

GREAT NEWS - the Monday evening track sessions at William Parker campus have now resumed!

These sessions are suitable for all ages and abilities, and will help you improve your pace judgment, running form and economy, and race times! **The sessions will run from 18.15 - 19.15pm, and will need to be pre-booked with me** (ie you can't just turn up on the night). I would envisage having up to 5 groups per session, who would all operate independently. Although the track is a Covid - secure environment, which in theory offers us scope to cater for groups much larger than 6, at this stage we are going to limit the group size to a maximum of 8 people. Any groups that don't include an HR coach will be given a programme to follow. The senior coach on the night will provide details of all those who have attended to our coaching group admin secretary Marie Crawford, who maintains Track & Trace records in the event that anyone subsequently tests positive for Covid following a training session. If you are interested in attending these sessions, which are only available for those aged 16 years and over, please email nickbrownrunning@gmail.com

TRACK PROTOCOL: Covid - 19 precautions

Please read the following information carefully, and this will be forwarded to participants before each session. In addition you will receive details of which group you are in, which Zone you need to check in to, which lanes you will be running in and finally details of the session itself.

WHERE: Ark Alexandra Academy, William Parker Campus, Park Avenue, Hastings TN34 2PG

PARKING: Free parking on site, or in the immediate residential area of Park Avenue, which is off Park View

ENTRANCE: You can only get in through the gate at the top of the path leading from Park Avenue; there is no access from Parkstone Road

TIME: Please arrive punctually at 18.15 pm when the gate will be opened, and respect social distancing by queuing up 2 metres apart. Please hand sanitise before you arrive at the track, but there will be hand sanitiser available if required on the bench near the bottom of the steps leading down to the track

EXIT: Please be ready to leave the track promptly at 19.15pm. Please use the hand sanitiser before you head up the steps and exit through the gate back onto the path leading to the car park

CLOTHING: For those of you who may be first timers at the track, it is worth bringing an extra layer of clothing to warm up in, and then to put on immediately after the session

ZONES: We will have a maximum of 5 different groups, who will check in to Zones 1, 2, 3, 4 or 5 to ensure social distancing. This is where you can store your kit, and will meet for instructions and warm up drills before the session starts

LANES: Please stick to your designated lanes for warm up, session itself and cool down

WARMING UP: Try and do at least 5 - 10 mins warm up once you are on the track. I will blow the horn at 18.30 pm which will be the signal for you to return to your Zone where the lead coach will then do a 5 mins warm up drill

SESSION: The session itself will last circa 35 mins, which will give you time to finish with a 5 mins cool down jog before we leave the track promptly at 19.15 pm

TRACK & TRACE: I will provide our coaching group admin secretary Marie Crawford with the attendance records, in the event that anyone subsequently tests positive for Covid following a training session

PAYMENT: Online only please; no cash! The cost is £2.50pp, no charge for 17 & 18 year olds. Please make payment by the Friday following each session to the Hastings Runners bank account.

Name: Hastings Runners. Sort code: 309766 Account Number 00242918

STATS: Please try and record your stats for each session; ie time taken and distance covered during the reps (excluding recovery) and email them to me afterwards, so that I can keep a record and also do an FB report