

Kent and Medway Athletics Network

Improving your 10K- Flying Coach visit with Neville Taylor

We are delighted to welcome Neville Taylor to Kent to share his experience of coaching 10K. Neville will help you plan to get the most out of your training and give advice on race preparation.

This will be an interactive session with plenty of opportunity to ask questions.

About Neville

Neville has coached numerous international athletes including Olympic silver medallist Wendy Sly (Los Angeles 1984). He joined the England Athletics National Coach Mentor team in 2013 and helps support endurance coaches in the south of England.

As an Area Coach Mentor, he helped develop St Mary's University College, Twickenham into an endurance Performance and Coaching Centre.

This session is open to all Kent endurance coaches and athletes and is a great opportunity to learn from Neville. There are 40 places available so please book as soon as possible. Please note that there is a £5 charge (payable in cash on the night) for any non-coaches who attend.

7-9pm Monday 14th July 2014

The Sennocke Centre, Sevenoaks School

High Street, Sevenoaks, Kent, TN13 1HU

For further information and to book a place, please contact Alison Strange: coachdevelopment.kan@gmail.com

