

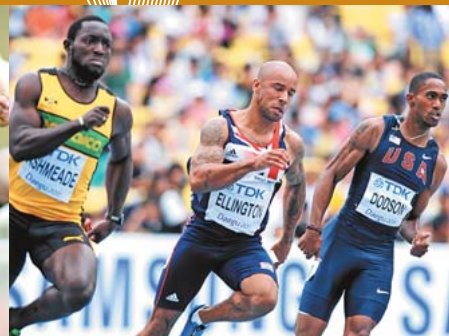
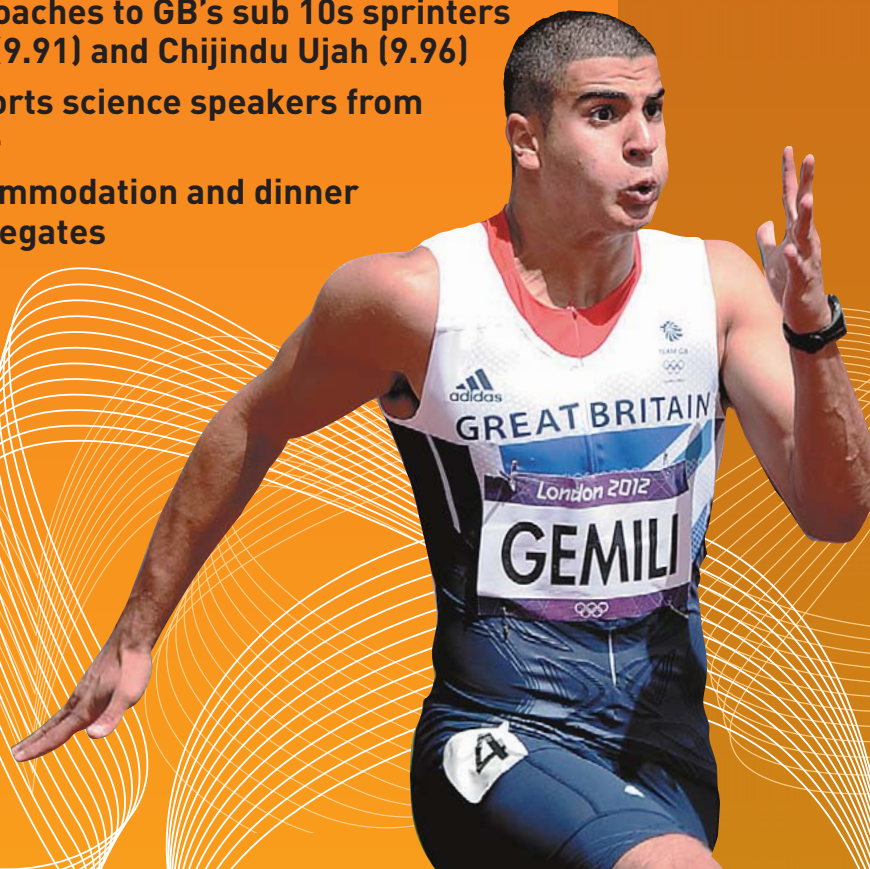
European Speed Conference

The Belfry Hotel,
Sutton Coldfield, England
8-9 November 2014

- World class coaching line-up, including debut presentations from Steve Fudge and Jonas Tawiah-Dodoo coaches to GB's sub 10s sprinters James Dasaolu (9.91) and Chijindu Ujah (9.96)
- Cutting edge sports science speakers from across the globe
- Discounted accommodation and dinner for stay over delegates

With:

Peter Aagaard
Dr Kirsten Albracht
Malcolm Arnold
Benke Bloomkvist
Clarence Callender
Lloyd Cowan
Steve Fudge
Prof Alan St Clair Gibson
Tony Hadley
John Kiely
Loren Seagrave
Jonas Tawiah-Dodoo



BRITISH
ATHLETICS



Book online at www.EuropeanSpeedConference.com

European Speed Conference

The Belfry Hotel, Sutton Coldfield, England, 8 – 9 November 2014

The 2014 European Speed Conference will take place on 8th - 9th November at The Belfry Golf Course in the West Midlands.

