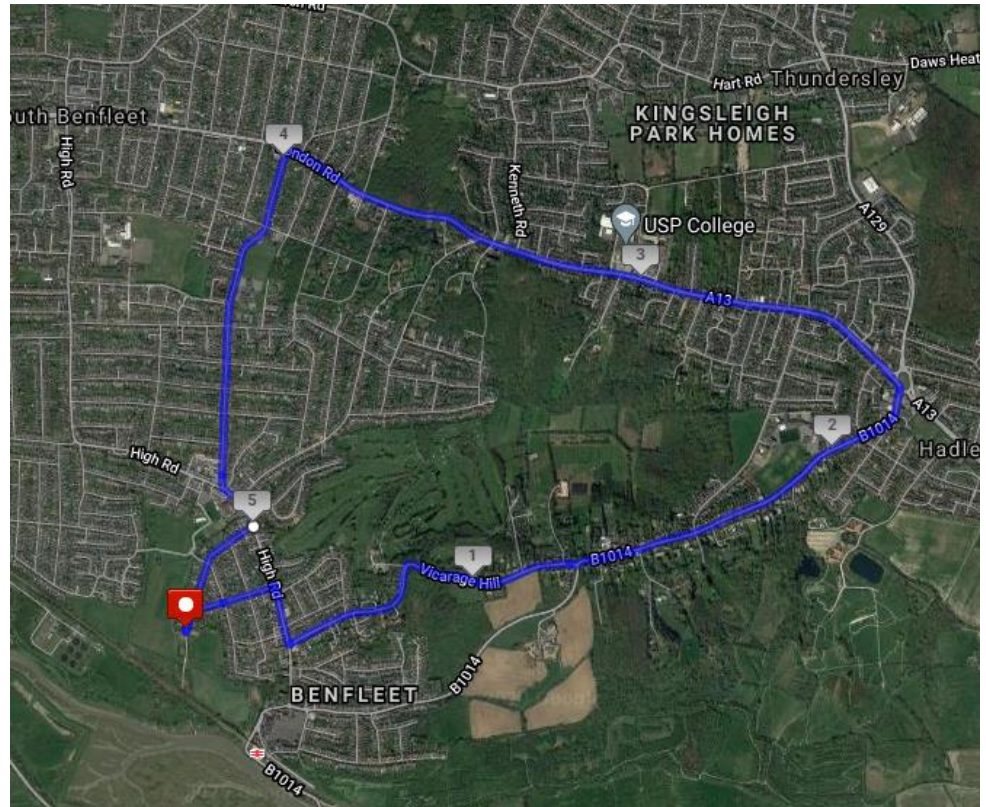
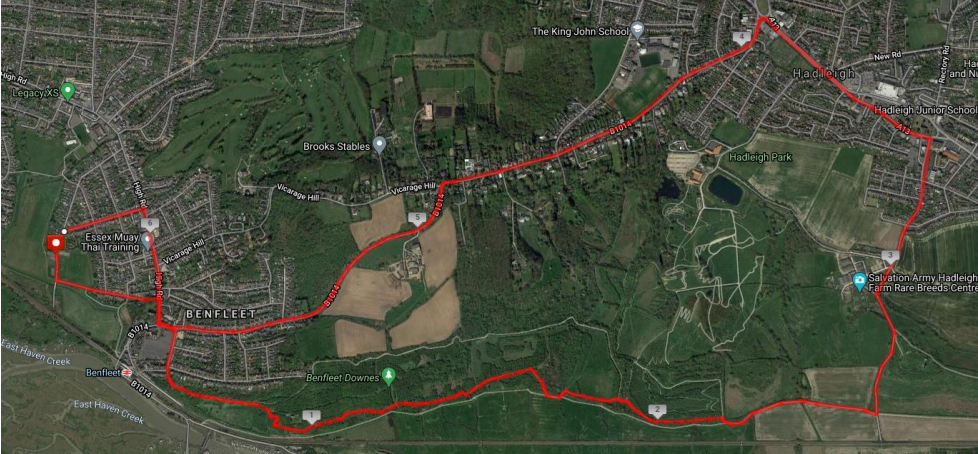
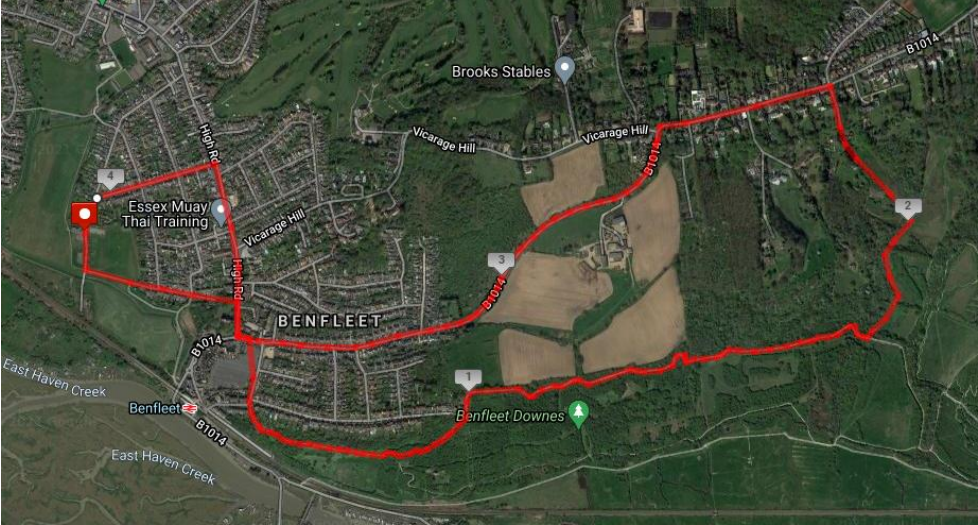


