



South West Endurance Network Coach Development Conference

Meet the Team

Chris Jones: Director of Performance for Triathlon Ireland from 2010-2012 and Head Coach for British Triathlon from 1999-2007. In his personal coaching, he has coached former European Cross Country Champion Fionnula Britton. Currently the Welsh Athletics National Endurance Coordinator and National Coach Mentor for Endurance.

Alison Rose: Raced for Great Britain at the Marathon World Cup in Athens in 1995 and the World Championships in 1995. She ran her PB of 2.42.42 in Athens. Alison has been working as a physiotherapist for the last twenty years. She is the physiotherapist credited with helping to keep Kelly Holmes injury free in the two years leading up to the Athens Olympics in 2004, helping her to double Olympic gold in the 800m and 1500m. Since 2004 Alison has worked with Jessica Ennis-Hill.

Tim Edbrooke: Tim is the Team GB physiotherapist and travels to major championships with the Great Britain Track and Field team. He specialises in treatment and rehabilitation of multi-sport and endurance athletes - particularly those suffering spinal issues – and also sports and musculoskeletal injuries in adolescent athletes.

Renee McGregor: BSc(Hons) PGDIP (Diet) RD PGCERT(sportsnutr). Renee is a registered sports and eating disorder specialist with over 14 years' expertise and knowledge in nutrition, including experience working with elite athletes, coaches and sport science teams. She is the author of Training Food, which went straight in as number one best seller on Amazon in Fitness Training in April 2015

Ben Cox: Ben holds a Master's Degree in Sports and Health Science from Exeter University. An endurance and ultra-running coach he is also a runner of ultra-marathons. Ben has contributed on several England Athletics coaching workshops and seminars and has set up and hosted Marathon workshops on behalf of England Athletics. Ben has also set up and run trail-running and ultra-running training camps.

Amanda Wilding: Senior Lecturer in Sport Psychology and Coaching Sciences. BASES Accredited since 2005 and since this time has worked with a number of athletes, coaches, parents and referee's in their pursuit of excellence in a range of sports. She is currently Programme Leader for the Applied Sports Management Undergraduate Degrees.

Lucy MacAllister: Head of Biology Kings Taunton. An Oxford graduate; taught at St. Paul's Boys' School in London. An Endurance runner of distinction: she has a Marathon time of 2:36.26 and Half Marathon 73:41.

