



**NOVEMBER 4-6
2022**

PADOVA (ITALY)



IFAC INTERNATIONAL
FESTIVAL OF
ATHLETICS
COACHING



**Centro
Studi e
Ricerche**



SPEAKERS'

BIOS

Claudio Mazzaufo

TEAM ITALY HEAD OF JUMPS

Claudio is working for the Italian Athletics Federation since 1989. Today he is Head of Jumps since 2017 and Head of Combined Events since 2019. He was also Head of Jumps on Youth Team Italy from 1995 to 2005.

He worked as Methodological, Technical and Programming Consultant of **Andrew Howe**, 2004 World Junior Champion in Long Jump and 200 meters in Grosseto, 2006 European Champion in Gothenburg, 2007 European Indoor Champion in Birmingham and silver medalist at the 2007 World Championships in Osaka in the Long Jump. Andrew is still the National Record holder with the measure of 8.47 meters



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Fabrizio Mori

TEAM ITALY HEAD OF HURDLES
FOR YOUTH

Fabrizio is the 1999 World Champion on 400 meters hurdles and silver medallist at the 2001 World Championships.

His personal best of 47"54 still sets the National Record after 21 years.

He now follows the development of the young Italian hurdlers for the Italian Federation.



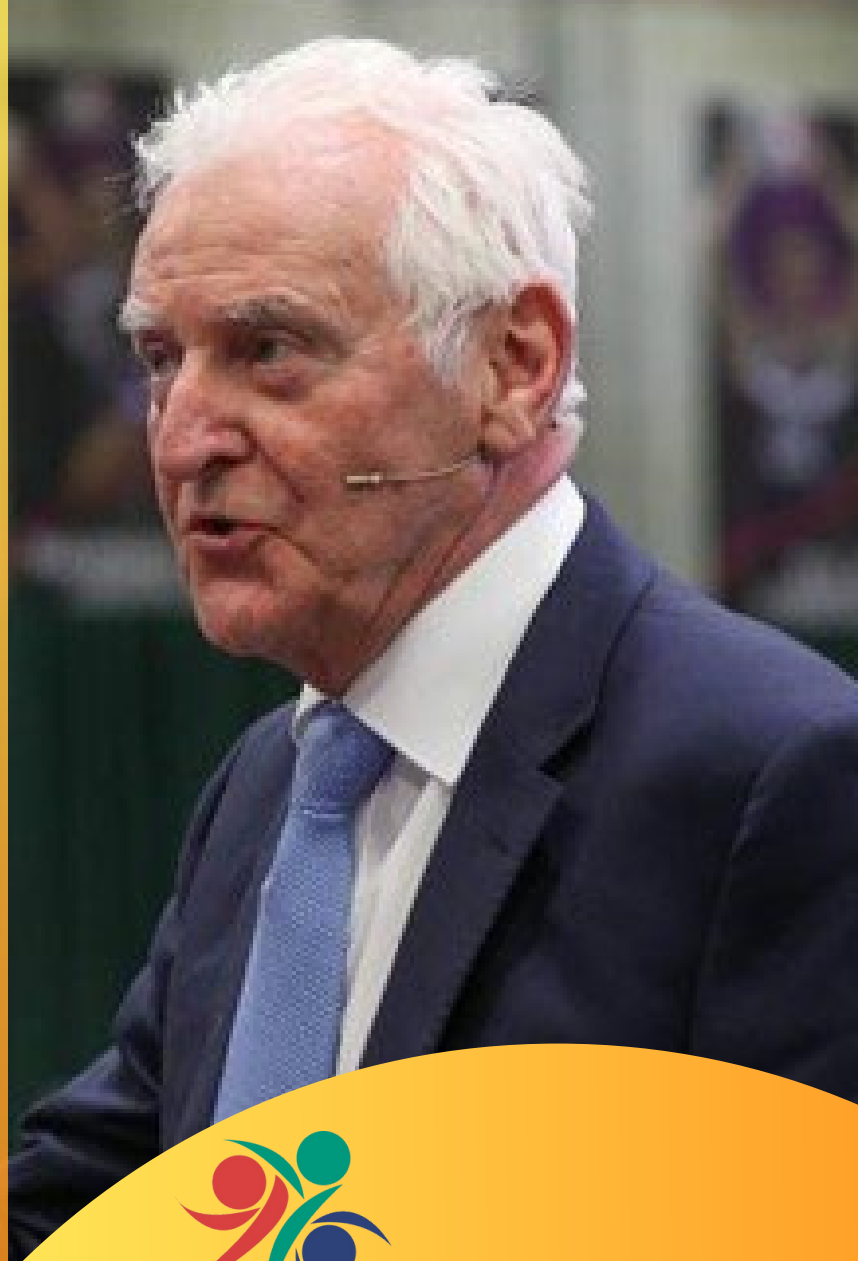
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Frank Dick OBE

