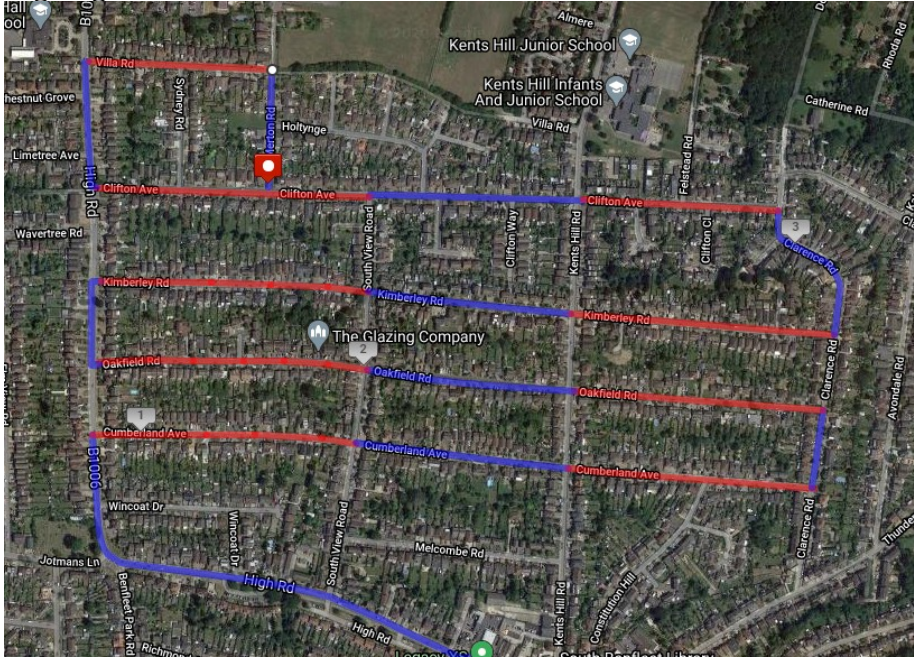
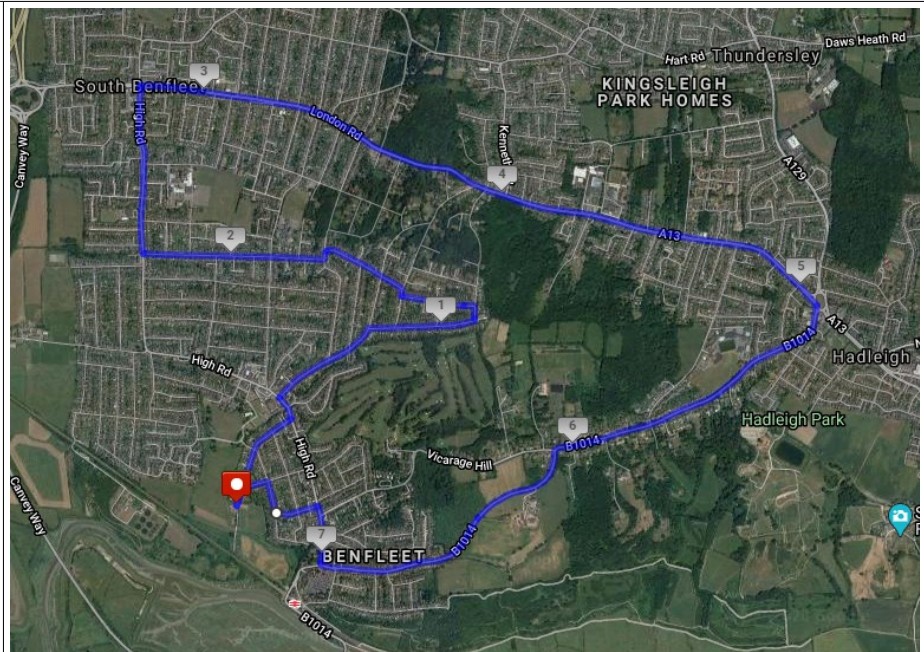


## Benfleet Running Club Training October 2022

<p><b>TUESDAY EFFORTS</b></p>	<p><b>4th</b></p>	<p><b>1, DUNCAN, IAN, MATT AND ANN</b></p> <p><b>Zig Zags</b></p>  <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>6th</b></p>	<p><b>BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL/MOUNTRD/FERNLEARD/HILLRD/CLARENCE RD /CLIFTON AVE/HIGH RD/A13/BREAD AND CHEESE/KILN RD/ BENFLEET RD/ESSEX WAY/CLUB 7.5 MILES</b></p>

