



BRITISH MILERS' CLUB



NATIONAL ENDURANCE COACHES CONFERENCE & AWARDS DINNER

UNIVERSITY OF WARWICK, COVENTRY, CV4 7AL

WEEKEND 6/7 MARCH 2010

SPEAKERS include

STEVE CRAM MBE. A career in the sport spanning over three decades from schoolboy prodigy through to winning 6 gold medals at major games and becoming a multi world record holder. Chairman of English Institute of Sport and TV sports commentator.

A Keynote address to all British Endurance Coaches

HONORE HOEDT. A renowned Dutch Coach who coached current European 800m champion Bram Som who has a best time of 1.43.45.

Talk on his methods of how to Convert from 400m to 800m

Interview with TREVOR PAINTER, coach to World 800m medallist Jenny Meadows and **BMC Coach of the Year.**

Presentations from BMC Frank Horwill Research Scholarship 2009 winners

James Keenan 'Concurrent Endurance Training & Olympic Weightlifting resistance training will improve running economy and endurance performance in highly trained endurance athletes'.

Dr Jon Oliver 'A Simple field based measure, utilising heart rate and ground contact time to accurately monitor and predict endurance performance'.

PRACTICAL WORKSHOPS from our most experienced coaches available still practicing their art who have taken athletes from relative youngsters to major games. Including **Dr Norman Poole, Dave Sunderland, Trevor Painter and Neville Taylor.**

Suitable for all progressive athletes and coaches interested in expanding their knowledge but aimed at level 3 and above coaches

Awards Dinner

A celebration of British Endurance coaching with Guest Speaker and Presentation of BMC Coach of the Year, Athlete of the Year, Young Athlete of the Year, BMC Academy Club of the Year and Frank Horwill Awards.

COST

BMC Members Weekend Package (2 days lectures including lunches & refreshments, Awards Dinner & one nights accommodation): **£60,**

Other Delegates:

Lectures including buffet lunch and refreshments for two days. **£40.**

Awards Dinner £30. Accommodation & breakfast £65 per night.

Cheques payable to BMC

Applications to: David Dix, The Coach House, 9 Kenilworth Hall Mews, Bridge Street, Kenilworth, CV8 1RN. Email: dix328@btinternet.com

By Friday 26 February 2010



THE BEST OF BRITISH FROM THE BMC
www.britishmilersclub.com

