



Youth Grades: Pre-Season Running Clinics

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Merton Miles is back!

Last season, Merton Miles ran a series of running clinics over the pre-season designed to improve running technique. Merton's running credentials include:

- **Interclub Athletics in Sydney** – A Grade sprints-200/400 metre hurdles and sprint relays.
- **NSW Championships** – Finalist, placed and winner over 10 years.
- **NSW Representative** – Australian Championships: Finalist and placed over four years.

Merton has coached at interclub and representative level in Sprints and hurdles for several State Champions and he has been a guest coach at athletic clubs and schools from time to time. Overall, he has been involved in coaching for many years. This is a great opportunity for youth players to improve their on-field running so please book.

3rd Feb

10th Feb

17th Feb

24th Feb

Acron Oval, 6:00 to 7:00pm – Bookings: Paul Hattaway, pharraway@optusnet.com.au



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St Ives Junior AFL Club

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