

February Sessions - 7:00pm start				
Date	Session	Leader / Coach	Meeting Point	GPG Option
Sun 2nd	Warwick Half Marathon			
Tue 4th	Humphries Hills	Sarah	BLC @ 6:50pm	Suitable for all
Thu 6th	Track / Winter Routes	Max / SPYBT	7pm start. Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance BLC @ 6:50pm	GPG Option Available
Tue 11th	Poppyfields Paarlauf	Kim	BLC @ 6:50pm	Suitable for all
Thu 13th	Decreasing/increasing circles - Step-up run	Nicola & Pacers	Town Hall @ 6:50pm	Suitable for all
Tue 18th	Old Town Hillbilly's	Heidi	Station (Top of Town) Cafe @ 6:50pm	Suitable for all
Thu 20th	Track / Westminster Crescent	BBB / Macca	7pm start. Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance Town Hall @ 6:50pm	Suitable for all
Sat 22nd	Watermeadows Parkrun			
Sun 23rd	Winslow 10km			
Tue 25th	The Chase	Amanda	BLC @ 6:50pm	Suitable for all
Thu 27th	Winter Routes / GPG	Rachel	BLC @ 6:50pm	GPG Option Available

NOTES

BLC = Brackley Leisure Centre

- Session leaders reserve the right not to run a session on any given night**
- The session leader will conduct a warm up and cool down at the initial meeting point. If you meet us elsewhere, you will be expected to have warmed up prior to taking part in the session**
- Hi-vis is mandatory**
- Lights are recommended**

Old Town Hillbilly's start point



Track - **Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words**
address: [prove.detail.dance](https://www.prove.detail.dance)

