



Morpeth Harriers & Athletic Club Coaches Directory

Name	Hamish McAllister-Williams
Events Coached	Running endurance (focus on 5K to Marathon)
Coaching Qualifications (please provide expiry date if applicable)	UKA Level 2
First Started Coaching (Year)	2005
Age Groups & Level of Ability Coached	Adults As a rough guide to level of ability, most people in the group can run a 10K times in between 55 and 39 minutes
Days/Times/Locations of Main Sessions (Summer) 	Mondays – 7:30 Wednesday – 6:30 Thursday – 6:30 All sessions start from the clubhouse We run a mix of different effort sessions on the road or track. Thursday sessions tend to be longer efforts or tempo sessions
Days/Times/Locations of Main Sessions (Winter) 	Same as in the summer
Any additional Information (50 words max)	The main requirement to join the group is a desire to improve your running. It is very much for people who have raced e.g. a 10K or GNR and now want to get faster. I provide sessions that a broad range of abilities can take part in. I can provide individually tailored advice to runners regarding training and racing