

## TRAINING AND COACHING 2024

Training sessions are provided by United Kingdom Athletics qualified coaches at StoneX Stadium - Tuesdays and Thursdays: 18.30pm and cover the following disciplines - Endurance, Sprints, Hurdles, Long Jump, Triple Jump and Throws.

Shaftesbury Barnet Harriers Coaching Secretary is Jeremy Sothcott [jeremy.sothcott@btinternet.com](mailto:jeremy.sothcott@btinternet.com)

Please contact the following for – **Endurance/Middle Distance** Jeremy Sothcott [jeremy.sothcott@btinternet.com](mailto:jeremy.sothcott@btinternet.com) – **Sprints/Jumps** Ty Holden [djtyholden@yahoo.co.uk](mailto:djtyholden@yahoo.co.uk) – **Throws** Clyde Gordon [clyde67@hotmail.co.uk](mailto:clyde67@hotmail.co.uk)

These are the details for certain specific disciplines;

**Pole Vault** are held on Monday and Wednesday from 18.30pm to 21.00pm with Steve Lowe [lowefamily04@ntlworld.com](mailto:lowefamily04@ntlworld.com)

**High Jump** are held on Monday night from 19.00pm to 21.00pm with Grant Brown [gd\\_brown2@hotmail.co.uk](mailto:gd_brown2@hotmail.co.uk) fee of £10 applies

**Hurdles/Sprint** are held on Tuesday and Thursday from 18.30pm with Jacqui Agyepong [jax@sports2performance.com](mailto:jax@sports2performance.com)

**Hammer/Shot** are held on Monday and Wednesday from 18.00pm, and Sundays from 11.00am (subject to Stadium availability) with Jamie Bath [jamiethath@live.co.uk](mailto:jamiethath@live.co.uk)

**Middle Distance** for Under 11 and Under 13 age-groups are held on Monday and Wednesday from 18.00pm with Ty Holden [djtyholden@yahoo.co.uk](mailto:djtyholden@yahoo.co.uk)

Coaches also hold sessions at other venues, please see the coaches section on our website for all current SBH Coaches and their availability, link is <https://sbharriers.co.uk/coaching-officials/coaches/>

Regular training sessions are provided for Circuits and Weights at SBH clubhouse at StoneX Stadium - full details can be obtained from whichever coach an athlete has been allocated to.