

Juniors

Starting Wednesday 7th
October Juniors will be allowed to train from 1800-1900 at £3 per child with a month's payment in advance to [Jackie Bainbridge](#). Only 1 parent per family group and adhere to government guidelines with social distancing. Entrance will be by the double gates at the back of the stadium.

Seniors

Seniors 'Masterclass' sessions will continue through October.

We still have spaces in Jumps and Middle distance but have extremely limited additional spaces in throws and sprints. Again please contact [Jackie Bainbridge](#) with any queries.

General and payment

We continue to protect our coaches, volunteers and athletes by restricting training to existing club members (excluding Juniors), and we ask that all athletes pay for the months training fees by BACS before the sessions.

NEWSLETTER



Prime Minister Boris Johnson announced that social gatherings of no more than six people will be allowed indoors or outdoors from Monday 14 September to help curb the spread of coronavirus. Mr Johnson said that "Covid-secure venues like places of worship, gyms, restaurants and hospitality venues can still hold more than six people in total - but groups must not mix socially or form larger groups."

The Government has now confirmed to Sport England that organised sports and activities which have been through return to play protocols will be allowed to continue as before.

Thankfully, our recent training programme at the stadium has worked through a return to play assessment in order to open up again, but on a limited basis.



On Wednesday the 8 July Grantham Athletics Club re-opened for athletics training at the South Kesteven Stadium and out into the Lincolnshire countryside for limited training in the wake of the first phase of the COVID-19 pandemic.

Club News

Clothing

Link for the shop is below.
It is live from Wednesday 16 Sept. Please be aware that members have to log in before you can access the prices and delivery is approximately 6 weeks.

<http://granthamathleticclub.zeonshop.co.uk/>

Under the guidelines of England Athletics and with the helpful assistance from the 1Life management at the leisure complex 10 coaches and volunteers arranged for 23 local club athletes to train across sprints, jumps, throws and endurance for the first time in nearly four months.

To see people training again has been a real pleasure. A variety of warm-ups, some more active than others, followed by drills, sprints, jumps and throws repeated regularly over eight weeks has enabled a few new members and some competitive athletes to get back into the efforts of training and competition.

Late in the season a series of open competitions have been held and of a handful athletes: Harry and Charlie Denton; Helen Braybrook; Chris Bainbridge and yours truly have stepped up and secured a time or distance for the year and a result into the Power of 10. Well done folks.

As we go into October, we are planning to open up training a little further for the junior element of the club - outside in the stadium in the early evening on Wednesdays, followed on by the senior session. This is all conditional on what happens next as we worryingly approach a possible second wave of Covid-19.

Please keep in touch with club via Facebook, the respective WhatsApp groups and the website to find out what training will be available.

My best wishes. Stay safe.

Philip Garner

COvid-19 Co-ordinator & Chairman

GRANTHAM
Athletic Club