

### **Ted Hawkins**

Founder Member of Ashford Athletic Club April 1965, only remaining active founder member (although there are still parents in Ashford including Mr & Mrs Gilbert, Mary Bird, Derek & Muriel Seamon who are Life Vice Presidents).

I am a Level 3 Coach for Throws, Sprints and Strength Conditioning. Commenced my Coaching under the banner of the AAA's and WAAA's of England, that changed to the British Amateur Athletic Board (BAAB), with a further change to British Athletic Federation (BAF) and now UKA – UK Athletics.

I have coached many under 20 year old club, and non club athletes to Schools International level, and similarly to full International level at Sprints and Throwing..

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