

Date	MONDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2.10.17	TRACK, Kings Park Athletic Stadium , 7pm	Steady Run - 4/5/7	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	B'mouth Marathon Festival 7th/8th Oct Gold Hill 10k - 8th Oct DRRL
9.10.17	FHAB, speed, meet Boscombe Pier, 7pm	Easy Pace Run - 4/5/6	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Weymouth 10 - 15th Oct Studland Stampede - 15th Oct Lisbon BJ Weekend
16.10.17	Recovery Run - 4/5/6	FHAB, hills, meet Boscombe Pier, 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	
23.10.17	Hilly Run - 4/6/8	Easy pace Run - 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	The Stickler 10.1m - 29th Oct Breamore 10k - 29th Oct
30.10.17	Recovery Run - 4/5/6	Pace Run - 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Gilly Hilly 7.5m - 5th Nov DRRL
6.11.17	TRACK, Kings Park Athletic Stadium , 7pm	Mixed pace/fartlek run - 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	WSR Dark Valley - 11th Nov
13.11.17	FHAB, hills, meet Boscombe Pier, 7pm	Boscombe 10k marshal run, meet Kings Park Athletic Stadium 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Wimborne 10 - 19th Nov
20.11.17	Boscombe 10k marshal run, meet Kings Park Athletic Stadium 7pm	FHAB, speed, meet Boscombe Pier, 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Boscombe 10k - 26th Nov DRRL Downton Half - 26th Nov
27.11.17	Easy Run - 4/6/8	Steady Run - 4/6/9	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Coffee Run - details to follow Endurance Life (several distances) - 2nd Dec
4.12.17	TRACK, Kings Park Athletic Stadium , 7pm	Hilly run - 4/6/8	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Christmas 10k - 10th Dec
11.12.17	FHAB, speed, meet Boscombe Pier, 7pm	BJ Xmas Dinner & Dance	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	Bovington Weekend - 16th/17th Dec Pat's 100th!! Portsmouth Coastal Marathon - 17th Dec
18.12.17	Runton Road Xmas light run,meet Emma's 7pm, TBC	FHAB, hills, meet Boscombe Pier, 7pm	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	National Trust 10k, Studland Beach - 24th Dec (Free)
25.12.17	Xmas Day No Running	Easy post Xmas run, venue to be confirmed, Strouden Park closed.	5 2 10 Session Café Riva 9.30am - 10.30am	Bournemouth/ Poole/Moors Valley/Upton House - Park Runs 9am start	End of year Coffee Run, venue to be confirmed. Round the Lakes 10k - 26th Dec