**Basingstoke & Mid Hants Athletics – Progression & Training Groups 2017**

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| **Category/Group** | **Age/School** | **Coach** | **Focus** | **Training** | **Competitions** |
| Primary (Under 11) Group | 8-11 year oldSchool years 3-5 | **Cheryl Ragan, Liz Flitcroft**, Jez Clarke, Terry Wegg | Introduction to athletics including all running horizontal jumps and some throws | Tuesday & Thursday Track & grass | Cross country, track and field leagues  |
| Beginners Group (ages 11+) | 11-16 year oldSchool Year 6-11 | **Sue Pett,** Michele Byrne | Senior school beginners to prepare for moving into established groups | Tuesday & ThursdayMainly grass | Cross Country, track and field leagues |
| Junior Middle DistanceSplit into Groups A, B, C(based on age & Ability) | 11-16 year oldSchool Year 6-11 | **Ian Byett**, Leigh Henderson, Mark Richards, Donna Mulholland | Middle distance -spring/summer, Cross country - winter | Tuesday & Thursday Track & grass+ Monday & Sunday | Cross Country, track and field leagues, plus championship events |
| Junior Middle Distance | 11-16 year oldSchool Year 6-11 | **Dave Ragan, Jo Breeds,** Jamie Lamport | middle distance – spring summer, focus on 800 & 1500, cross country in winter | Tuesday, Thursday & Sunday Track & grass | Strongly encouraged to compete in Cross Country, track and field & championship events |
| Junior sprints & throws | 11-16 year oldSchool Year 6-11 | **Pete Bolton**, Nick Wells, Lisa Hedderly | Sprints & throws | Tuesday & Thursday mainly track | Track & field leagues with the option of cross country |
| Junior Multi-Events | 11-16 year oldSchool Year 6-11 | **Andy Sleap** | Sprints, throws, jumps and hurdles plus 400-1500m | Tuesday & Thursday+ evenings & weekends Track & grass | Strongly encouraged to compete in Track and Field leagues  |
| Senior Sprints | Adults | **John Davis, Debbie Davis** | Sprint: competitive standard sprint group | Tuesday & Thursday Track  | Track leagues, Regional & National Championships |
| Senior Middle Distance | School year 11 + adults | **Barry Kitcher**, **Martin Tarsey** | Competitive Middle distance – 400 – 5K: Winter cross country | Tuesday, Thursday & SaturdayTrack & grass | Track leagues, Regional & National Championships, Cross Country |
| Senior Multi Events | Adults | **Rafer Joseph** | Multi-events (jumps & throws emphasis) | Tuesday & Thursday Track & Field | Track leagues, Regional & National Championships |
| Senior Sprints/Middle DistanceSenior Road & Trail Running | Adults | **Tim Fowler,Don Powell,** **Michael Hickey****Terry Wegg, Ray Gartland, Rhiannon Perryment, Jenny Froud, Andy Cackett, Dave Meacock** | Sprint & middle distanceWinter cross country5k up to marathonWinter cross countryFell & hill racing | Tuesday, Thursday & SaturdayTrack & grassTuesday & Thursday Track & grassSunday group runs | Track and field leagues, cross countryCross Country, Road races, track & field leagues, trail and fell events |
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