay away from home...

With great food and drink at every hotel and a good night guaranteed guests have been enjoying staying with Premier Inn for more than 20 years.

England Athletics has been impressed by the value the hotels offer as well as the clean and comfortable rooms, and the warm welcome we have received from the hotel staff.

For more information and exclusive offers to England Athletics go to www.premierinn.com/athletics



Officials

The following Officials courses and conferences are already planned for the early part of 2009.

More courses will be added in the New Year.

Please check availability and details before booking by visiting www.englandathletics.org/officials-courses.

Courses

Level 1 Officials courses

14 March 2009

Venue: Lee Valley Athletics Centre, Lee Valley Leisure Complex, 61 Meridian Way, Picketts Lock, London, N9 0AR

Level 2 Officials courses

18 January 2009

Venue: Yeovil Athletics Arena, BA21 3DS

1 February 2009

Venue: Yate Outdoor Athletics Complex, BS37 7PN

28 February 2009

Venue: Eastbourne Sports Complex, Darlington

22 March 2009

Venue: Hemingford Grey, Huntingdon, Cambs

Level 3 Officials courses

29 March 2009

Venue: Hillingdon Athletics Stadium, Gattin Lane, Uxbridge, UB8 1ES

Conference

South of England Officials Association Annual Conference

1 February 2009

Venue: St. Mary's University College, Waldegrave Road, Strawberry Hill, Twickenham, TW1 4SX

This conference is open to all Technical Officials and run by the SEAOA

The guest speaker for this event is Paralympic & World Champion Athlete Danny Crates. To reserve a place contact Ros Alterman rosalterman@seaoa.co.uk



(Photo: Mark Shearman)

More information for officials and the course booking form can be found at www.englandathletics.org/officials

Coaching courses in early 2009

The following coaching courses have been planned for January to March 2009.

These courses are specifically to enable you to qualify as a coach and progress your qualification. Other opportunities for developing coaching skills such as workshops and conferences are also provided by England Athletics.

The dates and venues are subject to change and you should check availability before booking.

Courses, workshops and conferences are regularly being added to the calendar. For details on these courses, how to qualify as a coach and wider coach education opportunities please see www.Englandathletics.org/coaching.

Coaching Level 1

10 January 2009

Location: Julie Rose Stadium, Willesborough Road, Kennington, Ashford Kent

Cost: £60

Course Code: S1C252

11 January 2009

Location: Keepmoat Stadium, Doncaster

Cost: £60

Course Code: YO 145

11 January 2009

Location: Aldershot Military Stadium, Queen's Avenue, Aldershot

Cost: £60

Course Code: S1C256

17 January 2009

Location: University of Winchester (King Alfred Campus), Winchester

Cost: £60

Course Code: S1C257

17 January 2009

Location: Macclesfield Leisure Centre Track, Macclesfield

Cost: £60

Course Code: NW1C178/02

24 January 2009

Location: West Suffolk AT, BSE

Cost: £60

Course Code: EA10117

24 January 2009

Location: Stantonbury Stadium, Stantonbury Campus, Purbeck, Stantonbury, Milton Keynes

