



Aldershot, Farnham & District Athletics Club

New Athlete Induction Pack

Last updated: January 2026

Table of Contents

<i>Welcome to Aldershot, Farnham & District AC</i>	<i>3</i>
<i>Key Contacts.....</i>	<i>4</i>
<i>Training Details</i>	<i>5</i>
<i>Athletics Calendar</i>	<i>7</i>
<i>Types of Competition</i>	<i>8</i>
<i>Information about Competition</i>	<i>9</i>
<i>Expectations of Athletes and Parents.....</i>	<i>11</i>
<i>Safeguarding.....</i>	<i>13</i>
<i>Athlete Pathway.....</i>	<i>15</i>
<i>Volunteer & Coaching Pathway</i>	<i>16</i>
<i>Helpful Websites</i>	<i>17</i>

Welcome to Aldershot, Farnham & District AC

On behalf of the Chairperson and Committee of Aldershot, Farnham & District AC, we would like to welcome you to the club.

Aldershot, Farnham & District Athletics Club was founded in 1966 after the merging of Aldershot and District AC and Farnham AC and saw the bringing together of the club colours: red, green, and white.

To find out the extensive history of AFD AC, click [here](#).

AFD AC are an inclusive club, accepting athletes of all ages and abilities and look to cater for needs of all athletes. Within this Induction pack, we hope to inform you, as a new member, or new member's parent, with anything you should need to know about training, competing, kit, and everything else in between.

Should there be anything else you need to know, don't hesitate to contact Mike Neighbour, the Chairperson, or your appropriate coach for additional information.

GO TO THE WEBSITE HERE

Key Contacts

Committee Members

Role	Name
Club President	Roland Yeomans
Club Chairperson	Mike Neighbour
Club Treasurer	Kate Haynes
Club Secretary	Lindsay Badman
Club Welfare Officers	Tim Snook Charlotte Dury
Admissions Secretary	Ian Jennings

To contact any of our Committee members please visit the '[Contact Us](#)' page on our main club website or the [Club Contacts](#) link.

Coaches

Name	Role
Tad Dicker	18 years+ (Distance)
Mick Woods	11 years + (Distance)
Stuart Boswell	Ages 9-11 (Distance)
Tim Eglon	(Distance)
Alex Parker	16 years + (Sprints)
Adrian Weston	Ages 13-20 (Sprints)
Richard Jackson	Ages 11-16 (Sprints)
George Male	Head Jumps Coach & Hurdles
Annie Male	High Jump Coach
Sophie Smith	Hurdles
Duncan Smith	Long & Triple Jump Coach
Alan Leiper	Pole Vault and Shot
Kirsten Workman	Throws
Eric Workman-Fowler	Javelin
Verity Snook	Walks
Tim Snook	Walks
Ian Jennings and Mike Simpson	Aged 9 years – 12 years
Mark Hyde	Aged 9 years – 12 years

To contact any of our Coaches please use the Enquiry form on the 'contact us' link on our main club website.

