



Dates	Day	Abbey View Golf & Track	Club Sessions	Club Sessions	Middle Distance Squad
December 19th	Thursday	Open As Normal	1st Session 6:30 - 7:30	Presentation Evening 7:30 Sea Cadet Hut no Session	6:30 - 7:10 up and overs meet at track
December 20th	Friday	Open As Normal			
December 21st	Saturday	Open As Normal			Park Run 9am (not a club Session)
December 22nd	Sunday	Open As Normal	1st session 10-11am	2nd Session 11-12am	3pm Toulmin Drive Social Run
December 23rd	Monday	Open As Normal	No Circuits	No Circuits	
December 24th	Tuesday	08.00–14.00			
December 25 th	Wednesday	Closed			Park Run 9am (not a club Session)
December 26th	Thursday	Closed			
December 27 th	Friday	08:00–16:00			
December 28 th	Saturday	08:00–16:00			Hypocaust 10:30 Session
December 29 th	Sunday	08:00–16:00	1st session 10-11am	2nd Session 11-12am Sprints track and MD hill running	3pm Toulmin Drive Social Run
December 30 th	Monday	08:00–16:00	No Circuits	No Circuits	
December 31 st	Tuesday	08.00–14.00			Hypocaust 10:30 Session
Jan 1 st	Wednesday	Closed			Park Run 10:30am (not a club Session)
Jan 2nd	Thursday	Open As Normal	1st session 6.30-7.30	2nd Session 7.30-8.45pm Spints and Hurdles is on.. (No Middle distance as at 10:30)	Hypocaust 10:30 Session