Cost: £60

Course Code: S1C269

24 January 2009

Location: Tamworth

Cost: £60

Course Code: WM1165

31 January 2009

Location: Sportcity, Manchester

Cost: £60

Course Code: NW1C167/02

31 January 2009

Location: Crookham Common Athletics Track, Crookham Hill, Newbury, Berkshire

Cost: £60

Course Code: S1C260

7 February 2009

Location: John Charles Centre for Sport, Leeds

Cost: £60

Course Code: YO 144

8 February 2009

Location: St Martin's College, Lancaster

Cost: £60

Course Code: NW1C170/02

8 February 2009

Location: Bournemouth University

Cost: £60

Course Code: SW10121

14 February 2009

Location: Gateshead Stadium, Neilson Rd, Gateshead

Cost: £60

Course Code: NE10084

15 February 2009

Location: Woking Athletics Track, Blackmore Crescent, Woking

Cost: £60

Course Code: S1C262

21 February 2009

Location: Ashfield School, Sutton in Ashfield Nottinghamshire

Cost: £60

Course Code: EM1122

28 February 2009

Location: Seevic College, Benfleet

Cost: £60

Course Code: EA10119

28 February 2009

Location: Stanley Park, Blackpool

Cost: £60

Course Code: NW1C173/02

7 March 2009

Location: Sandy Sports Centre, Bedford

Cost: £60

Course Code: EA10120

14 March 2009

Location: Lee Valley Athletics Centre

Cost: £60

Course Code: L1OF004

21 March 2009

Location: Loughborough University, Leicestershire

Cost: £60

Course Code: EM1124

28 March 2009

Location: Chelmsford Athletics Centre

Cost: £60

Course Code: EA10122

28 March 2009

Location: roadbridge Heath Leisure Centre, Wickhurst Lane, Broadbridge Heath, Horsham

Cost: £60

Course Code: S1C265

29 March 2009

Location: Wodson Park, Herts

Cost: £60

Course Code: EA10123

29 March 2009

Location: OLSB, Stockton

Cost: £60

Course Code: NE10085

Coaching Level 2 Core

17–18 January 2009

Location: Bath University

Cost: £140 (including first event module and assessment)

Course Code: SW20049

17–18 January 2009

Location: Aldershot Military Stadium, Queen's Avenue, Aldershot

Cost: £140 (including first event module and assessment)

Course Code: S2C255

31 January – 1 February 2009

Location: Ivybridge College

Cost: £140 (including first event module and assessment)

Course Code: SW20048

31 January to 1 February 2009

Location: Truro Prep School

Cost: £140 (including first event module and assessment)

Course Code: SW20050

31 January to 1 February 2009

Location: Truro Prep School

Cost: £140 (including first event module and assessment)

Course Code: SW20050

7–8 February 2009

Location: Thames Valley Athletics Centre, Wallace Walk, Pockocks Lane, Eton

Cost: £140 (including first event module and assessment)

Course Code: S2C258

14 February 2009

Location: West Suffolk AT, BSE

Cost: £140 (including first event module and assessment)

Course Code: EA2C045

14–15 February 2009

Location: Julie Rose Stadium, Willesborough Road, Kennington, Ashford Kent

Cost: £140 (including first event module and assessment)

Course Code: S2C259

21–22 February 2009

Location: Bournemouth University
Cost: £140 (including first event module and assessment)
Course Code: SW20044

28 February to 1 March 2009

Location: Gateshead Stadium, Neilson Rd, Gateshead
Cost: £140 (including first event module and assessment)
Course Code: NE2C022

21–22 March 2009

Location: UEA, Norwich
Cost: £140 (including first event module and assessment)
Course Code: EA2C046

