

December Sessions - 7pm start				
Date	Session	Leader / Coach	Meeting Point	GPG Option
Thurs 30th - Mon 4th	Virtual Cross Country - Airfield			
Tues 5th	Humphries Hills	BBB	BLC @ 6:50pm or meet at base camp at 7:05pm	Suitable for all
Thurs 7th	Winter routes	Heidi	BLC @ 6:50pm	GPG Route Provided
Sun 10th	MK Winter - Half Marathon			
Tues 12th	Winter routes	Max	BLC @ 6:50pm	GPG Route Provided
Thurs 14th	Poppyfields Paarlauf	SPYBT	BLC @ 6:50pm	Suitable for all
Sun 17th	Hooky Xmas Canter - 7 Miles			
Tues 19th	Tusmore	Rachel	Tusmore	Suitable for all
Thurs 21st	Glow Run	Max	BLC @ 6:50pm	Suitable for all
Tues 26th	No session currently. Any changes to be posted on Facebook			
Thurs 28th	Power KM	Macca	BLC @ 6:50pm or meet at Ellesmere Crescent (opposite park) at 7:05pm	Suitable for all

NOTES:

Session leaders reserve the right not to run a session on any given night

Hi-vis is mandatory

Lights are recommended

BLC = Brackley Leisure Centre

KM Loops Start Point

Base Camp

