

# Helm Hill Runners

## Green/White group training 2019

- 9<sup>th</sup> Jan                    Castle. Long and around
- 16<sup>th</sup> Jan                Abbott Hall. Parloof and sprints.
- 23<sup>rd</sup> Jan                River/Canal run.
- 30<sup>th</sup> Jan                Nobles Rest.
- 6<sup>th</sup> Feb                    The Helm.
- 13<sup>th</sup> Feb                The Greyhound.
- 20<sup>th</sup> Feb                Staveley social run. Pub?
- 27<sup>th</sup> Feb                Town/Fellside tour.
- 6<sup>th</sup> Mar                    Castle up and overs.
- 13<sup>th</sup> Mar                Captain French Lane.
- Anything later TBC

Remember High Vis every night.