

Head Coach Report 2018/19

This last year athletes from Haywards Heath Harriers have represented the club from 100m through to Ultra Marathons with the help of the coaches and the sessions that they take.

From 5 through to 8.30pm, on any Tuesday night Linda leads the juniors/intermediates sessions bringing a wealth of experience, variety and enthusiasm to the young athletes.

With a team of parent helpers, sport leaders and coaches that give up their time to bring the love of athletics to the young athletes of tomorrow, I would like to say a big thank you to them all.

It is good to see Bob Ruff back leading the track and field sessions after recovering from a long illness. With Mike Bale offering throws coaching there is a depth of knowledge which the track and field athletes benefit from.

The club looks forward to the summer Track and Field season where the club links with Lewes AC to take part in the track and field league.

We have had great success over the winter months especially in the Sussex Cross Country Races. This success has come from the hard work of athletes under the guidance of Martin Delbridge. With Martin offering extra sessions on Saturday mornings and strength and conditioning sessions the athletes are reaping the benefits from this hard work. This work is not carried out alone and I would like to thank the run leaders and coaches that make the sessions FUN.

All the coaches, run leaders, parent helpers and sport leaders give up their time and energy to support the club. This is given unpaid and, in all weathers, and I would like to say a huge thank you for the work that has been put in over the last year.

If anyone is interested in becoming a run leader or coach, the club would fully support you.

Mike Essex

March 2019