This event, which forms part of European Athletics Coaching Summit Series, builds on the success of the British Athletics/England Athletics Coaching Masterclass programme. The event continues the exceptional coach development opportunities on offer in the UK with an impressive roll call of world class speakers including:

Peter Aagaard, Dr Kirsten Albracht, Malcolm Arnold, Benke Bloomkvist, Clarence Callender, Lloyd Cowan, Steve Fudge, Prof Alan St Clair Gibson, Tony Hadley, John Kiely, Loren Seagrave and Jonas Tawiah-Dodoo.

The conference aims to deliver high level expertise and provide the platform for coaches and sports scientists to collaborate and develop knowledge and skills. To get the most out of the conference we suggest delegates acquaint themselves with the conference speakers.

A four-time host of the Ryder Cup, The Belfry is a world renowned and iconic venue. The Belfry is beautifully secluded, yet incredibly well connected. Located right in the centre of the UK, the venue is just 10 minutes from Birmingham International Airport, 20 minutes from New Street Station and the city centre, and easily accessible from Junction 9 of the M42.

British Athletics have negotiated special accommodation rates for delegates at The Belfry.

A meal will be provided on Saturday evening for those delegates who book accommodation.

Details and booking information are available online at www.EuropeanSpeedConference.com

Conference venue:

The Belfry Hotel, Sutton Coldfield
Lichfield Road, Wishaw, Sutton
Coldfield, West Midlands B76 9PR

Conference fees:

1-day rate per delegate*	£125
2-day rate per delegate†	£175
2-day plus accommodation‡ (single room)	£350
2-day plus accommodation‡ (double room)	£300

* includes lunch on one day only

† includes lunch on both days

‡ includes lunch on both days and an evening meal on Saturday

Booking a conference place:

Book online at

www.EuropeanSpeedConference.com

Booking accommodation:

Accommodation is available at The Belfry on a first come first served basis for the Saturday evening. To take advantage of the special delegate rates, please ensure that an 'Accommodation Ticket' is specified when you are asked which ticket is required during the booking process.

For questions regarding conference and accommodation bookings please email Zena Weeks at zweeks@britishathletics.org.uk



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WELSH ATHLETICS
ATHLETAU CYMRU

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Timetable (may be subject to change)

Saturday 8 November 2014

10.00	WELCOME	
10.05	KEYNOTE: Multi-direction activities and acceleration	Loren Seagrave
11.05	COFFEE BREAK	
11.30	WORKSHOP 1	
	A: To be confirmed	To be confirmed
	B: The development and achievements of Christine Ohuruogu	Lloyd Cowan
	C: Coordination – the most important athletic capacity?	John Kiely
12.45	LUNCH	
13.45	WORKSHOP 2	
	D: How much speed, how much strength for sprinters?	Steve Fudge
	E: Functional conditioning of a hurdler	Benke Blomkvist
	F: Is central nervous fatigue in speed athletes fact or fiction?	Prof Alan St Clair Gibson
15.00	COFFEE BREAK	
15.30	WORKSHOP 3	
	G: Tendons – Achilles heel of the speed athlete?	Dr Kirsten Albracht
	H: Colin Jackson: building a world record holder	Malcolm Arnold
	I: Eccentric training for speed development	Prof Per Aagaard
17.00	KEYNOTE: Long term development of a 400m runner	Tony Hadley
19.30	EVENING MEAL	

