

# Hamish Telfer PhD

## Senior lecturer

Dr. Hamish Telfer was born and brought up in Glasgow. Educated at Queens Park Senior Secondary School and the Scottish School of Physical Education at Jordanhill, he played a variety of sports but principally football when, for a short time he was attached to Queens Park Football Club (currently Scottish League Division 2) as well as competing in track and field athletics. Deciding that whatever modest talents he had were better served in track and field athletics, he staggered through the events from 100metre sprinter arriving at 400 metres where he was a Scottish finalist. He competed in both indoor and outdoor events, being marginally better indoors. He was coached by John Anderson the Scottish National Athletics Coach. After an injury at PE College, he devoted more time to his coaching career becoming the youngest Senior Coach in Scottish Athletics at the time, aged 22.

He taught at St Columba's High School, Greenock (over 2,200 pupils) after which he was appointed as National Technical and Development Officer (National Coach) for the Royal Life Saving Society, UK for Midlands and North England at the age of 25 (then the youngest of Great Britain's National Coaches). After almost 3 years with the RLSS he moved to the staff of the University of Liverpool as a Lecturer resuming his career in coaching athletics. He subsequently continued with his lecturing career with an appointment at the University of Lancaster where he stayed for 12 years prior to joining (then) St Martins College, Lancaster. After reading for a BA with the Open University and a MEd with the University of Liverpool, Hamish consolidated his career at Lancaster within British track and field athletics, coaching a squad of athletes of which some 14 became British internationalists competing at World, European and Commonwealth Games levels. He was appointed GB Team Coach for the World Universities Cross Country Championships 7 times and the athletes he selected and worked with gained 5 world titles over this period in addition to numerous silvers and bronzes.

He joined the staff of St Martins College, Lancaster (one of the legacy institutions of the new University of Cumbria) in 1993 specifically to set up with the existing 2 staff, a new Department in Physical Education and Sport starting with a new degree in Sports Science followed by degrees in Sport Studies, Coaching and Sport Development, the MA in Sports Coaching and Sport Development and a degree in Leisure and Tourism. He was also secretary and chair of the local branch of the University Lecturers Union and completed his PhD in 2006 at the University of Stirling. His publications developed from 1994 and include both academic and technical work including the co authorship of UK Sport's Coaching Code of Conduct. His areas of interest lie in reflective practice, coaching ethics, coaching practice and sport history.

Hamish now enjoys running the hills since it disguises the slowness of his pace and is nearing the completion of all Scottish 3,000ft mountains. His daughter keeps him in touch with real music and apart from a dalliance with 3 Boyzone concerts(!), he is as much at home with Vivaldi and Andrea Bocelli as he is with Snow Patrol, Rolling Stones and James all of whom he has seen in concert (but not Vivaldi!). He lives in the south Lakes with his two dogs and is most at home either teaching, coaching or on the hills.