## Benfleet Running Club Training October 2022



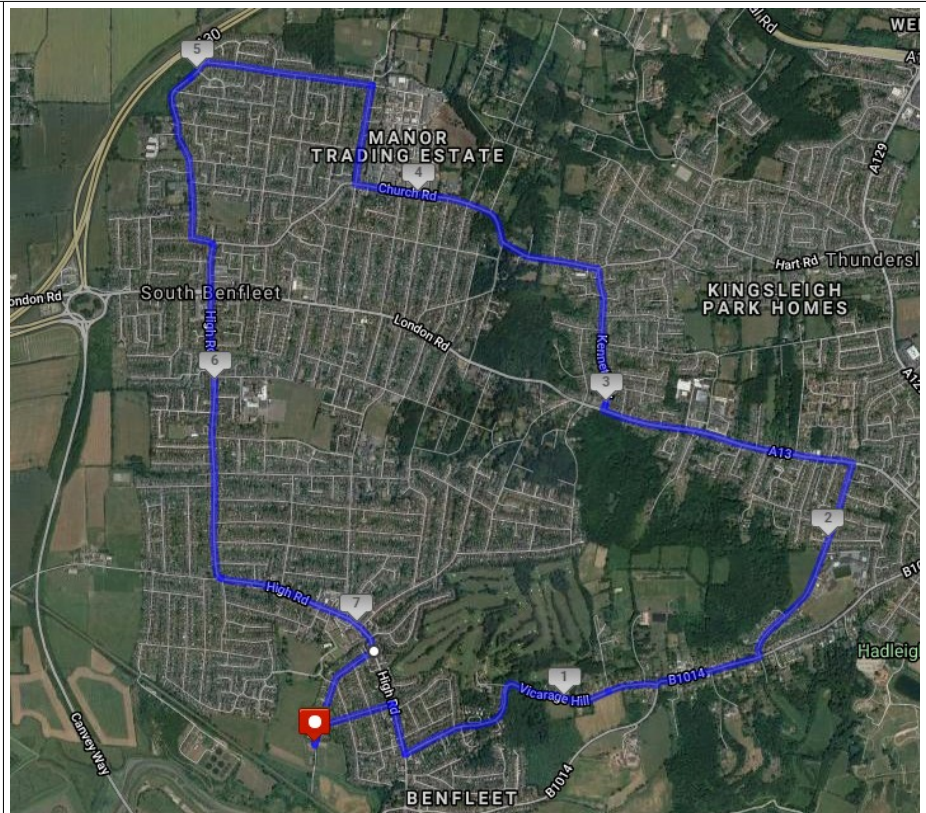
### **SHORTER ROUTE 5.3 MILES**

BROOK RD/HIGH RD/THUNDERSLY PARK RD/UNDERHILL  
/MOUNT RD/FERNLEA RD/HILL RD/CLARENCE RD N/  
CLIFTON AVE/HIGH RD/TARPOTS/CHURCH RD/KENTS HILL/  
CLUB

**Benfleet Running Club  
Training October 2022**

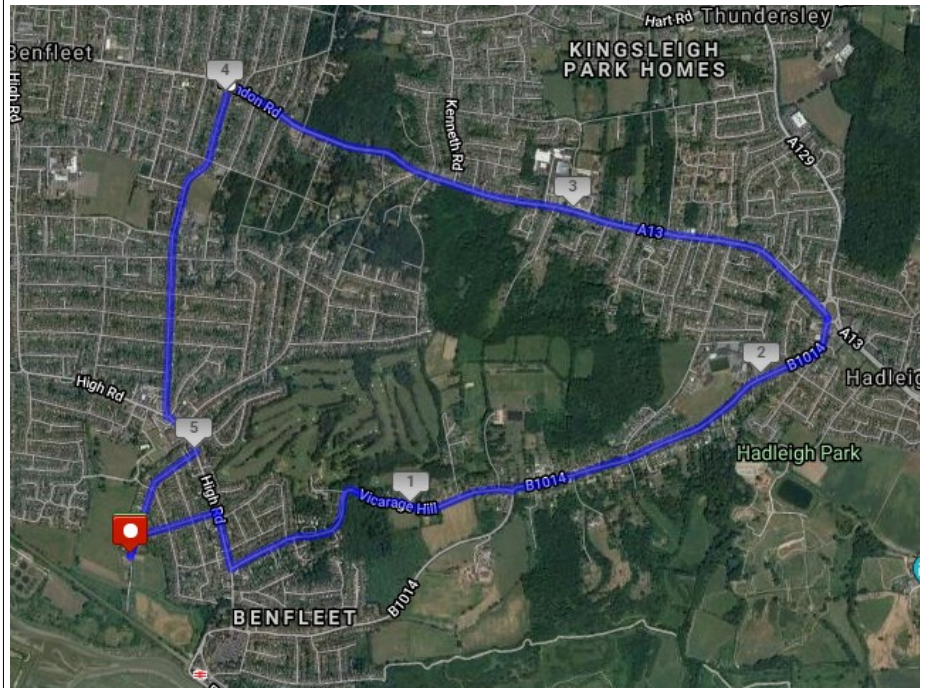
<p><b>TUESDAY EFFORTS</b></p>	<p><b>11th</b></p>	<p><b>1, DUNCAN, IAN, MATT AND ANN</b> Mile warm up/ 7 x 25 sec effort with 60 sec recovery x 3 (using River View, Sidwell and Mill Hill)/ 1 mile cool down.</p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>13th</b></p>	<p>HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP WRIGHTS/KILN RD/KENNETH RD/CHURCH RD/MANOR RD/WOODSIDE/RUSHBOTTOM LN/TARPOTS/HIGH RD/BROOKRD <b>7.6 MILES</b></p>

