

Event	Basis of Group			Training Group (at EPSV, unless stated otherwise)	
	Age	Age Group	Other Criteria	Weekday Time	Lead Coaches
Various events - not specialising	8.5-10	U11	-	Tuesday 6:30-8 PM	Jill Gore and Joanne Cartwright
Various events - not specialising	11-13	U13 - U15	-	Thursday 6:30-8 PM	Dennis Wall and Mark Duffey
Various events - not specialising	9-13	U11 - U15	-	Saturday 10 AM-12 PM	Dennis Wall and Joanne Cartwright
High Jump	11+	U13+	-	Monday 6-8 PM Thursday 6-8 PM	Jane Palmer
High Jump	8.5+	U11+	-	Saturday 10 AM-12 PM	Jane Palmer
Long Jump, Triple Jump	?	?		?	Dave McKay
Throws (Winter)	11+	U13+	-	Tuesday 6:15-8 PM Saturday 10 AM-12 PM	Dave McKay and Jenny Manning
Throws (Summer)	11+	U13+	-	Tuesday 6:00-8 PM Thursday 6:00-8 PM Saturday 10 AM-12 PM	Dave McKay and Jenny Manning
Sprints	12+	U13+	-	Monday 6-8 PM Thursday 6-8 PM Saturday off-site	Jonathan Moss
Sprints	12+	U13+	Invitation from/ agreement between coaches	Tuesday 6:30-8 PM Thursday 6:30-8 PM Saturday off-site	Victor Oyesola
Hurdles	13+	U15+	Non-novice U13s may join by agreement	Monday 6:30-8 PM	Karl Fenney
300- 400m	15+	U17+	-	Tuesday 6:30-8 PM Thursday 6:30-8 PM Saturday 10 AM-12 PM	Alan Littler
Beginner/ Junior Middle Distance	8.5-12	U11 - U13	-	Tuesday 6:30-8 PM	Dennis Wall and Mark Duffey
Intermediate Middle Distance	12-21	U13+	-	Monday 6:30-8 PM Tuesday 6:30-8 PM Thursday 6:30-8 PM	Ian Ackroyd and Tim Palmer (Tuesday @Lloyd Drive)
Senior Middle Distance	18+ to Veteran	U20, Senior, Vet	-	Tuesday 6:30-8 PM Thursday 6:30-8 PM	Graham Patterson
Middle to Longer Distance	Senior to Veteran	Senior, Vet	-	Thursday 6:30-8 PM	Chris Morgan
Longer Distance	Senior to Veteran	Senior, Vet	Beginners and regulars	Monday from 6:20 PM Thursday from 6:20 PM	John Parlevliet (from Northgate Arena, Chester)
Longer Distance	Senior to Veteran	Senior, Vet	Regulars and faster runners	Tuesday from 6:20 PM	Andy Carter (from Cheshire County Sports Club, Chester)