

## Tuesday and Thursday runs – Oct 26<sup>th</sup> – Nov 30<sup>th</sup> 2021

All runs depart the leisure centre car park at 6:45pm. The evenings are now dark so please wear High Viz and think about wearing lights to be seen.

These are suggested routes only, feel free to amend providing your group agrees and you don't lose any one!

The Thursday short run is the same as the Tuesday run the following week. You could do it the other way round for variation. Distances are approximate.

For Efforts sessions please meet at the venue stated just before 6:45pm having already done a warm up run of at least 10 -15mins.

Date	Distance	Map no	Rough description
Tues 26 <sup>th</sup> Oct	3.3 miles	7	Lansdowne - Buckle St – TR – Kingswell – Lower Slaughter- Slaughter Pike – Industrial Estate
<a href="#">Tues 26<sup>th</sup> Oct</a>	<a href="#">Efforts</a>		<a href="#">Meet at gates on lane off Buckle St where footpath across fields joins the lane (top of hill) for a hilly rep session with Margaret</a>
Thurs 28 <sup>th</sup> Oct Moore Rd	3 miles	1	Roman way, Station Rd, Riss Rd, Rye Close, Riss Rd
Thurs 28 <sup>th</sup> Oct (or 5miles)	7.5miles	40	Hilly 10k route in reverse ie. Leasow lane, Newbridge Lane, Clapton, Steeps. (Turn at Newbridge Lane junction for 5 miles
Tues 2 <sup>nd</sup> Nov	3 miles	1	Roman way, Station Rd, Riss Rd, Rye Close, Riss Rd
<a href="#">Tues 2<sup>nd</sup> Nov</a>	<a href="#">Efforts</a>		<a href="#">Meet Alan at Pulhams Corner on Industrial estate for 900m ish reps</a>
Thurs 4 <sup>th</sup> Nov	3miles	8	Up the Steeps & down Whiteshoots
Thurs 4 <sup>th</sup> Nov	5-6miles	45	Out and back to Cold Aston (turning whenever suits you)
Tues 9 <sup>th</sup> Nov	3miles	8	Up the Steeps & down Whiteshoots
<a href="#">Tues 9<sup>th</sup> Nov</a>	<a href="#">Efforts</a>		<a href="#">Meet Margaret @ Birdland Car Park</a>
Thurs 11 <sup>th</sup> Nov	3.1miles	6	Cemetery Lane, Rye Close, Letch Lane, Lansdowne (Turn at Green Lake close) , Ave.
Thurs 11 <sup>th</sup> Nov	6miles	41	Buckle St, TR @ X-Roads, U/Slaughter, Becky Hill, Pike,
Tues 16 <sup>th</sup> Nov	3.1miles	6	Cemetery Lane, Rye Close, Letch Lane, Lansdowne (Turn at Green Lake close) , Ave.
<a href="#">Tues 16<sup>th</sup> Nov</a>	<a href="#">Efforts</a>		<a href="#">Meet Graham in Lower Slaughter @ junction to Kingswell</a>
Thurs 18 <sup>th</sup> Nov	3.1miles	5	Lansdowne, Letch Lane, Station Rd, 'Birds' Estate.
Thurs 18 <sup>th</sup> Nov	5 or 7miles	60	The Slaughters and optional Ballerina Hill extension
Tues 23 <sup>rd</sup> Nov	3.1miles	5	Lansdowne, Letch Lane, Station Rd, 'Birds' Estate
<a href="#">Tues 23<sup>rd</sup> Nov</a>	<a href="#">Efforts</a>		<a href="#">Meet Margaret @ leisure Centre Car Park</a>
Thurs 25 <sup>th</sup> Nov	3.2miles	4	Ave, Letch lane,Riss Rd, Lamberts Field, Riss Rd Stat Rd, Roman Way
Thurs 25 <sup>th</sup> Nov	7miles	61	Wyck Riss, Drainpipe, Little Riss(via Pound Lane)
Tues 30 <sup>th</sup> Nov	3.2miles	4	Ave, Letch lane,Riss Rd, Lamberts Field, Riss Rd, Stat Rd, Roman Way
<a href="#">Tues 30<sup>th</sup> Nov</a>	<a href="#">Efforts</a>		<a href="#">Meet Gary @ leisure centre car park</a>