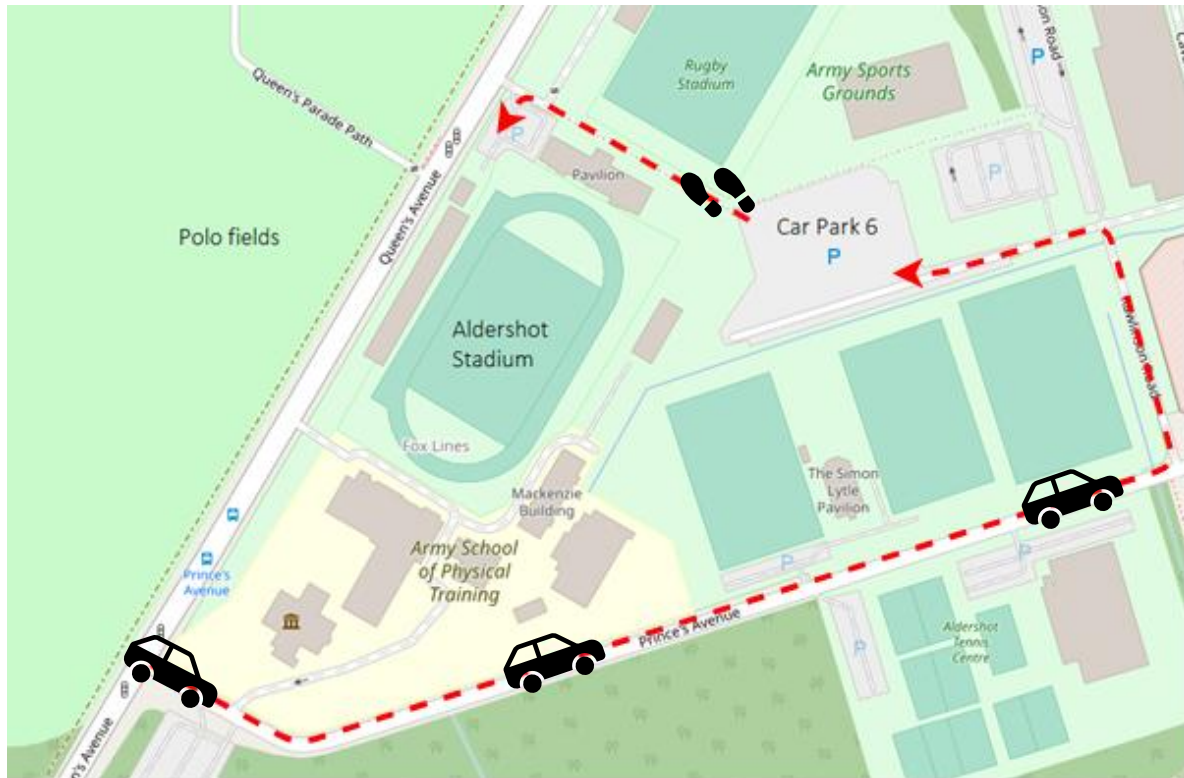
Training Details

Training Venues

Aldershot Military Stadium

Queen's Avenue, Aldershot, GU11 2JL

Parking: Car Park 6, GU11 2EY



PARENTS OR ATHLETES SHOULD NOT USE THE SMALL STADIUM CAR PARK FOR PARKING, TO DROP OFF OR TO PICK UP – CAR PARK NUMBER 6 SHOULD ONLY BE USED

*The gates are normally unlocked to allow emergency services or official parking access.
The stadium car park is poorly lit and athletes may be walking/jogging within, so it is strictly out of bounds.*

Aldershot Polo Fields

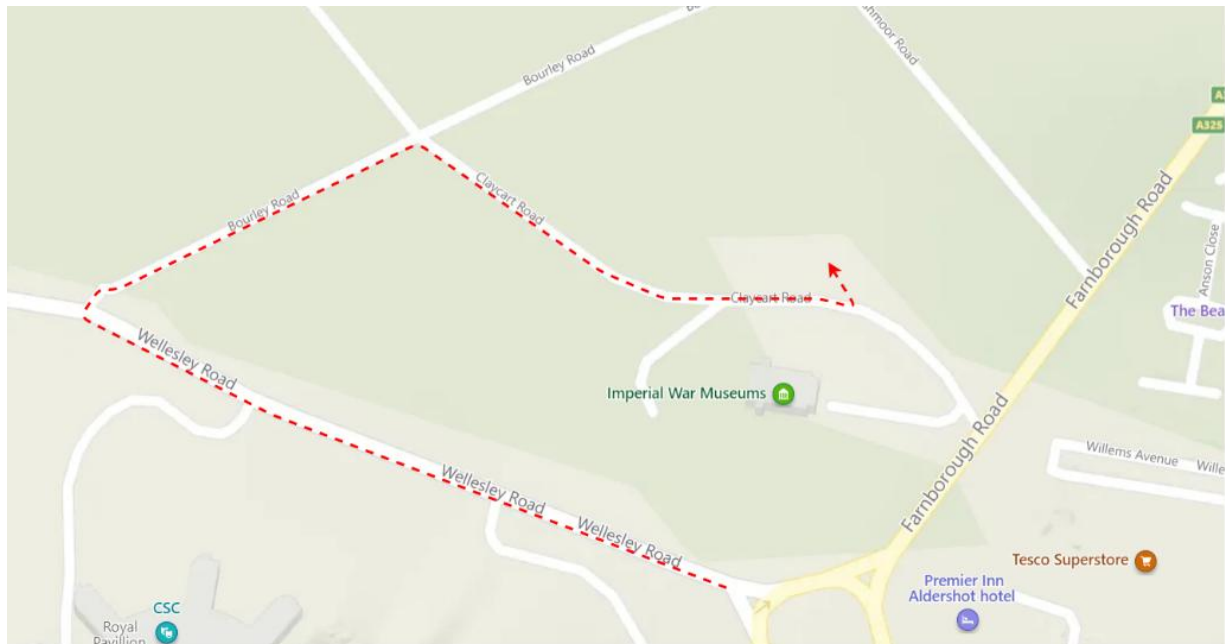
Queen's Avenue, Aldershot, GU11 2EX – Entrance Opposite the Military Stadium

Parking: Car Park 6, GU11 2EY (see map above).

