



Hi-vis mandatory

Lights recommended

COVID secure arrangements in place

	DECEMBER Main Sessions			DECEMBER Alternative Sessions		
	Session	Leader	Start/end point	Session	Leader	Start/end point
Thurs 3rd	Winter routes (6 mile and 4 mile GPG)	Mazzo <i>and GPG</i> <i>Support required</i>	BLC	Winter routes (5 mile)	Lolly	Town Hall
Tues 8th	Winter routes (6 mile and 4 mile GPG)	Nic <i>and GPG</i> <i>support required</i>	BLC	Winter routes (5 mile)	BBB	Town Hall
Thurs 10th	Mile loops (Suitable for all)	SPYBT	Poppyfields / Radstone roundabout	Fartlek (5 mile) Medium / Faster runners	Noz	BLC
Tues 15th	Westminster Crescent (suitable for all)	Macca	Town Hall	Humphries Hills (Suitable for all)	Nic	Humphries Hill base camp
Thurs 17th	Winter routes (6 mile and 4 mile GPG)	BBB <i>and GPG</i> <i>Support required</i>	BLC	Winter routes (5 mile)	Lolly	Town Hall
Tues 22nd	 5 mile*GLOW RUN* wear your Christmas fancy dress, glow sticks and flashing lights a plenty! (With Mazzo from BLC) SUITABLE FOR ALL (GPG Support required) 					
Thurs 24th	Power Speed Session (Medium / Faster runners)	Noz	BLC	Mile loops (suitable for all)	Meadster	Poppyfields / Radstone roundabout