

# Poole Athletic Club.

## Track & Field Scheduled Training sessions from MAY 2026

Day & Time	Venue	Age-Groups	Activities	Coaches	Cost
Tuesdays 6 – 6.50 pm	Ashdown Track	8 – 11 years  8 – 11 years	Induction & foundation of athletics  Middle Distance running – introduction. Long Jump Training	Bryan Murray & Brian Underwood. Peter Cornes, & Annie Galanti Ray Williams	£3.00
Tuesdays 6.20 – 7.30 pm 6.30 – 8.00 pm 6.30 – 8.00 pm	Ashdown Track	11 – 15 years  11 – Senior 18+	Middle Distance running – younger & intermediate Javelin, Discus & Shot throwing. Endurance Running.	Mark Pauley, Colin Moors Mike Long. Dave Allen	£3.00
Tuesdays 6.45 – 8.00 pm	Ashdown Track	11 -16 years	Sprints – Intermediate.	Bryan Murray, Peter Cornes & Alex Kioko	£3.00
Tuesdays 7.15 – 8.30 pm	Ashdown Track	14 years to Seniors	Sprints – Performance.	Graeme Gourlay & Richard Wheeler.	£3.00
Tuesdays 7.30 – 8.30 pm	Ashdown Track	15 – 21 years  16 to Seniors	Middle Distance running – Youth & Older.  Road Running – track section.	Mark Pauley, Mark Courtney & others.  Various Seniors.	£3.00
Wednesdays 7.00 – 8.00 pm	Ashdown Track	Disabled athletes. U15 to Seniors.  U13 and experienced.  U11's and above	Ambulant & Seated throws and wheelchair racers  Sprints (& Hurdles) incl intensive technical sessions.  Long Jump Training	Mike Long, Nathan Blackie  Graeme Gourlay, Mark Morris & Richard Wheeler. Ray Williams, & Others	£3.00
Thursdays 7.00 - 8.15 pm	Various off-track venues	Age 11 and older.	Strength and speed endurance. Offroad session on parkland and forest. Some 'interval' work.	Mark Pauley, Colin Moors & Mark Courtney & Others	£2.00
Fridays 6.30 pm.	Ashdown & other venues.	Senior middle-distance/long distance athletes	Endurance, 'tempo' and hill work.	Dave Allen.	<i>Fee tbc</i>
Saturday morning 10.30 -12.00 am	Ashdown track	All ages	Comprehensive Track & Field training, all Throws, horizontal jumps & High Jump also Sprints, Hurdles & Middle Distance.	Involving many of our coaching team with expertise across all events.	£3.00
Sundays 12.00 - 2.00 pm	Ashdown Track	All ages, all abilities	Wheelchair racing and use of frame runners.	Martin Cook, Nathan Blackie	<i>Contact Martin</i>

Always arrive at Ashdown and other session location at least 10 mins before your session in time to register (and warm up), so your session can start promptly. Thankyou.

We encourage athletes to try a variety of events to develop into a fully rounded athlete.

Poole AC coaching and training sessions run all year round (including school holidays). Sadly, we are not able to cater for children under 8 years of age.

All sessions are delivered by coaches/assistant coaches and are subject to coach's availability and possible clashes with the club's competition fixture list. Certain events can be impacted by adverse 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.

Poole Athletic Club is an organisation with focus on coaching athletes towards competitions, there is therefore an expectation athletes will compete for the club as a medium term aspiration.

The programme will continue until late September, when we will return to Saturday afternoons in the Sportshall at Ashdown for fast paced fun athletics covering the basics of many athletic events, including 4 competitions at Canford against local clubs, between the ages of 8 to 14 years and Cross Country Training on Saturday Mornings.