

CURRICULUM VITAE

IAN LESLIE

HARRIES

“ RUNNING FROM THE HEART ”

HOME ADDRESS: 52 Ramsbotton Street
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CURRENT EMPLOYMENT: **Athletics/Fitness Consultant**
ENDURAMAX RUNNING CONSULTANCY
(Est 1994)

DATE/PLACE OF BIRTH: 4 February 1944 in Holywell, North Wales

NATIONALITY: British / SA Citizen
I.D. No. 440204 5461 088

MARITAL STATUS: Married with 2 children

EDUCATION: High/Senior - St Andrews High School in
Blantyre, Malawi

Tertiary - Moray House College of
Education in Edinburgh, Scotland

QUALIFICATIONS / AWARDS: **Diploma in Sports Coaching**
(Specialising in Athletics)

- Course content included: Coaching Theory and Social Context; Sport Psychology; Exercise Physiology; Biomechanics; Skill Acquisition; Sports Medicine; Management Studies; Computer Familiarisation and Professional Studies
- Underwent a one year Attachment Programme with the Scottish Amateur Athletic Association

Physical Training Instructors Certificate (Royal Air Force in Great Britain)(3rd on course & recipient of the 'Most Improved Student' Award)

IAAF Level 1 Course (1st on Course with 96%) Director/Lecturer

IAAF Level 2 Lecturer

Senior BAF Coach (Middle Distances)

BAF Club Coach (Sprints and Marathon)

ASA Level 3 National Coach (Middle and Long Distances)

IAAF Diploma for Meritorius Service to Zimbabwean Athletics

AVT Award for Services to Athletics in the Vaal Triangle

2001 Inducted into SA Athletics Statisticians 'Coaches Hall of Fame'

2003 – Recipient of the Gauteng 'Male Coach of the Year' Award from the Gauteng Department of Sport and Recreation

PAST EMPLOYMENT 1

1988 to 2004 : **Senior Sports Officer at the Vaal University of Technology**

1 July 1999 to 31 July 2001: Acting Head of Department

Job Description:

Deputy to previous Director of Sport (Assisted directly in all matters relating to sports administration within the Sports Department)

Direct responsibility for all aspects of Athletics (Track and Field, Cross Country and Road Running)

- Previously responsible for the development of squash, football,

tennis, weight training, chess and aerobics

- Lecture on Athletics in the Sports Management Course within the School of Management Sciences
- **1994/1995/1996/1997/1998/1999/2002 Recipient of the Technikon's "Sports Club of the Year" Award for Athletics**
- Initiated/oversaw the post of VaalTech/AVT Athletics Development Officer (1996 to 2001)

Reason for Leaving:

Retirement on Pension

Current/Previous Consultancy Projects:

Enduramax Running Consultancy

- General programming/lecturing service on a national/international basis
- Provide an extensive consultancy service to Athletics South Africa in matter relating to coaching and development
- Lectured on athletics in the following countries: South Africa, Zimbabwe, Botswana, Malawi, England, Scotland, Northern Ireland, Eire, Kenya, Namibia and Swaziland
- Operation Oxbow (ASA Feasibility project for a High Altitude Training Camp in the Northern Lesotho highlands) (1995)
- Club Coach to Mr. Price Rocky Road Runners, Johannesburg (1997/8)
- Athletics Coach to Driehoek High School, Vanderbijlpark (2004/5);
- Personal Trainer, Virgin Active, Vanderbijlpark (2005/12); and

- Co-Founder/Manager, Driehoek Strength and Fitness Centre (2014 – 2016)

PAST EMPLOYMENT 2

1983 – 1988 : **Sports Director at the University of Zimbabwe**

Job Description:

Overall responsibility for the organisation, administration and promotion of sport catering for all levels of participation including the World Student Games

- Lectured in the local business community on 'Stress & Executive Fitness'
- 1984 - 1987 : Race Director, Bata National 10 km Road Race

Reason for Leaving:

To secure an environment with a wider scope for the promotion of athletics at national/international level