Wellington Statue

Claycart Road, Aldershot, GU11 1QB

Parking: Wellington Statue Car Park, GU11 1QA



Training Times

Tuesday 6.30pm-8pm

Thursday 6.30pm-8pm

Sunday 10am-12pm

Groups train at various locations during the week, please contact your coach to confirm locations.

Please ensure that whether you are dropping off, collecting, or planning to stay and watch, all vehicles are parked in the allocated car parks specified above. This ensures the safety of all athletes.

Athletics Calendar

There are various fixtures throughout the year, depending on the event.

All sign up details for league events are on the AFD My ClubHouse website <https://afd.myclubhouse.co.uk/> including Team Managers details.

Winter Season

[September-March]

Cross Country Leagues

- Junior Cross Country League
- Hampshire Cross Country League

(Hampshire/Surrey) Cross Country County Championships

National Cross Country

Road Relays – Southern and National

Indoor season (track and field)

Sports Hall Athletics

Winter Fixture list can be found [here](#).

Summer Season

[April-September]

Track and Field Leagues:

- Alder Valley League (U14, U16, U18)
- Southern Athletics League (U18, U20, Seniors and Masters)
- Hampshire Southern Counties Vets/Masters League (athletes aged 35 years or over)

Quadkids Competitions (U12 age groups)

(Hampshire/Surrey) County Track and Field Championships

South of England Track and Field Championships

Open Meetings

Race Walking Leagues

Summer Fixture list can be found [here](#).

**FIND OUT MORE ABOUT ENTERING A
COMPETITION HERE**

Types of Competition

LEAGUE MEETINGS

These are team events, with team managers selecting the squad. In addition to athletes who score points for the club, every competition event is open to all abilities, with athletes also competing as a 'non-scoring' to gain experience.

Aldershot, Farnham & District AC belongs to several local track and field leagues, as well as cross country leagues, offering competition opportunities for all age groups and abilities. To find out details of any of the league competitions or sign up visit the Clubs MyClubhouse portal - <https://afd.myclubhouse.co.uk/>

Southern Athletics League (U18, U20, Senior and Masters age groups)

This is a senior track and field league based in the South of England area for men and women. Aldershot Farnham & District AC competes in Division 3 West for the 2026 season. U18, U20, Seniors and Masters athletes are eligible to compete in this League. There are four meetings a year between May and August. In addition to A & B athletes who score points for the club, every competition event is open to non-scoring athletes. Athletes are encouraged to take part in the league during the summers months.

Alder Valley Track and Field League (U14, U16 and U18 age groups)

The Alder Valley League is a local league which caters for the junior athlete (U14, U16 and U18) age groups. In addition to A & B athletes who score points for the club, every competition event is open to non-scoring athletes. This gives new athletes the chance to get officially recorded performances and gain experience.

Hampshire Southern Counties Veterans League (aged 35 years +)

If you are aged 35 years or over, then you will also be most welcome to take part in the Masters (Veterans) track and field league held on Monday evenings during the summer months. The veterans league is very friendly and is welcoming to athletes of all abilities. In addition to A and B string athletes who score points for the club, non-scoring athletes can also compete. Masters athletes also have plenty of opportunity to compete at open competitions and national competitions.

Quadkids Competitions (U12 age groups)

In the summer, U12 athletes compete in Quadkids competitions in which they take part in four events: 75m sprint, 600m run, Long jump, Vortex Throw.

The times and distances are converted into points which are added together to give a final score. The Quadkids competitions are fun and inclusive, as well as providing a stepping stone encompassing all the key aspects of athletics; endurance, speed, agility and strength.

Hampshire Cross Country League (all age groups)

The Hampshire Cross Country League has races at different venues, from November through to March and caters for all age groups. The meetings are open to all AFD AC athletes.

Junior Cross Country League (U9, U11, U13 and U15 age groups)

The Junior Cross Country League is a junior local league which provides competition experience for athletes in the U9, U11, U13 and U15 age categories.

OTHER COMPETITIONS

Open Meetings

Open meetings are a great place to start competitive athletes or an opportunity for athletes to improve their performance or set personal bests. In these competitions you enter yourself and compete as an individual choosing the event(s) you want to take part in.

