

## **WARREN WILLIAMS**

Warren is a qualified Level 3 Middle and Long Distance, Level 3 Ultra/Trail Running, and Level 2 Advanced Recreational Running Coach with Athletics Australia with more than three decades of experience. He is also an accredited Foundation Level Coach with Triathlon Australia.

In May of 2019 he was awarded the inaugural award for "NSW RECREATIONAL RUNNING COACH OF THE YEAR" by the Board Members of Athletics NSW.

He has been involved in the sport of running for more than 40 years and is an experienced coach of Juniors and adults at all levels.

A former competitive triathlete, Warren focused on running and became one of NSW top Masters athletes. He has multiple Age Group wins and podium finishes throughout Australia and in the USA.

A former, secondary school teacher and House Coordinator, he has coached Juniors in a number of sports throughout his teaching career including Athletics, Cross Country, Triathlon, Cycling, Rugby League, Rugby Union, and Swimming.

As an accredited Foundation Level Coach with Triathlon Australia, he has seen outstanding results from his Junior Triathletes to National Level. He has also experienced long term success coaching the sports of Rugby League, Rugby Union and Surf Lifesaving.

Warren is the owner and Head Coach at one of Sydney's biggest adult running squads between "THE RUN SQUAD" based in Centennial Park.

In recent year's Warren has been Head of Athletics and Cross-Country at Champagnat Catholic College Pagewood, and Athletics, Cross Country and Triathlon Coordinator at Kincoppal School, Rose Bay. He is currently Head Coach of Athletics and Cross Country at St Catherine's Waverley along with his son Jordan.

As an experienced coach Warren has worked with runners of all ages and all levels. His Junior and Senior runners have achieved an impressive collection of race wins and podium finishes, many in personal best times, in major events across Australia and Internationally.

Warren supports his son Jordan in a supervisory role at the highly successful Junior Squad "Up And Running", passing on his knowledge of pastoral care and well-being of young athletes.

He is an Australasia Brand Ambassador for Swiss Running Company "On" the fastest growing name in the running shoe and apparel industry worldwide. He is also an ambassador and speaker for the Australian Heart Foundation and was Captain of their 2017 and 2018 City 2 Surf Teams. He is also an Ambassador for US Medical Company Medtronic and was a member of their International 2013 Global Heroes Team and the 2014 - 2015 Team Captain.



## **JORDAN WILLIAMS**

Jordan is the youngest qualified Level 3 Middle/Long Distance Coach with Athletics Australia and specialises in coaching juniors.

His enthusiastic and friendly approach is a big hit with his young runners.

Himself a former NSW Junior elite athlete, Jordan understands what it takes to train and compete at the highest level.

With several NSW Athletics and Cross-Country individual and team medals Jordan understands the demands on young athletes on race day.

Throughout his High School years Jordan achieved outstanding results across a wide range of sports including triathlon, rugby league, rugby union, swimming and surf lifesaving, representing to regional and state level.

He was "Sportsman of the Year" at Marist College Pagewood in all six High School years. He was the Coogee Surf Lifesaving Club's Nippers Captain, and in 2012 received the "Pierre de Coubertin Award" from the Australian Olympic Committee for his participation and commendable behaviour on the sporting field.

As a coach Jordan has achieved outstanding success through his Junior training squad "Up And Running".

He was awarded the inaugural Randwick City Coach of the Year Award in 2022 and the NSW Athletics Recreational Coach of the Year 2023.

He has developed countless State and National Champions across all distances 100 to 5,000 metres. His squad boasts 5 current National Champions, a World Junior Representative, and four U20's World Cross Country Representatives.

He has 31 Athletes representing NSW at the 2023 Australian Cross Country Championships.

The Up And Running singlet is always featured on the podium at major races across the country with several of the squads Junior Runners winning the Open Category.

Jordan is the Head Coach Athletics/Cross Country at The Emanuel School in Randwick and at St Catherine's Waverley.

He is admired by his young runners and their parents for his care, enthusiasm, and passion for the sport.

