

Newmarket Joggers Training Schedule October- December 2017

Hi-Viz MUST BE WORN

October

Option	Tues 3rd	Thurs 5th	Tues 10th	Thurs 12th	Tues 17th	Thurs 19th	Tues 24th	Thur 26th	Tues 31st
Distance Full -C6.5 Shorter options approx. 4miles	5 K Handicap	Exning-Studlands-Welly Pub-Avenue	Bury Rd-Welly Pub-St Johns-Crockfords-Exning	Smilers Hill	Clocktower-Welly pub-Centre Drive-Ashley Rd-Avenue	Yellow brick Rd-Studlands-Exning-	Out and Back	AGM- All welcome	Bury Rd-Granby St-St Johns-Crockfords-Edinburgh Rd
Technical		Technical Track session	Technical Track session	Technical Track session	Technical Track session	Technical Track session	Technical Track session	AGM	Technical Track session

November

Option	Thurs 2nd	Tues 7th	Thurs 9th	Tues 14th	Thurs 16th	Tues 21st	Thur 23rd	Tues 28th	Thur 30th
Distance Full -C6.5 Shorter options approx. 4miles	Clocktower-Welly pub-Centre Drive-Ashley Rd-Avenue	5k Handicap	Exning-Studlands-Fordham Rd- Welly Pub- Bury Rd	Centre Drive	Yellow brick Rd-Studlands-Exning	Bury Rd Efforts	Bury Rd-Welly Pub-St Johns Av-Crockfords Rd- Avenue	Centre Drive-Top of the hill efforts	Scaltback-Hamilton Rd- Centre Drive-Meadow Lane-Duchess Drive

Technical	Technical Track session		Technical Track session	Technical Track session	Technical Track session	Technical Track session	Technical Track session	Technical Track session	Technical Track session
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December

Option	Tues 5th	Thurs 7th	Tues 12th	Thurs 14th	Tues 19th	Thurs 21th	Tues 26th	Thur 28th
Distance Full -C6.5 Shorter options approx. 4miles	5K Handicap	Exning-Ducks Lane-Studlands-Yellow Brick Lane-Smilers Hill	Out and Back	Clocktower-Welly pub-Centre Drive-Ashley Rd-Avenue	Smilers Hill	Jingle Jog	Xmas	Optional
Technical		Technical Track session	Technical Track session	Technical Track session	Technical Track session			