



**Team Dorset**  
**Athletics Network**

**Information & Training**



## Introduction

Team Dorset Athletics Network currently comprises of Bournemouth AC, Dorchester AC, Poole AC, Poole Runners, Weymouth St. Paul's Harriers & AC and Wimborne AC. In addition, there are two rural satellite training groups within the network - West Dorset Athletic Group based in Bridport and North Dorset Athletic Group based in Blandford Forum. The network allows athletes to source training opportunities in any of the member clubs/training groups, as well as working together to raise the profile of the sport in Dorset.

Information on training opportunities is incorporated in this booklet along with information on each of the clubs and how to contact them. If you would like to find out more about the network, please fill in the 'Expression of Interest' form to the rear of the booklet.

### Contacts:

Chairman	Mike Furse	mtfurse@madasafish.com
Secretary	Tom Hutchings	tom.hutchings@btinternet.com
Treasurer	John Gregory	j-gregory@ntlworld.com
Coordinator	Lindsay Hole	woodlands20@hotmail.com

### Club Representatives:

Bournemouth AC	Robin James / Hazel Bates Wynne Munden	secretary@bournemouthathleticclub.co.uk
Dorchester AC	Mike Furse	mtfurse@madasafish.com
Poole AC	Mark Pauley	markwpauley@gmail.com
Poole Runners	Alan Lewis	lewissports@btinternet.com
Weymouth St Paul's Harriers & AC	Jan Westhenry	jwesthenry@hotmail.com
Wimborne AC	Glyn Davies	glynjen50@gmail.com

**Website:** [www.teamdorsetathletics.co.uk](http://www.teamdorsetathletics.co.uk)

## Selection and Competition

Four of the network clubs form a composite team that is also called 'Team Dorset' All members of these athletic clubs\* are eligible to compete as part of the composite team as well as in their own club competitions.

The composite team competes in the UK Youth Development League (U13/U15 and U17/U20 sections) and the Southern Athletics League (U17/U20/Senior). In order to be considered for selection, athletes need to complete and return a form indicating which events they would be willing to compete in and the standards they have achieved in those events. A copy of the selection form can be found on the Team Dorset website and will be available at the Team Dorset trials on 7th April (These are being run as part of the Spring Open at King's Park, Bournemouth). The selected team for each meet will be posted on the 'Athletes' page of the website - [www.teamdorsetathletics.co.uk](http://www.teamdorsetathletics.co.uk) - or can

be obtained through your club's team managers.

**\*Training group and/or school athletes need to become members of either Dorchester AC, Poole AC, Weymouth St. Paul's Harriers & AC or Wimborne AC in order to compete for 'Team Dorset'.**

## Club Pages

In the following pages, you will find some basic information on the clubs and training groups which form the Team Dorset Athletics Network. Each club has its own website, as well as a page on the Team Dorset Athletics Network website. As a member of the network, you will be able to access any of the training/coaching sessions listed, but please ensure the club/coach knows you wish to attend. Waiting lists may be operating in some instances.

The following forms an overview of the training opportunities across the network.

## **Bournemouth AC**

Bournemouth AC is a well established and popular club which celebrated its centenary in 2006. At Kings Park you will find a friendly welcome as you see what we have to offer.

We have an all-weather track, separate throws area, cross country course and a large covered stand for spectators. Equipment is provided for training and competitions.

We also have a gym, changing rooms and toilet facilities, clubroom and café. A physiotherapist provides a fortnightly service to members on a Tuesday evening and a chiropractor attends weekly.

All coaching is supervised by UKA qualified coaches who are covered by UKA insurance and are CRB checked. We have coaches specialising in track and field, road running and endurance events and we run training sessions on Tuesday, Thursday and Sunday.

For younger athletes, aged over 8, we also have a Wednesday evening development session; this provides an opportunity for young people to try out a range of activities in a fun atmosphere.

For people with learning disabilities we run a Special Olympics Team which trains on a Sunday morning.

