

TUESDAY	02/01/18	Peter Driver	Bob C	Crookham Park loops 1.1k	Meet at club & jog to start point
WEDNESDAY	03/01/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	04/01/18	Peter Driver	Bob C off rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Strid - torchlight run around Summer Handicap Route + alternative road fast & slower run	Please bring Headtorch!
SUNDAY	07/01/18	Peter Driver	Dom?	Sunday Morning off-road social long run - Same day as Tadworth 10 race & HCC Champs	Meet at Elvetham Heath community centre car park 3 x 3 sets of 3 (variable hill length each set)
TUESDAY	09/01/18	Elvetham Heath	Leader:	Progressive Efforts up the Avenue - recover down	
WEDNESDAY	10/01/18	Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
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
SATURDAY	13/01/18	Prospect Park Reading	Not applicable	Hampshire Cross-Country League Races	
SUNDAY	14/01/18	Peter Driver	Bob C / Dom	Sunday Morning off-road social long run	
TUESDAY	16/01/18	Peter Driver	Bob C	Lezon Copse - Silvester Way	Meet @ club HQ - jog to start point: 475m x (6-8) - Use Brandon Road as jog recovery (260m)
WEDNESDAY	17/01/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	18/01/18	Peter Driver	Not applicable - organised by Rob Coates	Winter Handicap Race 3	
SUNDAY	21/01/18	Manor Farm Country Park	Not applicable	Southern Cross-Country League Race or Farnborough Half-Marathon	SCCL Manor Country Park
TUESDAY	23/01/18	Peter Driver	Leader:	Lamp post reps along Moore Road	Pyramid lamps session (full length 270m) Meet at club & jog to start point
WEDNESDAY	24/01/18	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	
TUESDAY	30/01/18	Peter Driver	Bob C	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
WEDNESDAY	31/01/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	01/02/18	Peter Driver	Bob C off rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Strid - torchlight run around Summer Handicap Route + alternative road fast & slower run	Please bring Headtorch!
SUNDAY	04/02/18	Peter Driver	Bob C / Dom	Sunday Morning off-road social long run	
TUESDAY	06/02/18	Elvetham Heath	Leader:	Efforts along Fitzroy Road	Meet at Elvetham Heath community centre car park & jog to start point (full length 1km 0.77km to Herbert Rd.)
WEDNESDAY	07/02/18	Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
THURSDAY	08/02/18	Peter Driver	Not applicable - organised by Rob Coates	Winter Handicap Race 4	Final race in the winter series
SATURDAY	10/02/18	Aldershot	Not applicable	Hampshire Cross-Country League Races	
SUNDAY	11/02/18	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:	Group runs	
SUNDAY	18/02/18	Peter Driver	Not applicable	Road Champs Bramley 10 / 20 mile or Wokingham HM	Bramley 10 / 20 mile or Wokingham HM road champs race
TUESDAY	20/02/18	Peter Driver	Leader:	The Gables - Hill session on the Gables. Meet @ club HQ - jog to war memorial	Groups of 3: 4*up + 4*down approx. 275m or variable hill length for sets of 3 Meet at club & jog to start point
WEDNESDAY	21/02/18	Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
THURSDAY	22/02/18	Peter Driver or Pub run	Volunteer leader for Pub Run?	Informal run from club HQ or meet at TBA pub	
SUNDAY	25/02/18	Polecat Alley, Haslemere	Not applicable	Southern Cross-Country League Race	SCCL Haslemere
TUESDAY	27/02/18	Peter Driver	Bob C / ?	Portland Drive/Cheston Crescent/Ferndale Road loops	Meet @ club HQ - jog to start point 940m effort 260m recovery Conifer Close 4 Meet at club & jog to start point
WEDNESDAY	28/02/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	01/03/18	Peter Driver	Bob C off rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Strid - torchlight run around Summer Handicap Route + alternative road fast & slower run	Please bring Headtorch!
SUNDAY	04/03/18	Peter Driver	Dom?	Sunday Morning off-road social long run - alternative HRR XC or Bath Half-marathon	
TUESDAY	06/03/18	Elvetham Heath	Bob C / ?	Efforts along Fitzroy Road	Meet at Elvetham Heath community centre car park & jog to start point (full length 1km 0.77km to Herbert Rd.)
WEDNESDAY	07/03/18	Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
THURSDAY	08/03/18	Peter Driver	Bob C / alternative 8 mile steady run with Gita	Out and back 25 - 25mins out along 8 mile route and back	
SUNDAY	11/03/18	Peter Driver	Bob C / Dom	Sunday Morning off-road social long run	
TUESDAY	13/03/18	Peter Driver	Bob C / ?	Pine Grove Loop - Short, medium and Long loop options	Meet @ club HQ - jog to start point - S/ML loops x 6= 730/810/910m Recovery 185/270/365m
WEDNESDAY	14/03/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	15/03/18	Peter Driver	Leader:	Pre-HM group social run	
SUNDAY	18/03/18	Queen's Avenue	Not applicable	QUEST HALF-MARATHON	
TUESDAY	20/03/18	Peter Driver	Bob C / ?	Linkway-Laps of the Farmstead Linkway circuit	Meet @ club HQ - jog to start point 6 x loops alternate in pairs 525m Meet at club & jog to start point
WEDNESDAY	21/03/18	Queen's Avenue	Leader:	Informal Track Session shared with Juniors	
THURSDAY	22/03/18	Peter Driver	Leaders for group runs:	Group runs	
SUNDAY	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	Bob C	The Gables - Hill session on the Gables. Meet @ club HQ -jog to war memorial	Groups of 3: 4*up + 4*down approx. 275m or variable hill length for sets of 3 Meet at club & jog to start point
WEDNESDAY	28/03/18	Queen's Avenue	Leader:	Interval Training on 400m track, Aldershot	
THURSDAY	29/03/18	Peter Driver or Pub run	Bob C off rd./ Gita 8-mile grp/ ? fast rd. grp./ ? Improvers	Moonlight Strid - torchlight run around Summer Handicap Route + alternative road fast & slower run	Please bring Headtorch! Last chance to enjoy off-road running in the dark!
SUNDAY	01/04/18	Peter Driver	Leader:	Sunday Morning off-road social long run	
TUESDAY	03/04/18	Peter Driver	Leader:	Easter Sunday	
WEDNESDAY	04/04/18	Queen's Avenue	Leader:	Off-road training starts!	
THURSDAY	05/04/18	Peter Driver	Leader:	Informal Track Session shared with Juniors	
SUNDAY	08/04/18	Peter Driver	Leader:	Off-road 20 mins out 20 mins back - Veinead common & Tow Path route	Meet at club & jog to start point
				Sunday Morning off-road social long run or Devices Half-marathon	