

# CHRIS MILLARD (HEAD COACH & FOUNDER)

## SPRINTS, PLUS COMBINED EVENTS



### PERSONAL STATEMENT

My first step into track and field athletics came, inadvertently, on August 1<sup>st</sup> 1992 (my stag night, hence I remember the date clearly!) We were watching Linford Christie win the 100m at the Barcelona Olympics, and I stated "I will do that one day" (sprint competitively, not win the Olympics!)

Less than a year later, I found myself on the track at Yate (Avon League), wearing trainers, normal shorts, no blocks, and no warm-up (and no clue), 'having a go', and winning the race. A deep desire to win, mixed with a genuine hatred of losing, meant I trained ridiculously hard to achieve my goals, and all that has happened since has been as a result of this...

I started coaching back in 1996, when I helped out at my Stepson's football team. I supported the Coaching team at Clevedon AC on and off until 2004, when I recognised there was a need to develop the whole athletics curriculum. Off the back of an illness I realised that a Coaching career was something that I 'needed' to pursue,

### QUALIFICATIONS

- Level 3 Sprints
- Level 2 Jumps
- Level 2 Endurance
- National Coach Development Program for Combined Events/Sprints
- Level 3 Personal Trainer
- Diplomas in Nutrition, SAQ and Sports Psychology
- Qualifications in several other sports (eg hockey, basketball, volleyball, rugby, football etc)

### EXPERIENCE - COMPETITION

- Wales Senior International (100m and 200m between 1996 and 2000)
- Three bronze medals at Senior National Championships over 200m 1995, 1996 and 1997
- North Somerset Sportsman of the Year 1996 (runner-up in 1995 and 1997)
- Great Britain Masters International (100m and 200m since 2005)
- World Silver Medallist in the 200m Bronze Medallists in the 100m at the 2015 Championships in San Sebastian, Spain
- European Champion in the 200m in 2007 (Belgium) and 4 x 100m relay in 2008 (Slovenia)
- A further 12 Silver and Bronze medals in European Championships
- 44 National titles over 60m, 100m, 200m, 400m, Long Jump and Javelin
- 13 National Records over 60m, 100m and 200m
- 2008 West of England Unsung Sporting Hero (Sponsored by Tesco)
- 2012 South West Development Coach of the Year

and within 12 months had become qualified in a variety of areas and sports, quit my office job, and started the early NSAC sessions (I had already started a Saturday morning SAQ group at Clevedon in 2001, so used this as the springboard). My goal is to give every child who comes to the club the very best experience of this exhilarating sport, and to drive NSAC towards being one of the top Junior Clubs in the UK. This includes a specialist facility, whether indoor training area, full track (or preferably both!)

I am also striving to improve the athletics provision in schools, whether it be with advice on setting up running clubs, development of a mini-marathon, or helping teachers understand more about our sport to enable them to deliver quality sessions.

Personally I hope to win 50 National Titles, I am keen for a World Title, and World Record (having been denied a World record by an admin error...) Whether this is realistic or not remains to be seen...

- 2018 South West Coach of the Year
- Completed distances from 60m to Marathon, includes halves, multi-terrain, triathlons, 10k, 5k etc
- Competed in 67 National or International events, winning medals in every single event along the way (100% event to conversion rate!) Aiming for more...
- Played football for England u16, and most County/Regional representation teams, along with 6 years with Bristol City, and 18 months with Leeds United Junior teams

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#### **EXPERIENCE – COACHING**

- NSAC, NSAA since 2004
- Somerset Sprint squads since 2004
- Clifton Ladies Hockey Club conditioning coach 2003 – 2007
- Coached Priory Year 7 rugby team to become Somerset Champions, and a trip to Twickenham – The first time they achieved this
- As of 2017, have coached in excess of 40 Internationals from a range of sports (hockey, tennis, rugby, football etc)
- Coached at Bristol University (Athletics and an unbeaten hockey season) and Weston College (Athletics plus fitness), plus designed several courses (SAQ, Sports Training etc)
- Lecturer at Weston College 2004-2007 (Sports and Public Services)

# SOPHIE MILLARD

## HURDLES



### PERSONAL STATEMENT

I was one of the original four athletes at NSAC, and have been coaching since 2007. I was a hurdler (sprint and 400m) myself as a junior, and that has carried through into my preferred coaching event. The joy I get from supporting Athletes through their journey is second-to-none, and now something I have grown to consider an essential part of who I am. Athletics defined my childhood in such a positive way, and I love to give back, sharing that joy with as many people (not just Athletes!) as possible. Personal development is something I value highly, and so I regularly attend workshops, conferences (such as European Speed Conference 2014, and National Hurdles Conference 2017), and spend time with high level Coaches (such as Malcolm Arnold, Benke Blomqvist and James Hillier) to grow my knowledge and bring my best to the Athletes

