

Wednesday Training Sessions - Schedule Autumn 2018

| <u>Week</u> | <u>Date</u> | <u>Town</u> | <u>Meet</u> | <u>Type</u> | <u>Circuit / Session</u> |
|-------------|-------------|---------------|-----------------------------------|---------------|---|
| 1 | 03-Oct | Whaley Bridge | Canal Car Park | Hill Reps | Memorial Park Session |
| 2 | 10-Oct | Chapel | Park Entrance, Rowton Grange Road | Hills | Seven Hills ("The Wanted") |
| 3 | 17-Oct | New Mills | Leisure Centre | Speed / Hills | Sett Valley Trail / Sitch Lane ("On the Whistle") / Golf Club |
| 4 | 24-Oct | Whaley Bridge | Canal Car Park | Reps | Reservoir Road |
| 5 | 31-Oct | Chapel | Park Entrance, Rowton Grange Road | Reps | Train Station |
| 6 | 07-Nov | Disley | Train Station | Hills | The Winter Round! |
| 7 | 14-Nov | Whaley Bridge | Taxal Layby Long Hill | Hill Reps | Fernilee Hills |
| 8 | 21-Nov | Chapel | Park Entrance, Rowton Grange Road | Reps | Brooklands & Netherfields Road |
| 9 | 28-Nov | New Mills | Leisure Centre | Hills | The Three Peaks! (Sitch Ln, Moorland Rd, Over Hill Ln) |
| 10 | 05-Dec | Whaley Bridge | Canal Car Park | Reps | Taxal Moor |
| 11 | 12-Dec | Chapel | Park Entrance, Rowton Grange Road | Hills | Eccles, Portobelo, Back Eccles |
| 12 | 19-Dec | New Mills | Leisure Centre | Hills / Reps | Disley, Canal, The Torrs |