

Aldridge Running Club - Clubnight Routes and Volunteers

Feburary 2015

Date	Distance	Route	Leader	Middle	Back Marker	Meeting Point
03/02/2015	1 - 3 Miles	Winter 3 and/or loops				On the grass outside the club
	C25	Route as per 9 week plan	Karen Waple			In the carpark
	4 Miles	Laburnum Rd 4				In the carpark
	5 Miles	Winter 5.5				In the carpark
	6 Miles	Shire Oak 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Lawrence Hewitt			In the Club House
10/02/2015	1 - 3 Miles	Winter 3 and/or loops				On road outside club gates
	C25	Route as per 9 week plan	Karen Waple			In the carpark
	4 Miles	Laburnum Rd 4				In the carpark
	5 Miles	Winter 5.5				In the carpark
	6 Miles	Shire Oak 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Lawrence Hewitt			In the Club House
17/02/2015	1 - 3 Miles	New Northgate 3 and/or loops				On the grass outside the club
	C25	Route as per 9 week plan	Karen Waple			In the carpark
	4 Miles	Winter 4				In the carpark
	5 Miles	Winter 5.5				In the carpark
	6 Miles	Mellish 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Lawrence Hewitt			In the Club House
24/02/2015	1 - 3 Miles	New Northgate 3 and/or loops				On the grass outside the club
	C25	Route as per 9 week plan	Karen Waple			In the carpark
	4 Miles	Winter 4				In the carpark
	5 Miles	Winter 5.5				In the carpark
	6 Miles	Mellish 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Lawrence Hewitt			In the Club House