

January Sessions - 7:00pm start				
Date	Session	Leader / Coach	Meeting Point	GPG Option
Thu 2nd	Tusmore	Rachel	Meet at Aspen Court, Heath Farm, Cottisford, Nr Brackley, Northants NN13 5SN at 6.50pm	Suitable for all
Tue 7th	Winter Routes Graduation Run	Heidi	BLC @ 6:50pm	Suitable for all GPG Route Provided
Thu 9th	Track / Humphries Hills	Max / Amanda	7pm start. Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance BLC @ 6:50pm	Suitable for all
Tue 14th	Flying 50s	Max	BLC @ 6:50pm	Suitable for all
Thu 16th	Winter routes	Kim	BLC @ 6:50pm	Suitable for all GPG Route Provided
16th - 20th	Virtual XC round 4	N/A	TBC	
Tue 21st	Old Town Hillbilly's	Heidi	Central (Top of Town) Station Cafe @ 6:50pm	Suitable for all
Thu 23rd	Track / Winter routes	Amanda / SPYBT	7pm start. Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance BLC @ 6:50pm	Suitable for all GPG Route Provided
Sat 25th Buckingham Parkrun Handicap				
Tue 28th	Fartleks	Nicola	BLC @ 6:50pm	GPG Option Available
Thu 30th	Millie loops	Sarah	BLC @ 6:50pm	Suitable for all

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