PAST EMPLOYMENT 2a

1982 – 1985 : **Director of Coaching to the Amateur Athletic Association of Zimbabwe** (Part-time/paid position sponsored by Chibuku Breweries Limited)

Job Description:

Development of Teacher/Coach In-Service Courses, an International Coaching Award System through the BAF; securing a variety of International Coaching Courses and Athletic Scholarships; development of National Squads; feasibility study for the creation of an Altitude Training Camp; development of a National Coaching Fund of Zim D25000 plus vehicle; liaison with a wide variety of national/international athletic bodies and diplomatic agencies

PAST EMPLOYMENT 3

1962 – 1968 and 1973 – 1983 : **Detective Inspector with the BSA Police / Zimbabwe Republic Police** (1981 attended a Police Training Officers Course in London, UK)

PAST EMPLOYMENT 4

1969 - 1972 : Physical Training Instructor with the Royal Air Force in Great Britain

PAST HONORARY POSITIONS IN ATHLETICS:

1978 - 1981 : Founder Chairman, Zimbabwe Milers Club/Mashonaland Track and Field Coaches Association

Honorary Member, SASSU (Athletics) (1989 to date)

SPECIAL COURSES ATTENDED:

Loughborough University Summer School in Great Britain

- 1971 Teaching of Athletics
- 1980 Advanced Refreshers Course (Endurance Events)
- 1987 BAAB International Course for Athletic Coaches

1983 British Council Course (Management and Administration of Sport) at Bisham Abbey, Great Britain

1994 IAAF Level 1 Lecturers Course in Nairobi (Kenya). (1st on course with a 96% examination aggregate)

2003 IAAF Level 2 Endurance Course in Nairobi (Kenya). Co-Lecturer with Tony Benson (Australia)

MEMBERSHIP TO NATIONAL/ INTERNATIONAL BODIES:

Associate Member, British Milers Club
Honorary Member, Nedbank Athletics Club

REPRESENTATIVE SPORT PLAYED:

1957: Represented Malawi in the Federal Junior Swimming Championships (200m Breaststroke)

1960: Represented Malawi (Malawi vs

Zambia) in Triple Jump

1970: Represented Buckinghamshire County (England) in the 400m

1980: Completed the Comrades Marathon (Down Run 90kms in 7hrs:56mins)

2001 to 2016 : Completed the Midmar Mile (Swimming)(16 consecutive times to date); 2016 1st in the Veterans (70yrs+) category

Extensive hiking in Himalaya incl Everest Base Camp/Kalapattar (2010 & 2011); Kilimanjaro, Tanzania (2009; Milford Track, South Island, New Zealand (2013); Mlanje, Chimanimani, North Wales, Drakensberg, Whale Trail & others in Malawi, Zimbabwe, UK and South Africa

NATIONAL REPRESENTATIONS IN ATHLETICS:

1982: Team Coach (Athletics) for XII Commonwealth Games in **Brisbane, Australia**

1983: Track Coach, Zimbabwe vs Zambia vs Botswana in **Zambia**

1984: Team Coach, Zimbabwe vs Zambia vs Malawi in **Zimbabwe**

1985: Manager/Coach, World Student Games in **Kobe, Japan**

1986: Manager/Coach, Mobil Grand (Goodwill Games) in **Moscow, USSR**

1987: Track Coach (Endurance Events) for Scotland – Scotland vs Eire vs Wales in **Edinburgh, Scotland**

1993: Manager, SA Students Athletics Team to World Student Games in **Buffalo, USA**