BENFLEET RUNNING CLUB TRAINING APRIL 2023



<p>TUESDAY EFFORTS</p>	<p>11th</p>	<p>DUNCAN, TERRY, GRAHAM AND ANN Essex Way hill efforts 2x1min/2x2min/2x3min/2x4min/ jog recovery back after each effort</p> <p>JAMES</p> <p>BOBBY</p>
<p>THURSDAY RUN</p>	<p>13th</p>	<p>BROOK RD/HIGH RD/A13/BREAD AND CHEESE/KENNETH RD/HART RD/RAYLEIGH RD/A13/SHIPWRIGHTS DR/BENFLEET RD/ESSEX WAY/CLUB 7.8 MILES</p>

BENFLEET RUNNING CLUB TRAINING APRIL 2023

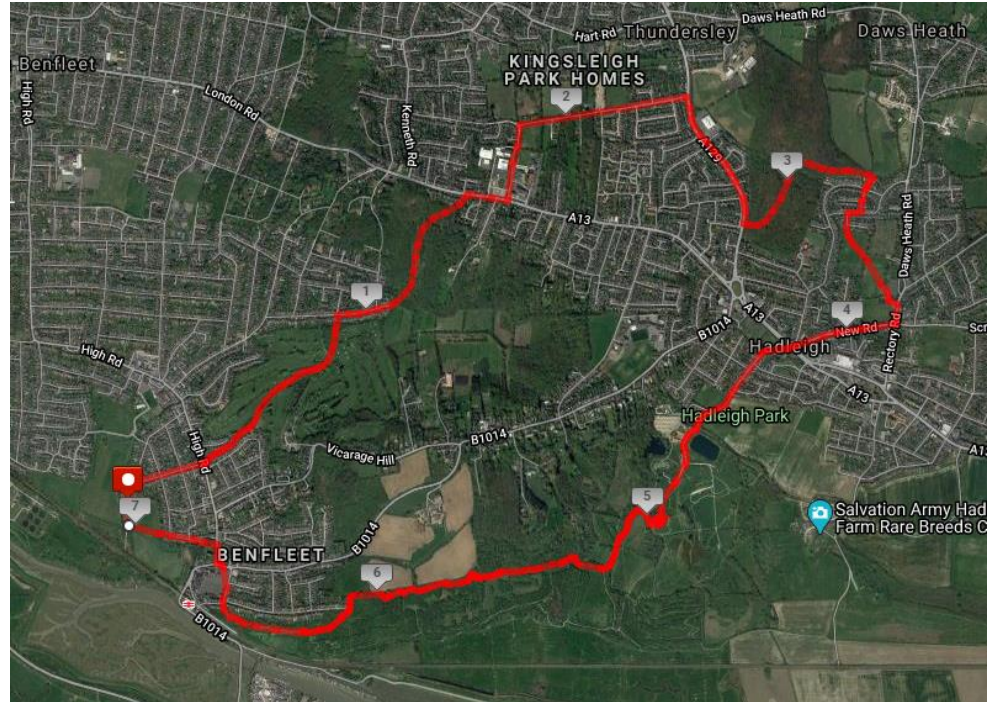
		<p>JAMES</p> <p>BOBBY</p>
THURSDAY RUN	20th	<p>BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/LOWER GRAVELPATH ON DOWNS/CASTLE LANE/ A13/ BENFLEET RD/ESSEX WAY /CLUB 6.3 MILES</p>  <p>SHORTER ROUTE 4.1 MILES BROOK RD/HOPE RD/HIGH RD/SCHOOL LANE/UPPER GRAVEL PATH ON DOWNS/ LEFT ONTO PATH LEADING TO SHIPWRIGHTS HILL/BENFLEET RD/ ESSEX WAY/CLUB</p> 
TUESDAY EFFORTS	25th	<p>DUNCAN, TERRY, GRAHAM AND ANN OFF ROAD. From 3 way sign on gravel path in Downs, 3, 7 minute efforts with 3.5 min standing recovery, using upper gravel path.</p> <p>JAMES</p> <p>BOBBY</p>
THURSDAY RUN	27th	<p>HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATHTHROUGH GLEN/X A13/RUNNYMEADE CHASE/THECHASE/RAYLEIGH RD/WESTWOOD/ UP THROUGH JOHN BURROUGHS/NEW RD/ X</p>

