

Achieving Your Athletic Potential

Mayne City North Athletics

Mayne City North Athletics have a comprehensive athletic training programme for teenage and adult athletes. We offer coaching and training all year round. Mayne City North Athletics is the trading name for Mayne Harriers Amateur Athletic Club and City North Little Athletics Club. Our athletes compete in Qld Athletics, Qld Running and Qld Little Athletics events throughout the year.

Comprehensive Athlete Development programme

Under the direction of our Club Director of Coaching, Greg Hallam (Level 5 accredited), male and female athletes train under lights every Tuesday and Thursday night from 6.30pm by highly qualified Queensland Athletics coaches.

High Performance Elite Squads also train on weekends and at other venues. Through our on call experts and affiliated providers, the club offers holistic athletic development opportunities, including bio-mechanical assessment, podiatry, strength training, core strength, exercise physiology etc. Every athlete is treated as a unique individual with tailored programs provided consistent with their current abilities, aptitudes and aspirations. More importantly we case manage every athlete to maximise their enjoyment from the sport and achieve their true potential. Outside of Institutes of Sport, it is the most comprehensive offering of any athletics club in Queensland.

Athletic Disciplines

Mayne City North Athletics offers specialised coaching and training in the following disciplines:

- Sprints
- Middle Distance
- Long Distance (including cross country)
- Throws – Discus, Javelin, and Shot Put
- Jumps – High Jump (flop and scissors), Long Jump, and Triple Jump
- Hurdles



- Race walking

Mayne Harriers (est. 1912) have had a proud tradition of athletics success. We have had many athletes achieve state and national event success, including a number of representatives at numerous Commonwealth and Olympic Games.



Venue Location: Grafton Street, Windsor Park



We have all the equipment and facilities you need to help you excel at your chosen athletics discipline. We have tartan high jump and long/triple jump areas, a well maintained athletics oval, and access to a comprehensive array of equipment and training aids to assist you in your development.

Membership

U13 to U17 yr olds may choose to be dual members of both Mayne Harriers (QLD Athletics affiliated club) and City North (QLD Little Athletics affiliated club).



Annual membership of Mayne Harriers is only \$30 plus base training fees of \$70pa. Total \$100pa. Additional Coaching fees may apply depending on athletic discipline and athlete requirements. Athletes will also need to purchase a Mayne Harrier s uniform and if intending



to compete in Queensland Athletics events will need to be a Queensland Athletics member and pay their chosen membership fee.

Club Culture

Mayne City North Athletics provides you a friendly, encouraging, and supportive environment to train and make friends. Many of our athletes progress to become qualified coaches for the club which in turn enables them to earn an additional income. We have whole families become members and offer a special family membership package. We encourage local school groups to join up as it can help support the school's athletic programme.

Contact

Come down to Windsor Park and meet our coaches. We offer an up to 2 week come and try period.

Supporting Local Schools

Mayne City North Athletics are keen to support local schools athletics and cross country programmes through inclusion of students in our athletics coaching and training programme. We can also support schools through organising suitably qualified coaches to professionally coach and support students at their school grounds and during competitive events.

Ian Henderson	President-Mayne Harriers	0409 269 321
Karen Iselin	Senior Coach-Mayne City North Athletics	0421 335 619

Mayne City North Athletics are proudly sponsored by Henderson Matusch.

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View our web site for further information :

[**www.mayneharriers.org.au**](http://www.mayneharriers.org.au)