AAC Coach Profiles (current as of 27/10/09)

Liz Barrett
Mother of 3 boys, 2 of whom trained at and competed for AAC whilst at school. I became involved in helping at first and then coaching while they were young. They have now grown up and left while I stayed on! I get a great deal of satisfaction watching athletes I coached early in their career, moving through the ranks and enjoying their chosen discipline.

Pat Duncan
My name is Pat Duncan. I have been involved with the club since my son joined in 2005. I currently manage the boys and girls cross country teams, and order the club clothing (tracksuits, hoddies and tee shirts). I enjoy supporting my son by being involved in what he is interested in, and have found it very rewarding to be able to support other members of the club as well.
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Dave Fox
I have been throwing discus since 1962, a member of AAC since 1965 and coaching since 1970.

I specialise in discus and shot and am a UKA level 3 throws coach and a Kent squad coach for shot. The highlight of coaching helping my youngest daughter Laura to be selected for the GB under 23 team

Pat Hanys
I have been coaching with AAC for 12 years, starting with U11/U13s, then sprints, throws and back to the younger athletes. I was encouraged to come and help when my daughter started athletics, by Ted, who was then coaching the U11s/U13s, (as well as coaching throws).

I enjoyed the coaching, so helped by AAC I took coaching courses. I have been coaching for Shepway District Council for 9 years and Shepway SSP for 5 years. I have managed the KYAL teams (Kent Young Athletes League) for 2 years and Sportshall teams for 4 years.

Pam Lowe
I joined the club as an assistant coach in February 2007 with a view towards helping young people develop their athletic abilities, particularly in sprinting.
I currently hold a Level 1 coaching qualification and intend to attain my Level 2 by the end of 2009.

Mike Mein
I have been coaching athletes for many years at various events. The main events I coach are Triple / Long jump, Hurdles , Steeple Chase, Sprints and Middle distance running. Over the years athletes the athletes coached range from Novices up to Olympic level. I will coach anyone as long as they enjoy the sport and are committed

Hadley Pressley

I am level 1 coach working towards becoming a level 2 coach. I am a 100m and 200m sprinter for Ashford AC. My current PBs are 11.5/23.9 seconds. I was a endurance runner for Thanet Roadrunners when I was younger. I have also got level 1 in fitness for football and other FA coaching awards and I have got a community sports leader award and safeguarding children.

John Rogers
Retired business manger with what was formerly Quest now Givaudan. Effectively but regretably gave up competative athletes in early 20s after overseas career appointments made this inpractical. Represented Cheshire and Scotland in middle distance. Level 2 coach since 2002. Previous Club Wirral AC Cheshire.

Derek Seamon
As a parent I got into coaching about 1976/1977. I helped with various disciplines, JAV/LJ before specialising in the high jump when my daughter showed promise in the event. I coached her amongst others to come 3rd at English Schools (she also currently holds womens' Club record). I like to think that because the Club's first HJ landing area was a 9'x5' section of bed my jumpers at the time soon learnt the technique to jump vertically otherwise they found themselves on the floor. No risk assessment in those days.

Fiona Sime

Coaches the under 13 group on Tuesday evenings and Alligators(disability group) on Thursday evenings. She is a Level 2 coach and has been coaching with AAC since 1997.

Andrew Smith
My road running coach licence number is 108028. I have been a member of the Ashford AC since the mid 80s. I help Ted Hawkins on Wednesday evenings at the Grammar School with core strength training.

I work with road runners on Tues & Thurs evenings and Sun mornings if necessary training for distance running especially marathons and am willing to help road runners prepare for races.