Sunday 9 November 2014

9.00	WELCOME	
9.05	KEYNOTE: Targeted strength training – blending tradition and science to optimise speed	John Kiely
10.15	WORKSHOP 4	
	A: 400m – speed or endurance?	Loren Seagrave
	B: The building blocks for the younger speed athlete	Clarence Callender
	C: Training interventions for the younger athlete	Prof Per Aagaard / Dr Kirsten Albracht
11.30	COFFEE BREAK	
12.00	WORKSHOP 5	
	D: Where does hurdling rhythm fit in a training year?	Benke Blomkvist
	E: Acceleration mechanics and physical preparation in developing athletes	Jonas Tawiah-Dodoo
	F: Eccentric training for speed development	Prof Alan St Clair Gibson
13.15	LUNCH	
14.00	WORKSHOP 6	
	G: The training requirements of a 400m hurdler	Malcolm Arnold
	H: To be confirmed	To be confirmed
	I: How much speed, how much strength for sprinters?	Steve Fudge
15.00	COFFEE BREAK	
15.30	KEYNOTE: Practical planning for speed coaches	Loren Seagrave
16.30	CONCLUSION & FINISH	



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ABOUT THE SPEAKERS

Peter Aagaard (Denmark)

Per is Professor in Experimental and Theoretical Biomechanics at the Institute of Sport and Clinical Biomechanics, University of Southern Denmark where he is also Head of the Research Unit "Muscle physiology and Biomechanics". He is recognised and respected as a world leading researcher in neuromuscular responses to training and has large numbers of research papers in Journals around the world. He has a degree in Mathematics, an MSc in Physiology and a PhD in Neurophysiology from Copenhagen University and was previously Professor of Biomechanics at University of Southern Denmark and visiting Professor in the Department of Integrative Biology at the University of California (Berkeley). His areas of interest include neuromuscular plasticity and adaptations in neural function, muscle structure, muscle tendon architecture and biomechanical responses to training and detraining. His research has specifically addressed the influence of physiological and biomechanical factors upon muscle function (eccentric and concentric contraction force production, rate of force production and power), muscle architecture, tendon and aponeurosis function and muscular work efficiency.

Dr Kirsten Albracht (Germany)

Dr Albracht is a research fellow at the Institute of Biomechanics and Orthopedics at the German Sport University Cologne, one of the largest and best equipped centres in Europe for sports and clinical biomechanics. She holds a PhD in Biomechanics, and specialises in musculotendinous interaction within the leg-extensor muscle-tendon units. Dr Albracht also conducts research into health and performance in youth and elite sport.

Malcolm Arnold OBE (UK)

Malcolm is currently a senior coach working for British Athletics and

formerly worked as National Event Coach for Hurdles. He has attended every Olympic Games since Mexico City in 1968 as a coach to national teams and has coached athletes to more than 65 major medals over a 44 year career. He was Director of Coaching for Uganda between 1968 and 1972 and during this period coached John Akii-Bua to Olympic Gold in a World Record time in 1972. Since 1974 he has worked in various national coach roles including being Director of Coaching and Development between 1994 and 1997. Since 1998 he has coached at the University of Bath and coached athletes at Commonwealth, European, World and Olympic level. Athletes that he has coached have included Colin Jackson, Dai Green, Jack Green, Andrew Pozzi, Craig Pickering, Lawrence Clarke and Eilidh Child.

Benke Blomkvist (Sweden)

Benke is the former long-term coach of women's 60m Hurdles World Record holder Susanna Kallur. In 2008 he spent a short period as a UKA sprints and hurdles coach in Wales where he was responsible for revitalising the careers of William Sharman and World 400m Hurdles Champion Dai Greene – who has since gone on to experience great success with another conference speaker Malcolm Arnold.

Clarence Callender (UK)

England Athletics' National Coach Mentor for Speed, Clarence is a former Olympic silver medallist in the 4x100m relay and two-time Commonwealth Games relay medallist. He is also the head coach at Track Academy, an educational, mentoring and sports programme that supports the personal development of young people living in London.

Lloyd Cowan (UK)

Lloyd is best known for coaching double World Gold medalist and Olympic Champion Christine Ohuruogu and 2013 World Championship Bronze medalist, 2010 European Champion and 2010 Commonwealth Champion

Andy Turner. Lloyd currently works for British Athletics as a Coach for Sprints and Hurdles. In this role he has seen the men's 4x400m win the European title this season, and Bianca Williams has made great progress under his leadership this year.