BENFLEET RUNNING CLUB

TRAINING APRIL 2023

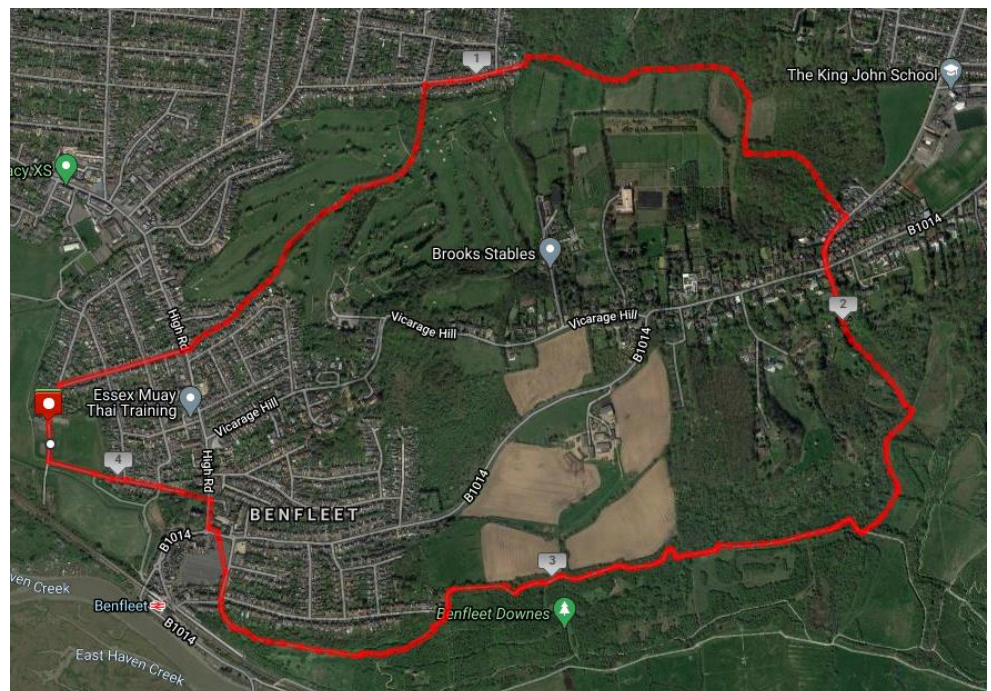
A13/CHAPEL LANE/UPPER GRAVEL PATH (PARK RUN ROUTE)/SCHOOL LANE/CLUB

7.1 MILES



SHORTER ROUTE 4.3 MILES

HOPE RD/PATH THROUGH GOLF COURSE/UNDERHILL/PATH THROUGH GLEN/SHIPWRIGHTS DR/ (IF LIGHT IS FAILING TAKE BENFLEET RD/ESSEX WAY BACK TO CLUB) OR X BENFLEET RD/ DOWN FOOTPATH TO SHIPWRIGHTS HILL/UPPER GRAVEL PATH(PARK RUN ROUTE)/SCHOOL LANE/CLUB



**BENFLEET RUNNING CLUB
TRAINING APRIL 2023**

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