

Winter Training Update

We have the opportunity to use the Peterborough Athletics Track on the third Wednesday of each month over the Winter time starting in October after the Great Eastern Run. Admission is only £1 because it is subsidised by the Greater Peterborough Athletics Network (GPAN).

Guidelines:

Meet at the track 7pm paying whoever is collecting subscriptions. There are excellent changing facilities and showers at the track. If sharing transport – make sure you're on time so time is not lost at the track.

Parking in the 'Swimming Pool' car park is free of charge at this time of day. Using an athletics track requires good observation, it is important that you only run in an anti clockwise direction and to be aware of other track users at all times.

If the in field area is being used by throwers – do not cut across the grass or you might get impaled on a javelin or knocked out with a hammer!

Other weeks:

For other Wednesday evenings between 7pm – 8pm we will organise some sessions around Whittlesey. There is a 1,115 metre lap that we can use in a variety of ways with an emphasis on improving speed.

Important:

Running on the road when it is dark has safety implications. It is therefore mandatory to use High Visibility tops for these sessions. The proposed route is run in an anti clockwise direction so that only one road junction is crossed and we keep to the nearside pavement that must be used if traffic approaches.

Guidelines:

Meet at the Manor by 7pm – we will run to the start area by Park Road School as a group. The starting point is adjacent to the post box, a briefing for the session will take place here.

Depending on the session runners may be positioned around the route to take over in the manner of a relay, or laps may be completed at various times for sections of the lap. Marks have been created to indicate the one third, half and two third distance for this purpose.

When everyone has completed their work all runners will depart back to the Manor as a group, expected to be approximately 8pm. These sessions are suitable for adults of all abilities but not juniors.

