



### Morpeth Harriers & Athletic Club Coaches Directory

Name	Mark Brown
Events Coached	800-5000m, x country, road racing
Coaching Qualifications (please provide expiry date if applicable)	Coaching Assistant
First Started Coaching (Year)	2013
Age Groups & Level of Ability Coached	Ages 10 upwards
Days/Times/Locations of Main Sessions (Summer) 	Mondays 7:30pm meet at clubhouse for training on grass/track.
Days/Times/Locations of Main Sessions (Winter) 	Mondays 7:30pm meet at clubhouse, mostly road sessions
Any additional Information (50 words max)	Training group to build and develop foundations for those looking to compete for Morpeth and to develop their running further. Expect all group members to commit when joining the sessions.