

**WORTHING AND DISTRICT HARRIERS SUMMER TRAINING PROGRAMME 2008**

<b>TUESDAY</b>			<b>THURSDAY</b>		
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<b>APRIL</b>					
1	Gallops 'Zig-Zags' (Hills)		3	#Summer Handicap Route	
8	#Summer Handicap Route		10	Woodman's Cottage (8)	
15	Beach (Fartlek) – East		17	#Summer Handicap	
22	Roger's Farm (Hills)		24	#Highdown/Angmering Wood (9)	27 WSFRL
29	Highdown (Circuits)				

<b>MAY</b>					
			1	#Lyons Farm (9 or approx 6.5)	
6	Bluebell Wood (Fartlek)		8	Clapham/Patching (9)	
13	#Lancing Manor (Hills/Circuits)		15	#Findon Valley/Cissbury (8)	
20	Track Session – Light	21 WSFRL	22	#Roger's Farm/Findon (7)	
27	Gallops 'Zig-Zags' (Hills)		29	#Summer Handicap	

<b>JUNE</b>					
3	Roger's Farm (Hills)		5	#Nepcote Green/Chanctonbury (8)	8 WSFRL
10	Bluebell Wood (Fartlek)		12	#Lyons Farm (9 or approx 6.5)	
17	Beach (Fartlek) – West		19	#Highdown/Angmering Wood (9)	
24	Highdown (Circuits)		26	#Summer Handicap	

<b>JULY</b>					
1	Track Session – Light	2 WSFRL	3	River Rife/Promenade (7)	6 WSFRL
8	Roger's Farm (Hills)		10	Mark's Not-Xmas Handicap	
15	#Lancing Manor (Hills/Circuits)		17	#Findon Valley/Cissbury (8)	20 WSFRL
22	Bluebell Wood (Fartlek)		24	#Summer Handicap	
29	Gallops 'Zig-Zags' (Hills)		31	#Grevitt Handicap Route	

<b>AUGUST</b>					
5	Track Session – Light	6 WSFRL	7	#Roger's Farm/Findon (7)	
12	#Grevitt Handicap Route		14	#Summer Handicap	
19	Highdown (Circuits)		21	Clapham/Patching (9)	24 WSFRL
26	Beach (Fartlek) – East		28	#Grevitt Handicap	

<b>SEPTEMBER</b>					
2	SAQ Session		4	#Highdown/Angmering Wood (9)	7 WSFRL
9	Bluebell Wood (Fartlek)		11	#Summer Handicap	
16	#Lancing Manor (Circuits/Hills)		18	#Nepcote Green/Chanctonbury (8)	20 WSFRL
23	Gallops 'Zig-Zags' (Hills)		25	River Rife/Promenade (7)	

Enjoy your runs in the countryside, but please be tolerant of other people and animals who share the footpaths and bridleways. The last one through, please shut the gate. For safety reasons, please let someone know if you are cutting a run short and making your own way back.

# Denotes start NOT from Worthing Leisure Centre (See route details for parking/meeting arrangements)

WSFRL = West Sussex Fun Run League (see Noticeboard to enter events)	20/07/08 Tilgate Forest Crawley (5m)
27/10/08 Portslade Hedgehopper (5m)	06/08/08 Highdown Hike (4m)
21/05/08 Trundle Hill Lavant (10k)	24/08/08 Beach Run Middleton-on-Sea (5m)
08/06/08 Hove Park (5k)	07/09/08 Fittleworth Five (5m)
02/07/08 Roundhill RompSteyning (6m)	20/9/08 Henfield Seven Stiles (4m)
06/07/08 Wivelsfield Wobble (4.5m)	

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