

## (Some of) our coaches, in their own words...

### Chris

**Group:** Senior road runners' track session (Thursday nights)

**Role:** Coach

**Qualifications:** UKA Level 3 Performance Coach (Long Distance)

**History:** Guest weekly track coach since 2015. Former CEPAC/WCAC member.

### David

**Group:** Long jump, high jump and sprint hurdles

**Role:** Coach

**History:** Involved with WCAC since 2015.

### Dennis

**Group:** Junior track, and field (mostly long jump)

**Role:** Coach/ organiser

**Qualifications:** Level 3 Performance Coach, Level 2 Field Judge, Level 1 Track Judge

**History:** Involved with WCAC since it was formed in 1998, and with Whitby Heath AC before that. Chairman for several years, currently club Track and Field Officer and Vice-chairman.

### Ellen

**Group:** Monday and Saturday sessions atEPSV, mostly with younger athletes.

**Role:** Coach

**Qualifications:** UKA Level 2 coach; Children in Athletics; Level 3 Field Judge; working for Track Judge qualification.

**History:** Involved in athletics since 1988 with Whitby Heath, now of course with West Cheshire.

## Graham

**Group:** Speed/endurance, endurance (for track, cross-country and road)

**Role:** Coach

**History:** At WCAC since 2017.

## Joanne

**Group:** U11s at Stanney track

**Role:** Coaching assistant and team manager

**Qualifications:** Level 1 field official

**History:** After my 9 year old daughter joined the club I agreed to help out one Saturday morning when they were short of coaches due to another fixture, raking a sand pit has led to 5 years involvement in the club. No previous involvement in athletics except the basics learnt at school.

## John

**Group:** Road Running group from Northgate Arena (Monday and Thursday nights), catering to age 15+, various paces, and running routes of approx. 10km

**Role:** Run Leader: Ensure participants are safe and providing advice and encouragement where appropriate.

**Qualifications:** Leadership in Running Fitness course

**History:** Regular runner since around 2008, helped found a new running group in Melbourne, Australia 2009, which then affiliated with a local athletic club. Moved to UK and member since 2015/2016 with interests in track, trail, XC, fells.

## Karl

**Groups:** Sprint and distance hurdles (Monday nights) for all athletes. Running, throwing and jumping activities for the U11/U13's (Tuesday nights and Saturday mornings)

**Role:** Coach

**History:** Volunteer (and athlete apparently 😊) with WCAC since 2015. Enjoying every minute of being involved within a successful club, working with a great coaching team (and those

working hard behind the scenes) and of course all you athletes who make WCAC such a success.

**Twitter:** Coach\_\_Karl@WCAC

## Lindsay

**Group:** Younger athletes

**Role:** Assistant Coach, main discipline long jump.

**History:** Assistant Coach since March 2016.

## Mark 1

**Group:** Endurance road running, Tuesday night at Cheshire County Sports Club.

**Role:** Assisting group leader Andy Carter as required.

**Qualifications:** Leadership in Running Fitness course.

**History:** Member of the club since 2011. Represented club on road, track, xc and fell. Run endurance events from 5k to marathon.

## Mark 2

**Group:** Under 13 age group, all areas

**Role:** Assistant Coach, Track Official and Traffic Management Officer.

**History:** Been involved with West Cheshire AC for approximately 4 years. *Try to run...*

## Tim

**Group:** Junior middle distance, track, road, cross-country.

**Role:** Coach

**Qualifications:** UK Athletics Grade 3 Timekeeper

**History:** Started 1987 with Whitby Heath AC which later merged to form West Cheshire AC, where I am currently involved.

## Victor

**Group:** Sprint/Jumps (u13s-National level) track days

**Role:** Coach

**Qualifications:** UKA Athletics Coach

**History:** Coach and current athlete at the club. Joined in 2017.