Coaching Level 2 Sprints

7 February 2009

Location: Lynnsport, King's Lynn
Cost: £30

Course Code: EA2S034

21 February 2009

Location: Don Valley Stadium, Sheffield
Cost: £30

Course Code: YO 231S

14 March 2009

Location: Ivybridge College
Cost: £30

Course Code: SW2S11

28 March 2009

Location: Yeovil College
Cost: £30

Course Code: SW2S12

Coaching Level 2 Jumps

7 February 2009

Location: Lynnsport, King's Lynn
Cost: £30

Course Code: EA2J033

22 February 2009

Location: Don Valley Stadium, Sheffield
Cost: £30

Course Code: YO 231J

15 March 2009

Location: Ivybridge College
Cost: £30

Course Code: SW2J11

29 March 2009

Location: Yeovil College
Cost: £30

Course Code: SW2J12

Coaching Level 2 Throws

8 February 2009

Location: Lynnsport, King's Lynn
Cost: £30

Course Code: EA2T033

14 March 2009

Location: Ivybridge College
Cost: £30

Course Code: SW2T11

28 March 2009

Location: Yeovil College
Cost: £30

Course Code: SW2T12

21 February 2009

Location: Don Valley Stadium, Sheffield
Cost: £30

Course Code: YO 231T

Coaching Level 2 Endurance

7 February 2009

Location: Yarborough Leisure Centre, Lincolnshire
Cost: £30

Course Code: EM2E232

8 February 2009

Location: Lynnsport, King's Lynn
Cost: £30

Course Code: EA2E035

22 February 2009

Location: Don Valley Stadium, Sheffield
Cost: £30

Course Code: YO 231E

15 March 2009

Location: Ivybridge College
Cost: £30

Course Code: SW2E13

29 March 2009

Location: Yeovil College
Cost: £30

Course Code: SW2E14

Coaching Level 3 Phase 1

3–4 January 2009

Location: Gateshead Stadium, Neilson Rd, Gateshead
Cost: £100

Course Code: NE31006

Coaching Level 3 Phase 2

25 February 2009

Location: Sportcity, Manchester
Cost: £100

Course Code: NW3C110/02

11 March 2009

Location: Sportcity, Manchester
Cost: £100

Course Code: NW3C110/02

14 March 2009

Location: Sportcity, Manchester
Cost: £100

Course Code: NW3C110/02

28–29 March 2009

Location: Gateshead Stadium, Neilson Rd, Gateshead
Cost: £100

Course Code: NE32006

Strength and Conditioning

21 February 2009

Location: Core Cambridge
Cost: £100

Course Code: EASC003

28 February to 1 March 2009

Location: Manchester
Cost: £100

Course Code: NW3SC05/02

21–22 March

Location: Gateshead Stadium, Neilson Rd, Gateshead
Cost: £100

Course Code: NES004

Children in Athletics

28 February 2009

Location: Sport City, Manchester
Cost: £60

Course Code: NW3CA75

28 February 2009

Location: Costello Stadium, Hull
Cost: £60

Course Code: YOCiA55

1 March 2009

Location: Stanground College, Peterborough
Cost: £60

Course Code: EA1C025

7 March 2009

Location: Leverhulme Park, Bolton
Cost: £60

Course Code: NW3CA74

28 March 2009

Location: Gateshead Stadium, Neilson Rd, Gateshead
Cost: £60

Course Code: NECIA02

Mentoring

10 January 2009

Location: Holiday Inn, Histon
Cost: £100

Course Code: EA3M002

Jog Leader

10 January 2009

Location: University of Winchester (King Alfred Campus), Winchester
Cost: £70

Course Code: SJL264

31 January 2009

Location: Yarborough Leisure Centre, Lincolnshire
Cost: £70

Course Code:

31 January 2009

Location: Stoke Mandeville Stadium, Guttman Road, Aylesbury
Cost: £70

Course Code: SJL261

14 March 2009

Location: Sportcity, Manchester
Cost: £70

Course Code: NWJOG03

15 March 2009

Location: Keepmoat Stadium, Stadium Way, Doncaster
Cost: £70

Course Code: YO JL17

To confirm the up to date details of the coaching courses and booking details please see www.englandathletics.org/coaching-courses

Coaching given a boost by conferences

Coaches from across the country have been given the opportunity to improve their skills in a series of conferences across England.

England Athletics is working to give coaches more development opportunities alongside the formal qualification process and more than 300 coaches have attended three of the conferences that have been held.

Head of coaching Richard Wheeler explained, *"Formal coaching qualifications are clearly an important part of a coach's learning and development. But we are very aware of the fact that there is far more to becoming a better coach than progressing your qualification to the next level. What is very encouraging for all of us in the sport is the desire of so many coaches to expand their knowledge, share ideas and put so much back into athletics."*

"This is why we have put these conferences on and in addition to the larger conferences there are many more workshops and seminars going on at local levels to cater for those coaches with the desire to continue developing. We hope that these conferences and workshops will become part of an increasing culture of coaches wanting to learn, challenge each other's thinking and progress their coaching ability."

At Lee Valley ...

