

Jane Coker

I have known Phil for over 20 years, firstly as a young steeplechaser and Welsh International track athlete, in more recent years more personally as the men's captain and coach of Les Croupiers running Club to which I belong. Phil is also the organiser and brains behind Cardiff parkrun, part of the worldwide parkrun phenomenon. He organises several races including Les Croupiers Pentath~Run and the Summer Sizzler 5km in August. His enthusiasm and energy is boundless. He never sleeps!! He takes a hill session with the club on Monday evenings and a track session Tuesdays for club members. This session has really taken off and Phil's sessions at the track have become really popular and club members are now flocking to Leckwith stadium on Tuesday nights for his sessions. Many of my running friends will confirm that their performances have improved dramatically since joining Phil's speed sessions on a regular basis. He knows how to put a training session together, what elements are important at certain times of the year and gears the training to the races coming up.



I thought I would explain personally what Phil's advice and coaching has done for me. I have been running since 1988 with 7 years away from competition between 1997 and 2004, due to injury and to have my daughter. In 1993 I represented Wales at senior level in the Mountain World Cup in France. I have also represented Wales as a Masters athlete in cross-country and track. I returned to competition in 2004, but seemed unable to make the really big breakthrough to achieving performances of which I knew I was capable. 2011 was a great year for me and I put that down to coaching advice from Phil, along with tough track sessions. Since the spring of 2011, I achieved my best 5km time since 1995 19:30 which is an age-related 88% age-grading. Last summer I ran two 1500m races and finished the season ranked 7th in the UK over 50. This winter 2011/12 I have run my best cross-country races for many years, competing with other girls much younger than me.

I believe the advice and track sessions with Phil has been the determining factor in my good running performances at the age of 52. His depth of knowledge and experience is second to none. He has been there and done it at the highest level and he loves passing on his advice and experience to others. He happily stands beside the track from 6 until 8pm on Tuesdays, supervising and timing his athletes in all weathers and offering encouragement. When not competing himself, Phil will be supporting the athletes he advises at races and athletics events every weekend of the year.

Phil will happily devise a schedule for any runner or athlete for any running event, be it 1500m or an ultra-marathon. He will take time to individualise it to your personal needs and lifestyle, discuss how training is going and revise it accordingly, taking your personal circumstances into account and how you are feeling. Phil looks at the whole person not just the training. His enthusiasm and interest for athletics are boundless and he loves to see improvements in all the athletes he helps and coaches. He has a passion for the sport that will help an experienced athlete or a beginner achieve their personal goals. Phil will expect you to work hard, success does not come easily, but he will be there helping you on your journey to achieve your personal fitness goals. I would highly recommend Phil as a personal trainer or coach unreservedly. He has been there and done it himself, experienced the highs and lows, suffered the pain and experienced the success and will be there to pass on his wisdom and passion to YOU.