

## July Sessions - 7pm start

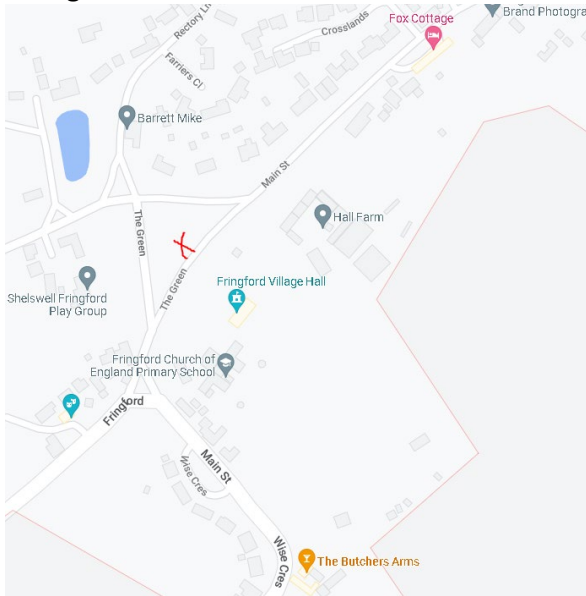
Date	Session	Leader / Coach	Meeting Point
Sat 2nd	Buckingham Park Run Handicap Race		
Tues 5th	Evenley Road Route	SPYBT + GPG	Town Hall @ 6:50pm
	Alternative Session: Evenley Trail Route (GPG)		
Thurs 7th	Fringford Trail Route	Choochi	Fringford Green @ 6:50pm
	Alternative session: Fringford Road route		
Fri 8th	Blisworth 5 mile race – Club Champs & Handicap		
Tues 12th	BDRC Chicken Run Route	Macca + GPG	Central (Top of Town) Station Cafe @ 6:50pm
	Alternative Session: Tusmore	Lolly	Meet at Aspen Court, Heath Farm, Cottisford, Nr Brackley, Northants NN13 5SN at 6.50pm
MK 10K - Club Champs & Handicap			
Thurs 14th	Time Trial		Meet on the grass at the top of Turweston Road (next to Sainsbury's R'bout)
Sat 16th	Hornton Classic – 6 miles – Club champs		
Tues 19th	Helmdon Hurler Route	Froggles	BLC @ 6:40pm for lift share or Helmdon (The Fat Landlord) at 7pm
	Alternative Session: Steane XC	Heidi	BLC @ 6:50pm
	Alternative Session: Halse XC (GPG)	SPYBT	
Rugby 6			
Thurs 21st	Hinton Out & Back	Lolly	Town Hall @ 6:50pm
	Alternative Session: Middleton Cheney	Macca	BLC @ 6:50pm
Tues 26th	Hazelborough XC	BBB + GPG	BLC @ 6:45pm for lift share or Hazelborough Woods Entrance for 7pm
	Alternative Session: Halse Out & Back	Mazzo	BLC @ 6:50pm
Thurs 28th	Paarlauf	Noz	BLC @ 6:50pm

**NOTES:**

**Session leaders reserve the right not to run a session on any given night**

*BLC = Brackley Leisure Centre*

**\*Fringford**



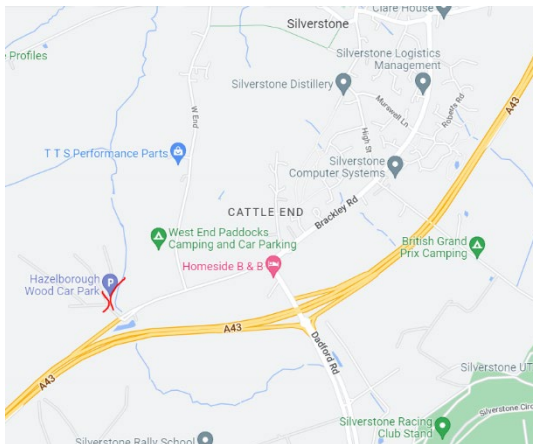
**\*\*Chicken Run Start Point**



**\*\*\*Helmdon Hurler**



**\*\*\*\*Hazelborough**



**\*\*\*\*\*Middleton Cheney**

