



# BDAC

## TRAINING TIMES

### May 2019 onwards

#### TUESDAY EVENING TRAINING

- 6.00 – 7.00 ENDURANCE** (U9+) – Track-based. Contact Simon Mennell or Dean Hornsby at track.
- 6.00 – 7.00 LONG JUMP** (all ages & ability). Contact Steve Partridge or Michelle Phillips at track.
- 6.00 – 7.00 HIGH JUMP** (all ages & ability, weather dependent). Contact Ellie Osbourne at track.
- 6.00 – 7.00 TRIPLE JUMP** (13+, beginners). Contact Steve Partridge at track.
- 6.00 – 7.00 SHOT** (U13+). Contact Sarah Field at track.
- 6.00 – 7.00 DISCUS** (U13+) & **HAMMER** (U15+) – AWAITING REPAIRS
- 6.00 - 7.00 ALL ROUND TRAINING** (school years 5 & below, ie under 11).  
Covers a range of events. Contact Conor Culham on 07757 297 481
- 7.00 – 8.00 JAVELIN** (U13+). Contact Neil at track.
- 7.00 – 8.00 SPRINTS** (U11+ & beginners) – Contact Mark Gurteen or Rob Smith at track.
- 7.00 – 8.15 SPRINTS & 400m** (U14+ to Adult, re-starting 12<sup>th</sup> March 2019, invitation only)  
Contact Ken Hills at the track or ken.hills@btinternet.com, 07484 873 017
- 7.00 – 8.15 SPRINTS & 300/400m** (U14+ to Adult, invitation only)  
Contact Tony Gordon or Craig Duncan at track
- 7.00 – 8.00 ENDURANCE** (Adult) – From track, 10km on road. All abilities.  
Contact Stuart Phillips at track or stuartwphillips1969@gmail.com
- 7.15 – 8.15 ENDURANCE** (Adult) – From track, 5km & 7km on road. All abilities.  
Contact Stuart Phillips at track or stuartwphillips1969@gmail.com
- 7.15 – 8.15 ENDURANCE** (Adult) – Track-based. Contact Michelle Caulfield at track.

#### THURSDAY EVENING TRAINING

- 6.15 – 7.15 POLE VAULT** (U13+) – Re-starts 6<sup>th</sup> June. Contact Simon Mennell
- 6.30 – 7.30 ENDURANCE** (U9+). Contact Dean Hornsby at track
- 6.30 – 7.30 SPRINTS** (U9+). Contact Leighton Green at track
- 7.00 – 8.00 LONG JUMP** (U15+) – Re-starts 14<sup>th</sup> March 2019.  
Contact Steve Partridge or Michelle Phillips.
- 7.00 – 8.00 TRIPLE JUMP** (U15+) – Re-starts 14<sup>th</sup> March 2019.  
Contact Steve Partridge or Michelle Phillips.
- 7.00 – 7.30 INDOOR CORE TRAINING** (U10+ to Adult) – Ends 28th Mar 2019  
Contact Simon Mennell (endurance), Tony Gordon / Ken Hills (sprints)
- 7.00 – 8.00 “NEW TO RUNNING” ENDURANCE** (Adult) - Track-based. Focus on technique & endurance. Contact Stuart Phillips at track or stuartwphillips1969@gmail.com
- 7.00 – 8.00 JAVELIN** (U13+). Contact Neil Potter at track.

(Continued on next page)

**BDAC TRAINING TIMES - February 2019 onwards – Page 2**

**7.00 – 8.15 SPRINTS & 400m** (U14+ to Adult, re-starts 14<sup>th</sup> March 2019. Invitation only)

Contact Ken Hills at the track or ken.hills@btinternet.com, 07484 873 017

**7.00 – 8.15 SPRINTS & 400m** (U14+ to Adult. Invitation only)

Contact Tony Gordon or Craig Duncan at track

**7.30 – 8.30 ENDURANCE** (Adult) – Track-based intermediate. Contact Simon Mennell at track.

**7.30 – 8.30 HURDLES** (U13+) – Contact Rob Smith at the track, but see below.

**7.30 – 8.30 TECHNICAL RUNNING** (U13+) – For regular & experienced runners.

Contact Simon Mennell at track.

**NOTES:**

Sessions are open to all members, subject to any age limits. Times are subject to change due to unforeseen circumstances and there may be additional sessions outside of these times for specific coaches' training groups. An age of for example "U13+" covers all ages from school years 6/7 up to and including adults.

Hurdles: Athletes must not have attended a running session prior to Hurdles (although throws or jumps are OK). This is for the welfare of the athletes as a hard running session before may cause fatigue with the risk of injury from a serious fall. Sessions run April to October. Contact Rob Smith at the track.