



	Age	Gender	Discipline	Coach	Training times	Venue
<b>Mini Athletics</b>	5-7	Both	Multi athletics	Richard Kaufman	Fri 5-6pm	College Indoors
<b>8-11's</b>	8-11	Both	Multi athletics	Liz Paton Marion Gardner Angela Gilmour (Main), Steve Parr Tony Gardner and Steve Balmer	Tues 6-7pm Tues 7-8pm Thurs 6-7pm Thurs 7-8pm	Stadium Stadium Stadium Stadium
<b>8-13 Multi Events</b>	8-13	Both	Multi events	Richard Kaufman	Wed 7-8pm (for athletes who can't make Tues/Thurs)	College indoors
<b>11-16</b>	10-18	Both	MD Track, Road and XC	Kevin Flannery (Main) Freda Summerfield Elaine Leslie	Mon / Thurs 6:30-7:30pm, Older athletes S&C Thurs 5:45pm	Stadium / S&C in College Indoors
<b>Junior Middle Distance Group</b>	10-15	Both	MD Track, Road and XC	Gordon Bell / Tom Brown (Main) Syd Robson Stephen Balmer	Tues / Thurs 7-8:15pm	Stadium
<b>Junior Girls Middle Distance Group</b>	11-20	Both	MD Track, Road and XC	Jan Lawton (no new athletes)		Stadium
<b>Junior Sprints Group</b>	11-15	Both	60m-400m	Karen Storey (Main) Phil Gardiner	Tues / Thurs 6-7pm and Sun 10-11.30am	Stadium
<b>Junior Middle Distance Track</b>	11-Jun	Both	100m-200m	Mike Donnelly		Stadium
<b>Junior Men Sprints Group</b>	15-Jun	Male	100m-400m	Derek Wilcox		Stadium
<b>Sprints / Hurdles</b>	11-Sen	Both	Sprints / Hurdles	Janice Kaufman (Main) Richard Kaufman	Tues / Thurs 7-8pm, plus Mon 7-8pm (beginners), Fri 6-7:30pm (experienced)	College Indoors
<b>Middle Distace Men / Women</b>	13-Sen	Both	800m - Marathon (Track, Road & XC)	John Stephenson	Tues / Thurs - 7-8:30pm; Sat 10-12	Stadium
<b>Jun / Sen Track Group</b>	Jun/Sen	Both	60m-400m	Bruce Horsburgh	Tues / Thurs 6.30-8.00pm; Sun 10-12	Stadium
<b>Sen / Vet Women</b>	Sen/Vet	Female	Road (up to Marathon) and XC	Mike Dawson		Stadium
<b>Sen / Vet Women &amp; Men Endurance</b>	Sen/Vet	Both	Road and XC	Roland Peacock (Main) Richard Cutter		Stadium
<b>Running Social group</b>	Sen/Vet	Both	Road and XC	John McDonald		Stadium
<b>Throws Group</b>	All	Both	Javelin, Shot, Hammer and Discus	Alex Giles (Main) Nicola Terry Adam Barkley Nick Ridgeon Leah Wetheritt	Mon, Tues & Thurs 6-8pm	Indoors Sep-March, then outdoors on throws field
<b>Jumps</b>	11-17	Both	Long Jump / Triple Jump	Alex Mordeau		College Indoors
<b>Jumps</b>	16-Sen	Both	Long Jump / Triple Jump	Jackie Pringle		College Indoors
<b>Pole vault</b>	13-Sen	Both	Pole Vault	Chris Boundy		College Indoors
<b>Disability (ambulant)</b>		Both	Throws and Jumps	Richard Kaufman	Tues / Thurs 7-8pm	College Indoors