

SCHEDULE FOR NOVEMBER 2021

DAY & DATE	TIME	VENUE	SESSION CONTENT
Mon 1st	19:00	Calmore Industrial Estate	Roll the die – the number you roll depends on the rep(s) you run
Wed 3rd	19:00	West Totton Centre	2-mile reps
Fri 5th	09:15	Pig Bush	Social morning run - Avg. time out 1hr 10min 6 Miles approx.
Fri 5th	19:00		Social Run. 2 Groups. All abilities
Mon 8th	19:00	West Totton Centre	1:20 Hills
Wed 10th	09:15	Calmore Industrial Estate	1600 Peloton
Fri 12th	09:15	Janesmoor Pond	Social morning run - Avg. time out 1hr 10min 6 Miles approx.
Fri 12th	19:00		Social Run. 2 Groups. All abilities
Sat 13th	Various	HXCL race 1 – King's Park, Bournemouth	You need to register your details with Andy Warren – he will also be able to provide more information for anyone new to these races
Sun 14th	09:30	CC6 race 2 - Manor Farm	Race starts at 9:30
Mon 15th	19:00	West Totton Centre	Russian steps
Wed 17th	19:00	Calmore Industrial Estate	7654321
Wed 17th	19:00	Southampton Athletics Track	Joint TRC Lordshill Track Session
Fri 19th	09:15	Bolton's Bench	Social morning run - Avg. time out 1hr 10min 6 Miles approx.
Fri 19th	19:00	Lyndhurst Central Car Park	Social Run. 2 Groups. All abilities
Sun 21st	10:00	HRRL Gosport Half Marathon	Race starts at 10:00. More details at; https://gosporhalf.org/
Mon 22nd	19:00	Calmore Industrial Estate	400m reps
Wed 24th	19:00	West Totton Centre	Fartlek
Wed 24th	19:00	Southampton Athletics Track	Joint TRC Lordshill Track Session
Fri 26th	09:15	Millyford Bridge	Social morning run - Avg. time out 1hr 10min 6 Miles approx.
Fri 26th	19:00	Dennywood	Social Run. 2 Groups. All abilities
Sat 27th	19:00	TRC Dinner Dance – Paulton's Golf Club	
Mon 29th	19:00	Calmore Industrial Estate	1k reps

If wanting to head to the pub after a Friday training session for a meal and/or a drink (whether running or not) – Please let Sean know so he can book tables.