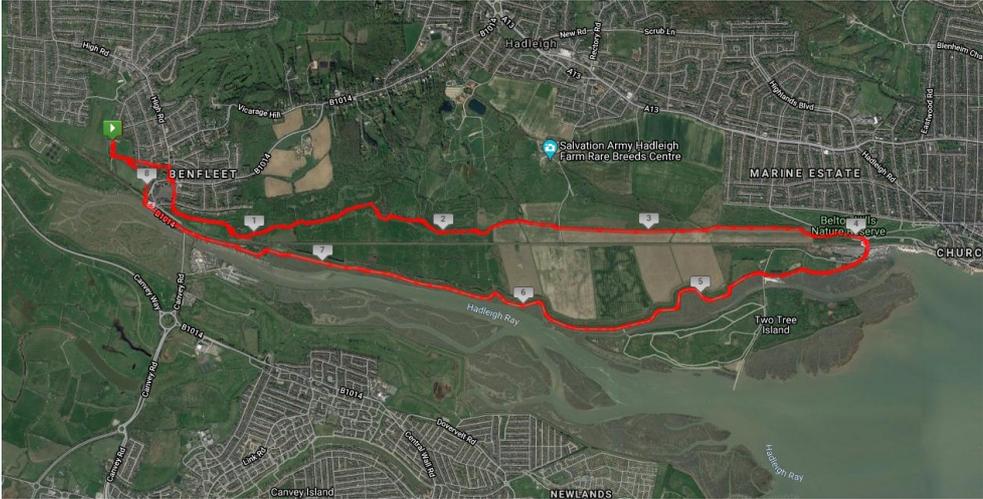
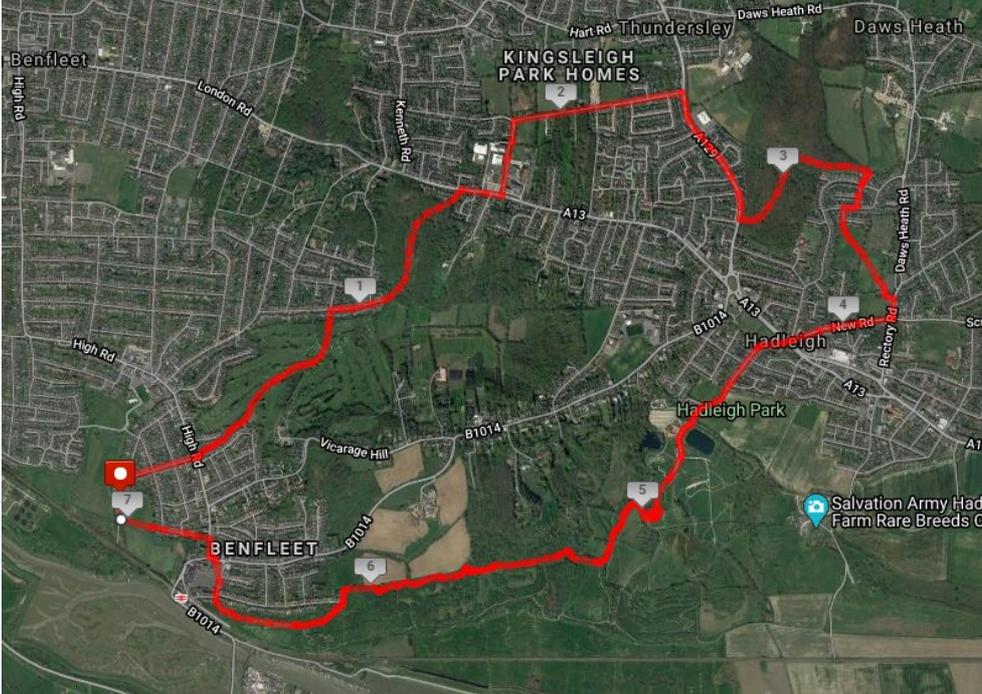


# BENFLEET RUNNING CLUB

## TRAINING JULY 2022

<p><b>TUESDAY EFFORTS</b></p>	<p><b>5th</b></p>	<p><b>DUNCAN, IAN, MATT, ANN</b>          Meet at John Burrows 7.15 for 7.30          Efforts in Westwood or at Little Havens</p> <p>James</p> <p>Bobby's Run</p>
<p><b>THURSDAY RUN</b></p>	<p><b>7th</b></p>	<p><b>LEIGH STATION AND BACK 8.3 MILES</b></p>  <p><b>SHORTER ROUTE 4.6 MILES</b>          Use railway crossing halfway across The Downs</p> 

