

Training Sessions (Updated March 2026)

U10 (Year 3 & 4) sessions

Mon 4.45pm- 5.45pm - athletes will partake in a variety of disciplines.

U12 (Year 5 & 6) sessions

Mon 6.30pm -7.30pm - athletes will partake in a variety of disciplines.

U14 - U18 sessions (Year 7-12)

Mon 6-7.30pm hurdles, and a field event if so desired (8pm finish with field event)

Tues 5.30-6.30pm Middle distance, with field event after if so desired (Year 6 & 7)

Tues 6.30pm -7.30pm Middle distance, with field event after if so desired (Year 8 & above)

Tues 6-7.15pm Long jump with short sprints

Tues 5.45-7pm Throws

Tues 6-7pm Sprints, with field event after if so desired

Tues 6-7.30pm Pole Vault (Summer only)

Thurs 5.30-6.30pm Middle distance, with field event after if so desired (Year 6 & 7)

Thurs 6.30-7.30pm Middle distance, with field event after if so desired (Year 8 & above)

Thurs 6-7pm Sprints, with field event after if so desired

Thurs 6-7.15pm High jump, with sprints after if so desired.

Thurs 5.45-7pm Throws

Thurs 6-7.30pm Multi-events for U14 & U16

U20 & above sessions

Mon 6-7.30pm hurdles, and a field event if so desired (8pm finish with field event)

Mon 6-7pm Sprints - open session

Tues 6-7.15pm Long jump with short sprints

Tues 5.45-7pm Throws

Tues 7-8.15pm Senior Long sprints

Tues 7-8.15pm Senior Short sprints

Tues 7-8.15pm Senior Middle distance

Tues 6-7.30pm Pole Vault (only in summer)

Thurs 6-7.15pm High jump, with sprints after if so desired.

Thurs 5.45-7pm Throws

Thurs 6-7.30pm Pole Vault (only in summer)

Thurs 7-8.15pm Senior Long sprints

Thurs 7-8.15pm Senior Short sprints

Thurs 7-8.15pm Open senior session

There are also organised training trail & road runs available.

Do note that we are a competitive club so if you or your child does join the club & attend training then we will expect them to compete in at least 50% of team competitions (info from the coach or look on the website) so do take this into consideration when accepting your trial.