

**ITINERARY/SCHEDULE****WEEK COMMENCING 14/7/18**

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
<b>SATURDAY 14/7/18</b>	-			
<b>SUNDAY 15/7/18</b>	-			
<b>MONDAY 16/7/18</b>	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
<b>TUESDAY 17/7/18</b>	Worthington Lakes	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
	UCLAN Sports Tom Benson Way Preston PR2 1SG	8PM - 9PM	Senior Brick Session on Arena Cycle Track	
<b>WEDNESDAY 18/7/18</b>	<i>Horwich 5M Race, Rivington - Club Road/Trail Grand Prix Race</i>			
<b>THURSDAY 19/7/18</b>	TBC	6.30PM	Endurance/Reps Ideal for Beginners	John Payn 01257 482210
	Horwich Track	7.00PM	Track/ Field Practice Speed/Endurance Session 1 hr	Simon Townsend 01257 265779
	Chorley Cricket Club	7.30PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	Brinscall Swimming Pool	6.30PM	Swim Session	Jane Bowles 07811820278
<b>FRIDAY 20/7/18</b>	-			
<b>SATURDAY 21/7/18</b>	-			
<b>SUNDAY 22/7/18</b>	-			
<b>MONDAY 23/7/18</b>	<i>BNFL Salwick, Lea Lane, PR4 0RN - Wesham Interclub 4.5M Road Race</i>			
<b>TUESDAY 24/7/18</b>	Worthington Lakes	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
	UCLAN Sports Tom Benson Way Preston PR2 1SG	8PM - 9PM	Senior Brick Session on Arena Cycle Track	
<b>WEDNESDAY 25/7/18</b>	-			
<b>THURSDAY 26/7/18</b>	TBC	6.30PM	Endurance/Reps Ideal for Beginners	John Payn 01257 482210
	Horwich Track	7.00PM	Track/ Field Practice Speed/Endurance Session 1 hr	Simon Townsend 01257 265779
	Chorley Cricket Club	7.30PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	Brinscall Swimming Pool	6.30PM	Swim Session	Jane Bowles 07811820278
<b>FRIDAY 27/7/18</b>	-			
<b>SATURDAY 28/7/18</b>	<i>Barrow Track, Furness Academy - Mid Lancs Track and Field Meeting</i>			
<b>SUNDAY 29/7/18</b>	-			