

# ATHLETICS



Mahad Ahmed with some of his gold



Joseph Amouzou



Danna Sim, Brogan Wallace, Stacie Taylor and Elizabeth Edgar the GSOS U17 Women's team



Brogan Wallace gives the race her all



Ben Stafford and Lee Wilson love their sport!

## PROGRAMME STRUCTURE

The foundations of the Athletics programme are built on the general principles of Long Term Athlete Development and late specialisation. Athletes are developed over a six-year period at a rate that is most beneficial to them as individuals.

The aim of the programme is to ensure that all GSOS athletes develop to their full potential and become Fitter/Faster/Stronger. This will be accomplished by building on the fundamentals begun in S1/2, and by introducing specific workouts, in later years, to develop these attributes.

A Generic Programme is delivered to S1 and S2 athletes, who participate alongside sports pupils from the School of Sport's four other sports, developing fundamental movement, conditioning and mobility skills. A multi-event approach completes the rest of the training programme for S1 and S2. The strengths and skills gained in the Generic / Multi-event Programme are built on in the S3/4 programme.

An early Multi-event approach allows us to focus on late specialisation with athletes. S1/2 is an introductory phase, followed by an S3 transition stage, before specialisation begins in S4. The development of chosen event skills (specialisation) will be the focus in the final two years of the programme. All athletes are supported to develop at an individual rate and their programmes adjusted accordingly. Late entry pupils are assessed and placed into the programme at the appropriate level which reflects their stage of development and ability.

### BRITISH MEDAL WINNERS

- Kenny Boyd Gold:**  
British A.A.A under 17 1500m - indoor
- Laurie McKenna Silver:**  
British A.A.A. under 17 Long Jump - indoor
- Sean Fontana Bronze:**  
British A.A.A. under 17 1500m - indoor
- Claire Macaulay Bronze:**  
British A.A.A. under 17 1500m - indoor

### SCOTTISH RECORD HOLDERS

- Matthew Turner:**  
Scottish Schools over 16 800m - indoor
- Colin Severin, David Ross Hunt and Christopher Hodgkins:**  
were all part of the Scottish under 20 men 4 x 200m record winning relay team
- Mahad Ahmed:**  
under 13 boys 200m Scottish record holder

Main photo: Mahad Ahmed set for action

## STAFF

The athletics programme is led by Norrie Hay, High Performance Athletics coach with David Watson and Eva Rankin as Assistant High Performance coaches. Each coach brings a different set of skills to the team. Norrie is an endurance expert also inputting to national programmes for Scottish Athletics when requested. David still competes and is the Scottish National Triple jump champion (2010). Eva is a former multi event athlete and her focus is on hurdles, jumps and throws.

## OUTSTANDING ACHIEVEMENTS

Athletes have to date (2012) achieved forty four Scottish titles in a variety of disciplines. Titles have been won in sprints, endurance, hurdles, high jump, long jump, shot putt, road and cross-country running.

In the 2011-2012 season the GSOS u17 women's XC team contested 8 Cross country and Road championships winning seven races and finishing second in the other. These race wins included the Scottish Schools XC, National Road Race and West District XC titles.

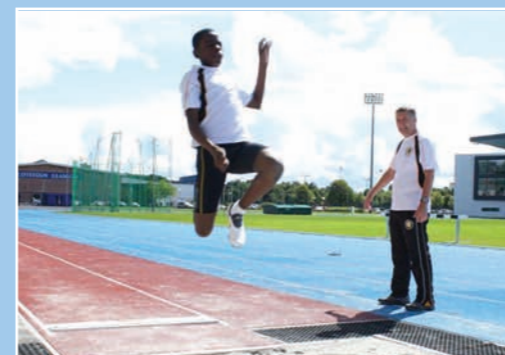
## INTERNATIONAL CAMPS AND EXCHANGES

In 2010 The Glasgow School of Sport in partnership with Scottish Athletics ran a warm weather training camp to Monte Gordo in Portugal. Senior GSOS athletes traveled to Portugal during the Easter school holidays to train alongside the Scottish Commonwealth Games and National Squad athletes. The athletes once again travelled to Portugal in 2011 and 2012 for their warm weather training.

