

**ITINERARY/SCHEDULE**

**WEEK COMMENCING 26/1/19**

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
<b>SATURDAY 26/1/19</b>	<i>Pontefract Park - North of England Cross Country Championships</i>			
<b>SUNDAY 27/1/19</b>	<i>St Annes 10 Mile Run - Club Road/Trail Grand Prix Race</i>			
<b>MONDAY 28/1/19</b>	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
<b>TUESDAY 29/1/19</b>	Hop Pocket - Carr Lane	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
<b>WEDNESDAY 30/1/19</b>	-			
<b>THURSDAY 31/1/19</b>	Merton Grove	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	7.00PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	Brinscall Swimming Pool	6.30PM	Swim Session	Jane Bowles 07811820278
<b>FRIDAY 1/2/19</b>	Myogabody, above Xfit Gym Friday Street, Chorley	6.45PM	Hot Yoga Session	
<b>SATURDAY 2/2/19</b>				
<b>SUNDAY 3/2/19</b>				
<b>MONDAY 4/2/19</b>	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
<b>TUESDAY 5/2/19</b>	TBC	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
<b>WEDNESDAY 6/2/19</b>	-			
<b>THURSDAY 7/2/19</b>	Duxbury	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	7.00PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	Brinscall Swimming Pool	6.30PM	Swim Session	Jane Bowles 07811820278
<b>FRIDAY 8/2/19</b>	Myogabody, above Xfit Gym Friday Street, Chorley	6.45PM	Hot Yoga Session	
<b>SATURDAY 9/2/19</b>	<i>Leigh Sports Village - Mid Lancs Cross Country League</i>			
<b>SUNDAY 10/2/19</b>	<i>Barbondale - Club Fell Grand Prix Race</i>			