

Bracknell Forest Runners

Winter and spring distance training 2011/2012

Group B Training pace 8min 30 sec to 9 min per mile

Led by Alan Bent 01344 890184 hazel.bent@btinternet.com

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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 | | Usual Sunday training |
| Sat 7 Jan'12 | | 10 mile run starting at the Lookout at 9:00AM |
| Sun 8 Jan'12 | TVXC Tadley | |
| Sat 14 Jan'12 | | 12 mile run starting at the Lookout at 9:00AM |
| Sun 15 Jan'12 | | Usual Sunday training |
| Sat 21 Jan'12 | | 15 mile run starting at Longhill Car Park at 8:30AM |
| Sun 22 Jan'12 | TVXC Bracknell | |
| Sat 28 Jan'12 | | 16 mile run starting at the Lookout at 8:30AM |
| Sun 29 Jan'12 | | Usual Sunday training |
| Sat 4 Feb'12 | | 11 mile run from the Lookout to Lightwater at 8:30AM |
| Sun 5 Feb'12 | TVXC Finchcoasters | |
| Sun 12 Feb'12 | Bramley 10/20 | 18 mile run starting at Longhill Car Park 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) | 20 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 | | 14 mile run starting at the Lookout at 8:30AM |
| Sun 15 Apr'12 | Paris Marathon Brighton Marathon | Usual Sunday training |
| 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 |