

		A & B	C	D	E	F & G *
6th Dec	Session title/RL	Graham	Steph	Alison	Tim	TRACK SESSION Gill
	Meeting location	Sports Centre (top car park)	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	Sports Centre	Xmas lights long run	Avenue of Pain		Running Track
12th December – Kings Garn Enclosure Stoney Cross (CC6) –LRR hosting, we will need volunteers.						
13thDec	Session title/RL	TRACK SESSION Gill		Paul Newson	Rosie	Mat Tempo & Hill reps.
	Meeting location	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				Common (bring lights).
20th Dec	Session title/RL	Gwenda	Caroline	TRACK SESSION Gill		James Mile reps
	Meeting location	Cowherds	Taunton's college car park/front lawn	Sports Centre Track @ 7pm		Taunton's college car park/front lawn
	Session location	Bargate long run	Sports Centre or Bassett	Running Track		Oakmount Triangle
27th Dec– No training						
3rd Jan – No training						
9th Jan –CC6: Wilverley Enclosure						
10th Jan	Session title/RL	Angela	Lyne	Malc Chase the pace	Jill	TRACK SESSION Gill
	Meeting location	Cowherds	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	Oakmount		Common Flats		Running Track

	location	Triangle				
16th Jan –HRRL - Stubbington 10km						
17th Jan	Session title/RL	TRACK SESSION Gill	Tim	Rosie	Dave	
	Meeting location	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				
23rd Jan –CC6 - Hollands Wood						
24th Jan	Session title/RL	Duncan	Steph	TRACK SESSION Gill	Graham	
	Meeting location	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Sports Centre Track @ 7pm	Taunton's college car park/front lawn	
	Session location			Running Track		
31st Jan	Session title/RL	Angela	Naomi	Teri	Mat Tempo & Hill reps.	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				Common (bring lights).	Running Track

*F & G if 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.

Hampshire Road Race League Race (HRRL) Fixtures: Road Race League Home Page (windows.net)	CC6 Race Fixtures: CC6 Cross Country League
13th February 2022 - Ashurst Campsite	

<p>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>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.