At the Southern Coaching Conference at Lee Valley on 6 December speakers included Frank Dick who delivered a key note speech and gave a presentation on the Training Principles for combined events. As well as the keynote speeches there were a total of 17



Nick Anderson

workshops on offer throughout the day including Tom McNab demonstrating and explaining some of his techniques for developing an athlete through their teens towards senior success at long jump, Nick Anderson speaking on how athletes can make an effective transition from competing at middle to long distances and Fuzz Ahmed sharing key high jump training principles which he has used to great success with Tom Parsons and Beijing Olympic Silver medallist Germaine Mason.

... Gateshead ...

At the North Eastern conference at Gateshead Kelvin Giles delivered a keynote address. Kelvin was the UK's National and Olympic Games Athletics Coach in the late 1970's. He then progressed to being appointed the Head Coach of Track and Field at the Australian Institute of Sport in Canberra in the early 1980s. He is a

director and founder of Movement Dynamics. Other sessions during the day included Pete McKnight who is a UK Athletics Talent Strength and Conditioning coach speaking and demonstrating on strength and conditioning assessment and how key areas can be developed, and Terry Lomax, a high performance coach based in Loughborough with UK Athletics, presenting on skill development and its role in creating consistent results.

... and Loughborough

In November in Loughborough the speakers included Toni Minichello, coach to Jessica Ennis, talking about long term athlete development. At Loughborough Terry Lomax spoke about a skill development approach of developing potential to performance. Steve Smith the British high jumper who won medals at every major championship, including the Olympics, spoke on principles that athletes can use to raise their level of performance. ■



Above and below: Fuzz Ahmed at the Southern Coaching Conference:



Indoor Competition

England Athletics Senior and Under 20 Indoor Combined Events Championships

(Incorporating the Midlands, Northern & South of England Championships and the Welsh Championships)

10-11 January, EIS Sheffield

Closing date for entries: 22 December

Acceptance letter, timetable and other relevant information will be posted on website and sent to athletes approximately two weeks prior to the Championships. Start lists will be on the website.

Entry fee: £15, includes automatic entry into Territorial Championships (Free entry to defending champions)

Age groups

Under 20 competitors must be over 15 on 31 August and under 20 on 31 December 2009.

Athletes may compete outside their age group as defined in UK Athletics Rules (Rule 107)

Aviva England Athletics Open Under 20, Under 17 and Under 15 Indoor Championships

14-15 February, NIA Birmingham

Closing date for entries: 28 January

Entries will only be accepted from athletes who have achieved the entry standard in competition after 1st January 2008 (performances indoors and outdoors are acceptable). The qualifying standards are as follows:

EVENT	U20 Men	U20 Women	U17 Men	U17 Women	U15 Boys	U15 Girls
60m	7.5 a	8.1 a	7.6 a	8.3 a	8.0 a	8.5 a
(100m equiv)	11.1	12.2	11.3	12.4	12.0	12.9
200m	22.5 b	25.5 b	23.5 b	26.0 b	24.5 b	27.0 b
300m				42.0 a/b		
400m	51.0 a/b	59.0 a/b	52.5 a/b		56.0 a/b	
800m	1:55.0 a/b	2:15.0 a/b	2:01.0 a/b	2:18:0 a/b	2:10.0 a/b	2:22.0 a/b
1500m	3:58.0 a/b	4:35.0 a/b	4:10.0 a/b	4:45.0 a/b		
60m Hur	8.9 a	9.5 a	9.0 a	10.0 a	10.0 a	10.5 a
(equiv)	110m 15.5	100m 15.4	100m 14.4	80m 12.2	80m 12.2	75m 12.0
High jump	1.90 b	1.65 b	1.85 a	1.60 b	1.65 a	1.50 a
Pole vault	4.20 a	3.00 a	3.70 b	2.80 b	2.70 a	2.20 b
Long Jump	6.40 b	5.45 a	6.20 b	5.30 a	5.55 b	5.00 a
Triple Jump	13.50 a	11.20 b	12.60 a	10.80 b		
Shot	13.00 b	11.00 b	13.00 b	11.00 b	11.80 b	9.50 b

a – Saturday b – Sunday (This depends on entries and is liable to change)

Entry fee: £10, per event (Free entry to defending champions)

Age groups:

Under 20 Competitors must be under 20 on 31 December 2009

Under 17 Competitors are aged 15 or 16 on 31 August 2009

Under 15 Competitors are aged 13 or 14 on 31 August 2009

Athletes may compete outside their age group as defined in UK Athletics Rules (Rule 107) but cannot compete in the same event in two different age groups.

