

ATHLETICS COACH PROFILE

COACH: Simon Bowen

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COACHING DISCIPLINES: Sprints (100m – 400m), middle distance (800m – 3000m)

BIO BRIEF

Simon Bowen is a Jamaican high performance athletics coach, former nationally ranked Jamaican 800m specialist, and international competitor. A graduate of **George Mason University (Fairfax, Virginia)**, he is a **4-time NCAA Division I All-American** and **2-time Penn Relays Champion**. Mentored by renowned coach **John Cook**, whose athletes include 1987 World Champion Abdi Bile (1500m - 3:30.55 PB), Simon developed a coaching philosophy grounded in discipline, technical precision, and the principle that speed underpins performance across all events. As founder and head coach of AIM Track NZ, he delivers structured performance programmes supporting youth, junior, and emerging elite athletes preparing for regional, national, and international competition.

PERSONAL ATHLETICS PROFILE

- 4-time NCAA Division I All-American – **George Mason University**
- 2-time Penn Relays Champion
- Former nationally ranked Jamaican 800m specialist
- International competitor (professional circuit, mid-1990s)
- Developed within Jamaica's high-performance middle distance system

COACHING EXPERIENCE

- Founder & Head Coach – AIM Track NZ
- Community Coach, Athletics NZ, (2022 – present)
- Head Coach, Atlanta Track Affiliate Track Club, USA (2010 – 2011)
- Assistant Track Coach – D1, University of Texas–Pan American, Edinburg, TX, USA (2001 – 2003)
- Head Distance Track Coach, St. Jago High School, Jamaica (1998 – 1999)

ATHLETE ACCOLADES & NATIONAL RANKINGS (SELECTED)

AIM currently supports some of New Zealand's most accomplished junior athletes.

- **Gyan Wilson** – Top nationally ranked junior sprinter (100m–400m)
- **Connor Bowen** – Top nationally ranked junior athlete (100m–400m)
- **Zaiden Filemu** – Top nationally ranked junior sprinter (100m, 200m)
- **Janiva Faafia** – Top nationally ranked junior sprinter (100m, 200m)
- **Mia Thomson** – Top nationally ranked junior middle-distance athlete (800m – 3000m)
- **Ovin Angamma** – Top nationally ranked junior middle-distance athlete (800m – 3000m)

COACHING PHILOSOPHY

- Long term development over short term outcomes
- Training aligned with competition demands
- Evidence informed planning and execution
- Balanced intensity, recovery, and performance timing