

**Illawong Coaches**  
**Norm Windred**

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**Coaching level:** Level 4

**Experience**

Wide and over a long period, 60 years, and includes;

- Coaching athletes at various levels over a period of 60 years. They have been both inside schools and outside schools. Schools where I have coached with success include Sydney Grammar, Marists Lidcombe and De la Salle Caringbah. Athletes coached outside schools gained state titles in women's open 1500m, men's Steeplechase and men's novice 10,000m ; and national titles in Junior Cross Country and U17 boys 400m. Was awarded the grade of Senior Coach and in that capacity lectured Grade 1 courses and clinics in distance running, the Principles of Coaching and walks. Paper to gain Senior status was "Preparing the Mind of the Athlete for Distance Running".
- Serving on the executives of NSW Coaches Association, AAA of NSW and NSW Masters Athletics (President of Masters twice).
- Officiating at athletic meets at all levels including Pan Pacific Meet and both Olympics in Sydney.
- Managing NSW Boys team to Australian titles in Brisbane and on a tour of West Germany (coached distance runners on that tour); Managing NSW Masters to Australian Championships in Perth.
- 40 years running and, in recent years, throwing, with successes in state and national championships. Gained World Championship silver medals in 100m, 200m, 400m, 4x400 relay and weight throw; a gold medal in 800m. Am addicted to and thoroughly enjoy this great sport.
- **Specialty**  
Track where required. Long sprints and distance preferred.  
**Age Groups**  
From 12 to 80+, can be younger or older.  
**Cost:** Nil. However, I expect goodwill, sound effort and a little dreaming.

See you at the Ridge on Mondays and Wednesdays 6.00pm to 7.30pm.