

Masterclass

Hurdles with Richard Wheater & Marina Armstrong

Richard Wheater

Richard is the former Head of Coaching for England Athletics and British Athletics, former Head Coach for Cambridge University Track & Field Team and England Team Manager at the Commonwealth Games in Delhi. He was instrumental in establishing the highly successful England Athletics National Coach Development Programme Mentoring Scheme and worked with British Athletics to create development opportunities for coaches at all levels. As a coach Richard has worked primarily with in sprints, hurdles and endurance, but his passion has always been hurdles – he is an experienced and technically astute coach, particularly in the short Hurdles. Since leaving British Athletics Richard has been consulting across both the non-profit and commercial sectors.

Marina Armstrong

Marina achieved her Masters in Athletics in 1983 in Moscow. She has since relocated to the UK where she has continued her coaching career, now holding a UKA Level 3 Sprints and Hurdles Qualification. She has been coaching regularly in the UK since 2005 and in this time has developed a strong group of hurdlers who have amassed a large number of English Schools and English Championships medals as well as International representative honours. Most notably she coached Jacob Paul (European and World Junior Championships) and Shona Richards Silver medal in 400m Hurdles with a new National Junior Record at the World Junior Championships in Eugene, Oregon, USA. Her athletes were first and second in both male and female 400m Hurdles at the U23 Championships this season.

Coaches will be able to bring an athlete for the practical sessions but must indicate beforehand an interest to do so.

Registration £10 (lunch included) – register online through www.uLearnAthletics.com

**Saturday 24 Oct 2015
Lee Valley
Athletics Centre**

**Sunday 25 Oct 2015
Alexander Stadium
Birmingham**

**Sunday 1 Nov 2015
Sports City
Manchester**

10.00 Registration & Coffee

10.30 Developing a good
Technical Model for the
sprint hurdler
Richard Wheater

12.00 Practical: Drills to improve
sprint hurdling technique
Richard Wheater

13.00 Lunch

13.45 Developing a
400 hurdler
Marina Armstrong

15.15 Coffee

15.30 Practical: Conditioning for
long hurdles
Marina Armstrong

16.30 Finish

