

**October Sessions - 7:00pm start**

Date	Session	Leader / Coach	Meeting Point	GPG Option
Tues 1st	Winter routes	Heidi	BLC @ 6:50pm	GPG Route Provided
Thurs 3rd	Fartleks	Chooch	BLC @ 6:50pm	GPG Route Provided
Sat 5th	<b>Woodstock 12</b>			
Tues 8th	Poppyfields Paarlauf	Max	BLC @ 6:50pm	Suitable for all
Thurs 10th	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: Winter Routes / GPG	SPYBT	BLC @ 6:50pm	
Sun 13th	<b>Buckingham 10km</b>			
Tues 15th	Winter routes	Max	BLC @ 6:50pm	GPG Route Provided
Thurs 17th	Tusmore	Rachel	Meet at Aspen Court, Heath Farm, Cottisford, Nr Brackley, Northants NN13 5SN at 6.20pm	Suitable for all
Tues 22nd	Old Town Hillbilly's	Heidi	Central (Top of Town) Station Cafe @ 6:50pm	Suitable for all
Thurs 24th	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: Winter Routes / GPG	Kim/BBB	BLC @ 6:50pm	
Tues 29th	Winter routes	Rachel	BLC @ 6:50pm	GPG Route Provided
Thurs 31st	Ever Increasing Circles / Halloween Run	Choochi	Brackley Town Hall @ 6:50pm	Suitable for all

**NOTES:**

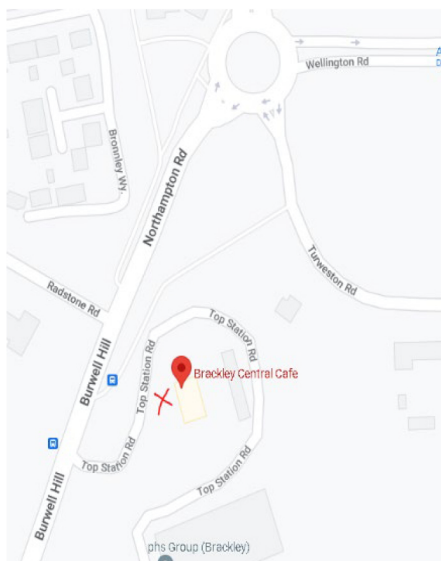
*BLC = Brackley Leisure Centre*

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

**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**

