

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

Andy

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

Role: Run Leader

Qualifications: Leadership in Running Fitness

History: Member of the club since 2015. Represented the club on road, track, XC and fell. Run everything from 5k to marathons and beyond. Former Road Running Officer and Chairman, currently Race Director for 2 club races.

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 at EPSV, 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.