### QUALIFICATIONS

- Athletics Coach, with Triple Jump, Pole Vault, Hammer and Discus add-ons
- Event Group Sprints & Hurdles
- First Aid
- Level 3 Sports Massage Therapy
- Level 2 Circuits Instruction
- Level 2 Fitness Instruction
- 2:1 BSc (Hons) Sport & Exercise Science from University of Bath
- Merit MSc Sports Biomechanics from Loughborough University

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### EXPERIENCE – COMPETITION

- 4<sup>th</sup> in the Tae-Kwon-Do International World Championships 2016 (Patterns)
- 3<sup>rd</sup> at the British Student Tae-Kwon-Do Federation National Championships 2017 (Sparring)
- 3<sup>rd</sup> at the English Tae-Kwon-Do Championships 2017 (Patterns)

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### EXPERIENCE – COACHING

- National Coach Development Programme for Speed
- British Athletics Biomechanics intern for one year under the tutelage of Malcolm Arnold OBE (Coach of John Akii-Bua, Colin Jackson, Andrew Pozzi, Lawrence Clarke, Eilidh Doyle and Dai Greene, to name but a few!)
- Volunteered as a Sports Biomechanist for Team GB at the IAAF World Championships in London 2017

	<ul style="list-style-type: none"><li>• 3 seasons of volunteering as a Biomechanist for Indoor Team Trials, Indoor Grand Prix, Outdoor Team Trials, Birmingham Diamond League, and London Anniversary Games events</li><li>• Part of the Event Management Team, Volunteer Co-ordinator and on-the-day HiPAC Lead for Loughborough International Athletics Meeting and Loughborough European Athletics Permit Meeting Summer 2017</li></ul>
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# GRAHAM NORRIS

## COMBINED EVENTS



### PERSONAL STATEMENT

For a number of years I was an avid supporter of the sport, but I got into coaching when my two children came along, and after damaging knee ligaments. After completing my old BAF Athletics Coach course, I coached Bristol University Athletics team at the beginning of the 1990s for a couple of years, before focusing on school-based competition.

having moved to Wells in 2001, I started coaching at club level and went back to my roots as a combined events coach. I also became part of the British Athletics Coach Tutoring set-up, and taught on hundreds of courses throughout the UK, seeing the transition from the old Level 1 and 2, to the current Athletics Coach and Coaching Assistant. During that time, I helped develop the material for the Coaching Children module. I also worked as the education manager for UKA, and wrote the revised national teaching resource

### QUALIFICATIONS

- Level 3 Coaching Young Athletes
- Level 2 Children in Athletics, Jumps, Throws, Sprints and Endurance
- England Athletics tutor
- Swimming, Orienteering, Canoeing, Cricket, Badminton and Trampolining qualifications

### EXPERIENCE - COMPETITION

- Athletics has been a major part of my life ever since I was at school. My focus then was on combined events, where I had success at County level. I subsequently had a couple of seasons of focusing on middle-distance, getting really stuck into the 800m, since I was not really fast enough as a sprinter. Later, when working abroad, through a strange route I got involved in running marathons before suffering a running-related injury.

### EXPERIENCE – COACHING

- 1994 – 1996 Bristol University
- 1999 – 2000 Coaching Further Education Athletics Teams
- 2001 – 2012 Mendip Athletics Club
- 2012 – present The Academy of Combined Events
- 2013 – present North Somerset Athletics Academy
- 2016 – present North Somerset Athletic Club

'Elevating Athletics' for both Primary and Secondary Schools.

I have supported Sportshall Athletics for over 16 years, on the back of which I set up The Academy of Combined Events with my colleague Peter Grosjean. The aim was to provide a follow-on for young athletes who enjoyed the Sportshall Athletics concept.

My own belief around what is essentially a late-development sport is that there is a lack of understanding about what we need to create a solid supporting framework for young children consisting of all elements of run, jump and throw, along with essential skills of balance, coordination and agility. This is where I focus my efforts – building for the future

# DOUG MINTER

## POLE VAULT



### PERSONAL STATEMENT

I aim to enable North Somerset athletes to get as much enjoyment out of Pole Vaulting as I have

### QUALIFICATIONS

- Athletics Coach

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### EXPERIENCE - COMPETITION

- Competed for Windsor Slough & Eton for about 15 years
- 1 international appearance for Wales (Norway away 1988)

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### EXPERIENCE – COACHING

- Coaching since 2013

# STEVE PARSONS (CROSS-COUNTRY ORGANISER) ENDURANCE



## PERSONAL STATEMENT

I didn't need much encouragement to support. Help was required then, as it is now, so why wait around for my daughter to finish when I could help the session run smoother? I now take our Sunday morning recovery run, assist our lead endurance coaches on Tuesdays and co-ordinate/organise all winter events. Although my daughter left several years ago, I stayed because I really enjoy being part of a young athlete's development. Watching children progress and respond to encouragement gives me a real buzz, and the camaraderie amongst us all (athletes and coaches) is a genuine bonus. We have a talented group of coaches, helpers and young athletes that can take us to another level and hopefully encourage more young people into this brilliant sport.

