

# Graham Funnell

## Level 2 Coach

Have been at Ashford AC for the past 7 years – initially as a parent helper working alongside a coach and then, having been sponsored by the Club, progressing to a Level 2. I will progress to level three once work commitments allow.

My main area of coaching interest is Middle Distance / Cross Country.

Look after age groups ranging from U13 to U20 within a multi ability group.

I have seen many athletes in my group progress to Kent Schools and full Kent County selection, with athletes competing at Inter County and English Schools level events. There are also athletes that have competed at National and International level in Biathlon and Triathlon events.

My group also caters for athletes with varying levels of learning disability.

I am lucky enough to have the assistance of Lee Harris within this group, who as a Level 1 Coach is able to share the training workload with me.

I am keen to encourage others to experience the skills and enjoyment of athletics coaching and am therefore always willing to offer “work experience” sessions for those interested and this can be organised through the “desk” on club nights.

One of my favourite quotes (author unknown), which I believe sums up my group and the ethos within it is:-

*“You are all Champions in your own way. That doesn't mean you have to be number 1 or be the best. Just do your best. If you aren't first, then make those people ahead of you break records by pushing them with your personal best. Consider for a moment what we achieve from athletics - the sheer fun of competing - the building of a healthy and alert mind and body - stamina, courage, perseverance, dedication, commitment, selflessness and most importantly, the will to excel.”*

Personal profile – Married with four children. Work as a Personnel (HR) Manager.