

ITINERARY/SCHEDULE

WEEK COMMENCING 7/7/18

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
SATURDAY 7/7/18	-			
SUNDAY 8/7/18	Macclesfield Track - North of England Track and Field Meeting			
MONDAY 9/7/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 10/7/18	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	
WEDNESDAY 11/7/18	-			
THURSDAY 12/7/18	Runshaw College, Euxton Lane	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 13/7/18	-			
SATURDAY 14/7/18	-			
SUNDAY 15/7/18	-			
MONDAY 16/7/18	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 17/7/18	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	
WEDNESDAY 18/7/18	<i>Horwich 5M Race, Rivington - Club Road/Trail Grand Prix Race</i>			
THURSDAY 19/7/18	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
	Brinscall Swimming Pool	6.30PM	Swim Session	Jane Bowles 07811820278
FRIDAY 20/7/18	-			
SATURDAY 21/7/18	-			
SUNDAY 22/7/18	-			