



- *Foundation*
- *Development*
- *Performance*
- *Club Endurance*

Coach/Athlete Structure 2018-19

Foundation

The starting point for all U13 athletes graduating from colts or joining the club

Coach mentoring from the Athletics Development Team:

Tom Druce (Power Events)

Lee Merrien (Endurance)

Foundation training co-ordinators:

Dave Walley (Power Events)

Matt Mason (Endurance)

Other coaches:

Steve Allaway (Sprints/Jumps)

Sara Queripel (Throws)

Tracey Dowinton (Hurdles)

Darren Le Tissier (Sprints)

Development

An important stage for athletes as they mature physically and mentally through their teens

Athletics Development Team Coach Mentor &
Sprints Coach:

Tom Druce

Development
Team Coach
Mentor:
Lee Merrien

Hurdles
Coach &
Director of
Junior
Athletics:

Nick Marley

Horizontal
Jumps:

*Bernie
Hanley
(assisted by
Jonny Guille
& Dave Legg)*

Throws
Training
Co-ordinator
& Cage
Throws coach:

Lydia Banbury

Javelin:

*Paul
Wallbridge
&
James
Bougourd*

Endurance:

Alun Williams

Performance

A tailored training solution for our established athletes with the most appropriate coach(es)

Athletics Development Officer & Performance Athlete Co-ordinator:

Tom Druce

Tom Druce

Sprints

Lee Merrien

Endurance

Dale
Garland

*400/Hurdles
Sprints
800m
High Jump
Other Field
Events*

Alan Rowe
&
Paul
Ingrouille

Endurance

Lydia
Banbury

*Cage
Throws*

Paul
Wallbridge
&
James
Bougourd

Javelin

Club Endurance

A training option for all ages to engage in a structured group endurance setting, with an option to work towards various endurance competitions/events.

Some development or performance athletes that the coaches work with co-exist within the group.

Guernsey Athletics Senior Endurance Group

Coaches:

*Alan Rowe
Paul Ingrouille*

Assistant Coach:

Chris O'Neill