EACA PRESIDENT

Frank is President of the **European Athletics Coaches Association**, was a member of the IAAF Coaches Commission, as well as Chair of the IAAF Academy. He was British Athletics Federation's Director of Coaching 1979 to 1994 and led the British team into its "golden era" of Olympic gold medalists Daley Thompson, Steve Overt and Sebastian Coe. Frank personally trained Daley Thompson and created programmes for Gerhard Berger, Katarina Witt, Boris Becker and Justin Rose. He has worked with several sports, was the High Performance Director of the South African Olympic Committee leading to Rio, and in 2016 was invited to serve as strategic planning consultant for the England Rugby Leadership Team for 2019 Japan. He is currently the guiding force of the **Global Athletics Coaching Academy**.



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Geoff Wightman

COACH TO JAKE WIGHTMAN

Geoff is the father of well-known British Middle Distance runner **Jake Wightman**, who in 2022 became the World Champion, European silver medallist and Commonwealth Games Bronze Medallist. Geoff is a prominent former British marathon runner, writer, and coach. As a former athlete he completed the marathon in 2:13:17 and is presently serving as Jake's head coach. He has worked at the London Marathon and the British Championships and also announces athletics competitions and marathons. Geoff has published a novel titled "**London Calling**".

He presently mentors his son Jake Wightman, Crowe-Wright, and Ben Waterman.



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Herbert Czingon

COACH TO ANGELICA MOSER

Herbert Czingon is a world leading strategist in High Performance Coaching Development across all events. He has previously held roles as head of field events and national pole vault coach in both Germany (Pole Vault National Coach, Jumps Head Coach, Head of Coach Education and Head Coach of Field Events until the year 2012) and Switzerland (Pole Vault Head Coach from 2012 to 2020), where he developed many Olympic athletes.

After retiring in 2020, he continues to consult with World Athletics on coaches' education and advise pole vaulters.



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Khadiyatou Seck Marcello Furlani

COACH TO ERIKA AND MATTIA FURLANI

"Khaty" is a former sprinter from Senegal while Marcello is a former high jumper who competed for Team Italy in several events.

They distinguished themselves for having raised their children in the world of athletics from a very young age, taking them to the top of the youth and absolute categories at international level in high jump and long jump.

Their daughter Erika was Silver Medalist at the 2013 World Junior Championships. In 2022 she improved her personal best jumping 1,91 meters.

Their son Mattia is the 2022 Youth European Champion on both High and Long Jump. His personal bests are 2,17m on High Jump and 8,04m on Long Jump.



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Laura Turner Alleyne

COACH TO HOLLY MILLS

Laura is an Olympian with an enviable wealth of experiences in International Athletics and a diverse educational background.

She is a Sprints, Hurdles & Combined Events full time Coach with a broad knowledge base who has accrued over 15 years of experience in Athletics, from grass roots through to her senior athletic career as a GB International Sprinter and medallist on the global stage. Laura works with many organisations and individuals. Her greatest sporting achievement is competing at the Beijing Olympics (2008) in the 100m. She now uses her knowledge and experience to guide the next generation of Olympians.



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Laurent Meuwly

COACH TO FEMKE BOL

Laurent Meuwly is the head of sprinting, hurdles and the relays in the Netherlands.

He is the personal coach of Femke Bol who is the 2020 Tokyo 400Hs Olympics Bronze Medallist with the current European Record of 52.03, becoming the third-fastest woman of all time. Laurent has coached Bol 2022 World Championships Silver and to be the first female athlete to win the Gold Medal in the 400m/400Hs double at a major championship after she won both titles at the 2022 European Championships, where she added third gold for the 4x400 relay. A two-time 2022 World Indoor Championship silver medallist and a two-time 2021 European Indoor champion, Bol is also a two-time Diamond League winner.



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Marco Airale

COACH TO DARYLL NEITA

Marco is a professional athletics coach in sprint and jump events. He has a Bachelor in Physiotherapy and a Master & Diploma in Osteopathy.