County Championships, National Championships (Track & Field/Cross Country)

There are County, Regional and National Championships held across the season. Athletes enter themselves and compete as an individual.

Information about Competition

Preparation

Arrive at least 1 hour before your event to register with your team manager, you will be given a number or letters and safety pins to pin on your club vest (find out about club kit on page 9).

Each event takes 2 scoring athletes. This means their performance contributes to the points awards to the team and will go towards the team performance in the league. There are also non-scoring athletes where personal performance will still count and be recorded on the Power of 10 but will not contribute to the league position of the team.

It's important to warm up before your event – it's usual to do your usual warm up (jog and drills) that you have done in training if you don't have a competition warm up. This should take around 30 minutes. Please speak to your coach to ensure you are familiar with what you should be doing in a competition warm up.

Registering for an event

At the start of every competition, after you've arrived 1 hour before your event, find your team manager and collect your letters or numbers.

You will then also need to register at your event, they will take your name, club and number so they can make sure your performance is tracked back to you.

It is the athlete's responsibility to be that the event at the correct time – they will start without you if you are not there! If you are doing a field event and a track event that clash (this can sometimes happen), speak to the field event judges and make them aware, they will advise you on what to do. It's important to register at the first event before you disappear off to the second.

Results from your event can be found on the noticeboards, are sometimes read out on the loudspeaker, and can also be found on the [Power of 10](#).

Power of 10

All athletes registered to an athletics club will be given a profile on the [Power of 10](#). This is a platform that records performance for the lifetime of an athlete. Any registered event attended will see a record added to an athlete's Power of 10 profile. A performance done at school pre-registration with AFD will not be recorded on the Power of 10.

Power of 10 also records national records and rankings by year, age, gender, age group, and event.

Club records are updated regularly on the club website and can be found [here](#).

Competition Age Groups

Athletics age groups start at U10 and range through U12, U14, U16, U18, U20, to U23, Seniors and Masters (athletes aged 35 and over).

The current age groups categories in which young athletes compete have been revised.

From April 1, 2026, young athletes will compete in the following age groups:

- U10: school years 3 and 4
- U12: school years 5 and 6
- U14: school years 7 and 8
- U16: school years 9 and 10
- U18: school years 11 and 12
- U20: year 13+

These new age groups will replace the existing U13, U15 and U17 groupings. Athletes will compete across the school year (in England) from October-September in the same age group through cross country, road and then track and field competition.

The rules will be effective from 1 April 2026, so athletes will compete in the 2026 track and field season in the above age groups. For example, for track and field, an athlete currently in year 7 will compete in the U13 age group in the 2025 summer season and will be in year 8 – and therefore U14 – in the 2026 track and field season.

Events are amended for each age group – throws are smaller or lighter, distances are shorter.

Expectations of Athletes and Parents

Training

Depending on age, athletes are expected to train a minimum of once a week for younger athletes, twice a week for intermediate athletes and up to three times a week at the track for advanced, or older athletes. This is at the discretion of the coach, and you should be informed as you join the group.

Competition

All Senior, U18, U16 and U14 athletes are expected to compete at least 4 times a season.

Fixture dates can be found on MyClubhouse [here](#). It is understood that track and field athletes cannot always compete during the winter. Middle distance athletes can compete in both the winter (cross country) and summer season (track and field). Whilst there is a 4-fixture minimum, athletes are encouraged to compete as much as they are able.

Parents are also encouraged to volunteer at least 1 fixture per season. For more information on volunteering or qualifying as a coach, see page 16.

Clothing and Footwear

Athletes must come to training with weather appropriate clothing, trainers, and event-appropriate spikes. These are the minimum requirement to ensure health and safety is adhered to.

Our track has a maximum allowable spike length of 6mm.

For guidance on which spikes to buy, see the AFD website [here](#). Your coach should also help advise you on this.

Athletes/volunteers/coaches training outside the perimeters of the stadium should wear hi-vis clothing to adhere to our health and safety policy.

WINTER KIT

Long trousers or leggings, a base layer, hoodie/jumper. Often gloves, hat and lightweight coat are required too. Clothing should not be restrictive, and layers are key to ensure athletes don't overheat. Spare socks and a dry jumper are advisable for wet sessions.

SUMMER KIT

Shorts and vest are common summer kit however it's advised to pack a waterproof coat as a minimum to every training session as we all know how unpredictable the English weather can be! It's also advised to make sure there is sun cream in your kit bag.

