

Run Diary

December 2022 through to end of December 2023

September through to end of March, Road Runs start from the Sports Hall at St John's School, Broadway.

Reflective apparel to be worn, head torch or similar.

Monday nights we leave at 7pm and all run together at a steady pace between 4 and 5 miles. There are extra loops for those that want a bit more, and you can drop in and out as you want.

Wednesday is Club Night so wear the Mighty Green please.

- 7.00 Notices
- 7.05 The various runs start
- 3 mile
- 4 to 5 mile
- 6 mile steady

At times there may be off road runs by headlights. Start locations will be advised to members.

April through to end of August, off-road runs begin.

All Monday and Wednesday runs as above are off road from various locations around the valley and beyond. For security reasons locations will be sent directly to members