

**ITINERARY/SCHEDULE**

**WEEK COMMENCING 11/8/18**

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
<b>SATURDAY 11/8/18</b>	<i>Turner Landscape Fell Race, Duddon Valley - Club Fell Grand Prix Race</i>			
<b>SUNDAY 12/8/18</b>	-			
<b>MONDAY 13/8/18</b>	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
<b>TUESDAY 14/8/18</b>	Worthington Lakes	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
	UCLAN Sports Tom Benson Way Preston PR2 1SG	8PM - 9PM	Senior Brick Session on Arena Cycle Track	
<b>WEDNESDAY 15/8/18</b>	-			
<b>THURSDAY 16/8/18</b>	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
	Swimming resumes 6/9/18			
<b>FRIDAY 17/8/18</b>	-			
<b>SATURDAY 18/8/18</b>	-			
<b>SUNDAY 19/8/18</b>	-			
<b>MONDAY 20/8/18</b>	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
<b>TUESDAY 21/8/18</b>	Worthington Lakes	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
	UCLAN Sports Tom Benson Way Preston PR2 1SG	8PM - 9PM	Senior Brick Session on Arena Cycle Track	
<b>WEDNESDAY 22/8/18</b>	-			
<b>THURSDAY 23/8/18</b>	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
	Swimming resumes 6/9/18			
<b>FRIDAY 24/8/18</b>	-			
<b>SATURDAY 25/8/18</b>	<i>Bursall 10M Road Race, Bursall, Nr Skipton - Club Road/Trail Grand Prix Race</i>			
	<i>Bursall Classic Fell Race, Bursall, Nr Skipton - Club Fell Grand Prix Race</i>			
	<i>Stanley Park, Blackpool - Mid Lancs Track &amp; Field</i>			
<b>SUNDAY 26/8/18</b>	-			