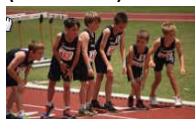
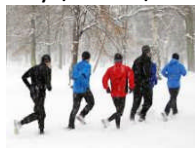


Morpeth Harriers & Athletic Club Coaches Directory

Name	Jim Alder/Dave Swinburne
Events Coached	Road and cross country; plus track running (3000m and upwards primarily)
Coaching Qualifications (please provide expiry date if applicable)	Jim Alder – ‘master coach’. Over 30 years coaching experience. Former Commonwealth marathon champion. Dave Swinburne – Coaching Assistant; men’s team manager and coaching since 2012.
First Started Coaching (Year)	1980s
Age Groups & Level of Ability Coached	Senior and junior men (over 17) – serious competitors
Days/Times/Locations of Main Sessions (Summer) 	Monday 18:30 at the clubhouse (track or grass) Thursday 18:30 at the clubhouse (track or grass) Some Saturday sessions arranged around competitions
Days/Times/Locations of Main Sessions (Winter) 	Monday 18:30 at the clubhouse (track or road) Thursday 18:30 at the clubhouse (track or road) Some Saturday sessions arranged around competitions 1 session per week on track
Any additional Information (50 words max)	Athletes compete regularly throughout the year on road, x-country and track. Several members of the group are part of the successful senior men’s road and x-country teams. Additional training session and runs are organised around these key nights.