**Basingstoke & Mid Hants Athletics – Progression & Training Groups 2018**

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| **Category/Group** | **Age/School** | **Coach** | **Focus** | **Training** | **Competitions** |
| **Primary (Under 11) Group** | 8-11 year old  School years 3-5 | **Cheryll Ragan, Liz Flitcroft**, **Terry Wegg,** Jez Clarke. | 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 old  School Year 6-11 | **Sue Pett,** Michele Byrne | Senior school beginners to prepare for moving into established groups | Tuesday & Thursday Mainly grass | Cross Country, track and field leagues |
| **Middle Distance**  **Split into Groups A, B, C (based on age & Ability)** | 10- Adult  School Year 6-13 & University | **Ian Byett**, **Leigh Henderson, Steve Ladhams, 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 old  School 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 old  School Year 6-11 | **Pete Bolton**, Nick Wells | Sprints & throws | Tuesday & Thursday mainly track | Track & field leagues with the option of cross country |
| **Junior sprints** | 11-16 year old  School Year 6-11 | **Lisa Hedderly, Doug Burnett** | Sprints | Tuesday & Thursday mainly track | Track & field leagues |
| **Junior Multi-Events** | 10-16+ year old  School Year 5-11+ | **Andy Sleap** | Sprints plus 400-1500m; throws, hurdles, long, high & triple jump. | Tuesday & Thursday  + evenings & weekends  Track & grass | Strongly encouraged to compete in Track and Field leagues, Regional & National Championships |
| **Junior Multi-Events** | 11-16 year old  School Year 7-11 | **Ben Hazell, Claire French** | Multi-events (jumps & throws emphasis) | Monday (Brighton Hill) & Thursday | Track leagues, Regional & National Championships |
| **Senior Sprints** | Adults | **John Davis, Debbie Davis** | Sprint: competitive standard sprint group | Tuesday & Thursday Track | Track leagues, Regional & National Championships |
| **Senior Middle Distance** | Adults | **Rod Finch,** Tracey Joseph | Middle distance – 400 – 5K: Winter cross country | Tuesday & Thursday Primarily Track, some grass | 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 Road & Trail Running** | Adults | **Tim Fowler, Don Powell,** **Terry Wegg, Ray Gartland, Michael Hickey, Jenny Froud, Andy Cackett,** Rhiannon Perryment, Dave Meacock | 5k up to marathon  Winter cross country  Fell & hill racing | Tuesday & Thursday Track & grass Sunday group runs  Tuesday groups: Marathon Training: Dec-Apr (**Terry, Ray)** Track Group **(Michael)** | Cross Country, Road races, track & field leagues, trail and fell events |