

BearCat Running Club - October 2019 Running Sessions

Wed 2nd	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 6th	Pyramids	Warm up and cool down - 10-15mins easy	Inters: Richmond Riverside towards Ham House car park	*SOCIAL MILE before running club. 7:45am.
		Intervals (interval/jog recovery):	Novice: Twickenham Riverside	
		1min/1min, 2min/2min, 3min/2min, 5min/2min, 3min/2min, 2min/2min, 1min/1min	Run/Walk & Walk: Richmond Riverside towards Kew	
Sunday 13th	**** CABBAGE PATCH 10 ****			
Wed 16th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 20th	MDS Awareness Day 5km or 10km Challenge	Marble Hill / Orleans Gardens Swings	Choice of 5km or 10km challenge (or run for fun!)	
		/Finish on TWICKENHAM RIVERSIDE (end of Orleans Road / TH10 finish at)	5km route: Marble Hill swings, over Richmond Bridge, Right onto Riverside until just past the Canoe Club, turn at the bollards at the start of Buccleugh Gdns and run back	
			10km route: Marble Hill swings, over Richmond Bridge, Right onto Riverside, through Ham House car park, up Ham Street, left onto Sandy Lane turning at Grey Court School gates and running back	
		£5 (£3 donation goes to MDS Patient Support Group)		
Sunday 27th	Distance	RICHMOND PARK - meet at Pembroke Lodge Car Park	Inters 1-4: Tamsin Trail	CLOCKS CHANGE
			Novice 1-3, Run/Walk, Walk: Down Sawyers Hill, Left at Roundabout, Left up Tamsin Trail	
Wed 30th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	