England Athletics Under 17 and Under 15 Indoor Combined Events Championships

(Incorporating the Midlands and Northern England Championships and the Welsh Under 17 Championships)

7-8 March, EIS Sheffield

Closing date for entries: 9 February

Acceptance letter, timetable and other relevant information will be posted on website and sent to athletes approximately two weeks prior to the Championships. Start lists will be on the website.

The U17 men's competition / Heptathlon will be over two days. The U17 Women and U15 Boys competitions will be on Saturday with the U15 Girls on Sunday

Entry fee: £13, includes automatic entry into Territorial Championships (Free entry to defending champions)

Age groups:

Under 17 competitors must be under 17 on 31 August 2009

Under 15 competitors must be under 15 on 31 August 2009

Athletes may compete outside their age group as defined in UK Athletics Rules (Rule 107)

Entry forms for these events are available from www.englandathletics.org/championships

Indoor action with England Athletics

This winter sees more opportunities for indoor competition from England Athletics with national titles being decided at a series of events.

Washland Women Runners

Going from strength to strength!

Few of the curious and faintly apprehensive band of women who turned up at Meadowside Leisure in the Staffordshire town of Burton on Trent one spring evening in April 1998 could have imagined how much their fledgling athletics club would flourish and grow in the space of a decade.

Washland Women Runners (WWR) club was conceived to give women of all ages in the Burton on Trent area, who felt uncomfortable about the thought of joining a gym or a traditional athletics club, an alternative way of becoming fitter by getting involved in exercise.

The club's distinctive name was derived from the location of its headquarters and meeting place close to the River Trent.

A founder member who has been an ever present since that life changing experience is Doriann Brass who is the club's Newsletter Editor. Doriann recalls how she came to get involved, "I was in my mid 50's when we had relocated from Shropshire to Burton. I read an advertisement in the local newspaper which posed the question 'Do you want to walk or run with a huge assortment of women?' I knew very few people in the area and I thought that this might be a suitable opportunity to meet people and make new friends. Nevertheless I drove past the Leisure Centre very slowly to see who was going into the Leisure Centre to help me pluck up the courage to join them. Eventually, I parked the car and entered the building for the very first time. I am very glad that I did so."

There are at least two other current club members who were also present on that historic evening

when a group of about 30 women crossed the threshold of the Leisure Centre for the first time.

One is Veronica (Ronnie) Crayshaw and another is Sue Washington who became a Committee member a couple of months ago at a well attended club AGM.

Senior Coach Jan Dingley is highly respected and acknowledged as the lynchpin of the outfit. Jan is unusual in as much that she admits to being a runner from her childhood having followed in the footsteps of her father who was a sprinter.

Jan later participated in the marathon running boom in the 1980's. Although not strictly speaking a founder, she became a member soon afterwards in the summer of 1998.

A friendly environment

Jan is justifiably pleased that WWR provides a non threatening friendly environment whilst extending a warm invitation to 'To come along and see what fun we have'

Every member pays an annual £5 affiliation fee to England Athletics which provides a range of benefits. The club's training fee is a modest £1.

The club membership is currently in excess of 200 and spans an extremely wide range from the minimum joining age of 16 through to over 65. A breakdown of the membership includes a quartet of teenagers; 23 runners in their 20's; 35 in their 30's; a staggering 90 in their 40's; 26 in their 50's and eight in their 60's.

There are several mothers and daughters, grandmothers, granddaughters, aunts, cousins, nieces as well as countless enduring

friendships based on a desire to have fun whilst maintaining a level of fitness irrespective of age.

A committed committee

Jenny Jenkins chairs a highly committed and hard working Committee after deciding six years ago on her 50th birthday that she fancied taking up running.

