

Poole Athletic Club.

Track & Field incl Cross Country Training Program Winter 2025-6

Day & Time	Venue	Age-Groups	Activities	Coaches	Cost
Tuesdays 6.00 – 6.50	Ashdown Track	8 – 10 years 8 – 13 years 8 – 13 years 10-16 years	Induction & Foundation of athletics Middle Distance running – introduction. Sprints & Hurdles Foundation & Development Horizontal Jumps Conditioning	Brian Underwood & Mia Hagan. Peter Cornes & Ray Williams Bryan Murray, Annie Galanti Joe Parkes	£3.00
Tuesdays 6.30 – 7.30 6.30 – 8.00	Ashdown Track	11 – 15 years. U13 and older U20 to Senior	Middle Distance Development. Javelin, Shot & Discus Long & Middle-Distance Track Senior Intermediate & Advanced	Mark Pauley & Colin Moors Mike Long. Dave Allen.	£3.00
Tuesdays 6.45 – 8.00	Ashdown Track	12- 16 years	Sprints & Hurdles Intermediate Group	Bryan Murray & Peter Cornes	£3.00
Tuesdays 7.15-8.30	Ashdown Track	16 – Seniors	Sprints & Hurdles Senior Group	Graeme Gourlay, Richard Wheeler	£3.00
Tuesdays 7.15 – 8.30	Ashdown Track	15 years to Seniors	Middle Distance (intermediate) & Middle Distance (advanced)	Mark Pauley, Mark Courtney & others	£3.00
Wednesdays 7.00 – 8.30	Ashdown Track	11 years & older Disabled athletes Wheelchair Athletes U15 to Seniors U15- Senior experienced	Ambulant & Seated throws. Wheelchair & Frame Runner Track Session Sprints & Hurdles including intensive technical sessions. High Jump (occasional) – by invitation	Mike Long. Nathan Blackie Graeme Gourlay Mark Roach.	£3.00
Thursdays 7.00-8.15	Various off-track venues	Age 12 and older.	Strength and speed endurance. Off-road on hills & 'interval work.	Mark Pauley, Mark Courtney & Colin Moors	£2.00
Fridays 6.30-8.00	Canford Heath & Corfe Mullen	Senior Endurance Group	Long & Middle-Distance Track Endurance, tempo and hill work.	Dave Allen	Free!
Saturdays 9.30 – 10.45 am. When no matches	Various off-track venues	Juniors aged 10+	Cross-Country preparation and hill and endurance training	Mark Pauley, Colin Moors & Marc Ujvari	Free!
Saturday mornings 10:30-11:30 am	Ashdown track	Specified by the coach	No whole club sessions Arrange. Sessions specifically arranged by event coaches	Discuss with your coach	Pay leisure centre
Saturdays 4.30 to 5.30PM	Ashdown Sportshall	8 years and to current School Year 10	Sportshall coaching Fun and fast paced indoor sessions, lots of fun & relays. Sportshall teaches athletes the basics of athletics in an easy and simple manner.	Bryan Murray, Ray Williams, Peter Cornes, Daniel Buckland plus other coaches & helpers	£3.00
Sundays 12.00-2.00	Ashdown Track	All ages, all abilities	Wheelchair racing and use of frame runners	Martin Cook & Nathan Blackie	Standing order

Poole AC coaching and training sessions run all year round (incl school holidays).

We are not permitted to welcome children under the age of 8.

All coaches/assistant coaches, plus sessions, subject to availability. Certain events subject to weather conditions.

On weekends some coaches may not be available due to Team Managing or officiating in the league competitions

Poole AC enters and also national competitions for which the teams from the club participate.

Joining Poole AC as a member is expected following a reasonable period to establish the suitability for the athletes sporting aspirations and for insurance purposes.