

LIST OF PADDOCK WOOD ATHLETIC CLUB'S COACHES & QUALIFICATIONS				
Coach (Name)	Level(s)	Discipline(s)	Ancillary Qualifications	E-Mail & Contact Nos.
MIKE DUFFIN	3 COACH	PERFORMANCE COACH ALL EVENTS	FIRST AID AT WORK & DEFIB	mike.duffin16@gmail.com
	3 COACH	DEVELOPMENT COACH ALL EVENTS	NATIONAL WEIGHT TRAINING WORKSHOP	01892 833888
	3 COACH	JAVELIN	EQUITY IN COACHING	07803 148925
	3 COACH	SPEED, JUMPS, THROWS, ENDURANCE	NSPCC CHILD PROTECTION	
		(YOUNG ATHLETE)	NATIONAL HURDLES WORKSHOPS	
			& MASTERCLASS	
			NATIONAL CONDITIONING WORKSHOP	
			REGIONAL LONG & TRIPLE JUMP WORKSHOP	
			DIPLOMA SPORTS PSYCHOLOGY	
JANET DUFFIN	3 COACH	DEVELOPMENT COACH ALL EVENTS	FIRST AID AT WORK	
	3 COACH	SPEED, JUMPS, THROWS, ENDURANCE	EQUITY IN COACHING	
		(YOUNG ATHLETE)	NSPCC CHILD PROTECTION	
			REGIONAL HURDLES WORKSHOP	
LIZ DUFFIN	3 COACH	HURDLES, PERFORMANCE	FIRST AID AT WORK AND DEFIB	
	3 COACH	STRENGTH & CONDITIONING	EQUITY IN COACHING	
	3 COACH	SPEED	NSPCC CHILD PROTECTION	
			NATIONAL HURDLES WORKSHOPS	
			& MASTERCLASS	
			REGIONAL LONG & TRIPLE JUMP WORKSHOP	
JANINE BROWN	3 COACH	MULTI-EVENTS YOUNG ATHLETES	FIRST AID AND DEFIB	
	3 COACH	ENDURANCE YOUNG ATHLETES	NATIONAL SPRINTS WORKSHOP	
	3 COACH	ATHLETICS COACH	WHEELCHAIR ATHLETICS WORKSHOP	
ALAN NEWMAN	3 COACH	PERFORMANCE ENDURANCE	FIRST AID	
	3 COACH	STEEPLECHASE	FBAPT (Fellow British Asscn Physical Trainers)	
			HOME OFFICE PTI	

MIKE RIDGER	3 COACH	SPRINTS	FIRST AID AT WORK	
RICHARD ELLIOTT	3 COACH	PERFORMANCE ENDURANCE	FIRST AID AT WORK	
	RUN ENGLAND		CONDITIONING WORKSHOP	
	LEADER		USE OF EQUIPMENT WORKSHOP	
JULIAN SEAL	3 COACH	YOUNG ATHLETE & MIDDLE DISTANCE	FIRST AID AT WORK	
MARK WOODS	2 COACH	SPRINTS		
ROB ROWLAND	2 LEADER IN	FITNESS		
	RUNNING FITNESS	YOUNG ATHLETE		
	2 COACHING			
	ASSISTANT			
DAVE PERMAN	2 COACHING	THROWS		
	ASSISTANT			
LORRAINE SHEPHEARD	2 COACHING	YOUNG ATHLETE	PROFESSIONAL CHILDMINDER	
	ASSISTANT			

TREVOR SIMMS	2 COACHING ASSISTANT	YOUNG ATHLETE	FIRST AID AT WORK	
LESLIE STONE	2 COACHING ASSISTANT	YOUNG ATHLETE		
NICK BROWN	2 COACHING ASSISTANT	RUNNING	FIRST AID	
JOHN TILSTON	2 COACHING ASSISTANT	RUNNING		
JOHN KING	2 COACHING ASSISTANT	LONG JUMP	TAX ADVISER	
HELEN HARDWARE	2 COACHING ASSISTANT	RUNNING		
MASON DOYLE	2 COACHING ASSISTANT	HIGH JUMP		

JANE DEW	1 LEADER IN	RUNNING (Beginner Onwards)	EMERGENCY FIRST AID AT WORK	
	RUNNING FITNESS		ATHLEFIT	
	2 GYM INSTRU.		SPON	
	3 OUTDOOR FITNESS		PIYo	
	1 CYCLE LEADER		AQUA	
	2 GYM COACH			
	CLUB JUDGE			
TINA OLDERSHW	2 COACHING	RUNNING		
	ASSISTANT			
DUNCAN RIORDAN	2 LEADER IN	RUNNING		
	RUNNING FITNESS			

