

BeaRCat Running Club - March 2019 Running Sessions

Date	Session		Route	Notes
Sunday, March 3rd	INCLUSIVITY + Bake Off	5km Handicap 'race' for runners/walkers of all speeds- more details on the day Bake off: Bring a cake to share after running - prize for the best one!	Run/walk together from Turks Head to Old Deer Park. 5km in Old Deer Park, runners/walkers setting off at different times depending their current speeds so that everyone can enjoy racing together. All speeds welcome! Then back to the pub for cake.	*SOCIAL MILE before running club. 7:45am. Turks Head.
WEDNESDAY, March 6th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday, March 10th	DISTANCE with Caterpillars	**BUSHY PARK** <u>Meet at Pheasantry Car Park</u>	Inters 1-4: Cross Hampton Court Bridge, riverside towards Walton. (include 6-8 caterpillars) Novice 1-3: Riverside towards Kingston (include 4-6 caterpillars) Run/Walk & Walk: Riverside towards Kingston (include 4 caterpillars)	NOT at TURKS HEAD! (Rugby)
Sunday, March 17th	DISTANCE	**RICHMOND PARK** <u>Meet at Pembroke Lodge Car Park</u>	Inters 1-4: Tamsin Trail (7.4miles) Novice 1-3: Left on road at Ham X, past Ballet School to roundabout. Back to start via Sawyers Hill (4.3miles) Run/Walk & Walk: Sheen gate, Sawyers Hill (4miles)	NOT at TURKS HEAD! (Rugby). <i>Richmond half & 10k - Richmond riverside.</i>
WEDNESDAY, March 20th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday, March 24th	SOCIAL SUNDAY with pie	5km Loop(s) from Turks head followed by pie (Anthea's Pies)	Route on the day	
Sunday, March 31st	DISTANCE with HILL REPS	Distance with 3 Hill Repeats: Run up for 1 min, jog down, run up for 2 mins, jog down, run up to top.	Inters 1-4: Riverside, Petersham Gate. Repeats on Grassy Hill. R past Pembroke Lodge, R at Ham Crossing, R back to Petersham Gate, Riverside, home. Novice 1-3: Riverside, Repeats on Nightingale. Into Richmond Park, turning back at half time. Run/Walk, Walk: Riverside, Repeats on View. Into Richmond Park, turning back at half time.	<i>Clocks change</i>
