

Vale Royal Athletic Club (Christmas/New year 2007/8)

Tuesdays -There will be no training on the two Tuesdays over the holidays.

Thursdays - Training at Knights Grange will be as normal.

Thursdays at Woodford Lodge – There will be no training on Thursday 27th
– then back to normal

There will be a Christmas Eve RUN and WALK for ALL including u11s, u13s, u15s, juniors and seniors; including family / friends and dogs (even sprinters and field event athletes - if it's not too wet).

The walk will be about 1.5 miles.

There will be a hill session after the walk/run (for the distance group).

Christmas hats are a must

Meet at the Visitor Centre in Delamere Forest for a 10.30 start.

Seniors – There is a full schedule of training runs, races and sessions posted on www.weedallsweb.org.uk

Don't forget the Cheshire x/c championships on the 5th Jan (if you have entered). Directions, Timetable and course map are on www.cheshireaa.com

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