

Bracknell Forest Runners
Winter and Spring Training 2018

Group 10-10.30 Training Group

Group C: Training Pace 10-10.30 minutes per mile

Led by: Alan Bent

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Home no.: 01344 224586 - NO FACEBOOK CONTACT

Times and locations can alter to suit

Day	Date	Miles	Start	
Sun	07.01.18	10	9.00	Sports Centre
Frid	12.01.18	12	6.00pm	Sports Centre
Sun	14.01.18	6	11.00	Reading cross country
Frid	19.01.18	13	6.00pm	Sports Centre car park
Sun	21.01.18	6	11.00	Tadley Cross Country
Sun	28.01.18	15	9.00	Sports Centre car park
Sat	03.02.18	12	8.30am	Sports Centre
Sun	04.02.18			BRF Cross Country
Sun	11.02.18	14	9.00	Lily Hill Car Park
Sun	18.02.18	13.1	9.00	Wokingham Half Marathon
Sun	25.02.18	15	8.30am	Lily Hill Car Park
Sun	04.03.18	17	8.30.am	Sports Centre
Sun	11.03.18	20	8.30am	Sports Centre
Sun	18.03.18			I will be doing Grizzley you will need a leader
Sun	25.03.18	21/15	9.00	Cranleigh
Frid	30.03.18			Maidenhead 10 miles
Sun	01.04.18	17	8.30am	Sports Centre
Sun	08.04.18	18	8.30 am	Long Hill Car Park
Sun	15.04.18	10	9.00	Sports Centre
Sun	22.04.18	26.2	6.30am	London Marathon

Times and meeting places may change but you will be notified.