In 2010 Norrie Hay was part of a GSOS coaching team who participated in a fact finding mission to Zambia. This trip was designed to assess the needs of Zambian athletes ahead of a training camp to be held in Glasgow in the build up to the London 2012 Olympics.

## CAREER PATHWAYS

Many of our pupils have gone on to study at colleges or universities where they have pursued courses including Psychology, Sports Coaching, Architecture, Physiotherapy and Law. Claire McAuley became the first graduate from the athletics programme to take up a Scholarship at an American University, joining Northern Illinois University in 2010.



Christian Mankodila

Coach Norrie leads Zambia athletes through a training session



## INTERNATIONAL REPRESENTATION and NATIONAL TITLES

- 2012** GSOS U17 Women's team wins 7 of the 8 cross country and road titles contested including Scottish Schools XC and National Road Race titles.  
Lewis Nicholson - National u20 Indoor shot putt title  
Mahad Ahmed - National u18 triple jump title and British Schools' selection.  
Stacie Taylor - National Road Race Champion / British Schools XC selection and British Schools 3000m selection / London Mini Marathon selection.  
Chris Watson - Scottish Schools Indoor 800m Champion / Home Countries XC International selection.  
Ingles Lumfuankenda - Scottish Schools Long jump title.  
James Higgins - UK School Games and British Schools selection.  
Joseph Amouzo - UK School Games and British Schools selection.  
Brogan Wallace - British Schools XC International.  
Sean Fontana - First GSOS graduate to achieve full senior Scotland representative honours at Home Countries XC International.
- 2011** James Higgins - Scottish Schools Indoor 200m / SS Outdoor 200m / National Age Group 100 and 200m titles / U20 Celtic Cup selection / UK School Games selection.  
Lewis Nicholson - Scottish Schools Indoor Shot Putt title / U20 Celtic Cup Selection.  
Ingles Lumfuankenda - Scottish Schools Indoor long jump title.  
Claire Anderson - Scottish Schools 100m and Long Jump / National Age Group 100m title.  
Brogan Wallace - UK School Games selection.
- 2010** Brogan Wallace - Scottish School 800m title, Scottish National 1500m title. British Schools cross country international.  
Ingles Lumfuankenda - Scottish Schools Long Jump title.  
Adam Gatens - Hill Running International.
- 2009** Lee Wilson - Scottish Schools 800m title, UK School games and British Schools International.  
Jade Barclay - Schools International.
- 2008** Laurie McKenna - British Schools International.  
Jade Barclay - British Schools International.  
Sean Dimeo - Celtic games selection British Schools International.  
Sarah Smith - Celtic games selection British Schools International.  
Mahad Ahmed - Scottish under 13, 100m & 200m titles.
- 2007** Matthew Turner - Celtic Games International.  
Laurie McKenna - British Schools International, 1500m medal winner.  
Sean Fontana - British Schools International.  
Alex Oliver - British Schools International.  
Melanie Rankin - Austrain 100m hurdles under 20 title.
- 2006** John Cooke - British Schools International.  
David Clunie - Celtic Games International.  
Stephen Trainer - National and Schools 5000m titles.
- 2005** Charlotte McShane - British Schools International.
- 2004** Colin Severin - Celtic Games International.  
David Ross Hunt - Celtic Games International.
- 2003** Christopher Hogkins - Celtic Games International.  
Claire MacAuley - British Schools International.
- 2002** Christopher Hogkins - National Indoor 200m Title.

## USEFUL CONTACTS

- Glasgow School of Sport**  
www.glasgowschoolofsportbellahoustonacademy.co.uk  
Telephone: 0141 582 0034
- Information on athletics sessions and coaching courses available in Glasgow:**  
http://www.glasgowlife.org.uk/sport/sports-development/athletics/Pages/home.aspx  
Telephone: 0141 287 4725
- www.scottishathletics.org.uk**  
Telephone: 01314767330
- www.uka.org.uk UK Athletics**  
Telephone: 0121 713 8400
- Glasgow Athletics Association**  
http://www.glasgowathletics.org.uk