



Simon Nathan, Athletics Canada High Performance Director

Simon has a degree in physics from Birmingham University. For the next fifteen years he worked as a software engineer for various companies with his main speciality being Object Oriented Databases and Statistical Process Control systems. In 2001 moved to Belfast to be the High Performance Manager for the Northern Ireland Athletics Federation. Simon was Head of Performance Operations at UK Athletics and High Performance Director for Athletics Australia before moving to Canada in 2017 to become Athletics Canada's High Performance Director.

As an athlete Simon had a long and undistinguished career, specialising in the throwing events. He started at Leamington Cycling and Athletics Club aged 12, moved to Bracknell Athletics Club ten years later and finished his career at Bolton Harriers Athletics Club. He is an honorary lifetime member of both Leamington C&AC and Bolton Harriers AC.

Simon's coaching career was more successful and he coached a British Record Holder and Commonwealth Games medallist in the High Jump, a World Junior medallist in the Shot Putt, a European Junior medallist in the Discus and senior international athletes in the Javelin and Long Jump. He has helped Combined Events athletes, including an Olympian, in the throws. Simon set the strength and condition programmes for a World Indoor 400m medallist as well as setting programmes for various international Hurdlers and Hammer Throwers.

Simon has been coach, manger or team leader at 56 major championships and over 40 other international matches. Highlights have included the being Team Manager of the Great Britain athletics team at the Beijing and the home Olympic Games in London 2012. He was also Team Leader of the Australian athletics Team at both the Rio Olympic & Paralympic Games.