



## West Wales Regional Athletics Council

### Combined Events Workshop @ Swansea University Indoor Athletics Centre

Sunday 27<sup>th</sup> November 2011

10.00am to 4.00pm

On **Sunday 27<sup>th</sup> November** there will be a Combined Events workshop for any interested coaches and athletes from any club, school or region in Wales. The workshop will be held in Swansea University Indoor Athletics Centre. The cost of the session will be **FREE** for coaches and £5 per athlete, cheque payable to West Wales RAC. Any athletes can come and observe, however to participate in the practical athletes should have a 2011 season best of at least an AAA G4 in the U15 to Senior age groups

TUTOR **Ian Grant** has been a GB&NI Combined Events Team Coach since 2001 and was UKA National Combined Events Coach from 2005 - 2009. He has coached in excess of 25 GB&NI Internationals in Combined Events including David Bigham (European Junior Bronze Medallist in 1989 and World Junior Bronze Medallist in 1990), Mark Bishop, Anthony Sawyer and Kevin Sempers (Commonwealth Games 1990, 2002 and 2010 respectively). He currently coaches Ashley Bryant and Jo Rowland (GB&NI U23 International and current England U23 Heptathlon Champion). He also coached Dalton Grant (European Junior High Jump 6th place in 1985, Sharon Hutchings (Commonwealth Games High Jump Silver Medallist 1986) and Julie Pratt (World Junior Hurdles Champion in 1998 and European U23 Hurdles Silver Medallist in 1999). He also coached Ben Gregory as a Junior before Ben went to University.

DEMONSTRATOR: **Ashley Bryant** (20) has been coached by Ian Grant since he was 14 (starting in May 2005). He has won three English Schools Combined Events titles and two English Schools Javelin titles and was twice winner of the Schools Indoor Pentathlon International. He has represented GB&NI both Indoors and Outdoors at U23 and U20 level since 2008 and in 2011 represented the GB&NI Senior Team in the European Cup, placing 3rd. He is the current England U23 Champion and was Runner-Up in the Senior Championship. He is currently Britain's 12th best ever Decathlete and 4th best ever U23. He represented GB&NI at the European Junior Championships in 2009, the World Junior Championships in 2010 and placed 5th at the World Student Games this year in China.

10:00 - 10:05 Introductions

10:05 - 10:45 Beginner to International; a study of the process of going from 2 - 3 days training a week to six days a week as a committed Decathlete/Heptathlete.

10:45 - 11:45 Practical; Hurdles or Shot.

11:45 - 12:30 Practical; Long Jump.

12:30 - 13:30 Lunch to include 30 minutes of Q&A.

13:30 - 14:15 Practical; Pole Vault or High Jump.

14:15 - 15:15 Practical; Javelin.

15:15 - 15:45 Planning for success; how to put together a training programme in Combined Events to produce the "best" results at the right time.

15:45 - 16:00 Conclusions

-----  
**To book return the form below to Andrew Jenkins at 5 Highpool Close, Newton, Swansea, SA3 4TU, no later than Monday 20<sup>th</sup> November.**

Coach / Athlete Name: \_\_\_\_\_

Club: \_\_\_\_\_

Athlete age group: \_\_\_\_\_

Email Address: \_\_\_\_\_

2010/11 Season Best & Grading: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Participating athletes indicate which practical events you wish to participate in \_\_\_\_\_

I enclose a cheque for £\_\_\_ payable to West Wales RAC.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_