

## ELITE ATHLETES

Enfield Harriers prides itself on developing and supporting many state, national and International athletes including:

### *Brooke Billett*

- 2006 Commonwealth Games, Hammer Throw gold medallist
- 2004 Olympics, Athens
- 2003 World Championships, Paris
- 2002 Commonwealth Games, Manchester

### *Claire Woods*

- 2008 Olympics, Beijing (20km Race Walk)
- 2009 World Championships, Berlin

### *Darren Billett*

- Multiple senior Australian National Hammer Throw gold & silver medallist

### *Lauren Foote*

- 2002 World Juniors, Jamaica (Heptathlon)
- 2009 World University Games, Serbia

### *Paige Hooper*

- 2007 World Youth Championship team, Ostrava (5km Race Walk)
- 2009 World Youth Championships, Italy

### *Kristy Villis*

- 2007 World Cross Country team, Kenya



## ASSOCIATIONS

Enfield Harriers is proud to be associated and working with multiple athletic organisations to develop the sport of athletics:

- *Enfield Little Athletics*: development of junior athletics.
- *Special Olympics*: providing athletic participation for disabled athletes.
- *South Australian Sports Institute (SASI)*: development of an athletics high performance training centre at St Albans Reserve.



*Contact us for an Obligation Free  
Tour of our Facilities!*

#### Postal Address

PO Box 807, Prospect East, 5082

#### Training Venue

St Albans Reserve, Chester Ave, Clearview

#### Email

[enfield.harriers@gmail.com](mailto:enfield.harriers@gmail.com)

#### Web

[www.enfieldharriers.athleticssa.org](http://www.enfieldharriers.athleticssa.org)



**ENFIELD HARRIERS**  
**Amateur Athletics Club Inc.**



**All Athletes,  
All Events.**

**St Albans Reserve  
Clearview**

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## ST ALBANS RESERVE

The Enfield Harriers clubrooms and facilities are located at St Albans Reserve, Clearview. Our training facility caters to ALL athletes for ALL events. The grounds are well maintained by both Enfield Harriers Athletics Club and the Port Adelaide Enfield council. The reserve consists of:

- Floodlit sporting lights
- 400m, line marked, grass track
- 110m inner sprint/hurdle track
- 4x 45m synthetic long/triple jump run ups, with 8m jumping pits.
- 10m x 16m synthetic high jump square
- 30m javelin/pole-vault synthetic run up
- 3m x 10m concrete slab for throwing drills
- 1x shot put circle
- 2x discus circles and cage
- 1x hammer circle and cage

The Enfield Harriers Clubrooms were officially opened in March 2007. These clubrooms provide Enfield Harriers with the best athletic facilities in the state. The modern, air-conditioned clubrooms consist of a kitchen, board room, hall, recovery room, gymnasium, amenities and plenty of storage space. The oval floodlighting also allows year round track and field training.



## FACILITIES

To be the best, an athlete needs to be the best prepared. Enfield Harriers invests in the infrastructure and future of our club. We boast the states largest collection of athletic equipment for training and competition. Our facilities include:

- Fully equipped, rubber lined gym
- Olympic lifting platform, bars and squat rack
- Over 750kg weight plates
- Complete dumbbell set (5lb - 110lb)
- Multi-station machines and professional bench press and benches
- Medicine balls, Plyometric boxes
- Exercise bikes
- Huge collection of different weighted hammers, shot puts, discus & javelins
- 3x Various height high jump mats
- Pole-vault uprights, landing bags and various length poles
- 20x Senior and 60x junior size hurdles
- 2x Height adjustable steeples
- Boardroom table and chairs
- 120 chairs and 15 tables
- Professional Track & Field turf maintenance ride on lawn mower



## ATHLETES

The Enfield Harriers Athletics Club caters for ALL athletes of ALL abilities. Whilst most members are from the local Adelaide area, a number of athletes travel from remote rural locations to appreciate the training facilities and for a feeling of belonging at Enfield Harriers. The club has teams in Over 35, A grade, Under 23, 20, 18, 16 and 14 grades. Enfield Harriers always fields teams in the Summer Track & Field, Winter Road, Cross Country and Walks Competitions. Other athletes also use athletics with Enfield Harriers to improve their fitness or technique for other sports.

## COACHES

Coaches are essential at all levels of athletics, from the first time an athlete becomes involved in athletics, right through to international medallists. All athletes need good coaching, appropriate to their current level and to their aspirations. Enfield Harriers has many highly skilled and experienced coaches to assist our athletes in achieving their dreams. Our coaching expertise includes:

- Hammer/Javelin
- Race Walking
- Multi-events
- Middle/Long Distance
- Hurdles/Sprints
- Shot Put/Discus
- High/Long/Triple Jump
- Pole Vault
- Strength & Conditioning



**'Clubs On Track'**  
**GOLD Athletic Club**