

Monthly Programme Aug 2011

Day	Date	Time	Place	Event
Monday	1st	7.00	Morrisons	5+ mile hilly tempo run Abnalls Lane
Tuesday	2nd	7.00	Friary	Grass Track session led by Burntwood Tri Club
Wednesday	3rd	7.15 for 7.30	King Edwards	Beacon Park Circuits
Saturday	6th	9.00	Ryknild St / Tamworth Road	9.5mile Off-Road run Hopwas woods etc
Sunday	7th	9.00	King Edwards	Sociable run
Monday	8th	7.00	Morrisons	5+ mile hilly tempo run Abnalls Lane
Tuesday	9th	7.00	Friary	Grass Track session led by Burntwood Tri Club
Wednesday	10th	As race instructions	Staffs Knot race Cannock chase visitor centre	5 mile off road race
Saturday	13th	9.00	Ryknild St / Tamworth Road	9.5mile Off-Road run Hopwas woods etc
Sunday	14th	9.00	King Edwards	Sociable Run
Monday	15th	7.00	Morrisons	5+ mile hilly tempo run Abnalls Lane
Tuesday	16th	7.00	Friary	Grass Track session led by Burntwood Tri Club
Wednesday	17th	7.15 for 7.30	King Edwards Afterwards at the greyhound	5mile time trial
Saturday	20th	9.00	Ryknild St / Tamworth Road	9.5mile Off-Road run Hopwas woods etc
Sunday	21st	9.00	King Edwards	Sociable run
Monday	22nd	7.00	Morrisons	5+ mile hilly tempo run Abnalls Lane
Tuesday	23rd	7.00	Friary	Grass Track session led by Burntwood Tri Club
Wednesday	24th	7.15 for 7.30	King Edwards	Elmhurst steady run 5+ miles
Saturday Bank holiday w/e	27th	9.00	Ryknild St/ Tamworth Road	9.5mile Off road run Hopwas woods etc
Sunday Bank Holiday w/e	28th	9.00	King Edwards	Sociable Run
Monday Bank holiday w/e	29th	7.00	Morrisons	5+ mile hilly tempo run Abnalls Lane
Tuesday	30th	7.00	Friary	Grass Track session led by Burntwood Tri Club
Wednesday	31st	7.15 for 7.30	King Edwards	Eastern Avenue. Hill Effort 5+miles
Social event	Track Session	Time Trial	Off road training run	Off Road Race

Weekly Tuesday Grass Track Session – The Friary Leisure Centre

This is an intervals session led by a coach from Burntwood Tri-club.

If it is too wet it will revert to a road session.

It is free, meet at the track to the rear of the top car park

Friary Leisure Centre, Eastern Avenue, Lichfield

Contact. Burntwood tri- club website Contact. Anne Brooks(coach burntwood tri-club).
ann.hadleycottage@btinternet.com

Saturday Mornings 9.00am Car park at Junction Ryknild Street and Tamworth road.

Monday Evenings 7.00pm at Morrisons car park Stafford Street. We meet in the small car park on the left on the way in.

7.15 for 7.30 Wednesday evenings, 9.00am Sunday Mornings King Edwards Leisure Centre