## QUALIFICATIONS

- Leader in Running Fitness

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## EXPERIENCE - COMPETITION

- A 'half-decent' footballer back in the day, playing for Robs DRG in the 80s

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## EXPERIENCE – COACHING

- Coaching and co-ordinating the Cross-Country/Endurance squads for over 10 years with NSAC since my daughter joined
- Coached at Long Ashton Junior Football Club for 8 years when my son played, as well as having the role of Chairman

# JULIAN EMERY

## LEAD ENDURANCE COACH



### PERSONAL STATEMENT

I started out helping because my daughters were competing and training at NSAC. I felt I had a lot to offer others, so wanted to start coaching, which I get such a buzz out of!!

We have such a fantastic bunch of kids who all want to improve and that is why I do it.

All I want to achieve is helping the kids to fulfil their potential, and make sure they enjoy it as I do!

### QUALIFICATIONS

- Coach in Running Fitness
- Leader in Running Fitness

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### EXPERIENCE - COMPETITION

- National and County Medals for road-running, cross-country and track
- Represented England in two Home County International Cross-Country races, winning team gold medals
- Went to the European Masters Championships and won two silver medals, one at 3000m indoors, and the other in the 5k in Ancona, Italy

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### EXPERIENCE – COACHING

- Coaching and helping at NSAC for around 9 years

# LUKE MURRAY

## LEAD ENDURANCE COACH



### PERSONAL STATEMENT

I turned up one rainy Wednesday night, with my son and daughter, and have been hooked ever since. I assisted Steve Hollier, who is an inspirational endurance runner, and was eventually asked to lead the session (Steve was already coaching 5+ session per week).

I continue to help because there's such a good blend of experienced coaches, and I'm constantly learning. The coaches are all different, but get on well as a team. Chris is always looking to improve us all, and therefore develop the training in a well-structured manner. I enjoy the blend of coaching at Clevedon AC, and juniors at NSAC. The training for young adults is of particular interest (my son is now 15) as it becomes very individual.

It's a pleasure seeing the young athletes develop in running. My aim will always be to keep encouraging the athletes to participate in sport, to the best of their ability. A good base now can mean years of running in later life. It's lovely to see the athletes buzzing after a good training session.

Personally, my short-term aim is to carry on

### QUALIFICATIONS

- Coach in Running Fitness
- Leader in Running Fitness
- Various football qualifications, including Level 1, Safeguarding children, & First Aid

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### EXPERIENCE - COMPETITION

- Marathon pb (26.2 miles) 2;38.21 hours, at Manchester, qualifying for England Masters V40 in 2017
- Half-Marathon (13.1 miles) 1;12.22 hours, at Bath, and 3<sup>rd</sup> V40
- 10 miles – 1<sup>st</sup> place in Weston Two Bays Tough Ten 2016
- 5 miles – 1<sup>st</sup> place in Dartmouth Regatta Road Race
- 5 miles – 1<sup>st</sup> place in Weston Prom Run, and series winner
- Cross-Country – 1<sup>st</sup> V40 in Gloucester League at Pitville Park 2017

### EXPERIENCE – COACHING

- Coaching and helping at NSAC with the Junior Endurance Running since 2012
- Coaching and helping at Clevedon AC with the Senior Endurance Running since 2012
- Coached Junior Football 2007 – 2015
- Guiding a blind runner around the London Marathon, and achieving their target time

improving as a runner and a coach, by participating in and coaching smarter training methods



# ANDREW DEVEREUX

## ENDURANCE



### PERSONAL STATEMENT

I started coaching because my daughter attends, so I thought would be good to help out. I enjoy seeing kids who at first tell me "I don't do endurance" giving it everything in a session because they realise that with a bit of hard work "they can do anything". The Coaches at NSAC have all been there, seen it, done it (and now have the t-shirts too!) plus NSAC has a bunch of kids with a genuine desire to improve their athletic ability

### QUALIFICATIONS

- Coaching Assistant

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### EXPERIENCE - COMPETITION

- Runner with Weston AC 2006 – 2016
- Somerset County League footballer 1989-2008

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### EXPERIENCE – COACHING

- Coaching with NSAC for 4 years

# ALEX MURRAY

## ENDURANCE



### PERSONAL STATEMENT

I've been running since I was a teenager – I find it the best way to unwind, and you get to run in the countryside. I haven't ever raced to the same level as some of the other guys in the coaching team, but I still enjoy the buzz of a race – I suppose it's what the training is for. My brother Luke really got me started – he said help was needed and I thought running with the family as part of a structured session would be great! I help out with the endurance group on Wednesdays, I get to shout encouragement, (and tell the odd Dad joke!) but most importantly help to keep the group safe on the roads. Seeing tens of little yellow vests happily darting around Clevedon sea front on a dark, cold and windy winter's night is a great sight. Watching the children get stronger week by week is fantastic.

