

## **Michael Afilaka (BSc, MSc)**

Sport Scientist & Performance Sprint Coach (Based in London, UK). One of UK's leading sprints coach and the first British coach to coach a sub 20sec 200m sprinter. Michael is known for his scientific approach and his record of progressing a number of juniors to world class athletes.

### **Past and present athletes Include:**

**Jeanette Kwayke:** 2008 Olympics 100m 5th place, World Indoor 60m silver medallist

**Adam Gemili:** World Junior 100m Champion, World Champs 200m 5th place

**Ashleigh Nelson:** World Champs 4 x 1 bronze medallist, European 100M bronze medallist

### **Brendan Reilly:**

- Double Olympian and 1999 World Championship 8th place with an Irish record
- International, European and World schools champion.
- Former world record holder for 15 year olds (2m 12cm).
- Competed at 18 major championships including 2 Olympic Games, 6 World Championship, 6 European Championship and 2 World Student Games (medallist)
- Personal best high jump is 2m32cm.

Brendan Reilly is a double Olympic high jumper with a wealth of knowledge having worked under coaches such as: Malcolm Smith (GB Head Coach of Diane Davies 1m 95cm and Geoff Parsons 2m30), Mike Holmes (Coach to Steve Smith 2m 37cm and Katrina Johnson Thompson) and finally Fuzz Caan who coaches Robbie Grabarz and numerous other jumpers.

There are numerous technical aspects he will try to address in the jump session from run up mechanics, phases, rhythm, acceleration, angles, curve and take off. Each of these is complicated and elongated but they all link to the second session which will examine the athletes on video, with comparison to some of the world's top athletes.

## **Femi Akansanya**

Femi is a former International Triple Jumper with a PB of 16.63m and current England Athletics Coach Mentor for Jumps. As assistant coach to Aston Moore he helped heptathlete

Louise Hazel win Commonwealth gold and was also technical advisor to Phillips Idowu before his retirement.

### **Martin Dunlop**

Martin is a Clinical Specialist Physiotherapist based in Derry. He has worked with World and Olympic level sprinters within Michael Afilaka's training group, in addition to high performance track and field athletes within his private practice. He has studied athlete rehabilitation, preparation and biomechanics to master's level