

May Sessions - 7:00pm start				
Date	Session	Leader / Coach	Meeting Point	GPG Option
Thu 1st	Halse Out and Back	BBB	BLC @ 6:50pm	Suitable for all
Tue 6th	Silverstone 10km (EMPG)			
Thu 8th	Lake Loops	Sarah	Town Hall @ 6:50pm	Suitable for all
Sun 11th	Buckingham Half Marathon			
Tue 13th	BDRC TT - Heat #2			
Thu 15th	Technique Thursday	Max	BLC @ 6:50pm	Suitable for all
Fri 16th	Blisworth 5miler (EMPG)			
Tue 20th	Paarlauf (BLC)	Lee	BLC @ 6:50pm	Suitable for all
Tue 20th	Banbury 5 miler			
Thu 22nd	Track & Hinton Out and Back	Amanda Rachel	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
Sun 25th	Northampton 10km			
Tue 27th	Chicken run route	Heidi SPYBT	Central (Top of Town) Station Cafe @ 6:50pm	GPG Option Available
Thu 29th	Summer Fartlek	Nicola	BLC @ 6:50pm	GPG Option Available
Sun 31st	Ottmor Challenge			

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

Chicken run start point



Track - **Meet at North Oxfordshire Academy, OX16 0UD Car Park**

Entrance What 3 words address: prove.detail.dance