- 2000: Personal Coach (Mbulaeni Mulaudzi – 800m) on a **European Tour (incl Hungary, Slovenia, Eire, Sweden)**
- 2002: Team Coach, SA Students Cross Country Team to FISU World Student Championships in **Santiago de Compostela, Spain**
- 2002: Personnel Coach (Mbulaeni Mulaudzi – 800m) to Commonwealth Games, **Manchester in England**
- 2003: Manager/Coach, SA Team to Southern Region Cross Country Champs, **Sumbe in Angola**
- 2003: Manager/Coach, SA Team to Janmeda International Cross Country, **Addis Ababa, Ethiopia**
- 2003: Manager/Coach, SA Team to IAAF World Cross Country Champs, **Lausanne in Switzerland**
- 2004: Team Coach, SA Student Cross Country Team to FISU World Crpss Country Champs in **Torino, Italy**
- 2004: Personal Coach (Mbulaeni Mulaudzi – 800m) Olympic Games, **Athens in Greece**
- 2005: Personal Coach (Mbulaeni Mulaudzi – 800m) to the 10th IAAF World Champs in **Helsinki, Finland**

**TOP RANKED ATHLETES
COACHED/ADVISED:**

Zimbabwe:

1. **Tapfumaneyi Jonga**

1984 Olympic Games 1500m semi-finalist (Los Angeles USA)
Ex national record holder for 800/1000/1500m

2. **Brian Sheriff**

1987: IAAF/Mobil Grand Prix 10000m (2nd)
Houston Marathon (Texas) (6th)
World best performance for 25 kms on the road
Ex national record holder for 10000m, half-marathon and marathon

3. **Liesl Hunter**

1988 Olympic Games Marathon (Seoul, S Korea)
Ex national record holder for women's marathon

4. **James Gombedza**

1988 Olympic Games Marathon (Seoul, S Korea)
National Marathon Champion

5. **Farayi Kamucheka**

1986: Goodwill Games 3000m Steeplechase
Ex national record holder for 3000m Steeplechase

South Africa:

6. **John Morapedi**

1994: IAAF World Junior Cross Country Champs (17th)

1995: **IAAF World Junior Cross Country Champs (11th)**
SA Cross Country/3000m Champion

Current national junior record holder for 5000m

1998: **Commonwealth Games 5000m Finalist**

7. **Maria Mokoena**

1996: SASSU Cross Country Champs (2nd)

1998: **FISU World Student Cross Country Champs**

8. **Frank Poee**

- 1994: **IAAF World ½-Marathon Champs**
9. **Charles van der Walt**
1995: **SA Junior Champs 3000m (3rd)/ 3000m Steeplechase (2nd)**
2000: Comrades Marathon (debut) 6hrs 18:23
2001: **Comrades Marathon (22nd) 5hrs 56:19**
10. **Philip Masisi**
1996: SA Junior Champs 3000m Steeplechase (2nd)
1998: SA Senior Champs 3000m Steeplechase (3rd)
2000: **SA u/24 3000m Steeplechase (2nd)**
2001: SA u/23 10,000m (4th)
SASSU Cross Country Champs (3rd)
11. **Richard Mavuso**
1995/6/7: SA Junior Cross Country Champion.
1997: SA Junior 1500m Champion/3000m (2nd)
1998: SA Senior Champs 5000m (3rd).
Commonwealth Games 5000m Finalist.
12. **Silvestor Moleko**
1998: SASSU 15 km. Road Race Champion.
1999: **SASSU ½ Marathon Champion.**
13. **Enock Skosana**
1998: **IAAF World Cross Country Champs**
SASSU 5000/10000m Champion.
(Currently ranked 5th on SA All Time 10,000m list)
14. **Aaron Gabonewe**
1998: **SA u/23 5000m Champion.**
15. **Stefanie van der Merwe**
1999: SA Junior u/19 800m (3rd)
SA Junior Cross Country (4 km) Champs (3rd)

2000 SA u/24 800m (3rd)
SA u/23 SASSU 800m finalist

16. **George Mofokeng**
**1999/2000/2002: SA Senior 12 km Cross
Country Champion**
2000/2001: IAAF World ½ Marathon Champs
2000/2002: IAAF World Cross Country
Champs

17. **Mbulaeni Mulaudzi**
2000: SASSU 800m Champion
SA u/24 800m Champion
All Africa Champs 800m (2nd)
2001: SA Senior/SA u/23/SASSU 800m
Champion
IAAF World Champs 800m (6th)
2002: SA Senior 800m Champion
**Commonwealth Games 800m
Champion**
2003: IAAF World Champs 800m (3rd –
Bronze Medallist)
**Ranked No 1 in the World and
17th Fastest Ever 800m runner**
2004: **Olympic Games (Athens,
Greece)**
800m Silver Medallist

18. **Simon Mayisela**
2000: **SA Senior 3000m
Steeplechase Champion**
2001: SA Senior 3000m Steeplechase
(2nd)/5000m(3rd)
2002: SA Senior 3000m Steeplechase
(2nd)

19. **Jako Burgers**
2000: **IAAF World Junior Champs
800m semi finalist**
2001: SA u/23/SASSU 800m Finalist

20. **Daniel Nkoane**
2001: SASSU ½ Marathon (4th)/
3000m Steeplechase (3rd)
2002: **FISU World Student Cross
Country Champs**

21. **Alexander Motone**

- 2001: **SA Senior 3000m Steeplechase (4th)/SA u/23 Champion**
22. **Charles Jantjies**
2002: SA Senior 800m Champs (Finalist)
SA u/23 800m Champs (3rd)
2003: SA u/23 800m Champs (4th)
2004: SASSU 800m Champion
FISU World Student Games Championships 800m (4th)
23. **Shaun Abrahams**
2002: **SA Senior 800m Champs (2nd)**
24. **Samuel Kalaku**
2002: **SA Senior 800m Champs (Finalist)**
25. **Klaas Ramulutsi**
2002: **FISU World Student Cross Country Champs**
SA u/23 5000m Champs (3rd)
26. **Joseph Mphuthi**
2002: **Winner Wally Hayward Marathon (2hrs 19:52 – New Course Record)**
27. **Jeffrey Gwebu**
2003: **SA u/23 5000m Champs (3rd)**
28. **Connie van der Westhuizen**
2004: **All Africa/SA 2000m Steeplechase Record Holder (Vets 40 – 44)**
29. **Francois Pretorius**
2005: **SA Senior 1500m Champs**
30. **Bonolo Maboja**
3rd on the SA All Time Junior 800m list
31. **Ockert Cilliers**
2nd on the SA All Time 400m Hurdle list
32. **Christiaan Schultz (Disabled T44)**
2016: SA Record Holder 200m
2016: **All Africa Record Holder 400m**

PUBLICATIONS:

Editor/Publisher, **"Zimbabwe Athlete and Coach"** (formerly the 'Zimbabwe Milers Club' Newsletter)

"A Basic Guide to Track and Field Athletics in Zimbabwean Schools" (a coaching manual published by AAA of Zimbabwe in 1984)

"Teaching the Throws" (Unpublished course project for Moray House College of Education in 1987). Adapted and published by Gauteng Athletic Coaches Association in July 1990

"The Theory and Practice of Middle and Long Distance Running" (a second unpublished course project for Moray House College of Education)

Research Project for the Scottish Amateur Athletic Association **"The Problems and How to Overcome Them, of Developing and Bringing Through to Senior Level, Young Middle Distance Runners (in Scotland)"**

Editor "SA Endurance Runner" (1990 – 1994)

Contributed to "Athletics Coach"/The Coach (UK)/SA Runner

"Coaching the Young Endurance Runner"

Editor, "The Ian Harries Coaching Corner" in Running Free (SA monthly athletics magazine) (1998 to 2002)

Research Project for Athletics South Africa "Strength/Power Training for a World Class 800m Runner"
(Undertaken in England during November 2003)

Guest Speaker at the 2003 United Kingdom Athletics/British Milers Club

Annual Endurance Seminar at the University of Birmingham – Topic : “My Training of a World Class 800m Runner”

A 10-Year Statistical Evaluation of South African Middle and Long Distance Running (best performance and 10th best performance) from 800m to the Marathon, Men and Women and a comparison of these figures as a percentage of the current world records