<b>Tuesday</b>	6.15 - 8pm	Phone for details	Kings Park
<b>Wednesday</b>	6 - 7.30pm	Junior Development	Kings Park
<b>Thursday</b>	6.15 - 8pm	Phone for details	Kings Park
<b>Sunday</b>	10.30 - 12 noon	Phone for details	Kings Park

For further information contact us by telephone on (01202) 394552, email: [secretary@bournemouthathleticclub.co.uk](mailto:secretary@bournemouthathleticclub.co.uk) or pop in to the office at one of the times above.

<b>Fees:</b> Junior (under 20)	£1.50 (member)	£2.50 (non-member)
Senior	£3.00 (member)	£4.00 (non-member)
Wed Development	£1.50 (member)	£2.50 (non-member)



## Dorchester AC

Membership of Dorchester Athletic Club is open to all applicants from the age of nine years who are genuinely interested in participating in athletics or actively supporting those who participate. Coaching is provided by UKA qualified coaches. All club officials in regular contact with athletes are CRB checked.

### Specialist Groups

These sessions run on Mondays and/or Wednesdays and are aimed at older club athletes who have chosen the events that suit them best. Group membership is by arrangement with coaches only.

<b>Monday</b>	7 - 8.30pm	Specialist groups (Jumps/Sprints/Throws)	The Thomas Hardy School
<b>Monday</b>	7 - 8pm	Specialist group (Endurance)	The Thomas Hardy School
<b>Wednesday</b>	6.45 - 8.15pm	Specialist group (Endurance)	The Thomas Hardy School / Yeovil Arena
<b>Wednesday</b>	6.45 - 8.15pm	Specialist groups (Jumps/Sprints/Throws)	The Thomas Hardy School / Yeovil Arena

### General Groups

<b>Wednesday</b>	6.30 - 7.30pm	Induction group (Years 4 - 6)	The Thomas Hardy School
------------------	---------------	----------------------------------	-------------------------

A waiting list is currently in operation for the Induction Group.

**Fees:** Dorchester AC has a standing order system in operation. Standard fees are £10pcm for Under 11s and £15pcm for older athletes and include membership, England Athletics affiliation, all training sessions, club transport and match fees. Prices correct as of 31st March 2013, after which small increases will be applied.

For further information please contact [mtfurse@madasafish.com](mailto:mtfurse@madasafish.com)



## Poole AC

The Club's main aim is to encourage active participation in all aspects of athletics enjoying teamwork and developing self confidence. We cater for athletes of all abilities, anyone between the ages of 8 and 80. The areas of participation include track & field athletics, road running, cross country and biathlons. Our junior members are also actively involved in sportshall athletics competitions and fun runs.

The Club arranges its own internal club championships for track events for the juniors and road & multi-terrain and triathlon for seniors. We are the oldest club in East Dorset aiming to provide a focal point for athletics in Poole.

The club provides organised training sessions at the following times:

<b>Tuesday</b>	6.15 - 8.30pm	Juniors	Ashdown Track, Poole
<b>Tuesday</b>	7.30 - 8.30pm	Seniors	Ashdown or Haymoor pub meet
<b>Wednesday</b>	6.30 - 8pm	Juniors	Ashdown Track, Poole
<b>Thursday</b>	5.55 - 6.45pm	Seniors	Poole Park
<b>Thursday</b>	from 7pm	Poole Joggers	Haymoor pub meet
<b>Thursday</b>	7.30 - 8.30pm	Hill training & resistance work	Various venues
<b>Friday</b>	7 - 8pm	Strength & conditioning	Canford School
<b>Saturday</b>	10.30 - 12 noon	Junior/Senior	Ashdown Track, Poole
<b>Saturday (Winter)</b>	9.30 - 10.30am 4.30 - 6pm	Cross country training Sportshall & circuit training	Ashdown Track, Poole

**Fees:** £1.50 or £2 per session.

Concessions for 'Poole Access to Leisure' card holders.



