



BOURNVILLE HARRIERS

Post-Bubbles Structure

We want to bring the club back together more but still give you the best of the bubbles. That means flexibility of training days, running with people of your own pace and consistent coaches.

We also want to re-establish the performance running side of the club.

TRAINING GROUPS

We're going to run four new 'training groups':

Nic Sykes & Dave Ellis' Group

Fast runners, 'A' team, competitive focus

David Mountford's Group

Aspiring fast runners, 'B' team

Dave Powner's Group

Mixed pace, open to all

Jon Seadon & Barrie Roberts' Group

Mixed pace, open to all

The training groups will run on different days:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Club run	Nic & Dave E's Group		Dave P's Group		Cofton	
	David's Group				Jon & Barrie's Group	

See the FAQs on the following pages for more details...

FREQUENTLY ASKED QUESTIONS

What changes are we making?

From September 2021, we want to bring the club back together more but still retain the best of the bubbles. That means flexibility of training days, running with people of your own pace and consistent coaches for your sessions.

We also want to re-establish the performance running aspect of the club.

So we're not going back to Thursday reps?

Yes and no. Instead of the bubbles we're going to run four new 'training groups'. The training groups will run on different days. One of these will be on a Thursday. So you can still do 'Thursday reps' if you like.

What are these 'training groups' then?

Here's how they look:

- Nic Sykes, Dave Ellis, Imogen Peck: Fastest runners, competitive focus
- David Mountford, Xenofon Gogouvitis: Aspiring faster runners
- Dave Powner, Lorna Al-Ani, Stewart Crowton: Mixed pace, open to all
- Jon Seadon, Barrie Roberts: Mixed pace, open to all

There will be tryout sessions in the first week of September to join the two fast training groups (Nic & Dave E's group, and David's group). More information about these tryout sessions will be provided separately shortly. These groups will contain 10-15 runners each and will be focused on running hard, consistent training and competing — especially for the club at Road Relays and Cross Country.

Dave Powner's and Jon & Barrie's groups are for everyone, regardless of pace, just like reps used to be before lockdown. Just turn up on the day — there's no need to book, or 'join' the group. All are welcome.

Each group will have a dedicated coaching team so you'll get consistent structured training from the same coaches who get to know you well. And you'll get to know your fellow runners in your group well too, sharing encouragement and enjoyment.

When do they start?

The mixed pace groups will start week commencing 06 September, which is the same week we'll run the tryout sessions for the faster groups. The faster groups will then start week commencing 13 September. Cofton will continue running on its regular basis.

I thought you said you wanted to bring the club back together. Doesn't this still keep us separated?

We expect the training groups will be bigger than the bubbles because there are less of them, so you'll see more people. And we're back to regular club runs with everyone on Mondays, so you'll see everyone then. Plus the Cofton sessions on Saturdays which are open to all.

Do I have to ask or apply to join a group?

Dave Powner's and Jon & Barrie's groups are for everyone regardless of pace or aspirations and you don't have to ask to join, just show up on the day.

Nic & Dave Ellis' and David's groups are slightly different because they're focused on faster runners. To set these up, we'll hold a couple of tryout sessions for those who are interested.

Do I have to stick to the same group once I'm in it?

No, you can move between them. If you can't make your group one week, you can train with another. If you're getting faster you can move to one of the faster groups. If the faster groups aren't your thing you can move to the mixed pace groups.

But I loved my bubble. Getting to know everyone in the same group every week was great.

You'll quickly get the same feeling from your training group. We loved the bubbles too but some of us haven't seen each other for a year!

I can't make my training group every week. What do I do?

Just join us when you can. If you're in Dave Powner's or Jon and Barrie's group then simply run with the other one if you can make it. If you're in Nic & Dave Ellis' or David's group then you can also run in Dave Powner's or Jon & Barrie's group that week – they're open to everyone and will feature faster runners too.

My friend runs in another training group. Can I run with them?

Yes, in Dave Powner's and Jon & Barrie's groups. We want the training groups to give you the flexibility you need. And you can also run with them on the Monday club run.

I run nine-minute miles and my friend runs six-minute miles (or similar) but we still want to run together. Can we?

Yes. Come along and run together in one of Dave Powner's or Jon & Barrie's groups. And, of course, you can also run with them on the Monday club run.

Why are Nic & Dave Ellis' and David's groups for faster runners only? Isn't that a bit elitist?

We're trying to re-establish the performance and competitive side of the club. There'll be a focus on speed and competing, and a high-performance culture running with people of the same pace and goals. Don't worry, we know *everyone* trains hard to improve and enjoy their running. We'll be doing just that by adapting and targeting the right training for all the groups.

So are Dave Powner's and Jon & Barrie's groups for slower runners only?

Not at all! They're open to everyone including faster runners. We expect (and would love) a mix of everyone in these groups.

I'm a faster runner. How do I join Nic & Dave Ellis' or David's group?

We're going to hold a couple of tryout sessions for those who are interested. More detail on these will be provided separately.

I'm a faster runner but I can't make Tuesday nights. What do I do?

No problem, run with Dave Powner's or Jon & Barrie's group, they'll cater for faster runners too.

I'm a faster runner but I'm not interested in competing or performance and/or Road Relays and XC.

No problem, please come along and run in Dave Powner's group or Jon & Barrie's group.

I don't know whether I'm a faster runner.

The detail on the tryout sessions (provided separately) will help you decide. Or talk to one of the coaches.

I run for the social aspect of the club. I love the encouragement and enjoyment, and the friendships I've made.

Great! We love that too! Please come along and run in Dave Powner's group or Jon & Barrie's group.

I run for the social aspect of the club. What do I get out of this?

More flexibility than before. You can choose between Dave Powner's group on Thursday nights and Jon & Barrie's group on Saturday mornings (you get to run in daylight even in winter). You get to run with people of your own pace in these groups and build friendships just like in the bubbles. And because the coaching staff will be sharing overarching structured plans, you get consistency of coaching sessions from the same group of coaches who will get to know you well.

I love the Cofton sessions on a Saturday morning. Should I still run these?

Yes! We love these sessions too! Cofton isn't just for cross country or faster runners. It's an ideal session for everyone. It's about having mixed surfaces in your training, with endurance work over the winter and developing speed in the summer when the ground is firmer.

Why isn't Cofton a training group in its own right?

Because it's for everyone. It doesn't matter which training group you run in during the week, and it's regardless of pace or aspirations. It's ideal training, open to all.