

SCHEDULE FOR October 2021

DAY & DATE	TIME	VENUE	SESSION CONTENT
Fri 01	09:15	Happy Cheese Car Park	Kylies run all abilities welcome. 1hr 15min approx.
Fri 01	19:00	Stoney Cross	Social Run. 2 Groups.
Sun 03	19:00	Roundhill Campsite	1 st CC6. See www.cc6.com
Mon 04	19:00	West Totton Centre	Tempo Run
Wed 06	1900	Calmore Industrial Estate	321
Fri 08	09:15	Salmon Leap Pub (Park on roads outside pub)	Kylies run. 1hr 20min 6 Miles approx.
Fri 08	19:00	Standing Hat	Social Run. 2 Groups. All abilities.
Sun 10	09:30	Shirley Holms Car Park	Mines, Towers & Rings with Dave Murray
Mon 11	19:00	West Totton Centre	Mile reps
Wed 13	19:00	Calmore Industrial Estate	PitBull K's
Fri 15	09:15	Dennywood	Kylies run. 1hr 10min 6 Miles approx.
Fri 15	19:00	Lyndhurst Central Car Park	Social Run. 2 Groups. All abilities.
Mon 18	19:00	Totton Cricket Club	TRC AGM
Wed 20	19:00	Calmore Industrial Estate	Quads
Fri 22	09:15	James Hill Car Park (New Venue)	Kylies run. 1hr 15min, 6 miles approx.
Fri 22	19:00	Millyford Bridge	Social Run. 2 Groups. All abilities.
Mon 25	19:00	Calmore Industrial Estate	Yasso 800's
Wed 27	19:00	West Totton Centre	Kenyan Hills
Fri 29	09:15	Dark Water Car Park (incorporating Lepe Loop)	Kylies run. 1hr 20min 6 Miles approx.
Fri 29	19:00	Denny Wood	Social Run. 2 Groups. All abilities.

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.