## Poole Runners

Poole Runners was formed 30 years ago and has an 18 year history of training junior athletes. We aim to train and compete in all aspects of running and athletics covering all abilities. We keep the ethos of enjoying athletics, being friendly, and achieving the best that we can. Teams compete successfully in all sorts of events throughout the year, on the track or cross-country or road-running or indoors or indeed any type of athletics event. Some Athletes have been winners at national level either individually or as part of a team, but more importantly all have the encouragement and opportunity to reach their own potential. All are welcome to come and try the activities provided by our club. More information is available on our website. The Club's main aim is to encourage active participation in all aspects of athletics.

The club provides organised training sessions at the following times:

<b>Monday</b>	6.30 - 8pm	Hurdles group	Ashdown Track
	7 - 8pm	Sprint group	Ashdown Track
<b>Tuesday</b>	6.45 - 8pm	Middle distance/road running	Corfe Mullen
<b>Wednesday</b>	7pm	Road running	The Junction, Broadstone
<b>Thursday</b>	6 - 7pm	Junior athletes track and field	Ashdown Track
	6.45 - 8pm	Senior athletes track and field	Ashdown Track
<b>Saturday</b>	10 - 11.45am	Junior's track and field at sports hall	Lockyers Middle School
	11.45 - 1pm	Senior sprint session	Lockyers Middle School

**Fees:** All track and Lockyers Middle School sessions cost an additional £1.50



## Wimborne AC

The club is based at the Queen Elizabeth Leisure Centre, Wimborne, making use of both the indoor and outdoor facilities. The centre is within QE School which has undergone a complete rebuild over the last four years. This is now reaching its end and will provide the club with some improved facilities.

The club runs a Junior Pack for the 8 to 10 year olds, a development group, and specialist groups at all events.

In the early years athletes receive instruction in all athletic disciplines, while also having the opportunity to develop events of their choosing.

There are also strong road running and cross country sections.

<b>Saturday</b>	9.45 - 11.45am	Junior Pack /development group & specialist groups	QE Leisure Centre
<b>Saturday</b>	9.45 - 11.45am	Road & cross country training	QE Leisure Centre
<b>Monday</b>	7 - 8.15pm	Strength training	Canford school
<b>Tuesday</b>	6.30 - 8pm	Middle distance intervals & repetitions	QE Leisure Centre
<b>Tuesday</b>	6.30 - 8pm	Road Runners	QE Leisure Centre
<b>Wednesday</b>	6.30 - 8pm	Development group & specialist groups	QE Leisure Centre
<b>Thursday</b>	6.30 - 8pm	Road Runners	Wimborne FC

**Fees:** £2 per session.



## Weymouth St Paul's Harriers & AC

Weymouth St Paul's Harriers & Athletics Club provides opportunities for people between the ages of eight and eighty to receive coaching and to take part in competition. All coaching is given by UKA qualified coaches who are trained and have been screened for their suitability for working with young people. Anyone aged 8 years and over can become a WSPH and AC club member.

<b>Tuesday</b>	6 - 7pm	Under 11's +	Budmouth Sports Hall (Oct - Mar)
<b>Tuesday</b>	6 - 7.30pm	All ages	The Marsh Athletics Centre (Apr - Oct)
<b>Tuesday</b>	from 6pm	Beach training Ages 8 - 75	Beach steps near Pavilion Theatre (Oct - Mar)
<b>Tuesday</b>	6.45 - 7.30pm	Road running	Various venues
<b>Thursday</b>	7 - 8pm	Road running	Various venues
<b>Sunday</b>	8 - 9am	Road running	Various venues

**Fees:** £1 - £2 per session depending on activity. First session is free.





## ***North Dorset Athletics Academy***

North Dorset Athletic Academy covers all running, jumping and throwing events. The group caters for athletes of all abilities and ambitions, both those who are members of an athletic club and those solely competing within school athletics. With North Dorset you will be taught event techniques, and develop your general and specific fitness.

At present the Athletics Academy runs sessions on Mondays, Tuesdays, Thursdays and Fridays in venues across the North Dorset district. Athletics Academy – runs on Mondays in Gillingham, Tuesdays in Shaftesbury and Thursdays in Blandford covering all athletics events for those in year 4 upwards.