Jenny paid tribute to all those who were Committee members or supported the club in warmly welcoming newcomers and encouraging and empowering ordinary women to do extraordinary things. Apart from participating in a range of national events such as the London Marathon, Birmingham Half Marathon, and Great South Run to local events like the Dovedale Dash, another of the club's strengths are their regular social occasions. In the last three years club members have generously presented more than £3,000 to local charities

Increasing participation

Washland Women do a very great deal to increase participation among females of all ages and abilities. The club goes to extraordinary lengths to provide the right environment to ensure that their members can achieve their aspirations.

The phrase 'Inclusivity' is something that most if not all organizations strive to achieve but very often this quest proves in reality to be an elusive aspiration for a variety of reasons.

A year ago the club's name spread when they were chosen as England Athletics West Midland region's first ever Club of the Year for their inclusivity.



Flying Coach



Work with a top coach wherever you are

Whether you are an athlete or a coach the opportunity to work with someone who has top level expertise in your event is one to be seized; it is a great opportunity for you to develop your abilities.

That is why England Athletics is running the Flying Coach programme which sees the best coaches in the country visiting local clubs to work with athletes and coaches.

The scheme is delivered across the country for clubs and athletes of a variety of abilities and across all disciplines. This means that the Flying Coach programme can be used from helping a pole vault squad progress to the next level through to helping a road running club develop their set up. Where appropriate clubs can work together to host a Flying Coach session.



To find out more about the Flying Coach programme or arrange a visit please see www.englandathletics.org/coaching

The Flying Coach programme is being supported through investment from Sweatshop between autumn 2008 and 2011. England Athletics' partnership with Sweatshop means that all registered athletes are given a £5 voucher to spend as well as a 10% discount on their purchases. But as well as this direct benefit to registered athletes 2% of the value of any sale made by someone using their membership card to obtain the discount will be donated back to England Athletics. It is this money that is then also used to enable the Flying Coach programme to see the likes of former Chicago Marathon winner Paul Evans and World Champion coach John Anderson deployed out to clubs.

A partnership to be proud of

England Athletics Chief Executive Mike Summers commented: "This is a partnership that we are very proud of as it brings clear benefits to the sport on different levels. As well as a money saving benefit to our members the partnership with Sweatshop provides money for the Flying Coach Programme too. This goes to the very heart of helping the sport to develop. Top coaches are visiting clubs and groups of clubs to help the athletes, but we also see a longer term benefit. The local coaches are given a fantastic opportunity to expand their skills and knowledge base in a practical environment and to discuss ideas with a highly respected expert." ■



Fun comes first

Washland Women Runners have a refreshingly simple philosophy which is encapsulated in half a dozen words:

'Fun comes first; fitness will follow'

Further recognition has followed on this autumn with a hat trick of other successes which began with the club being chosen as Club of the Month by Sportsister magazine.

Clubmark success

WWR then achieved the distinction of becoming the first road running club in the West Midlands Region to achieve Clubmark accreditation. Their Folder will be used as model of good practice and the club is willing to share their experience with others.

Jan Dingley and the efficient Membership Secretary Rachel Langslow jointly led their club's successful bid for Clubmark status with support and guidance from Catherine Pendlebury, Athletics Development Officer for Staffordshire & Stoke-on-Trent.

Catherine commented, "The club has a great, very friendly atmosphere which is all about women of all ages working towards the same goal of being active and getting fit!

Jan reflected on the process "It is not a formality and we had to work hard to demonstrate that we were worthy of being awarded this accreditation. However we found the process helpful in helping identify some procedural improvements particularly relating to health and safety. One aspect that we had to tighten up on was to ensure that our member all wear florescent bibs or jackets whilst they were out training on the road particularly in the hours of darkness.

After all our hard work it was quite surreal to receive confirmation that we had met the necessary standard."

England Athletics West Midlands were so impressed by the excellent Clubmark submission that they also gave the club a cash injection to end a highly successful year on another high note.

A £2,000 grant should enable WWR

- ◆ to monitor performance and develop training sessions to increase the performance of club members and
- ◆ to increase the number of number of coaches and offer all coaches a development pathway to improve to improve their coaching expertise.

