

ITINERARY/SCHEDULE

WEEK COMMENCING 13/10/18

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
SATURDAY 13/10/18	<i>Leigh Sports Village - Red Rose Cross Country League</i>			
	<i>Langdale Horseshoe, Great Langdale - Club Fell Grand Prix Race</i>			
SUNDAY 14/10/18	-			
MONDAY 15/10/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 16/10/18	Rookwood Ave, Nr St Michaels	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
WEDNESDAY 17/10/18	-			
THURSDAY 18/10/18	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
FRIDAY 19/10/18	-			
SATURDAY 20/10/18	<i>Heaton Park, Manchester - South East Lancs Cross Country League</i>			
SUNDAY 21/10/18	-			
MONDAY 22/10/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 23/10/18	Rookwood Ave, Nr St Michaels	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
WEDNESDAY 24/10/18	-			
THURSDAY 25/10/18	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
FRIDAY 26/10/18	-			
SATURDAY 27/10/18	<i>Race you to Summit, Nr Littleborough - Club Fell Grand Prix Race</i>			
SUNDAY 28/10/18	<i>Bronte Way, Trawden - Club Fell Grand Prix Race</i>			