



Morpeth Harriers & Athletic Club Coaches Directory

Name	ADRIAN BARNES
Events Coached	General running and fitness. Mainly middle and long distance.
Coaching Qualifications (please provide expiry date if applicable)	Club Coach. No formal qualification but recognised by the club.
First Started Coaching (Year)	1985 ish
Age Groups & Level of Ability Coached	Any age group. Mostly under 16s both boys and girls. Entry level ability. Some progress to other groups.
Days/Times/Locations of Main Sessions (Summer) 	Main club night - 7:30pm Mondays - club house. 45 minutes general running on roads and country paths. Some structured efforts depending on level of group. Usually one or two introductory track sessions per season.
Days/Times/Locations of Main Sessions (Winter) 	Main club night - 7:30pm Mondays - club house. 45 minutes general running on well lit roads and paths in the town. Some structured efforts depending on level of group.
Any additional Information (50 words max)	No pressure on group members to compete for the club although the opportunities are explained. Emphasis on learning own abilities and the fun of running and participating in a group.