**MEET THE COACHES**

The coaches listed below are qualified to coach athletics based activity on behalf of East Cheshire Harriers and Tameside AC and hold a recognised coaching qualification issued by UK Athletics. Alongside this all coaches hold an enhanced DBS check and have undertaken an online module in safeguarding adults and children.

**SPRINTS**

**Name:** Wendy Andrews

**Qualifications**: Level 2 performance coach (speed)

 Event group specialist coach (sprints)

**Training Group:** Age 14+

**Training Days**: Tuesday and Thursday plus weekends by arrangement

**Profile:** I started out in athletics at a young age and initially joined ECH aged 12 where I progressed on to running national standard times over 200m. I’m still enjoying competitive races in Master’s athletics. I have over 13 years of coaching experience and have coached athletes to national standard many of whom who have gone on to represent their county at higher level competitions. I regularly undertake CPD activity to further broaden my coaching knowledge.

**E-Mail**: wendy.andrews15@virginmedia.com

**Name:** Paul Teasdale

**Qualifications**: Level 2 development coach (speed)

**Training Group:** Age 11+

**Training Days**: Tuesday 6-7

**Profile:**

E-Mail: paulteasdale83@yahoo.in

**Name:** Geoff Hirst

**Qualifications**: Level 1 assistant coach (sprints)

**Training Group:** Age 14 +

**Training Days**: Monday and Wednesday

**Profile:** As a former sprinter in my youth, I joined ECH with my daughter 20 years ago. I assisted and was mentored by former sprint coaches Gordon Griffiths and Stan Turnbull and gaining the appropriate qualifications. Since the retirement and subsequent loss of Stan, I have successfully maintained the male sprint group for some years under the auspices of senior coaches. I am also qualified as an athletics starter/marksman.

E-Mail: heather.hirst1@ntlworld.com

**HURDLES**

**Name:** Brenda Dobson

**Qualifications:** Level 1 assistant coach

**Training Group:** Age 13+

**Training Days:** By arrangement

**Profile:**

**E-Mail:** dennisthomas74@hotmail.co.uk

**ENDURANCE**

**Name:** Jack Dobson

**Qualifications:** Level 2 performance coach (endurance)

 Level 3 performance coach (middle distance)

**Training Group**: Age 14+

**Training Days:** Sunday-Thursday

**Profile:**

**Coaching support:** Martin Lewis (athletics coach)

 Dennis Thomas (assistant athletics coach)

E-Mail: mlewis560@gmail.com

 dennisthomas74@hotmail.co.uk

**Name:** Harry Kelly

**Qualifications:** Level 2 performance coach (endurance)

 Level 3 performance coach (middle distance)

**Training Group:** Age 14+

**Training Days:** Monday, Tuesday, Wednesday, Thursday, Saturday & Sunday

**Profile:**

**Coaching support:** N/A

**E-Mail:**

**Name:** John Cripps

**Qualifications:** Level 2 performance coach (endurance)

 Level 3 performance coach (middle distance)

**Training Group:** Under 13 + female development

**Training Days:** Tuesday & Thursday 7pm-8pm and Sunday 11am-12pm

**Profile:**

**Coaching support:** Kev Handley (assistant athletics coach)

**E-Mail:**

**Name:** Eddie Shaw

**Qualifications:** Level 2 performance coach (endurance)

**Training Group:** U13 +, mixed ability

**Training Days:** Tuesday and Thursday

**Profile:** I have many years of experience in athletics, initially as an athlete before embarking on my coaching journey over 20 years ago when my son James joined the club, coaching him to international level. My group currently consists of athletes that are focussing on longer sprints. I am also a level 4 qualified starter.

**Coaching support:** Doug Pepper (assistant athletics coach)

**E-Mail:** eddieshaw1959@gmail.com

 targetsprintnorthwest@gmail.com

**Name**: Glenn Piper

**Qualifications:** Leader in running fitness (LiRF)

 Coach in running fitness (CiRF)

**Training Group:** Age 18+

**Training Days:** Tuesday and Thursday’s 6-7pm

**Profile**: I have 40 years of experience in athletics and coach senior endurance athletes for track, road, cross country and fell races. I organise weekly sessions and also work with individuals on their training plans.

**E-Mail**: doubledaypiper@googlemail.com

**THROWS**

**Name:** Martin Lewis

**Qualifications:** Athletics Coach (javelin)

**Training Group:** Age 11+

**Training Days:** Tuesday and Thursday (flexible times to fit around athletes other sessions)

**Profile:** I joined ECH as a 10 year-old, enjoying cross country in winter, then all of track and field during the summer. I left the club when I moved out of the area and joined the RAF, but settled back in the area some years later and when my children showed an aptitude and interest in athletics, we all joined. I started representing the club again (including throwing) in 2010. After years as a helper, I started mu formal coaching journey in 2016, taking on javelin coaching duties at the club at the start of 2018.

E-Mail: mlewis560@gmail.com

**Name:** Lynne Lockhart

**Qualifications:** Assistant athletics Coach (hammer)

**Training Group**: Age 13+

**Training Days:** Tuesday

**Profile:**

**Coaching mentor:** Joanne Harding

**E-Mail:** lynne70@btinternet.com

**COMBINED EVENTS**

**Name:** Ian Halliday

**Qualifications:** Level 2 performance coach (speed and jumps)

 Combined Events specialist

**Training Group:** Age 11+

**Training Days:** Tuesday, Friday and Sunday (ECH or Sportcity)

**Profile:** I have been in coaching since 2006 and at ECH since 2012. Initially my focus was on sprints and long jump and I ran a successful mixed sprint group at ECH until 2015 when I moved onto combined events. Since 2016 I have been co-director of Venture Athletics, an independent multi events academy based at Sportcity which currently contains 3 ECH athletes and has previously been home to 4 more. I am a member of the National Combined Events Coach Development Group and enjoy continuing to broaden my event specific and overall knowledge base. My mission as a coach is to help young people to be the best they can be as athletes and people. Away from coaching I enjoy keeping myself fit and watching my step daughter train and compete at Blackpool, Wyre & Fylde AC.

**E-Mail:** ihallid@aol.com

**FUNDAMENTALS OF ATHLETICS (Junior Section)**

**Name**: Hayley Simpson

**Qualifications:** Athletics Coach

**Training Group**: Athletes in this group will train across all 3 disciplines of athletics (run, jump, throw) in a friendly and welcoming environment. Athletes are encouraged to compete in cross-country and track and field throughout the year to put their new found skills into practice. The emphasis of competition is to enjoy what you do and do your best!

**Training Days:** Thursday

**Profile:** I have competed in athletics for 17 years with 8 years of coaching experience. In addition to my athletics coaching qualification, I have a degree in sports coaching. I plan and deliver sessions tailored to under 11’s to develop their fundamental skills.

**Coaching support**: Megan Lewis (assistant coach)

 Rose Barlow (young leader)

 Katherine Waters (young leader)

 Imogen Gush (young leader)

**E-Mail**: simpsonhayley95@gmail.com

 meganlewis560@gmail.com

**Name:** Paul Teasdale

**Qualifications**: Level 2 core

**Training Group:** Under 11/Under 13

**Training Days**: Tuesday 7-8

**Profile:**

E-Mail: paulteasdale83@yahoo.in

Due to a high demand for places, we currently run a waiting list for the fundamentals groups. To be added to the list please email eastchesh@gmail.com

In addition to the above coaching set up, we also encourage senior beginner athletes. We have an experienced female adult runner who is happy to go out running/walking to help them build their confidence and get them into running. Both male and female athletes welcome. For further information email Christine Pearson at phillnchris@ntlworld.com