TUESDAY	02/04/45	Deter Driver	Bob C	Consistent Dark Josep 1 1ti	Manual ast which 9 lines to entered majori
			Leader:	Crookham Park loops 1.1k	Inveet at club & jog to start point
		Queen's Avenue		Interval Training on 400m track, Aldershot	
		Peter Driver	Bob C off-rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Stroil - torchight run around Summer Handicap Route + alternative road fast & slower run Sunday Morning off-road social long run. Same day as Tadworth 10 race & HCC Champs Progressive Efforts up the Avenue - recover down Informal Track Session shared with Juniors	n Please bring Headtorch!
	07/01/18	Peter Driver	Dom?	Sunday Morning off-road social long run Same day as Tadworth 10 race & HCC Champs	
		Elvetham Heath	Leader:	Progressive Efforts up the Avenue - recover down	Meet at Elvetham Heath community centre car park 3 x 3 sets of 3 (variable hill length each set)
WEDNESDAY	10/01/18	Queen's Avenue	Leader:	Informal Track Session shared with Juniors Mike Cloke (Sew Sear Memorial Fluron or Informal group run from club HQ Hampshire Cross-Country League Races Sunday Monning off-road social long run Schoon rypps - Strutter Visi	
THURSDAY	11/01/18	Hart Leisure Centre	Not applicable	Mike Cloke / Steve Sear Memorial Run or informal group run from club HQ	Choice of 3 distances around Elvetham Heath & Ancells Farm in memorial run
	13/01/18	Prospect Park Reading	Not applicable	Hamnehire Cross-Country League Races	
		Peter Driver	Bob C / Dom	Sunday Marning off road excial long run	
		Peter Driver	Bob C	Zahan Carea Charles Was	Med @ slub MO Ling to glad point 475 to v. (9.9) Line December Dead on ing recovery (190m)
	17/01/18	Queen's Avenue	Leader:	Zebuli Copse – Silvester Way	meet @ club riq = jug to start punit. 47311 x (0-5) = use brandon Road as jug recovery (20011)
			Leader:	Interval Training on 400m track, Aldershot	
		Peter Driver	Not applicable - organised by Rob Coates	Winter Handicap Race 3 Southern Cross-Country League Race or Farnborough Half-Marathon Lamp post rese along Moore Road Informal Track Session shered with Juniors Informal run from club HQ or meet at TBA pub	
	21/01/18	Manor Farm Country Park	INOT applicable	Southern Cross-Country League Race or Farnborough Half-Marathon	SCCL Manor Country Park
		Peter Driver	Leader:	Lamp post reps along Moore Road	Pyramid lamps session (full length 270m) Meet at club & jog to start point
		Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
THURSDAY	25/01/18	Peter Driver or Pub run	Volunteer leader for Pub Run?	Informal run from club HQ or meet at TBA pub	
SUNDAY	28/01/18	Peter Driver	Bob C / Dom or HRR LWC XC	Sunday Morning off-road social long run or HRR LWC XC	
	30/01/18	Peter Driver		Greenways/Longdown/Broomacres loop (off Reading Road South)	Meet at club, jog to Greenways. 615m x 6 (alternate between CW & CCW) 1.5 min recoveries
	31/01/18	Queen's Avenue	Bob C Leader:	Immornal run from due Fu or meet at END BUD Sunday Morning off-road social long run or HRR LWC XC GreenwaysLongdown/Broomacres loop (off Reading Road South) Interval Training on 400m track, Aldershot Interval Training on 400m track, Aldershot	7.9
THURSDAY		Peter Driver	Bob C off-rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Stroll - torchlight run around Summer Handican Route + alternative road fast & slower run	7 Plasea bring Headtorchi
		Peter Driver	Bob C / Dom	Sunday Marring off road excial long run	Notes bring resident with
	06/02/18	Elvetham Heath	Leader:	Sunday Morning off-road social long run Efforts along Fitzroy Road	Maria Phathas Dath sanisabh sanisabh sanisabh da sanisabh dha sanisabh dhilliadh dha 0 77ha le Dathas Phil
				Efforts along Fitzroy Road	Meet at Elvetham Heath community centre car park & jog to start point (full length 1km 0.77km to Herbert Rd.)
	07/02/18	Queen's Avenue Peter Driver	Leader: Not applicable - organised by Rob Coates Not applicable	Informal Track Session shared with Juniors Winter Handicap Race 4	
		Peter Driver	Not applicable - organised by Rob Coates	Winter Handicap Race 4	Final race in the winter series
		Aldershot	Not applicable	Winter Handicap Race 4 Hampshire Cross-Country League Races Sunday Moning off-road social long run Crookham Park loops 1.1k	
		Peter Driver	Bob C / Dom	Sunday Morning off-road social long run	
TUESDAY	13/02/18	Peter Driver	Bob C	Crookham Park loops 1.1k	Meet at club & jog to start point
WEDNESDAY	14/02/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	15/02/18	Peter Driver	Leaders for group runs:		
SUNDAY	18/02/18	Peter Driver	Leaders for group runs: Not applicable	Road Champs Bramley 10 / 20 mile or Wokingham HM	Bramley 10 /20 mile or Wokingham HM road champs race Groups of 3: 4°up + 4°down approx. 275m or variable hill length for sets of 3 Meet at club & jog to start point
	20/02/18	Poter Driver	Leader:	The Cables Hill service on the Cables Meet @ club HO log to war memorial	Croune of 3: 45 to 4.45 down approx. 275m or unished bill length for eate of 3 Mast at club 3 ing to start point
	21/02/18	Queen's Avenue	Leader: Leader:	Informal Track Session shared with Juniors	Groups of 3, 4 up 1 4 down approx. 27 an or variable fair length for sets of 3 weet at order d jog to start point.