# Benfleet Running Club Training October 2022

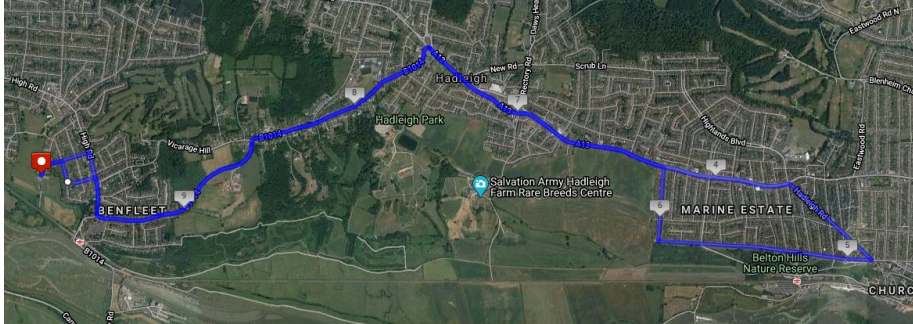
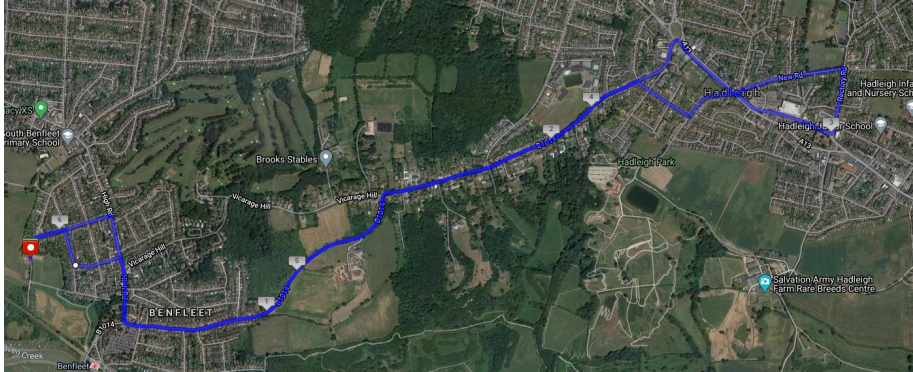


## SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/SHIP WRIGHTS/KILN RD/BREAD AND CHEESE/KENTSHILL/BROOK RD



## Benfleet Running Club Training October 2022

<p><b>TUESDAY EFFORTS</b></p>	<p><b>18th</b> <b>1, DUNCAN, IAN, MATT AND ANN</b>  <b>Efforts and Chips</b>          1 miles warm up/ 3-4 6 min efforts with 3 min standing recoveries/ 1 mile cool down to fish and chip shop using club mile loop</p> <p><b>JAMES</b></p> <p><b>BOBBY</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>20th</b> HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13 TO LEIGH/HADLEIGH RD/MARINE PARADE/TATERSALL GDS/A13/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD FLEET RD/CLUB <b>9.7 MILES</b></p>  <p><b>SHORTER ROUTE 6.2 MILES</b></p>  <p>HOPE RD/HIGH RD/ESSEX WAY/BENFLEET RD/A13/RECTORY RD/NEW ROAD/CHAPEL LANE/ST JOHNS RD/BENFLEET RD/ESSEX WAY/HIGH RD/GREEN RD/FLEET RD/CLUB</p>



**Benfleet Running Club  
Training October 2022**

**SHORTER ROUTE 4.9 MILES**

BROOK RD/HIGH RD/CLIFTON AVE/KENTS HILL/KENTS HILL  
NORTH/CHUCH RD/TARPOTS HIGH RD/BROOK RD CLUB

