

# GRAHAM BROOKS

## PRIORY LEAD COACH



### PERSONAL STATEMENT

I have always enjoyed a wide variety of sport having competed for the local cricket and football teams growing up. I have always been interested in athletics and enjoyed watching the likes of Daley Thompson, Seb Coe et al from the early 80's competing at the highest level. When my daughter Stephanie showed an interest in the sport back in 2011 we used to bring her along on a Saturday morning for her to "burn off some energy" and Lee the coach asked if I'd help out by running some endurance sessions to help out with the group as I had run the London Marathon a couple times. When the club requested for volunteers to go on an Officials course was quite happy to help and since then I have gone on to become a regional level field official and recently qualified as a throws coach.

### QUALIFICATIONS

- Athletics Coach (Throws)
- Coaching Assistant
- Safeguarding in Athletics
- Level 3 field Official
- Health and Safety.

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### EXPERIENCE - COMPETITION

I have represented the club in the Avon league primarily as a thrower but will try my hand at anything to win points for the team. I've competed in 3 London marathons and several local races in the build up to these events.

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### EXPERIENCE – COACHING

- I have supported the club since 2011 starting off as a coaching assistant running endurance sessions and supporting the head coach with jumps, sprints, throws etc and have run sessions at Nailsea for High jump previously. I have recently qualified as a throws coach and will be looking to continue my coaching development through additional modules for speed and jumps.

# BARRY HALL

## PRIORITY ENDURANCE



### PERSONAL STATEMENT

Hopefully by me coaching, helping and listening, the athletes will enjoy themselves, get fitter, have fun, and maybe go on to compete for NSAC, Avon, England, #Team GB.

If you see me limping, it's because in 2006 I had a very bad motorcycle accident, breaking my left ankle, tibia and fibula, also my left arm.

Was told by Doctor I would never run again (Little did he know!)

Running gives me freedom. I put my trainers on and head for the hills, beach, the road or the stars... Well you gotta dream!

### QUALIFICATIONS

- Assistant Coach
- Run Leader for Weston AC and Portishead RC
- Time-keeper
- First-aider
- Kettlecise instructor

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### EXPERIENCE - COMPETITION

- Ran for Avon County at Cross-Country
- Tough Mudder finisher
- Marathon pb 2;52.42 hours
- Half-marathon pb 1;16.10 hours
- 10-mile pb 59.30 mins
- 10k pb 34.15 mins
- 5 mile pb 28.10 mins
- In the 80s and 90s I rode MOTO X, got to expert level in the AMCA, but got too expensive

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### EXPERIENCE – COACHING

- I started out as a parent helper when my son started athletics, and have been coaching for 10 years

# BILL GREEN

## PRIORY ENDURANCE



### PERSONAL STATEMENT

I have always enjoyed sport, mainly football, up to the age of 32. I decided to start up with the running Club Weston AC at the age of 44 to keep fit. I got involved with NSAC to be able to give something back to sport, as I appreciated all the people that gave up their time when I was doing it. I like helping and seeing the young members of the Club improve their fitness and athletics skills, and seeing the enjoyment they get out of it as well gives me great pleasure to be a part of that

### QUALIFICATIONS

- Coaching Assistant
- First Aid

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### EXPERIENCE - COMPETITION

- I have been a member of the running club Weston Athletics Club for 4 years now and regularly enter road and off road /trail races ranging from 5k , 10k, 10 miles , half marathons , 16miles etc

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### EXPERIENCE – COACHING

- Coaching at North Somerset AC for five years

# DARREN MAINE PRIORY



## PERSONAL STATEMENT

I started coaching because my children were both competing at NSAC. I have found it very rewarding helping out, watching the athletes progress

## QUALIFICATIONS

- Coaching Assistant
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## EXPERIENCE - COMPETITION

- None
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## EXPERIENCE – COACHING

- Helped at Club for 2 years, recently qualifying as Coach

# RICHARD BRUNSDON

## HURDLES



### PERSONAL STATEMENT

As my profile shows, I've loved athletics and fitness most of my life. I love to see kids try new things and hope that my experience and knowledge will help them to achieve the best they can be in all areas of athletics.

I'm a Rocky and Chariots of Fire addict, so as you can guess motivational quotes and films 'float my boat'.

Favourite quote "It's not how good you are, it's how bad you want it"

### QUALIFICATIONS

- Assistant Coach
- Diploma in Sports & Exercise Science
- Advanced Level 3 Personal Trainer
- Advanced Senior Fitness Instructor
- Core and Stability Instructor
- Body Pump Instructor
- Spinning Instructor
- Group Exercise Instructor (Circuits, Aerobics etc)

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### EXPERIENCE - COMPETITION

- English Schools Combined Events
- Competed at Regional Level in Combined Events and Hurdles
- Completed 3 x London Marathons

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### EXPERIENCE – COACHING

- Coached in football, swimming and athletics over the last 8 years, as well as assisting golfers, tennis players and most sports you can think of when I was in the fitness industry
- I am currently a strength and conditioning coach for Weston Swimming Club