

Day	Date	05:00	06:00	09:00	09:30	10:00	18:00	18:30	19:00
Saturday	22-Dec-18			09:00 parkrun					
Sunday	23-Dec-18			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					
Monday	24-Dec-18				09.30 Extra Social run with Martin, Ship Ashore – 1 hour		18:00 Step Up with Glenn 18:00 Social with Steve 18:00 Lake Run with Anne Gentle Step Up with Anne		19:00 Step Up with Leigh 19:00 Social Run with Maurice
Tuesday	25-Dec-18		06:00 Early Run with Ana Maria	09:00 parkrun	09:30 Club Run with Martin		18:00 Step Up with Carol	18:30 640 with PCJ 18:30 Explorer Run with Tim	
Wednesday	26-Dec-18	05:00 Early Run with Jen			09:30 Club Run with Martin	10:00 Club run EXTRA from Newport, behind Boots car park - about 1 hour 40 minutes pace 11 min miles and quicker	18:00 Step Up with Glenn 18:00 Gentle Step Up with Lisa C 18:00 Social with Neil and Steph Step Up with Karen C 18:00 Social with Kevin T 18:00 Gentle Step Up with Lisa C	18:30 Track with Kevin F 18:30 Step Up with Kevin S	19:00 Step Up with Paul C

Thursday	27-Dec-18				09:30 Step Up with Debbie		18:00 Step Up with Matthew 18:00 Social Run with Dom		19:00 Step Up to 10K with Leigh 19:00 Intervals with Matt C 19:00 Step Up Intervals with Annette 18:00 Paced Run with Kieron D (PCJ)
Friday	28-Dec-18				09:30 Club Run with Martin			18:30 Run and Drink with Gary and Alistair	19:00 Gentle Step Up with Lottey
Saturday	29-Dec-18			09:00 parkrun		10:00 Trail Finder Run			
Sunday	30-Dec-18			09:00 Club Run & Step Up					
Monday	31-Dec-18			09:00 Step Up with Debbie- 09:00 Dog Jog with Jim	09.30 Extra Social run with Martin, The Giffard – 1 hour		18:00 Step Up with Glenn 18:00 Social with Steve- 18:00 Lake Run with Anne 18:00 Gentle Step Up with Lisa C		19:00 Step Up with Leigh 19:00 Social Run with Richard D
Tuesday	01-Jan-19		06:00 Early Run with Ana Maria-	parkrun Double	09:30 Club Run with Martin-		18:00 Step Up with Carol-	18:30 640 with PCJ Explorer Run with Tim-	
Wednesday	02-Jan-19	05:00 Early Run with Jen			09:30 Club Run with Martin		18:00 Step Up with Glenn 18:00 Social with Neil and Steph 18:00 Step Up with Karen C 18:00 Social with Kevin T 18:00 Gentle Step Up with Lisa C	18:30 Track with Kevin F 18:30 Step Up with Kevin S	19:00 Step Up with Paul C

Thursday	03-Jan-19				09:30 Step Up with Debbie		18:00 Step Up with Matthew 18:00 Social Run with Dom		19:00 Step Up to 10K with Leigh 19:00 Intervals with Richard D 19:00 Step Up Intervals with Annette 19:00 Paced Run with Glenn (PCJ)
Friday	04-Jan-19				09:30 Club Run with Martin			18:30 Run and Drink with Gary and Alistair	