Coaching

In this connection, Mandy Scott and Rachel Langslow found themselves attending a Level 3 Coaching Course at the Alexander Stadium in Birmingham in the company of the England Heptathlon champion Julie Hollman who competed in that event in the Olympic Games in Beijing.

Rachel reflected on the weekend, "It was very beneficial and enjoyable. It was interesting for us to meet other coaches and learn from their experiences. We now want to put into practice what we took away from the course." ■

Working at the heart of the sport:

Shaftesbury Barnet Harriers

England Athletics is focussed on making sure resources are channelled to where they can be used most effectively. One of the projects that we are supporting from the start of 2009 is the work being done by Shaftesbury Barnet Harriers.

The club is in a unique position to benefit from this support after taking over the management of its local track, Barnet Cophall Stadium some four years ago. The projects being supported by England Athletics include the creation of a new athletics academy, the training of new coaches to enable a wider range of events to be effectively covered and initiatives to produce and develop officials and club volunteers. It means the club will be able to carry on much of the good work it has begun in its local area.

In the community

England Athletics head of marketing and strategy Chris Jones said: "We have been impressed by the way Shaftesbury Barnet Harriers have been working in the community over recent years. Our team in London have been speaking to them for a while to work out how we can safeguard, support and develop this work most effectively. The work that they have done so far has shown that the club has vision, diligence and expertise. We are confident that the club will now be able to continue their work and progress it to the next level."

Work has been done by the club to promote and develop local athletics. The club has recently appointed an athletics development officer, Geoff Williams, and a Community Athletics Coach, Larry Achike. The support from England Athletics will enable

this to continue and expand.

Geoff explained that a number of initiatives are already in place to attract youngsters into the sport and provide them with opportunities for training and competition that is enjoyable and appropriate for their level. The club has set up an Athletics Partnership with Barnet Schools Athletic Association to run their Secondary Schools Cross Country and Track & Field competitions. This sees the staging of six cross country fixtures and a Borough Championship in the winter and further Track & Field League matches and a Borough Championship in the summer. The club is also involved in the selection of the Borough's teams and the provision of specialist coaching support for them. Other projects include an after school Primary Schools' Club in a local Specialist Sports College, groups being set up for gifted and talented youngsters in Years 7 to 10 in both Barnet West and Barnet South and weekly 'drop in' taster sessions for secondary school pupils in Barnet West and Barnet South.

Senior athletes and coaches make 'Ambassadorial' visits and provide one-off taster sessions in various schools in the Borough. The club is in a strong position to fulfil this role with nine of its current athletes having competed in the Beijing Olympics including Bronze medallist, Natasha Danvers and a further four who reached their finals. Coaching and officiating courses are also held by the club for teachers and other volunteers.

The England Athletics support will enable the club to continue the existing work and further develop its

activities. The club is committed to producing qualified coaches for the high jump and all the throws which are the events which have been identified as being weak within the area. This will ensure improvements in the provision of coaching in these disciplines.

Athletics academy

Spring of 2009 will also see the creation of an athletics academy to be based at Barnet Cophall Stadium. The academy will build on the work done through the schools and give additional opportunities for youngsters aged 10 to 14 to receive coaching and competition opportunities. The club is going to identify youngsters who will benefit from membership of this academy and then actively invite them to participate. The academy will then help them to progress in athletics and to make the transition from school to club athletics.

Shaftesbury are also looking to work with other local clubs to identify specific areas of need in developing athletics in the immediately surrounding Boroughs. It is intended that resources, such as coaching expertise, will be pooled to allow them to be used most effectively. Where appropriate, Shaftesbury will work with other clubs to look at launching initiatives with them or cooperating on existing development work. One possibility is that Shaftesbury will help other clubs to set up their own athletics academies.

England Athletics believe these are ambitious objectives which, if achieved, will ensure a clear pathway through our sport from school to club to the international stage. ■

The club's athletes in action. Jo Ankier (left), Kojo Kyereme (middle) and, one of the club's most famous athletes, Dave Bedford (right)

