

## Paul and Lynn's Winter Schedule.

06/09 Southport Road  
08/09 Jolly Miller + cycle path efforts  
13/09 Derby Park  
15/09 Queens Dr + Broadway efforts  
20/09 Devonshire loop/Chaffers?  
22/09 Stanley Park – laps  
27/09 Full circuit E Park  
29/09 Rice Lane rec 4,3,2,1 efforts

04/10 Derby Park  
06/10 Maggie May (9<sup>th</sup> Oct Marathon)  
11/10 Walton Hall Park ( post –marathon shuffle )  
13/10 Queens Drive – Monument 2 x 1mile efforts  
18/10 Zig zags  
20/10 Walton Vale – fast and flat  
25/10 Circuit ?  
27/10 Triangle x 5

01/11 Anderson Street/E.Park  
03/11 Hornby Rd + Bootle efforts  
08/11 Church run /E.Park  
10/11 Jolly Miller + Broadway efforts  
15/11 Short circuit where flats used to be.E Park  
17/11 Queens Drive monument x 3 half mile efforts  
22/11 York Terrace & Zig Zags.  
24/11 Stanley Park efforts  
29/11 Circuit ?

01/12 Bootle Strand  
06/12 Derby Park  
08/12 Walton Vale fast and flat  
13/12 Arkles Lane  
15/12 Walton Park efforts  
20/12 Loads Hills  
22/12 Pub + run happy xmas!!