Jumps Academy – is in Blandford on Fridays with specialist coaching in high jump, long jump, triple jump and pole vault for those in year 6 and above.

Coaching is by fully qualified and experienced registered UK Athletic coaches.

<b>Monday</b>	4 - 5.30pm	Athletics Academy Yr 5+	Gillingham
<b>Tuesday</b>	4 - 5pm	Athletics Academy Yr 5+	Shaftesbury
<b>Thursday</b>	4 - 5pm	Athletics Academy Yr 4+	Blandford Forum
<b>Friday</b>	4.30 - 5.30pm	Jumps Academy Yr 6+	Blandford Forum

**Fees:** Payment by term, depending on number of weeks in term. There is no membership fee. This group is supported by Wimborne AC.

## ***West Dorset Athletic Group***

This group is based at Sir John Colfox School, Bridport and is primarily aimed at those athletes in school years 5, 6 & 7, although siblings are catered for wherever possible.

<b>Monday</b>	6.00 - 7.00pm	Year 5, 6 & 7 athletes	Sir John Colfox School, Bridport
---------------	---------------	------------------------	----------------------------------

**Fees:** £2 per session.

There is no membership fee. This group is supported by Dorchester AC.

## ***Dorset multi-events Academy***

<b>Sunday</b>	1.30 - 3.30pm	Traning session	Ashdown Track
---------------	---------------	-----------------	---------------



## Safeguarding Children

Each club in the network has an appointed Welfare Officer, who ensures that the England Athletics Welfare Policy is adhered to (this can be found in the club section of [www.englandathletics.org](http://www.englandathletics.org)).

They also ensure that a volunteer has undergone Safeguarding Children training and that coaches are CRB checked.

## Expression of Interest

If you are not currently a club member, please fill in all sections. Existing Team Dorset club members need only complete Sections 1 and 3.

<b>Section 1</b>		
Name:	D.O.B.	Gender M/F
School (if applicable):		
Address:		
Telephone:	Mobile:	
Email:		

<b>Section 2</b>	I am particularly interested in being coached at: (PLEASE TICK AS APPROPRIATE) No experience necessary	
Bournemouth AC <input type="checkbox"/>	Dorchester AC <input type="checkbox"/>	Dorset multi-events Academy <input type="checkbox"/>
North Dorset Athletics Academy <input type="checkbox"/>		Poole AC <input type="checkbox"/>
Poole Runners <input type="checkbox"/>		Weymouth St Paul's Harriers <input type="checkbox"/>
West Dorset Athletic Group <input type="checkbox"/>		Wimborne AC <input type="checkbox"/>

<b>Section 3</b>	I am particularly interested in being coached in: (PLEASE TICK AS APPROPRIATE) No experience necessary		
Javelin <input type="checkbox"/>	Discus <input type="checkbox"/>	Shot <input type="checkbox"/>	Hammer <input type="checkbox"/>
Long jump <input type="checkbox"/>	High jump <input type="checkbox"/>	Triple jump <input type="checkbox"/>	Pole vault <input type="checkbox"/>
Sprints <input type="checkbox"/>	Hurdles <input type="checkbox"/>	Middle distance <input type="checkbox"/>	Long distance <input type="checkbox"/>
Steeplechase <input type="checkbox"/>			

Return completed form to: TDAN, c/o 46 Hercules Road, Hamworthy, Poole, BH15 4JA

## ***Get involved - sign up to volunteer***

Since the Olympic and Paralympic Games, the legacy has been growing. Athletics clubs continue to face exciting and busy times with the increased participation in our sport and the increase in membership. The increase in demand and interest in athletics is a fantastic opportunity for our clubs but also a challenge.

Whether you are able to volunteer at a one off event or for a sustained period there is always a need. If you can offer one hour a week or a couple of nights a week, you can make a real contribution to athletics.

For more information please contact the Network Coordinator to register your interest:  
Lindsay Hole - woodlands20@hotmail.com