

**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.

**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.