

ITINERARY/SCHEDULE

WEEK COMMENCING 17/2/18

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>
SATURDAY 17/2/18	<i>Astley Park, Chorley - South East Lancs Cross Country League</i>		
SUNDAY 18/2/18	-		
MONDAY 19/2/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour
TUESDAY 20/2/18	Water Street, Chorley	6.30PM	Speed/Endurance
WEDNESDAY 21/2/18	-		
THURSDAY 22/2/18	The Minstrel Pub, Eaves Green	6.30PM	Endurance/Reps Ideal for Beginners
	Horwich Track	7.00PM	Track/ Field Practice Speed/Endurance Session 1 hr
	Chorley Cricket Club	7.30PM	Approx 1 Hour Steady Run All abilities welcome
	Brinscall Swimming Pool	6.30PM	Swim Session
FRIDAY 23/2/18	-		
SATURDAY 24/2/18	<i>Standish Hall Trail Race - Club Road/Trail Grand Prix</i> <i>High Cup Nick, Dufton - Club Fell Grand Prix</i>		
SUNDAY 25/2/18	-		
MONDAY 26/2/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour
TUESDAY 27/2/18	TBC	6.30PM	Speed/Endurance
WEDNESDAY 28/2/18	-		
THURSDAY 1/3/18	TBC	6.30PM	Endurance/Reps Ideal for Beginners
	Horwich Track	7.00PM	Track/ Field Practice Speed/Endurance Session 1 hr
	Chorley Cricket Club	7.30PM	Approx 1 Hour Steady Run All abilities welcome
	Brinscall Swimming Pool	6.30PM	Swim Session
FRIDAY 2/3/18	Club Review/Presentation - Masonic Hall, Chorley		
SATURDAY 3/3/18	<i>GSK Sports Club, Ulverston - Mid Lancs Cross Country League</i>		
SUNDAY 4/3/18	<i>The Trotters 5, Smithills Bolton - Club Road/Trail Grand Prix Race</i>		