

		A & B	C	D	E	F & G *
1st November	Session title/RL	TRACK SESSION Gill	TRACK SESSION Gill	HALLOWEEN LONG RUN Malc	HALLOWEEN LONG RUN Tim	HALLOWEEN LONG RUN Mat
	Meeting location	Sports Centre Track @ 7pm	Sports Centre Track @ 7pm	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn
	Session location	Running Track	Running Track	Shirley/Bassett	Shirley/Bassett	Shirley/Bassett
8th November	Session title/RL	HILLS Gwenda	LONG RUN Stephanie	TRACK SESSION Gill	TRACK SESSION Gill	1k reps James
	Meeting location	Sports Centre (top car park)	Taunton's college car park/front lawn	Sports Centre Track @ 7pm	Sports Centre Track @ 7pm	Taunton's college car park/front lawn
	Session location	Sports Centre	TBC	Running Track	Running Track	Oakmount Triangle
13 th November 2021, Hants XC league match #1, King's Park, Bournemouth 14 th November 2021, Manor Farm (CC6 Round 2) CC6 Cross Country League						
15th November	Session title/RL	TBC Angela	HILLS Lynne	TBC Alison	INTERVALS Jill	TRACK SESSION Gill
	Meeting location	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Sports Centre Track @ 7pm
	Session location	TBC	Sports Centre or Bassett	TBC	The Common	Running Track
21 st November 2021, Gosport Half Marathon (HRRL Round 3)						
22nd November	Session title/RL	TRACK SESSION Gill	TRACK SESSION Gill	HILLS Paul N	HILLS Rosie	FARTLEC David
	Meeting location	Sports Centre Track @ 7pm	Sports Centre Track @ 7pm	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn
	Session location	Running Track	Running Track	Sports Centre or Bassett	Sports Centre	Common
27 th November 2021, Park Run Tourism – Moors Valley Country Park, Ringwood (home Moors Valley parkrun Moors Valley parkrun)						
	Session title/RL	NOT HILLS	PLAY YOUR	TRACK SESSION	TRACK SESSION	BONDERENKO

29th November		Gwenda	CARDS RIGHT Caroline	Gill	Gill	Graham
	Meeting location	Sports Centre (top car park)	Taunton's college car park/front lawn	Sports Centre Track @ 7pm	Sports Centre Track @ 7pm	Taunton's college car park/front lawn
	Session location	Sports Centre	Common Flats	Running Track	Running Track	Cemetery Lane

*F & Gif possible, will split into 2 separate training groups if we have a second F/G RL available.

Track sessions: Meet at the track for 7pm start.

Common sessions: Tend to be faster based intervals compared to hill sessions based on the Sports Centre or within Bassett.

Facebook posts: Whilst not always possible we aim to post session plans on group Facebook pages prior to sessions taking place.

<p>Hampshire Road Race League Race (HRRL) Fixtures: Road Race League Home Page (windows.net)</p> <p>5 Dec 2021 - Victory 5 (miles) 16 Jan 2022 - Stubbington 10km 6 Feb 2022 - Ryde 10mile 3 Apr 2022 - Salisbury 10mile 8 May 2022 - Alton 10mile 15 May 2022 - Netley 10km 19 June 2022 - Alresford 10km</p>	<p>CC6 Race Fixtures: CC6 Cross Country League</p> <p>12th December – Kings Garn Enclosure Stoney Cross –LRR hosting, we will need volunteers. 9th January 2022 - Wilverley Enclosure 23rd January 2022 - Hollands Wood 13th February 2022 - Ashurst Campsite 6th March 2022 - Badgers Farm 27th March 2022 - Fleming Park Eastleigh</p>
<p>Hampshire Cross Country League Matches: Hampshire Athletics - Hampshire Cross Country League</p> <p>4th Dec 2021 - Wellesley Woodlands, Aldershot 15th Jan 2022 - Prospect Park Reading 19th Feb 2022- Sparsholt College, Winchester 19th March 2022- Popham Airfield, Basingstoke</p>	<p>English National Cross Country Championships,</p> <p>Saturday 26th February. Parliament Hill, London. Please register interest by emailing or sending a Facebook message to the club asap so that we can arrange subsidised club transport. We also plan to have a post-race meal/night out in Southampton afterwards. You need to be an affiliated member and LRR needs to be your 1st claim running club.</p>

Meeting at Taunton's:

- Government restrictions have been lifted allowing unlimited numbers of people congregating however, if attending please respect other members personal space and act responsibly – our aim should be to ensure all members feel comfortable.
- Members can use the bathroom facilities if needed but we do not have an agreement to leave bags at reception.
- Announcements aim to be 18:30 with groups departing shortly afterwards.

- Please do not attend a training session if you are feeling unwell.