

## Brighton and Hove Women's Running Club Summer Run Schedule 2010

### Notes

- All runs start at 7pm unless otherwise stated.
- Club = Hove Rugby Football Club, Hove Recreation Ground, Shirley Drive, Hove, BN3 6QP.
- The run schedule may change at short notice due to circumstances outside our control. Every effort will be made to e-mail members if a change is necessary.

Date	Short Run	Long Run	Notes
Thu 03 Jun	Stamina / strength / hill training		
Thu 10 Jun	Club	Off-road. Bramber + meal at Maharajah.	<a href="#">Map</a>
Thu 17 Jun	Club	Off-road. Jack and Jill Windmills, Clayton.	<a href="#">Map</a>
Thu 24 Jun	Club	Club	<a href="#">TAKEPART</a> drop-in sessions
Thu 01 Jul	Short run followed by BBQ		<a href="#">TAKEPART</a> drop-in sessions
Thu 08 Jul	Club	Off-road. Rottingdean and Downs	<a href="#">Map</a>
Thu 15 Jul	Club	Club	
Thu 22 Jul	Club	Off-road. Barcombe Mills river run	<a href="#">Map</a>
Thu 29 Jul	Club	Club	
Thu 05 Aug	Club	Off-road. Ditchling Beacon to Blackcap.	<a href="#">Map</a>
Thu 12 Aug	Club	Club	
Thu 19 Aug	Club	Off-road. Ditchling village run.	<a href="#">Map</a>
Thu 26 Aug	Club	Club	
Thu 02 Sep	Club	Off-road. Ditchling Beacon and Stanmer	<a href="#">Map</a>