



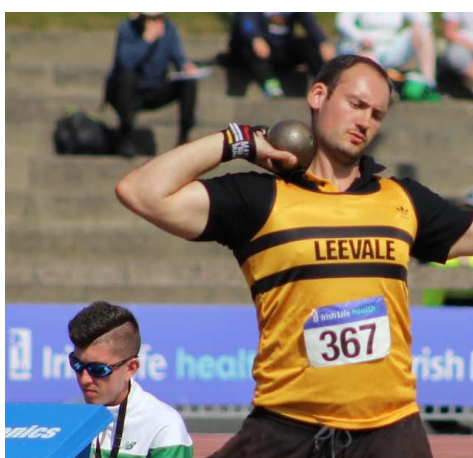
Leevale AC is proud to announce a Shot Putt master class weekend hosted at the club's High-Performance Centre in Cork.

Malcolm Fenton will lead the weekend. Malcolm has been coaching the Throws for 44 years. He is the former Event Group Lead for the Throws, at both British Athletics and England athletics. He is a former UK National Coach for the Hammer and was the Lead Throws Coach for Team England at the 2014 Commonwealth Games and at a World Indoor Championships.

Malcolm has also served as a Throws Coach for the RAF and Army Athletics Teams. He currently works as a Throws Advisor to England Athletics and is a coach for Cambridge University Athletics Team. Malcolm coaches at the highest level – he has coached Olympic Shot Putter, Mark Proctor (pb 20.85m) as well as current GB internationals, Hannah Molyneaux and Dan Cartwright. This is a wonderful opportunity for Irish emerging talent and coaches at all levels to benefit from Malcolm's experience and knowledge.

The proposed program for the weekend is as follows;

- Friday – 18th Jan: 5 pm to 9 pm Introduction/Season Planning/Session Planning/S&C Talk
- Saturday – 19th Jan: 9 am to 6 pm Athlete technical assessment/Technical throwing session/Individual & Group Recap)
- Sunday – 20th Jan: 9 am to 5 pm Full Throwing Session & Recap



This is a unique opportunity to spend time with an international coach. Coaches, as much as athletes, will benefit enormously.

The cost for the weekend is;

- €150 for athlete participation
- €100 for coaches

If an athlete accompanies a coach, the cost for both is €150

For further details, please contact donalfmoynihan@gmail.com or any club member.



Leevale AC, Farranlea Road, Cork

Google Maps Link <https://goo.gl/maps/nytCzuBM34U2>

Cork Institute of Technology

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