

Date	MONDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.7.17	TRACK, David English West Way , 7pm	Meet Avon Causeway Pub, 7pm, 4/6/8 miles.	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	New Forest 10 North Downs Way Mara/half Cider Frolic/Chase Half
10.7.17	FHAB, speed, meet Kings Park athletic stadium, 7pm	Badbury Rings, more info to follow	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Frome half marathon/10k Tarrant Valley 10k Colmers Hill 10k Upton House Series - 12th
17.7.17	Pace Run-5/6 miles plus 4 mile recovery run	FHAB, hills, meet Meyrick Park rugby pavilion, 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	D'Urberville Dash 10k
24.7.17	Wick to Stanpit Run, meet Wick Carpark, details to follow	Easy Run 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Dorset Invader WSR weekend Upton House Series - 26th
31.7.17	Recovery Runs, 4/5/6	Time Trial 3/4/5	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Bridport Jurassic Coast Half/10k
7.8.17	TRACK, David English West Way , 7pm	Hills, Chine Challenge, details to follow	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Upton House Series - 9th Portland Round the Rock 10k DRRL
14.8.17	BBQ and 'sports day' FHAB, meet Debbie's hut, details to follow, 7pm	Steady Run 4/6/8/10	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Coffee Run - details to follow
21.8.17	Hills, St Cathrines Hill, details to follow	FHAB, down hills, meet at club, 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	East Farm Marathon/Half/10k and Frolic
28.8.17	Bank Holiday, no planned running, please use FB if you want to run	Speed Run, Intervals, details to follow.	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Andover Trail Marathon
4.9.17	TRACK, David English West Way , 7pm	Easy Run 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Bad Cow Weekender Glow in the Dark Longleat 6k New Forest Marathon Races
11.9.17	FHAB, hills, meet Boscombe Pier, 7pm	Easy Run 4/5/7	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Littledown 5 DRRL Purbeck Marathon/16 mile
18.9.17	Recovery Runs, 4/5/6	FHAB, time trials, meet Littledown cricket pavilion, 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Winchester Half Marathon Solent Half Marathon
25.9.17	Hill Reps, meet Leven Avenue 7pm	Steady Run 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley Park Runs 9am start	Coffee Run - details to follow