

	April Main Sessions			April Alternative Sessions		
	Session	Leader	Start/end point	Session	Leader	Start/end point
Tues 30 Mar	Winter routes (6 mile and 4 mile GPG)	Froggles <i>(with GPG Support)</i>	BLC	Winter routes (5 mile)	Macca	Town Hall
Thurs01 Apr	Westminster Crescent (suitable for all)	BBB	Town Hall	Humphries Hills (suitable for all)	Mazzo	Base camp
Tues 06 Apr	Mile loops (Suitable for all)	SPYBT	Poppyfields / Radstone roundabout	Power km loops (suitable for all)	Noz	BLC
Thurs 08 Apr	Winter routes (6 mile and 4 mile GPG)	Chooch <i>(with GPG Support)</i>	BLC	Winter routes (5 mile)	Lolly	Town Hall
Tues 13 Apr	Winter routes (6 mile and 4 mile GPG)	Mazzo <i>(with GPG Support)</i>	BLC	Winter routes (5 mile)	Meadster	Town Hall
Thurs 15 Apr	Ever-increasing-circles (suitable for all)	Froggles	Town Hall	Mile Loops (Suitable for all)	BBB	Poppyfields / Radstone roundabout
Mon 19 Apr	MORNING SESSION *Suitable for all 6.30am (45 mins)	Noz	BLC	NA	NA	NA
Tues 20 Apr	Humphries Hills (Suitable for all)	Macca	Base Camp	Westminster Crescent (suitable for all)	Chooch	Town Hall
Thurs22 Apr	Winter routes (6 mile and 4 mile GPS)	Mazzo <i>(with GPG Support)</i>	BLC	Winter routes (5 mile)	Lolly	Town Hall
Mon 26 Apr	MORNING SESSION *Suitable for all 6.30am (45 mins)	Lee	BLC	NA	NA	NA
Tues27 Apr	Power km loops (suitable for all)	Noz	BLC	Ever increasing circles (suitable for all)	Froggles	Town Hall
Thurs29 Apr	***Time Trial 1***					

NOTES:

Hi-vis is mandatory. Lights are recommended

COVID secure arrangements are in place – PLEASE ENSURE SOCIAL DISTANCING IS MAINTAINED AT ALL TIME

Tuesday and Thursday evening sessions start at 7.00pm (unless otherwise stated)

Morning sessions start at 6.30am

***Morning sessions are a new idea for BDRC, the sessions will be tailored to suit those in attendance and will be limited to 45 minutes. Morning sessions will typically involve hills / intervals/ loops/short out and back distances/ 4-mile routes.**