

DATE	SESSION DETAILS
3.7.19	<p style="text-align: center;">RR10 Wide Lane, Eastleigh: 7.30pm start</p>
10.7.19	<p style="text-align: center;">LRR RR10 dropout</p>
17.7.19	<p style="text-align: center;">RR10 Janesmoor Pond, 7.30pm start</p>
24.7.19	<p style="text-align: center;">Bonderenko Graham Rafferty @ track</p>
31.7.19	<p style="text-align: center;">LRR RR10, Itchen Valley Country Park Volunteers needed</p>
7.8.19	<p style="text-align: center;">Long and short Intervals Ben @ Common</p>
14.8.19	<p style="text-align: center;">RR10 IBM Hursley Park, 7.30pm start</p>
21.8.19	<p style="text-align: center;">VO2 Max + strides Ben @ Common</p>
28.8.19	<p style="text-align: center;">High Intensity Intervals Graham Rafferty @ Common</p>
<p style="text-align: center;">NOTES</p>	<p><i>- For 'Track' sessions, meet at Southampton Athletics Track @18.50</i> <i>- For 'Sports Centre' sessions, meet at Southampton Sports Centre changing rooms @18:50</i> <i>- For 'Common' sessions, meet at the Bellemoor entrance to the Common @18:50</i></p>