I think North Somerset is already a great club, with numbers increasing all the time at the

### QUALIFICATIONS

- Leader in Running Fitness

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### EXPERIENCE - COMPETITION

- Played tennis to a half-decent standard over the last 33 years at Clevedon Tennis Club

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### EXPERIENCE – COACHING

- Coaching at NSAC for 3 years, but have been around and helping since my son joined six years ago
- Coached Clevedon Tennis Club

sessions that I know of. I think it's important that adult helpers keep putting themselves forward to allow for that growth, and that the coaches of all levels keep developing their skills and knowledge – then who knows – more Olympians in the future? At least we'll have lots of happy, healthy children in our area



# PAUL REDMAN

## ENDURANCE



### PERSONAL STATEMENT

I bumped into Chris Millard, whom I had known for a long time having attended the same Sports Course at Weston College in the mid-80s! He encouraged my eldest daughter to come along to Clevedon after she had competed in the local school's Cross-Country event in Weston. My sporting background is in rugby, but I was soon running along with the kids and helping out. I've enjoyed meeting fellow parents and coaches and have made some good friends along the way. My youngest daughter now runs too, so it's a bit of a family affair at times, although I still attend when they can't run, as I enjoy helping the large numbers of children who attend each week. Running with NSAC and meeting some great people has been a wonderful experience. It's certainly rubbed off on me as since I have been involved I have run my first 10k, half-marathon, half-ironman and my first marathon.

### QUALIFICATIONS

- Leader in Running Fitness
- Level 2 Rugby
- First-person-on-scene first aider, plus teach and certificate first-aid courses
- Preliminary Coach in Volleyball

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### EXPERIENCE - COMPETITION

- Represented South West England in Volleyball
- Captained Weston RFC for 3 years
- Played Rugby for England Fire Services
- Played County Rugby

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### EXPERIENCE – COACHING

- Coached Rugby at Bristol Saracens RFC, and both junior and senior Rugby at Weston RFC
- Have been helping with NSAC since 2014

# RUTH BROZATIS

## ENDURANCE



### PERSONAL STATEMENT

I am passionate about encouraging children to experience the benefits of an exercise routine and passing onto the younger generation the 'feel good factor' that exercise provides.

I started transferring my swim-coaching skills to running when my own son joined NSAC. There is nothing more rewarding than returning from a muddy run in the woods with the kids, or a windy training session on Clevedon seafront!

There are so many social benefits, chatting to the youngsters and other coaches as you run along. I look forward to Wednesday evenings, come rain or shine! The exercise, company of the other coaches, and the gratitude from the kids is always a great therapy and cheering them on when they put their training to the test in an event is an added bonus.

### QUALIFICATIONS

- UKA Assistant Running Coach
- ASA Level Swimming Teacher
- Various additional swimming-related courses to include; water aerobics, mother and baby and life-saving qualifications

### EXPERIENCE - COMPETITION

- First lady to complete the 45-mile run Green Man Challenge around Bristol
- Completion of many cross-country events in the South West, with particular success in events over 20 miles in distance
- Various marathons to include London (3:40 hours in my mid-thirties and before timing chips, so maybe quicker!
- Completion of many triathlons, generally Olympic distance plus
- Competing as part of BOC (Bristol Orienteering Club) for several years

### EXPERIENCE – COACHING

- For over 25 years I have been progressing swimmers from beginners through to competition standard. I run my own Swim School, and use a 'themed' method I have developed myself. My programme covers 350 swimmers per week aged 3 through to 18 years, and includes a 'teens club' and junior triathlon section. I also enjoy training young staff to teach or gain experience for awards such as the Duke of Edinburgh. The triathlon part of my club means I get to coach running and cycling. I have enhanced my cycle skills by helping out with Team

	<p>Tor, a cycling club on the Somerset levels with whom my son participates.</p> <ul style="list-style-type: none"><li>• I have been an Assistant Running Coach for NSAC for several years and I am always seeking to improve my own technique and adopting new skills to pass onto the youngsters</li></ul>
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