Club Kit

Our registered competition kit is a red, white and green vest, paired ideally with black shorts.

When competing for the club in league matches, club vests must be worn.



View the club kit options [here](#).

Club Kit can be purchased from Mike Neighbour (mike_jillneighbour@hotmail.com) at the Stadium in the clubs storage containers, which are located behind the buildings between the 100m & 200m start on the track on Tuesday and Thursday evenings.

Safeguarding

Safeguarding policy statement

Aldershot, Farnham & District AC (AFD AC) recognises that every person associated with the Club has a right to be treated with respect and consideration. Every member is also entitled to participate in a fun and safe environment. Aldershot, Farnham & District supports UK Athletics (UKA) safeguarding policy to ensure everyone involved in our sport plays a part to safeguard and protect all children and adults from physical, sexual, emotional harm and abuse.

The child and adult safeguarding policies and regulations set out by UKA inform this club welfare policy and members (affiliated or not) understanding of their responsibility and duty of care to recognise and report a concern about a child or adult quickly and consistently.

AFD AC's welfare policy statement will be reviewed on an annual basis and updated as necessary.

In addition to any behaviour not in accordance with this Welfare Policy which follows, it should be reported to the welfare officer as detailed below.

Drop off/Pick up protocol

Parents/carers are responsible for ensuring that their child is delivered safely to their coaching group before leaving the stadium. All U12 athletes must be dropped off and collected directly from their coaching group. Parents of athletes in other age groups are responsible for agreeing drop off/collection arrangements of their children with Coaches directly. Any Parents or carers who wish their children to travel home unaccompanied, must give consent in writing to the club.

Where parents are having difficulty collecting their child or are running late, they should inform the Childs Coach by text or WhatsApp or other agreed communication channel.

Car Parking

It is paramount parents use Car Park 6 only. The small car park at the stadium is only for coaches, volunteers, committee members and blue badge holders.

Safeguarding Contacts

Aldershot, Farnham & District AC Committee include two Club Welfare Officers. The Welfare Officers will act in an advisory and supporting capacity to club personnel to implement welfare policies and procedures, and to support the club in adhering to the codes of conduct and good practice published by the National Governing Body (NGB). Details of the Clubs Lead Welfare Officer are below:

Lead Welfare Officer:
Tim Snook timothy.snook1998@gmail.com
<u>Welfare Officer</u>
Charlotte Dury Charlottejaneking@hotmail.com

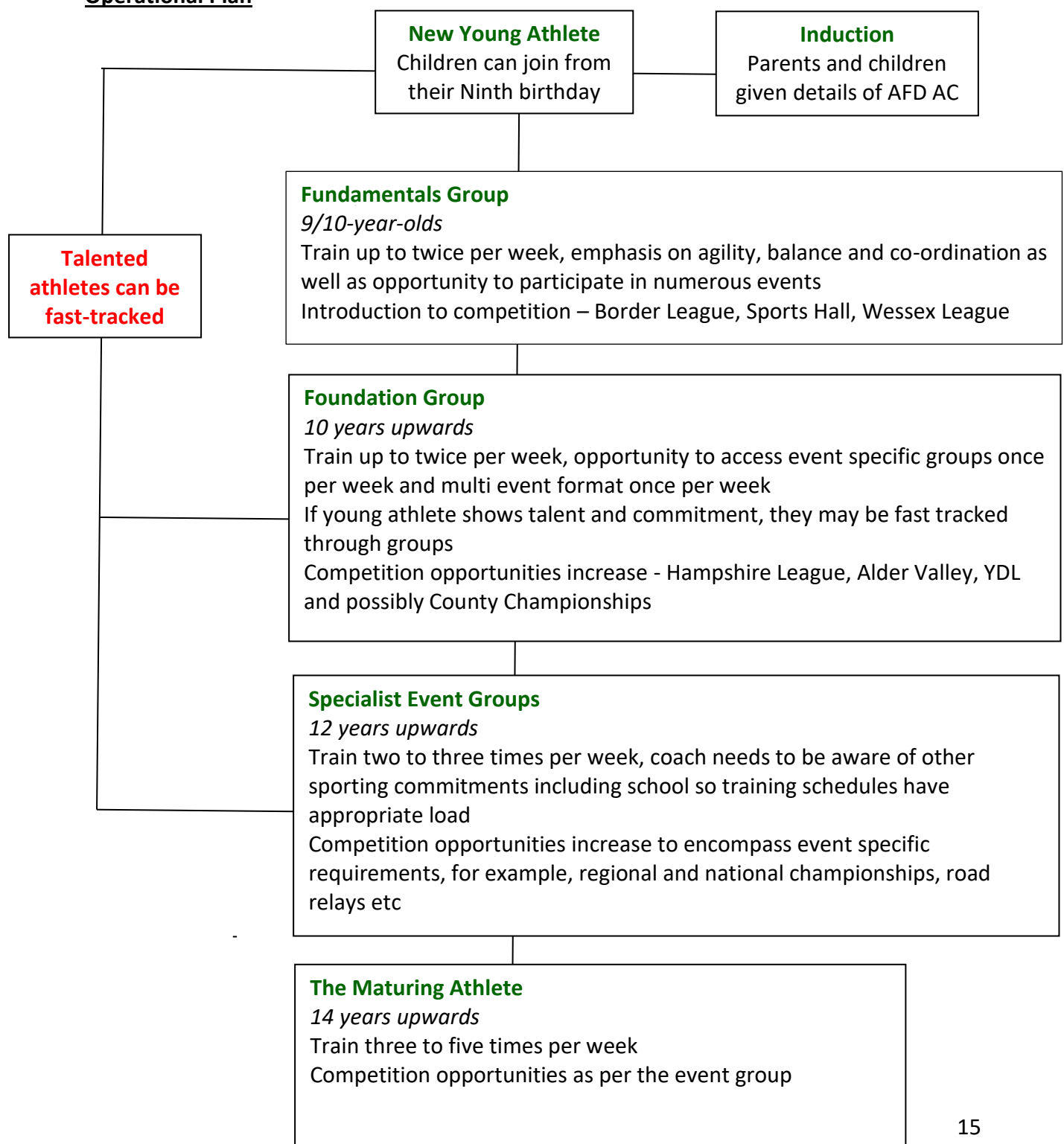
**READ OUR FULL
SAFEGUARDING POLICY
AND HOW TO REPORT A SAFEGUARDING ISSUE
ON OUR WEBSITE**

