

ITINERARY/SCHEDULE

WEEK COMMENCING 3/11/18

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
SATURDAY 3/11/18	-			
SUNDAY 4/11/18	<i>Thru the Villages, 8.44M Race - Club Road/Trail Grand Prix Race</i>			
MONDAY 5/11/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 6/11/18	Lock and Quay Pub	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
WEDNESDAY 7/11/18	-			
THURSDAY 8/11/18	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	7.30PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	Brinscall Swimming Pool	6.30PM	Swim Session	Jane Bowles 07811820278
FRIDAY 9/11/18	-			
SATURDAY 10/11/18	<i>Leverhulme Park, Bolton- Red Rose Cross Country League</i>			
	<i>Dunnerdale, Broughton Mills - Club Fell Grand Prix Race</i>			
SUNDAY 11/11/18				
MONDAY 12/11/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 13/11/18	Little Carr Lane	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
WEDNESDAY 14/11/18	-			
THURSDAY 15/11/18	All Seasons Leisure Centre	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 16/11/18	-			
SATURDAY 17/11/18	<i>Marl Pits, Rossendale - Red Rose Cross Country League</i>			
	<i>Tour of Pendle, Barley Village Hall - Club Fell Grand Prix Race</i>			
SUNDAY 18/11/18	-			