



# Bere Alston Trekkers

## *...do it in all weathers !!*

### Programme for Wednesday Evenings – March/April '16

Wednesday	Activity	Taken by
9 <sup>th</sup> March	Structured Session    Intervals	Laurence
	Social Run	Martin
16 <sup>th</sup> March	Structured Session    Hills	Murray
	Social Run	Laurence
23 <sup>rd</sup> March	Structured Session    Fartlek	Martin
	Social Run	Derek
30 <sup>th</sup> March	5K time Trial	Martin
	Social Run	Laurence
6 <sup>th</sup> April	Structured Session    Intervals	Murray
	Social Run	Martin
13 <sup>th</sup> April	Structured Session    Hills	Derek
	Social Run	Laurence
20 <sup>th</sup> April	Structured Session    Fartlek	Laurence
	Social Run	Derek
27 <sup>th</sup> April	5K time Trial	Martin
	Social Run	Derek

30<sup>th</sup> March and 27<sup>th</sup> April meet at Holy Trinity Church Hall, Bere Alston from 7.15pm for announcements at 7.30pm and then run, with tea and cake to follow. 😊

All other weeks meet in the foyer of the Methodist Church, Fore Street, Bere Alston at 7.15pm for brief announcements at 7.30pm and then run.