

Poole Athletic Club.

Track & Field incl Cross Country Training Program Winter 2026-7

Day & Time	Venue	Age-Groups	Activities	Coaches	Cost
Tuesdays 6.00 – 6.50	Ashdown Track	8 – 10 years 8 – 13 years 8 – 13 years 12-16 years	Induction & Foundation of athletics Middle Distance running – introduction. Sprints & Hurdles Foundation & Development Intermediate Sprint Training	Brian Underwood & Charlie Harrison. Peter Cornes & Ray Williams Bryan Murray, Annie Galanti Alex Kioko	£3.00
Tuesdays 6.20 – 7.30 6.30 – 8.00	Ashdown Track	11 – 15 years. U12 and older U20 to Senior U14- Senior experienced	Middle Distance Development. Javelin, Shot & Discus Long & Middle-Distance Track Senior Intermediate & Advanced High Jump (Conditioning) – by invitation	Mark Pauley & Colin Moors Mike Long. Dave Allen. Mark Roach	£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	Ambulant & Seated throws. Wheelchair & Frame Runner Track Session Sprints & Hurdles including intensive technical sessions.	Mike Long. Nathan Blackie Graeme Gourlay & Mark Morris	£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, Colin Moors & Mark Courtney	£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 11+	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 & Canford Heath Scout Hut	8 years old up to current School Year 8	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 of attendance to establish the suitability of the club for the athletes sporting aspirations and to meet insurance requirements

There is an expectation that those who participate in the coached sessions delivered by Poole Athletic Club will ultimately compete in athletics events as part of the club.