In 2019 he started his international experience, first as a Performance Therapist for the Chinese Track & Field team under coach Randy Huntington and later as Assistant Coach to Rana Reider in his group of Olympic and World-Class athletes.

In October 2021 Marco moved back to Italy and started his own professional group of sprinters based in Italy, which included Daryll Neita, Jimmy Vicaut and Ama Pipi.

He's been Founder and Head Coach of Eracle Academy, collecting medals at youth international level.



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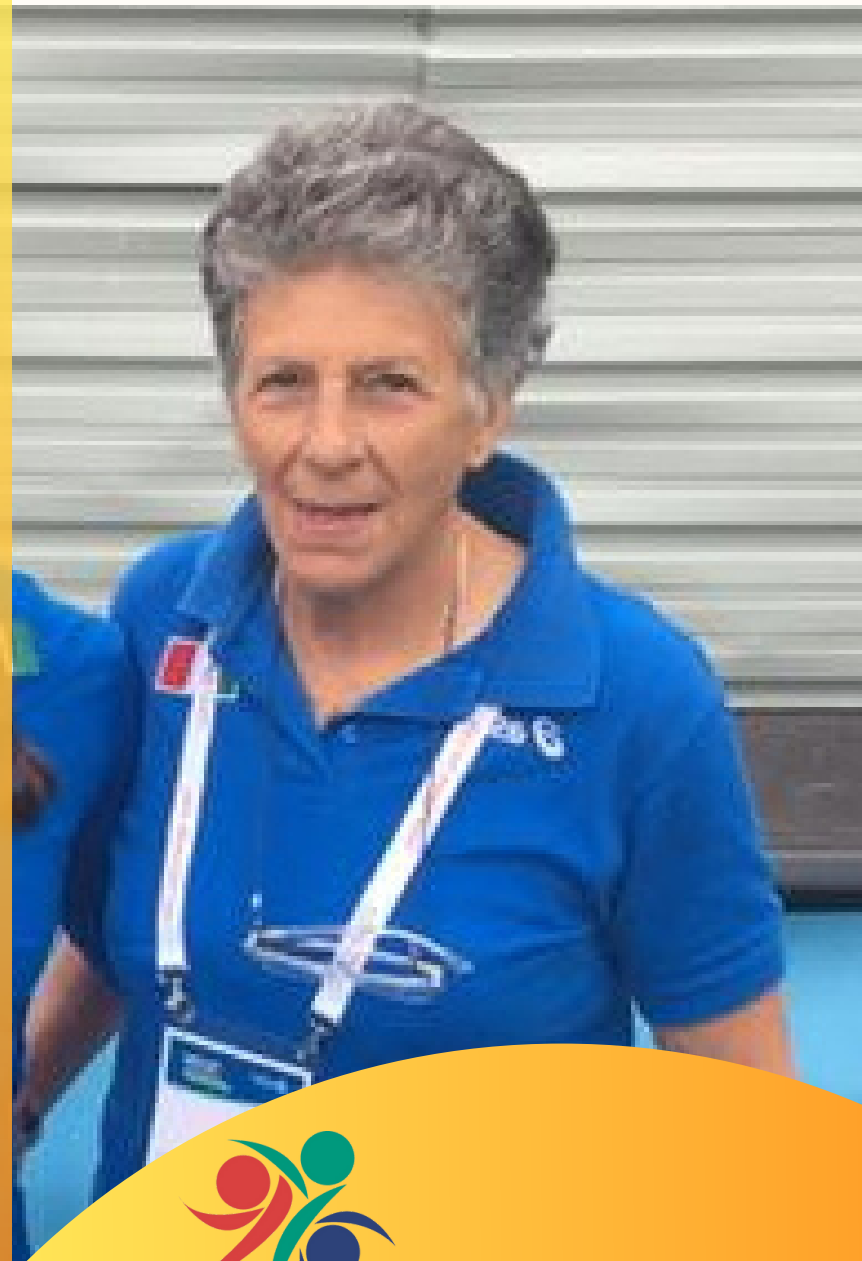
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Marinella Vaccari

COACH TO SARA FANTINI

Marinella is coach to Sara Fantini, the current Italian National Record Holder 75,77m and European Bronze Medallist (Monaco 2022) in the hammer throw.

She also coached the previous National Record Holder Ester Balassini who threw 73,59m, a record which stood for 17 years from 2005 to the current year.



