

Basingstoke & Mid Hants Athletics – Progression & Training Groups 2015-16

Category/Group	Age/School	Coach	Focus	Training	Competitions
Primary (Under 11) Group	8-11 year old School years 3-5	Cheryl Ragan, Liz Flitcroft, Jez Clarke, Terry Wegg, Jo Breeds	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+)	School Year 7-11 + some Year 6	Sue Pett	Senior school beginners to prepare for moving into established groups	Tuesday & Thursday Mainly grass	Cross Country, track and field leagues
Junior Middle Distance Split into Groups A, B, C (based on age & Ability)	School Year 7-11 + some Year 6	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
Junior Combined Sprint & Middle Distance	School Year 7-11 + some Year 6	Pete Bolton, Dave Ragan	Sprints, middle distance to 800-1500m & throws	Tuesday & Thursday Track & grass	Cross Country, track and field leagues
Junior Sprints	School Year 6-11	Lisa Hill	Sprints up to 800m, monthly throws basics	Tuesday & Thursday Track & grass	Encouraged to compete in track and field leagues, with the option of Cross Country

Junior Multi-Events	School Year 7-11 + some Year 6	Andy Sleap Rod Finch	Sprints, throws, jumps and hurdles 400-1500m	Tuesday & Thursday + evenings & weekends Track & grass	Strongly encouraged to compete in Track and Field leagues
Senior Sprints	School year 12 + 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 + Saturday Track & 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 Distance	Adults	Tracy Cornell	Sprint & middle distance Winter cross country	Tuesday & Thursday Track & grass	Track and field leagues, cross country
Senior Road & Trail Running	Adults	Tim Fowler, Don Powell, Dave Meacock	5k up to marathon Winter cross country Fell & hill racing	Tuesday & Thursday + Saturday/Sunday Predominantly grass/road	Cross Country, Road races, track & field leagues, trail and fell events

