

TRAINING ORGANISATION PLAN 2026

COACHES TO SEND SHAUN (BY TEXT, WHATSAPP OR EMAIL) A LIST OF THEIR ATHLETES THAT HAVE TRAINED AT THE CLUB'S SESSIONS AS SOON AS POSSIBLE AFTER THE SESSION HAS FINISHED.

The list below shows the allocation of track space at club sessions. The maximum number of under 18 year old athletes allowed per coach at any one time is 10 as per England Athletics guidelines.

Warming up on the track should be carried out so as not to interfere with other athletes' sessions.

Other qualified coaches may stand in for the coaches listed below providing that their maximum allowed group sizes are not exceeded.

Throws coaches should liaise with Freedom Leisure staff to use throws area as usual.

High Jump, Long Jump, Pole Vault and Throws coaching can take place at any session. Coaches of each of these disciplines should liaise with one another to avoid each other's sessions.

All track coaches should communicate with each other so as to be aware of each other's sessions. Sessions may be required to be staggered if deemed to be a risk.

MONDAY - TRACK

Rob Law
Chris Hollinshead
Matt Mayne
Bob Hughes
Mark Green
Chris Stanton
Gary Myles
(+ possibility of a small number of experienced C&S athletes by agreement with Shaun)

TUESDAY - TRACK

Development Group
Shaun Ainge (with Natalie Griffiths)
Nigel Haycock (with Jon Ross)

WEDNESDAY - TRACK

Rob Law
Gary Myles - Hurdles – Lanes 6 to 8 home straight
Chris Hollinshead
Bob Hughes
Mark Green
Chris Stanton
(+ possibility of a small number of experienced C&S athletes by agreement with Shaun)

THURSDAY - TRACK

Development Group
Shaun Ainge (with Natalie Griffiths)
Matt Mayne
Bob Hughes
Nigel Haycock (with Jon Ross)