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Nicola Vizzoni

TEAM ITALY HEAD OF THROWS

Nicola won the silver medal at the 2000 Summer Olympics in Sydney and ten years later at the 2010 European Athletics Championships in Barcelona.

His personal best throw is 80.50 metres, achieved in July 2001 in Formia.

He has won 19 medals (8 gold, 8 silver, 3 bronze) at the international athletics competitions.

He just missed out on the podium at the 2001 World Championships in Athletics, finishing fourth, but he gained regional honours with a gold at the 2001 Mediterranean Games and also won gold at the Summer Universiade.

He became the Mediterranean champion for a second time with a win at the 2009 Mediterranean Games.



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Paolo Dal Soglio

COACH TO ZANE WEIR

Paolo is coach to **Zane Weir**, the Italian Shot Putter who placed 5th in the 2020 Tokyo Olympic Games with a then PB of 21.41m. Under the careful tutelage of Paolo Dal Soglio, Zane has improved on this PB three more times in six months, and it now stands at 21.99.

Paolo has a very athlete centred philosophy and never was this more evident than when he and his family invited Zane to stay in their home for three months during the first National Lockdown.

Paolo is also coach to the Shot Putter **Leonard Fabbri** who is the Italian Indoor Record Holder 21.59m a mark he achieved in Stockholm in January 2020.

As an athlete, Paolo came fourth at the 1996 Olympics and has been the European Indoor Champion.



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Patrizio Parcesepe

COACH TO MASSIMO
STANO AND ANTONELLA
PALMISANO

Patrizio ("Patrick" for everyone) is a former race walker and now coach to several Italian athletes, including the 20km Race Walk Olympic Champions Antonella Palmisano and Massimo Stano in Tokyo 2020, with Massimo who also became the 35km World Champion in Eugene.

Patrick was also the coach of Giorgio Rubino, who got the Bronze Medal at the 2009 World Championships in Berlin



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Rita Engelbrecht

COACH TO CORINE BOTHA

Rita has been one of South Africa's leading hurdles coaches for many years. Rita is a World Authority on High Performance 100/110 and 400Hs technique and preparation strategy. Formerly South Africa Head Hurdles Coach and coach to Olympic hurdlers and mentor to coaches of Olympic and World hurdlers. Rita has published several international articles on coaching. She is also the author of "A Basic Guideline for Hurdles Coaching" and "Hurdles and Sprints guideline for ASA". Rita has coached to National Records the likes of 100Hs – Karen Wilkinson 13.02 (2000) and Corine Botha 12.92 (2002), 110Hs – Ralph Schroeder – 13.62 (2000)



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Rob Miller

STRENGTH&CONDITIONING COACH

Rob is a National Performance Institute Strength and Conditioning Coach with British Athletics. He is an outstanding coach, with great attention to detail with technique and the motivational skills to push his athletes to achieve more and a great ability to connect with his athletes on a personal level.

During the 2019 World Championships in Doha he presented a research on "**The Muscle Morphology on Elite Sprint Running**". This study aimed to investigate the differences in muscle volumes and strength between male elite sprinters, sub-elite sprinters, and untrained controls; and assess the relationships of muscle volumes and strength with sprint performance.



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Stefano Giardi

COACH TO ELENA VALLORTIGARA

Stefano has more than 30 years of experience in coaching and more than 20 years as Jump Events specialist.

In 2019 he also worked for the Chinese Athletics Federation as High Jump Coach.

He is the coach of the Eugene 2022 World Championships bronze medalist **Elena Vallortigara**, whose Personal Best is 2,02m.

He's also coaching the young Italian High Jumper **Idea Pieroni** (P.B. of 1,90m indoor) and in the recent past he coached Nigerian High Jumper **Amata Doreen** (P.B. of 1,95m) and Chinese **Zhang Guowei** (P.B. of 2,28m)



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Terseus Liebenberg

COACH TO SUNETTE VILJOEN

Terseus is the Head of Athletics at the North-West University in Potchefstroom, South Africa. He is a three-time South African Olympic Coach and was also appointed team coach to five World Championships. He produced Marius Corbett, who became South Africa's first ever Track and Field World Champion in 1997. He also coached Sunette Viljoen to Olympic silver in 2016. Both Corbett (88.75m) and Viljoen (69.35) are the current South African record holders. He was also voted the South African Athletics Statisticians Coach of the year award in 2010, 2011 and 2016 (junior award). He currently coaches 2020 Olympian, Jo-Anne Van Dyk (61.19) and Johann Grobler (80.59m)



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