

Date	Session	Leader / Coach	Meeting Point	GPG Option
Tues 5th	Watery Lane Hill Repeats	BBB	Town Hall @ 6:50pm	Suitable for all
Thurs 7th	Track	Heidi/Amanda	7pm start. Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance	Suitable for all
	Alternative Session: Winter Routes (Original) / GPG	Sarah	BLC @ 6:50pm	
Sun 10th	Brackley Remembrance Parade			
Tues 12th	Winter routes - Graduation Run	BBB + All available session leaders	BLC @ 6:50pm	GPG Route Provided
Thurs 14th	Fartlek	Chooch	BLC @ 6:50pm	Alternative Route Provided
Tues 19th	Winter routes (Original Reverse)	SPYBT	BLC @ 6:50pm	GPG Route Provided
Thurs 21st	Track	Amanda	7pm start. Meet at North Oxfordshire Academy, OX16 0UD Car Park Entrance What 3 words address: prove.detail.dance	Suitable for all
	Alternative Session: Humphries Hills	Kim	BLC @ 6:50pm	
Tues 26th	Poppyfields Paarlauf	Max	BLC @ 6:50pm	Suitable for all
Thurs 28th	Winter routes (Reverse)	Rachel	BLC @ 6:50pm	GPG Route Provided

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

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

Entrance What 3 words address: prove.detail.dance

