

ITINERARY/SCHEDULE**WEEK COMMENCING 18/11/17**

	<u>Location</u>	<u>Time</u>	<u>Session/Eve</u>
SATURDAY 18/11/17	<i>Leverhulme Park, Bolton - Red Rose Cross Country League</i> <i>Heaton Park, Manchester - South East Lancs Cross Country League</i>		
SUNDAY 19/11/17	-		
MONDAY 20/11/17	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endur 1 Hour
TUESDAY 21/11/17	Hop Pocket Pub, Carr Lane, Chorley	6.30PM	Speed/Endur
WEDNESDAY 22/11/17	-		
THURSDAY 23/11/17	Chorley Cricket Club	6.30PM	Endurance/R Ideal for Begi
	Horwich Track	7.00PM	Track/ Field F Speed/Endur
	Chorley Cricket Club	7.30PM	Approx 1 Hou All abilities w
	Brinscall Swimming Pool	6.30PM	Swim Sessio
FRIDAY 24/11/17	-		
SATURDAY 25/11/17	<i>Sefton Park, Liverpool - Mid Lancs Cross Country League</i>		
SUNDAY 26/11/17	<i>Lee Mills Relay, Stacksteads</i>		
MONDAY 27/11/17	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endur 1 Hour
TUESDAY 28/11/17	Hop Pocket Pub, Carr Lane, Chorley	6.30PM	Speed/Endur
WEDNESDAY 29/11/17	-		
THURSDAY 30/11/17	TBC	6.30PM	Endurance/R Ideal for Begi
	Horwich Track	7.00PM	Track/ Field F Speed/Endur
	Chorley Cricket Club	7.30PM	Approx 1 Hou All abilities w

Brinscall Swimming Pool

6.30PM

Swim Session

FRIDAY 1/12/17

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SATURDAY 2/12/17

Marl Platts, Rossendale - Red Rose Cross Country League

SUNDAY 3/12/17

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Contact

Anna Maria Crabtree
01257 483950

Simon Townsend
01257 265779

John Payn
01257 482210

Simon Townsend
01257 265779

Phil Iddon
01772 490078

Steve Thomas
07794701815

Anna Maria Crabtree
01257 483950

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