	22/02/18	Peter Driver or Pub run	Volunteer leader for Pub Run?	Informal run from club HQ or meet at TBA pub	
	25/02/18	reter briver of rub full		information dub no of meet at 184 pub	COOL University
		Polecat Alley, Hasiemere	Not applicable	Southern Cross-Country League Race	SUCL Hasiemere
	27/02/18	Peter Driver Queen's Avenue	Bob C / Leader:	Southern Cross-Country League Race Portland Drive/Chesition Crescent/Ferndale Road loops Interval Training on 400m track, Aldershot	SCCL Hastemere  Meet @ club HQ – jog to start point 940m effort 250m recovery Conifer Close*4 Meet at club & jog to start point
				Interval Training on 400m track, Aldershot	
THURSDAY		Peter Driver	Bob C off-rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Stroll - torchlight run around Summer Handicap Route + alternative road fast & slower run	n Please bring Headtorch!
	04/03/18	Peter Driver	Dom?	Sunday Morning off-road social long run - alternative HRR XC or Bath Half-marathon	Please bring Headtroch!  Meet at Evetham Heath community centre car park & jog to start point (full length 1km 0.77km to Herbert Rd.)
	06/03/18	Elvetham Heath	Bob C /	Efforts along Fitzroy Road	Meet at Eivetham Heath community centre car park & jog to start point (full length 1km 0.77km to Herbert Rd.)
WEDNESDAY	07/03/18	Queen's Avenue	Bob C / Leader:	Efforts along Fitzroy Road Informal Track Session shared with Juniors Out and back 25 - 25mins out along 6 mile route and back	
THURSDAY	08/03/18	Peter Driver	Deb C alternative 9 mile steady are with Cite	Out and back 25 - 25mins out along 6 mile route and back	
		Peter Driver	Boh C / Dom	Out and back 25 - 29mins out and op inter toue and back. Sunday Morning OfFoad social long run Prie Grove Loop - Short, medium and Long loop options Interval Training on 400m track. Addershot Pre-HM group social run	•
		Peter Driver	Bob C /	Pine Grove Loop - Short, medium and Long loop ontions	Meet (A) club HO _ ing to start point _ SIM/I loops v 8= 730/810/910m Recovery 185/270/385m
	14/03/18	Queen's Avenue	Leader:	Interval Training on 400m track Aldershot	Meet @ club HQ – jog to start point - S/M/L loops x 6= 730/810/910m Recovery 185/270/365m
		Peter Driver		Dre UM group again are	
		reter Driver	Leader:	FLEET HALE MARATHON	
	18/03/18	Hieet	Not applicable		Meet @ club HO – ioo to start point 6 x joops alternate in pairs 525m Meet at club & joo to start point
	20/03/18	Peter Driver	Bob C /	Linkway - Laps of the Fairmile/Linkway circuit	Meet @ club HQ – jog to start point 6 x loops alternate in pairs 525m Meet at club & jog to start point
		Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
		Peter Driver	Leaders for group runs: Leader:	Group runs	Groups of 3: 4*up + 4*down approx. 275m or variable hill length for sets of 3 Meet at club & jog to start point
	25/03/18	Peter Driver	Leader:	Sunday Morning off-road social long run - alternative HRR XC or Combe Gibbet	
TUESDAY	27/03/18	Peter Driver	Doh C	The Gables - Hill session on the Gables, Meet @ club HQ -iog to war memorial	Groups of 3: 4*up + 4*down approx, 275m or variable hill length for sets of 3 Meet at club & log to start point
	28/03/18	Queen's Avenue	Leader:	Interval Training on 400m track Aldershot	A
	29/03/18	Peter Driver / Twesels Pub finis	sh Bob C off-rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers		
	01/04/18	Deter Driver	Easter Sunday	Mooninght Strol - fotchight run around Summer Harticida Route + alternative road fast & slower run Sunday Morning off-road social long run Off-road training starts!	The state of the s
				Office of the latest and the latest	
		Peter Driver	Leader:	On-road training starts!	
		Queen's Avenue	Leader:	Off-road training starts! Informal Track Session shared with Juniors Off-road 20 mins out 20 mins back. Velinead common 8 Tow Path route Stunday Morning off-road social long run or Devizee Half-marathon.	
		Peter Driver	Leader:	Off-road 20 mins out 20 mins back - Velmead common & Tow Path route	Meet at club & jog to start point
SUNDAY	08/04/18	Peter Driver	Leader:	Sunday Morning off-road social long run or Devizes Half-marathon	