

Bracknell Forest Runners

Winter and spring distance training 2011/2012

Group C Training pace 9min 30 sec to 10 min per mile

Led by Lee Brant 0789 994889

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Day/Date	Races Available	Other Training/Comments
Sun 30 Oct '11	TVXC Metros	
Sun 6 Nov'11		Usual Sunday training
Sun 13 Nov'11	TVXC Datchet	
Sun 20 Nov'11		Usual Sunday training
Sun 27 Nov'11	TVXC Sandhurst	
Sun 4 Dec'11	Tadley Xmas XC	Usual Sunday training
Sun 11 Dec'11	TVXC Handy Cross	
Sun 18 Dec'11	TVXC Reading	
Sun 25 Dec'11		No training today
Mon 26 Dec'11		BFR's annual Virginia Water run further details to follow
Sun 1 Jan'12		
Sat 7 Jan'12		8 mile run starting at the Lookout at 9:00AM
Sun 8 Jan'12	TVXC Tadley	
Sat 14 Jan'12		10 mile run starting at the Lookout at 9:00AM
Sun 15 Jan'12		Usual Sunday training
Sat 21 Jan'12		12 mile run starting at Longhill Car Park at 8:30AM
Sun 22 Jan'12	TVXC Bracknell	
Sat 28 Jan'12		14 mile run starting at the Lookout at 8:30AM
Sun 29 Jan'12		Usual Sunday training
Sat 4 Feb'12		10 mile run starting at the Lookout at 9:00AM
Sun 5 Feb'12	TVXC Finchcoasters	
Sun 12 Feb'12	Bramley 10/20	16 mile run starting at Lookout at 8:30AM
Sun 19 Feb'12	Wokingham Half	Club championship event
Sun 26 Feb'12		18 mile run starting at the Lookout at 8:30AM
Sun 4 Mar'12		16 mile run starting at the Lookout at 8:30AM
Sun 11 Mar'12	Grizzley (race full)	18 mile run starting at the Lookout at 8:30AM
Sun 18 Mar'12	Spitfire 20 Tempest 10	16 mile run starting at the Lookout at 8:30AM
Sun 25 Mar'12	Fleet Half	18 mile run starting at the Lookout at 8:30AM
Sun 1 Apr'12	Reading Half	16 mile run starting at the Lookout at 8:30AM
Fri 6 Apr'12	Maidenhead 10	Annual race held on Good Friday
Sun 8 Apr'12		
Sun 15 Apr'12	Paris Marathon Brighton Marathon	
Sun 22 Apr'12	London Marathon	BFR will arrange coaches to the start for a reasonable fee
Sun 29 Apr'12	Bracknell Half	Nice warm down
TBC	Worthing 20	
TBC	Kingston 16	
TBC	Cranleigh 15/21	Date expected to be 25 March