

MYTHS AND MYSTERIES OF THE 800M



COACH RON THOMPSON

Ron Thompson is the coach of Olympian and 2022 WA bronze medalist Marco Arop. Ron is recognized as a builder of the sport by his many colleagues and friends within the track and field athletics community. During his 43 years of coaching in Alberta, Ron has been responsible for talent identification, coaching, officiating, club formation, competition directing, facility development, and mentorship of countless coaches and athletes; including Olympians Antoine Bousombo, Martin Griener and Olympian and bronze medalist Tyler Christopher. Ron has served on the coaching staff for Team Canada several times, including the 2003, 2005, 2019 IAAF (currently World Athletics) World Championships, 1988 & 2002 IAAF World Juniors and to Team Alberta for national events.



ANNE-MARIE FORTIN

Anne-Marie has been coaching track and field for 17 years in various disciplines and has been coaching wheelchair disciplines for 5 years. She works with sprint and middle-distance wheelchair athletes from various disability categories. She has a Master in kinesiology and is a PhD student studying exercise physiology in people with neuromuscular disorders at Université du Québec at Chicoutimi. She believes that her experience and her knowledge of biomechanics with able-bodied athletes made her a better para-athletics coach.



DR. GARETH SANDFORD

Dr. Gareth Sandford is a post-doctoral research fellow at the University of British Columbia based in Victoria, BC in collaboration with the Canadian Sport Institute Pacific, Athletics Canada, 94Forward and MITACS Canada. Gareth completed his PhD on the 'Applications of the anaerobic speed reserve to elite 800m running,' a collaboration between Athletics New Zealand, High Performance Sport New Zealand and AUT University. A role which included leading the endurance physiology support for Athletics New Zealand. Since being in Canada Gareth has provided physiology support on 5 national training camps, including as Physiology lead for the St.Moritz altitude camp prior to the Doha 2019 Athletics World Championships.