



England Athletics are pleased to announce the Autumn programme of coaching courses. New courses will be added on a regular basis so please keep a check on the website.

Places on courses are allocated on a “first come first served basis”, therefore, please ensure **application forms** are fully completed and returned with a photograph and payment (payable to England Athletics) to England Athletics, Education and Customer Services, Wellington House, Starley Way, Birmingham International Park, Solihull, B37 7HB.

LEADERSHIP IN RUNNING FITNESS are only bookable online (please click on the course code).

If forms are incomplete or payment and a photo are not received, your forms will be returned to you.

South Area Coaching Courses 2009/10

LEVEL 1 - £60 per person			
South East	13 Oct 09	Bucks New University – Closed Course	SC0135
London	18 Oct 09	Lee Valley	SC0126
East	25 Oct 09	Woodside Stadium, Watford	SC0137
South East	31 Oct 09	Ashford, Kent	SC0128
London	31 Oct 09	Sutton, Carshalton	SC0129
London	1 Nov 09	Sutcliffe Park, London	SC0140
East	1 Nov 09	Abbeycroft Leisure Centre, Bury St Edmunds	SC0146
South East	15 Nov 09	Lewes Leisure Centre, East Sussex	SC0136
London	28 Nov 09	Newham Leisure Centre, London – Closed Course	SC0132
London	5 Dec 09	Crystal Palace/London Leisure College	SC0142
East	13 Dec 09	Bedford International Stadium	SC0134
South East	20 Dec 09	Crawley, West Sussex	SC0133
London	9 Jan 10	Lee Valley	SC0144
LEVEL 2 (EXPRESS COURSE). Applicant must sign up for core weekend and one event module when booking - £140 per person - Extra modules can be taken for £30 per person			
London	3/4 Oct 09	Lee Valley	SC0125
London	21 Nov 09	Jumps	SC0125J
London	22 Nov 09	Throws	SC0125T
London	28 Nov 09	Speed	SC0125S
London	28 Nov 09	Endurance	SC0125E
East	17/18 Oct 09	Abbeycroft Leisure Centre, Bury St Edmunds	SC0138
East	19 Dec 09	Speed	SC0138S
East	19 Dec 09	Jumps	SC0138J
East	20 Dec 09	Throws	SC0138T
East	20 Dec 09	Endurance	SC0138E

South East	24/25 Oct 09	Thames Valley Athletics Centre	SC0127
South East	12 Dec 09	Speed	SC0127S
South East	12 Dec 09	Jumps	SC0127J
South East	13 Dec 09	Throws	SC0127T
South East	13 Dec 09	Endurance	SC0127E
East	14/15 Nov 09	UEA, Norwich	SC0130
East	23 Jan 10	Speed	SC0130S
East	23 Jan 10	Jumps	SC0130J
East	24 Jan 10	Throws	SC0130T
East	24 Jan 10	Endurance	SC0130E
South East	15 Nov 09	Horsham, West Sussex	SC0131
South East	9 Jan 10	Speed	SC0131S
South East	9 Jan 10	Jumps	SC0131J
South East	10 Jan 10	Throws	SC0131T
South East	10 Jan 10	Endurance	SC0131E
London	21/22 Nov 09	Crystal Palace/ London Leisure College	SC0141
London	30 Jan 10	Speed	SC0141S
London	30 Jan 10	Jumps	SC0141J
London	31 Jan 10	Throws	SC0141T
London	31 Jan 10	Endurance	SC0141E
South East	5/6 Dec 09	Ashford, Kent	SC0139
South East	6 Feb 10	Speed	SC0139S
South East	6 Feb 10	Jumps	SC0139J
South East	7 Feb 10	Throws	SC0139T
South East	7 Feb 10	Endurance	SC0139E
London	19/20 Dec 09	Hillingdon, Uxbridge	SC0143
London	6 Mar 10	Speed	SC0143S
London	6 Mar 10	Jumps	SC0143J
London	7 Mar 10	Throws	SC0143T
London	7Mar 10	Endurance	SC0143E
LEADERSHIP IN RUNNING FITNESS – ONLINE BOOKING AVAILABLE - £90 per person - Click on course code to book online			
East	18th Oct 09	Beccles, Suffolk	SC0119
South East	25 Oct 09	Gillingham, Kent	SC0122
London	21 Nov 09	Hillingdon Athletics Stadium	SC0120
South East	28 Nov 09	Maidstone, Kent	SC0124

Level 3 Module			
Manchester	12/13 Dec 2009	Strength & Conditioning - Sportcity	NC0009
Manchester	16/17 Jan 2010	Strength & Conditioning - Sportcity	NC0093

LEVEL 3 (PHASE 1) For coaches who are part way through the Level 3 Course only. Not accessible to new coaches.			
Birmingham	10/11 Oct 2009	Phase 1	NC0055
LEVEL 3 (PHASE 2) For coaches who are part way through the Level 3 Course only. Not accessible to new coaches.			

Manchester	31 st Oct & 1 st Nov 09	Phase 2	NC0054
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LEVEL 3 (PHASE 4) Event Specific. For coaches who are part way through the Level 3 Course only. Not accessible to new coaches.

Alexander Stadium Birmingham	21/ 22 Nov 09	Sprints-	NC0056
		100m/200m/400m/Relay or	
		100m hurdles – 400m hurdles	
		<i>please confirm specific</i>	
Alexander Stadium Birmingham	21/ 22 Nov 09	Throws –	NC0057
		Javelin	
		Shot Putt	
		Discus	
		Hammer	
		<i>please confirm specific</i>	
Alexander Stadium Birmingham	21/ 22 Nov 09	Jumps –	NC0058
		Long jump/Triple Jump	
		High Jump	
		Pole Vault	
		<i>please confirm specific</i>	
Alexander Stadium Birmingham	21/ 22 Nov 09	Endurance –	NC0059
		800m/1500m/3k-10k	
		Fell-Hill	
		Steeplechase	
		Marathon	
		Race walking	
	<i>please confirm specific</i>		

