

Month **November**



| Date | Location | Groups | Type | Summary Detail | Post Run Event | Community Info CHECK SPECIFIC DATES |
|-----------|---|------------|---------------------------------|--|-----------------------|--|
| 05-Nov-23 | Richmond park – Pembroke Lodge Car Park | All Groups | Hills & Distance | Mid distance with 3 hills | | |
| 12-Nov-23 | Richmond park – Pembroke Lodge Car Park | All Groups | Mixed: Speed , Distance & Hills | Leaders Choice | | |
| 19-Nov-23 | Meet Café by Marble Hill swings – bottom Orleans Road | Inters 1-4 | Distance | Turks Head 10k route | | |
| | | Novice 1-3 | Distance | Distance to combine into latter part of Turks Head 10k route | | |
| 26-Nov-23 | Bushy Park – Pheasantry Car Park | All Groups | Speed | 800m session | Pheasantry café after | |

Month **December**



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|-----------|---|------------|----------|---|--|--|
| 03-Dec-23 | Turks Head | All Groups | Hills | John Rose Corkscrew | | |
| 10-Dec-23 | Turks Head | All Groups | Social | Christmas Special Run and Brunch | 8.30-10.45am Sit down amazing brunch in Winchester Hall after - £8 paid in advance | |
| 17-Dec-23 | Turks Head | All Groups | Distance | Out and back, up to Richmond Park & Back | | |
| 24-Dec-23 | Turks Head | All Groups | Social | Celebration – social Run – Leaders day off – volunteer leaders take the helm! | | |
| 31-Dec-23 | CLUB CLOSED | | | | | |
| 01-Jan-24 | Parkruns - Bushy parkrun and possibly Crane parkrun - TBC | All Groups | Social | Join us at 1 or 2 parkruns "Do the Double" | | |