

Annual report for entry level track training group 2022

A good training year for Abingdon AC's entry level coaching group. Many thanks to the 46 athletes who have come along to the sessions during 2023. Throughout the year we're had 450 separate appearances on Thursday evenings, making the average weekly turnout of just under 11 per week.

There have been some good performances in national master's athletic events, particularly by Jane Fabes, Pip Terry and Noel. Jane in fact was at one time the holder of the fastest parkrun time in her age group in the country.

We generally run between 100m and 1,200m reps in various combinations, alternating between longer and shorter distances. This in turn improves the aerobic and anaerobic (oxygen debt) capabilities of all the athletes coming to the sessions. Although I don't have any current data, parkrun times have been generally improved for most of our regular attendees.

Finally, I look forward to another successful year during 2023. We could always do with more club members trying the sessions. Those who come along will always be assured of a great welcome.

Andrew Garner