Athlete Pathway

AFD AC junior section will provide a safe and friendly environment where any child may participate and compete in athletics activities. We will help to raise everyone's physical fitness and develop self-esteem.

We will endeavour to help all participants to achieve their maximum potential in our sport through offering quality coaching. We will invest in our coaches and volunteers to ensure their skills develop and they can pass on that experience and knowledge to the participants.

Operational Plan



Volunteer & Coaching Pathway

Volunteers

The Club is always looking for more volunteers to [help](#). Without volunteers AFD would not be able to function. If you would like to help with any aspect of running of the club, please contact a member of the committee. You can do as much or little as you wish. We need help in several areas, for example helping coaches on training nights, administration, general help at our events/league matches such as handing out numbers, marshalling, raking the sandpit etc.

Officials

The club is also always on the lookout for more officials. If you enjoy athletics and want to get more involved England Athletics run Officials courses. Some of these are online courses and give you a basic insight into being a qualified official such as a track judge, timekeeper, or field judge. The club will support you through the process.

Officials not only officiate local league matches but there are opportunities to go on and assist at regional, national championships and even Diamond League events such as the Anniversary Games!

Courses are available online and the club will assist with course fees if volunteers officiate for the club during the following season.

Coaching

The club can never have too many coaches and therefore will assist with fees for England Athletics coaching courses undertaken by those who are willing to coach for AFD AC. There are varying levels of coaches. For more information, [visit the England Athletics website](#). All coaches are required by England Athletics to complete a DBS, this also aligns with the Clubs safeguarding policy.

Helpful Websites

AFD Website - <https://www.afd.org.uk/>

England Athletics Website <https://www.englandathletics.org/>

Power of 10 - <https://www.thepowerof10.info/>

Hampshire Athletics - <https://www.hampshireathletics.org.uk/>

Surrey Athletics - <http://www.surreyathletics.uk/>

Berkshire Athletics - <https://www.berkshireathletics.org.uk/>

UK Masters Athletics - <https://mastersathletics.co.uk/>

South of England Athletics Association - <http://www.seaa.org.uk/>

AFD AC Instagram - <https://www.instagram.com/afdacofficial/>

Alton Sports (quote AFD/show your England Athletics card for 10% off) - <https://www.altonsports.co.uk/>

AFD Club Records - <https://www.afd.org.uk/club-records/>

UKA Code of Conduct - [codes-of-conduct-booklet.pdf \(uka.org.uk\)](#)

For amendments, changes or updates, please email afd.minutessec@gmail.com