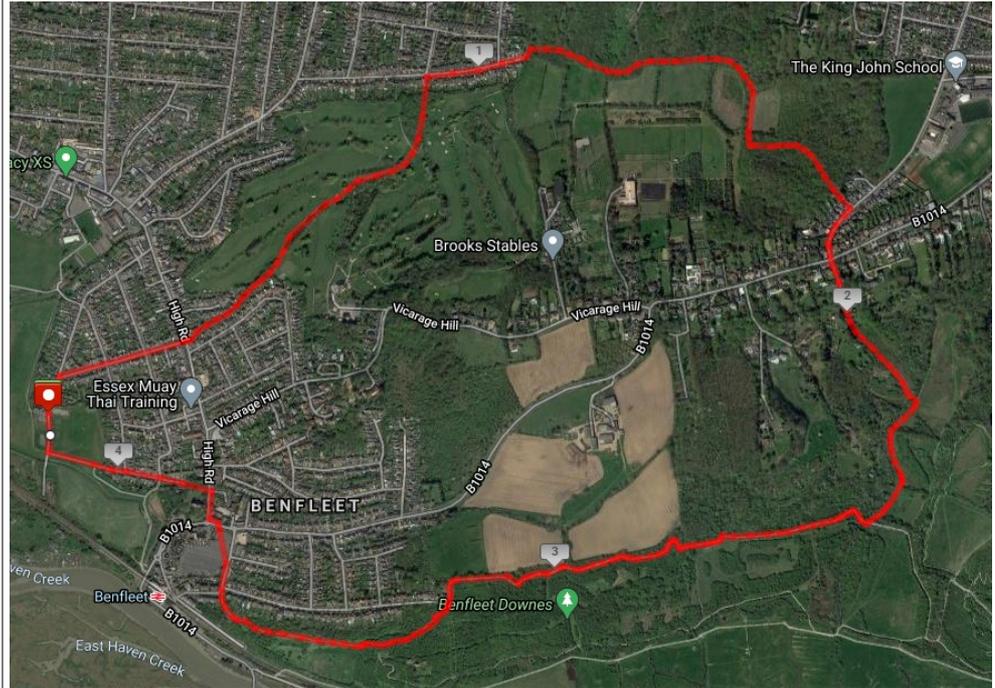
## BENFLEET RUNNING CLUB TRAINING JULY 2022

<p><b>TUESDAY EFFORTS</b></p>	<p><b>12th</b></p>	<p><b>1, DUNCAN, IAN, MATT, ANN</b>  <b>Horse Shoe efforts</b>          Horse Shoe in The Downs 2x(6 x 300M) effort, using both hills</p> <p><b>2, JAMES</b></p> <p><b>4, BOBBY'S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>14th</b></p>	<p>HOPE RD/PATH THROUGH GOLF COURSE/ UNDERHILL/ PATH THROUGH GLEN/X A13/RUNNYMEADE CHASE/THE CHASE/RAYLEIGH RD/WESTWOOD/ UP THROUGH JOHN BURROUGHS/NEW RD/ X A13/CHAPEL LANE/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB <b>7.1 MILES</b></p> 

**BENFLEET RUNNING CLUB  
TRAINING JULY 2022**

**SHORTER ROUTE 4.3 MILES**

HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/SHIPWRIGHTS DR/ X BENFLEET RD/ DOWN FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH(PARK RUN ROUTE)/SCHOOL LANE/CLUB



<p><b>TUESDAY EFFORTS</b></p>	<p><b>19th</b></p>	<p><b>1, DUNCAN, IAN, MATT, ANN</b> Thursday's long run, with Track session Thursday</p> <p><b>2, JAMES</b></p> <p><b>4, BOBBY'S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>21st</b></p>	<p><b>BALL BREAKER IN THE DAYLIGHT 5.3 MILES</b> BROOK RD/KENTS HILL RD/CLIFTON AVE/CLARENCE RD/NORTH/HILL RD/SOUTHWELL RD/MOUNT RD/HILL RD/CLARENCE RD NORTH//THUNDERSLEY PARK RD/HIGH RD/QUEENS RD/ALEXANDRA RD/HILLSIDE RD/KINGS RD/VICARAGE HILL/ESSEX WAY/HIGH RD/VICARAGE HILL/KINGS RD/ AND REST</p>



# BENFLEET RUNNING CLUB TRAINING JULY 2022

