



Age	Groups	
5-12yrs	Run, Jump & Throw	
	Sophie Allan, Kate Crawford, Juliet Moncur, Kieran McDonald	
9-10yrs	FUNDamentals Group	
	Ian Jones, Ferelith Jenkinson	
11-12yrs	Development Group (Multievent approach)	
	Scott McDonald, Joanne Erskine, Keith Black	
13yrs +	Sprints	Endurance
	Francis Smith	Steven Chalmers
	Kieran McDonald	Heather Morrison
	Jumps/Throws/Combined	Assistant Coaches
	Vicky Lister	Cat Cuthbert,
	Suzannah Ferguson	Clare Kane, Kate Crawford

Winter - 2021 Monday 27th September to Wednesday 22nd December

Day	Time	Event/ Group	Venue	Age	Lead Coach	Coach	Coach
Sunday	9.30 to 10.30am	Hill Runs	Public Park	13yrs+	Vicky Lister	Suzannah Ferguson	Keith Black
	10.00 to 11.00am	Endurance	Various, see coach	13yrs+	Steven Chalmers	Heather Morrison	
Monday	6.30 to 8.00pm	Foundation	Pitreavie	9-10yrs	Ian Jones	Ferelith Jenkinson	
		Development		10-12yrs	Scott McDonald	Keith Black	Cat Cuthbert
		Combined		13yrs +	Vicky Lister	Suzannah Ferguson	
		Sprints		13yrs +	Francis Smith	Kieran McDonald	
		Endurance		13 yrs +	Steven Chalmers	Heather Morrison	
Wednesday	6.30 to 8.00pm	Foundation	Pitreavie	9-10yrs	Ian Jones	Ferelith Jenkinson	
		Development		10-12yrs	Scott McDonald	Keith Black	Joanne Erskine
		Combined		13yrs +	Vicky Lister	Suzannah Ferguson	
		Sprints		13yrs +	Kieran McDonald	Francis Smith	
		Endurance		13 yrs +	Steven Chalmers	Heather Morrison	

Pre-Summer / Summer 2022 - Monday 3rd Jan to September 2022

Day	Time	Event	Venue	Age	Lead Coach	Ass. Coach	Ass. Coach
Sunday	10.00 to 11.00am	Endurance	Various, see coach	13yrs+	Steven Chalmers	Heather Morrison	
Monday	6.00-7.00pm	Jumps (Combined)	Pitreavie	13yrs +	Vicky Lister	Suzannah Ferguson	
	6.30-8.00pm	Foundation		9-10yrs	Ian Jones	Ferelith Jenkins	
		Development		10-12yrs	Scott McDonald	Keith Black	Cat Cuthbert
		Sprints		13yrs+	Francis Smith	Kieran McDonald	
		Endurance		13yrs+	Steven Chalmers	Heather Morrison	
Wednesday	6.00-7.00pm	Hurdles (Combined)	Pitreavie	13yrs +	Vicky Lister	Joanne Erskine	
	6.30-8.00pm	Foundation		9-12yrs	Ian Jones	Ferelith Jenkins	
		Development			Scott McDonald	Keith Black	
		Sprints			Kieran McDonald	Francis Smith	
		Endurance		13yrs +	Steven Chalmers	Heather Morrison	
Friday	6.00-7.00pm	Throws (Combined)	Pitreavie	13yrs+	Vicky Lister		

