

ITINERARY/SCHEDULE**WEEK COMMENCING 8/4/17**

	<u>Location</u>	<u>Time</u>	<u>Session/Event</u>	<u>Contact</u>
SATURDAY 8/4/17	-			
SUNDAY 9/4/17	-			
MONDAY 10/4/17	St Michaels High School Chorley, PR7 1RS	7.00PM	Speed/Endurance 1 Hour	Anna Maria Crabtree 01257 483950
TUESDAY 11/4/17	Main Gate - Astley Park Nr Memorial	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
WEDNESDAY 12/4/17	-			
THURSDAY 13/4/17	Hop Pocket	6.30PM	Endurance/Reps Ideal for Beginners	John Payn 01257 482210
	Horwich Track	7.00PM	Track/ Field Practice Speed/Endurance Session 1 hr	Simon Townsend 01257 265779
	Chorley Cricket Club	7.30PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	No Swimming this week - Resumes 20/4/17			
FRIDAY 14/4/17	-			
SATURDAY 15/4/17	-			
SUNDAY 16/4/17	-			
MONDAY 17/4/17				
TUESDAY 18/4/17	TBC	6.30PM	Speed/Endurance	Simon Townsend 01257 265779
WEDNESDAY 19/4/17				
THURSDAY 20/4/17	Runshaw College, Euxton Lane	6.30PM	Endurance/Reps Ideal for Beginners	John Payn 01257 482210
	Horwich Track	7.00PM	Track/ Field Practice Speed/Endurance Session 1 hr	Simon Townsend 01257 265779
	Chorley Cricket Club	7.30PM	Approx 1 Hour Steady Run All abilities welcome	Phil Iddon 01772 490078
	Brinscall Swimming Pool	6.30PM	Swim Session	Steve Thomas 07794701815
FRIDAY 21/4/17	-			
SATURDAY 22/4/17	-			
SUNDAY 23/4/17	-			