

		A & B	C	D	E	F & G *
4th OCT	Session title/RL	Tbc ANGELA	Tbc LYNN N	HILLS PAUL N	PLUNGING PYRAMID with F/G MAT	PLUNGING PYRAMID with E BEN
	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	Taunton's college car park/front lawn
	Session location	Common Cross Rds	Common Flats or Cemetery Lane	Sports Centre or Bassett	Oakmount Triangle	Oakmount Triangle
Billy Bash social,18:00 – 23:00, Masonic Hall, Albion Place, SO14 2DD, see email dated 27 th August for more details.						
11th OCT	Session title/RL	Tbc BEN	Tbc CAROLINE	600m reps with E ROSIE	600m reps with D TIM	KENYAN HILLS MAT
	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	Taunton's college car park/front lawn
	Session location	Common Flats	Common Cross Rds	Oakmount Triangle	Oakmount Triangle	Bassett
CC6 - 14 th Manor Farm						
18th OCT	Session title/RL	600m reps with C ANGELA	600m reps with A/B NAOMI	Tbc MALC	Tbc JILL	HILLS GRAHAM
	Meeting location	Cowherds public house	Cowherds public house	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn
	Session location	Oakmount Triangle	Oakmount Triangle	Common Cross Rds	Common Flats or Cemetery	Sports Centre or Bassett

					Lane	
HRRL - 21 st Gosport Half						
25th OCT	Session title/RL	Tbc STEPH	Tbc LYNN	Tbc with E ALISON	Tbc JILL W	INTERVALS/SPEED GRAHAM
	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	Taunton's college car park/front lawn
	Session location	Common Cross Rds	Sports Centre or Bassett Ave	Oakmount Triangle	Sports Centre or Bassett Ave	Common Flats or Cemetery Lane

*F & G will split into 2 separate training groups where availability of run leaders allows and where appropriate.

*Combination sessions added to introduce members on/near pace borders to new groups to aid movement between groups; running with appropriate pace groups will improve your running and session quality for all.

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

*We aim to post session plans on group facebook pages prior to sessions taking place although this is not always possible.

*We are currently looking for more run leaders to join us (especially in a/b and c groups) and help spread the load so please get in touch by sending us a facebook message or email if you are interested, it really would be appreciated.

HRRL Race Fixtures:

Victory 5 - 5 Dec 2021

Stubbington 10 km - 16 Jan 2022

Ryde 10 mile - 6 Feb 2022

Salisbury 10 mile - 3 Apr 2022

Alton 10 mile - 8 May 2022

Netley 10 km - 15 May 2022

Alresford 10km - 19 June 2022

CC6 Race Fixtures:

12th December – Kings Garn Enclosure Stoney Cross – LRR hosting, we will need volunteers to help with marshalling.

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

Meeting at Taunton's:

- Government restrictions have been lifted allowing unlimited numbers of people congregating in groups 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.
- We do not have an agreement to leave bags at reception.
- Our booking is 18:20 – 18:35. Announcements aim to be from 18:30 with groups departing shortly afterwards.
- Please do not attend a training session if you are feeling unwell.