

July Sessions - 7:00pm start

Date	Session	Leader / Coach	Meeting Point	GPG Option
Tues 2nd	Chicken Run + GPG	SPYBT	Central (Top of Town) Station Cafe @ 6:50pm	GPG Route Provided
Thurs 4th	Track	Amanda	7pm start. Meet at North Oxfordshire Academy, OX16 OUD Car Park Entrance What 3 words address: prove.detail.dance	Suitable for all
	Humphries Hills	Chooch	BLC @ 6:50pm or meet at base camp at 7:05pm	
Tues 9th	St James' Lake Loops	BBB	Town Hall at 6.50pm or meet at benches at St James Lake 7:05pm	Suitable for all
EMGP Milton Keynes (10km)				
Thurs 11th	Hazelborough XC	BBB + SPYBT	BLC @ 6:45pm for lift share or Hazelborough Woods Entrance for 7pm	GPG Route Provided
Sun 14th	Hornton Classic (6 miles)			
Tues 16th	Middleton Cheney	Macca	Dolphin Inn (Middleton Cheney) @ 6:50pm	GPG Route Provided
Thurs 18th	Track	Max	7pm start. Meet at North Oxfordshire Academy, OX16 OUD Car Park Entrance What 3 words address: prove.detail.dance	Suitable for all
	Alternative Session: Halse Out & Back	SPYBT	BLC @ 6:50pm	
Sat 20th	Draycote Water Running Festival (Half)			
Tues 23rd	Tusmore	Rachel	Meet at Aspen Court, Heath Farm, Cottisford, Nr Brackley, Northants NN13 5SN at 6.20pm	Suitable for all
Thurs 25th	Time Trial	Franco	Meet on the grass at the top of Turweston Road (next to Sainsbury's R'bout)	Suitable for all
Tues 30th	Hinton Out & Back	Heidi	Town Hall @ 6:50pm	GPG Route Provided

NOTES:

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

Hi-vis is mandatory

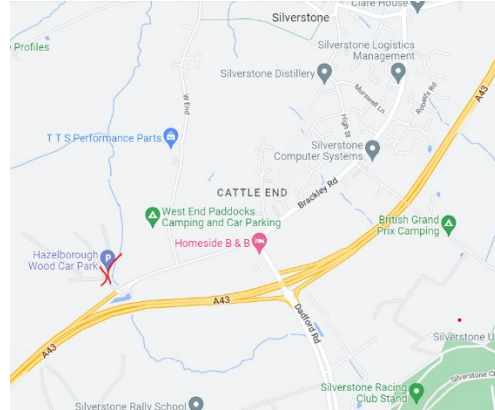
Lights are recommended

BLC = Brackley Leisure Centre

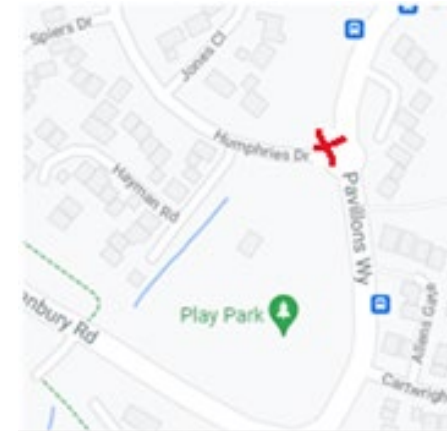
Chicken Run Start Point



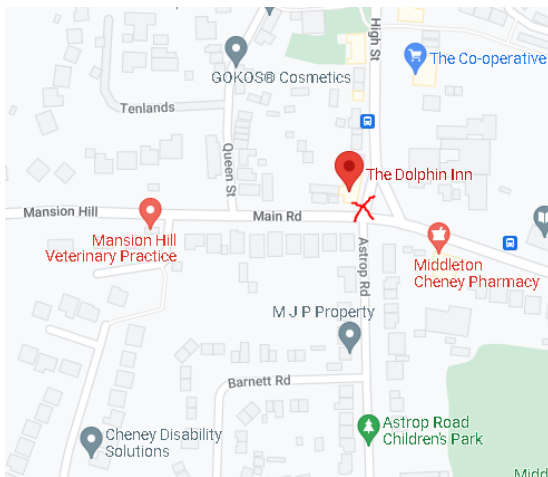
Hazelborough XC



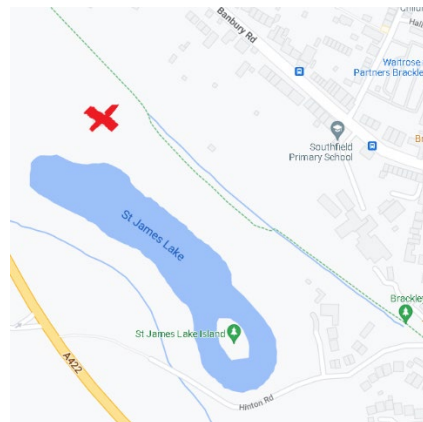
Humphries Hills Start Point



Middleton Cheney Start Point



St James' Lake Loops Start Point



Track - Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance

