



## TRACK TRAINING AT GREEN POINT ATHLETICS STADIUM

1. AAC has booked 2 weekday slots: Tuesdays from 17.30–19.30 and Thursdays from 06.00–08.00.
2. The track is shared at the same time with various other clubs and groups.
3. AAC is paying the costs as a free service to members. In the event that insufficient numbers are using this facility AAC reserves the right to call for contributions from actual users.
4. On occasions when events are taking place (schools athletics, film shoots etc.) the track will be closed. We are normally notified in advance and can communicate with members. Training will then take place in the Urban Park or on the promenade
5. Facilities include parking in P4, toilets, changing rooms, showers (water restrictions permitting), the track itself and the grass field (pitch). Stadium lighting in the grandstand will be switched on in the winter when it gets dark but not flood lights (which add substantially to the cost).
6. Chris Readman, ASA Level One Coach, ('Coach Chris') will supervise and co-ordinate sessions as a free service to AAC members. More coaches may be engaged in future according to demand.
7. Coach Chris will not be responsible for writing individual programmes or keeping records.
8. Only AAC members whose names are on the security list held at the gate will be permitted to enter. To be added to the list or check your status email Sean Robson <[info@atlanticathletic.co.za](mailto:info@atlanticathletic.co.za)>.
9. Do not come to track unless you are on the list of AAC members at the gate and do not bring guests, friends or training partners from other clubs unless by prior arrangement. If in doubt contact Chris Readman.
10. For changes in the rules and guidelines please check the AAC website.
11. Park in P4 (south side) NOT at the Cricket Club. Access is through the delivery gate off P4.
12. **Tuesday evening** coached sessions start at 18.00 after a briefing at 17.55  
(NB winter months June and July at 17.30 with briefing at 17.25).  
**Thursday morning** coached sessions start at 06.15 after a briefing at 06.10
13. Arrive in time to warm up and stretch before the briefing.
14. Late arrivals will be accommodated and slotted in where possible.
15. Athletes with their own programmes can run their own sessions. Alternatively Coach Chris will arrange groups and set sessions according to goals and abilities.
16. Warm up by jogging on the road and forecourts around the stadium OR around the OUTSIDE lanes of the track (clockwise or anti-clockwise).
17. Lane 1 is for athletes at speed! Be aware of them coming up behind and be prepared to move to Lanes 2 & 3 to let them through. Also for recovery jogging intervals – move into lanes 2 & 3. **Do not stand, jog or walk in Lane 1.**
18. Do not stand on the active track. Move on to the grass or adjacent hard stand.
19. Be aware of field athletes on the pitch throwing javelins, shot, discus and hammers.
20. In terms of our lease **athletes use the track entirely at their own risk and there is no recourse against Council or AAC for death or injury.**

21. There is a WhatsApp contact list, moderated by Chris and is used essentially for announcements concerning track closures, training advice, coaching, athlete PBs, achievements, notices from stadium management, etc.

**To be included on this list please text or WhatsApp Chris on 082-808-4114.**

22. AAC athletes who refer to train in the mornings or on other evenings will be admitted as long as:

- a. They are on the list held at security
- b. There is no booking at the facility and no event taking place
- c. They have made a **prior arrangement** by phoning or emailing the bookings office the previous day:

**JOYCE NWABISA MBULU 021-444-4258 <[nwabisa.mbulu@capetown.gov.za](mailto:nwabisa.mbulu@capetown.gov.za)>**

**Do not communicate with the bookings office direct on any other matters. Please contact Chris Readman if there are any questions or problems.**

**Use of the track outside the allocated slots is a privilege not a right.**

**N.B. The track is not open on Sundays.**

23. Track training is for everyone and AAC hopes to see members of all ages, abilities and aspirations using this attractive world class IAAF compliant facility.

Runners without personal programmes will be put into squads which as closely as possible have common goals and pace.

Use an internet based race pace calculator for your realistic potential based on current fitness and performance as well as to determine your ideal training paces, for example

<https://www.runnersworld.co.uk/rws-race-time-predictor>

Revised:

2018.11.01