

Redway Runners Xmas & New run plans 2017

Date	Day	Early Morning	Morning	Evening	Other events	
16-Dec	Sat		10:00 - Starter run with Steve --- 10:00 - Rushmere Trailfinder run with Kevin		parkrun MK	
17-Dec	Sun		09:00 - Club run - Santa Special run with the animals - Xmas Hats & Tinsel - meet car park opp church in Woburn (Rd to Abbey) with Martin --- 09:00 - Step Up run with Helen			
18-Dec	Mon		09:30 - Step Up with Debbie -- 09:30 - Recovery run with Jim, Brickhill Woods. Park at the top of Church Road, Bow Brickhill	18:00 - Step Up runs with Glenn & Helen, Social with Steve or Lakes run 19:00 - Club run with Paul, Social run with Simon Navin or Step Up group with Leigh		
19-Dec	Tue	06:00 - Early run with Ana Maria	09:30 - Club run with Martin	18:30 - Explorer run with Kevin -- 18:00 Club 6:40 run (6:40 minute miles) with Paul CJ from DL		
20-Dec	Wed	05:00 - Early club run with Jen	09:30 - Club run, Mince pies, Tinsel and Xmas hats with Martin	18:00 - Social run with Neil & Steph or Step Up with Glenn & Laura -- 19:00 Step Up run with Paul C		
21-Dec	Thu		09:30 Step Up run with Debbie	18:00 - Step Up with Sophie -- 19:00 - Social run (Paul CJ), Intervals (Paul Carter) or Step Up group		
22-Dec	Fri		09:30 - Club run with Martin			
23-Dec	Sat		10:00 - Starter run with Steve		parkrun MK	
24-Dec	Sun		09:00 - Club run -- 09:00 - Step Up run with Helen			
25-Dec	Mon		NO CLUB RUNS			parkrun MK
26-Dec	Tue	06:00 - NO EARLY MORNING RUN	10:00 Club run from Newport, behind Boots car park - Tuesday on Tour - about 1 hour 40 minutes pace 11 min miles and quicker	NO EXPLORER OR 640 RUNS		
27-Dec	Wed	05:00 - Early club run with Jen	09:30 - Club run with Martin	18:00 - Social run with Neil & Steph or Step Up with Glenn & Laura -- 19:00 Step Up run with Paul C		
28-Dec	Thu		09:30 - Step Up run with Debbie. Also Social run with Glenn approx 50 minutes	18:00 - Step Up with Sophie -- 19:00 - Social run (Paul CJ), Intervals (Richard Doherty) or Step Up group (Leigh)		
29-Dec	Fri		09:30 - Club run with Martin			
30-Dec	Sat		10:00 - Starter run with Steve		parkrun MK	
31-Dec	Sun		09:00 - Club run and Step up			
01-Jan	Mon		NO MORNING RUNS	18:00 - One mix ability run, led by Steve B 19:00 - NO RUNS NOTE 6PM RUN FROM BARRIERS AT DAVID LLOYD	parkrun - check for details	
02-Jan	Tue	06:00 - Early run with Ana Maria	09:30 - Club Run	18:30 - ONE COMBINED EXPLORER RUN from DL Barriers with Simon N -- 18:00 Club 6:40 run (6:40 minute miles) with Paul CJ from DL		
03-Jan	Wed	05:00 - Early club run with Jen	09:30 - Club run with Martin	18:00 - Social run with Neil & Steph or Step Up with Glenn & Laura -- 19:00 Step Up run with Paul C		
04-Jan	Thu		09:30 - Step Up run with Debbie	18:00 - Step Up with Sophie -- 19:00 - Social run (Paul CJ), Intervals (Mark Hill) or Step Up group		
05-Jan	Fri		09:30 - Club run with Martin			
06-Jan	Sat				parkrun MK Cross Country Champs	
07-Jan	Sun		09:00 - Club run - Marathon Training starts --- 09:00 - Step Up run with Helen			