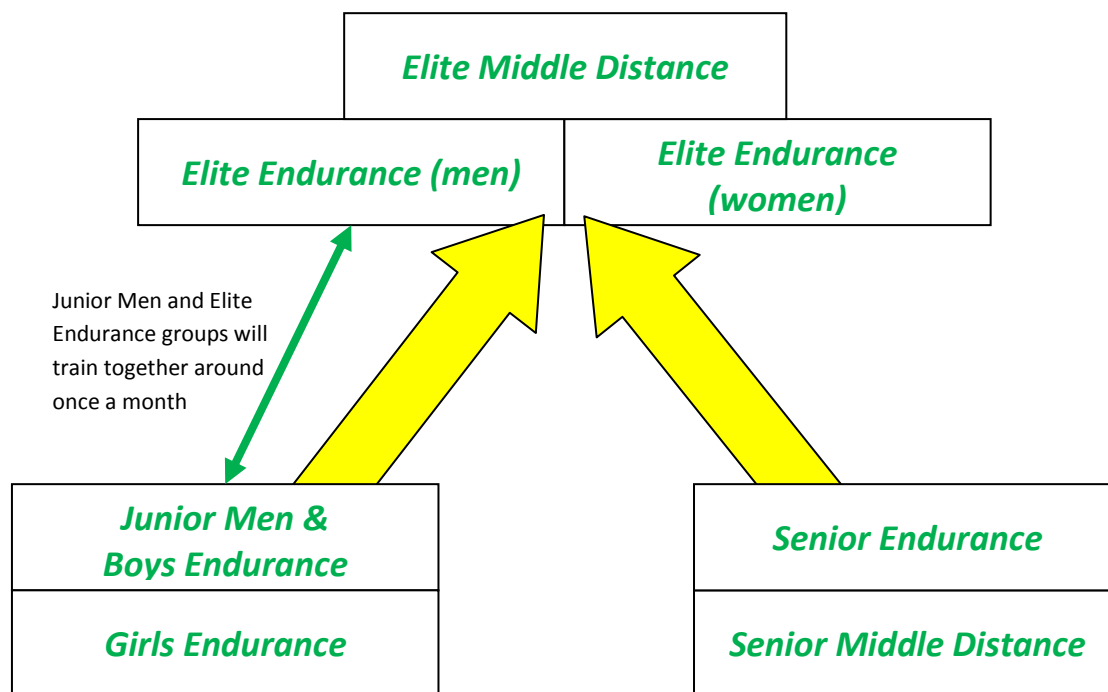


Colchester Harriers Endurance Coaching Pyramid



Group	Tuesday	Thursday
<i>Elite Middle Distance</i>	Dave Smith Track	Dave Smith Track
<i>Elite Endurance (men)</i>	Richard Pickering Track	David Wright Track or Road
<i>Elite Endurance (women)</i>	Melvyn Smith Track	
<i>Senior Endurance</i>	Clive Thomas Steph Horner Road	Darren Horner Track
<i>Senior Middle Distance</i>		Laura Shewbridge Track or Road
<i>Junior Men & Boys Endurance</i>	Paul Strutt Track	Paul Strutt Track or Road
<i>Girls Endurance</i>	Tonie Wilson Track	Tonie Wilson Track or Road