

November Sessions - 7pm start				
Date	Session	Leader / Coach	Meeting Point	GPG Option
Thurs 2nd	Fartlek	Chooch	BLC @ 6:50pm	Alternative Route Provided
Tues 7th	Power KM	SPYBT	BLC @ 6:50pm or meet at Ellesmere Crescent (opposite park) at 7:05pm	Suitable for all
Thurs 9th	Winter routes	Macca	BLC @ 6:50pm	GPG Route Provided
Tues 14th	Winter routes	Max	BLC @ 6:50pm	GPG Route Provided
Thurs 16th	Poppyfields Paarlauf	BBB	BLC @ 6:50pm	Suitable for all
Tues 21st	Humphries Hills	Heidi	BLC @ 6:50pm or meet at base camp at 7:05pm	Suitable for all
Thurs 23rd	Winter routes	Froggles	BLC @ 6:50pm	GPG Route Provided
Sun 26th	Pre-Season race - Eynsham 10k			
Tues 28th	TBC	TBC	TBC	Suitable for all
Thurs 30th	Mile loops	SPYBT	BLC at 6.50pm or meet at Radstone Roundabout 7:05pm - 7:10pm	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

Mile Loops Start Point

