

Shrewsbury Athletics Club - Coach details as at February 2024

Coaches name and contact details	Disciplines and age groups they coach	Coaching level/qualification	Other information and licence number
Ashley Cooper 07815907748	General/sprints and long jump	Coaching Assistant	Licence # 4086280
Richard Eastman. email <a href="mailto:richard.sidney.eastman@gmail.com">richard.sidney.eastman@gmail.com</a>	High Jump and Combined events	Level 3 in High Jump, Combined events and Strength conditioning (see note)	Licence # 2658424
Darren Hall. Email <a href="mailto:CoachDarren@runthere.co.uk">CoachDarren@runthere.co.uk</a> 07733 873170	Endurance sessions for U13-U19 (no U11 athletes) Mondays 19.00-20.00	Event Group Endurance Coach	Licence # 3306587
Gayle Hickman <a href="mailto:gayleforceathletics@gmail.com">gayleforceathletics@gmail.com</a>			
Grace Hough 07957209635 <a href="mailto:amazinggrace1@btinternet.com">amazinggrace1@btinternet.com</a>	Middle distance/ endurance. School year 9 and above	Level 2 Performance Coach + Officials qualification (see note)	Licence # 2783675
Michael Inpong.	Sprints – all ages	Athletics Coach	Licence # 3648721
Colin Livingstone. email <a href="mailto:kiwiendurance@gmail.com">kiwiendurance@gmail.com</a>	Seniors - endurance	Independent NZ Coach at British Championship /International level	Licence application pending
Evie Logan	Specialising in speed	Coaching Assistant (working alongside Jess Pearce)	
Laura Parke 07947 544127 <a href="mailto:laulee55@yahoo.co.uk">laulee55@yahoo.co.uk</a>	General/sprint group and long jump	Assistant Coach	
Jess Pearce	Sprints and horizontal jumps. U17's and U20's	Athletics Coach with Triple Jump	Licence # 2710101
Emma Rao 07815152928 <a href="mailto:emmarao71@gmail.com">emmarao71@gmail.com</a>	Older sprints group	Coach Assistant	Licence # 4091181
James Stuart	Sprints	Coaching Assistant, Leadership in Running Fitness, Safeguarding	Licence # 3976099

Note. Since some coaches gained their qualification, England Athletics have changed the way some qualifications are described.

- Leading Athletics – No licence is issued for this qualification
- Coaching Assistant – now - no change
- Level 1 – now - unclear
- Levels 2 and 3 – now, Athletics Coach
- Level 4 – now, Event Group Sprints and Hurdles, Endurance, Jumps, Throws

You can get more information about coaching qualifications here [Athletics & Running Coaching Qualifications at England Athletics](#)