Steve Fudge (UK)

A former UK Athletics Apprentice Coach for sprints, Steve is now enjoying huge success as a Performance Sprints Coach for British Athletics. Steve is currently based at the High Performance Athletics Centre in Loughborough, and his current crop of athletes include Paralympic and IPC Athletics World and European 100m Champion Jonny Peacock, European 100m Champion James Dasaolu (9.91s) and European 200m Champion Adam Gemili.

Prof Alan St Clair Gibson (South Africa)

Alan 'Zig' is now Head of the School of Medicine at the University of the Free State, Bloemfontein, South Africa. He left his position as Head of the Department of Sport Exercise and Rehabilitation earlier this year before which he was Director of Research in the Department of Sport and Exercise Sciences at Northumbria University and Associate Professor (Human Biology) at the University of Cape Town, South Africa. He graduated from the University of Cape Town with an MBChB in 1990, a PhD in 1997; and an MD in 2002; and has previously been a Research Fellow at the Human Motor Control Unit, National Institute of Neurological Disorders and Stroke, National Institutes of Health in Washington DC, USA, in 2002-2003. He is currently a Chair in Integrative Neuroscience and his main research interests include the physiological and psychological mechanisms which regulate human function and activity, the conscious perception of these control mechanisms, the psychopathology of excessive activity, basic brain function and behavioural bio-ethics.

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Tony Hadley (UK)

British Athletics' Event Group Lead for Sprints, Tony is hugely experienced and a former National Coach Mentor for England Athletics. He was previously Chair of the Event Management Group for Sprints and Hurdles. He has coached world class sprinters including Derek Redmond, Duaine Ladejo and Phil Brown. His current crop of athletes includes 2014 European Silver medalist over 400m, Matthew Hudson-Smith.

John Kiely (UK)

John studied at Limerick University (Sport & Exercise Science) and Edinburgh University (MSc Strength & Conditioning). He is now Senior Lecturer in Elite Performance at the Institute of Coaching and Performance, University of Central Lancashire where he manages one of the first Professional Doctorate programmes in the UK and is studying for his PhD in 'Understanding and Optimising athletic coordination'. He has been a competitor himself winning the Irish, 'North-Atlantic' and 'World' Kickboxing Light-heavyweight titles and the Irish heavyweight boxing title on two occasions. John was Head of Strength & Conditioning at UKA where he also consulted as a conditioning and sports science specialist. He has personally coached both able bodied and Paralympic track and field athletes and was a specialist power coach in rowing and rugby amongst other sports. He has written widely on neuroscience, movement, stress and performance and his highly respected for his critical thinking and problem solving.

Loren Seagrave (USA)

Loren has won four NCAA Track and Field national championships at Louisiana State University and has worked with over fifty Olympic and World Championship medalists, National and World record holders, and Collegiate All-Americans. Amongst his charges have been Donovan Bailey, Andre Cason, Dawn Sowell, Sheila Echols, and Gwen Torrence. Loren's coaching experience includes other sports such as football, baseball, soccer, basketball, and ice hockey. Since 1998 he has as a speed and conditioning coach with the Atlanta Falcons, and has consulted regularly with the Detroit Lions, Jacksonville Jaguars, and other NFL teams. He is presently coach to LaShawn Merritt, World Champion in the 400m.

Jonas Tawiah-Dodoo (UK)

Another former UK Athletics Apprentice Sprints coach (along with Steve Fudge), Jonas began his coaching career working in rugby. As an Apprentice Coach, Jonas worked alongside Dan Pfaff in the build up to the 2012 Olympics and Paralympics, working with athletes such as Greg Rutherford and Jonny Peacock. Following Dan's return to the USA, Jonas is now Greg's lead coach, and also includes sub 10s 100m man Chijindu Ujah (9.96s) in his group of athletes. Jonas has a BSc in Coaching and Conditioning and MSc in Coaching Science. His thesis for his MSc was written on Elite Training Systems used within High Performance Sports,

namely athletics. His coaching methodology aims to identify contributory factors to barriers to performance and then establish an approach for working to overcome them.



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