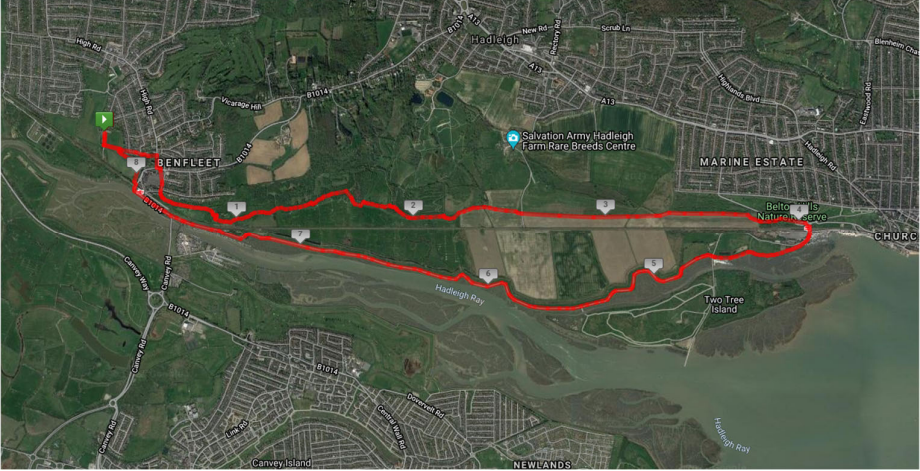



# BENFLEET RUNNING CLUB

## TRAINING JULY 2023

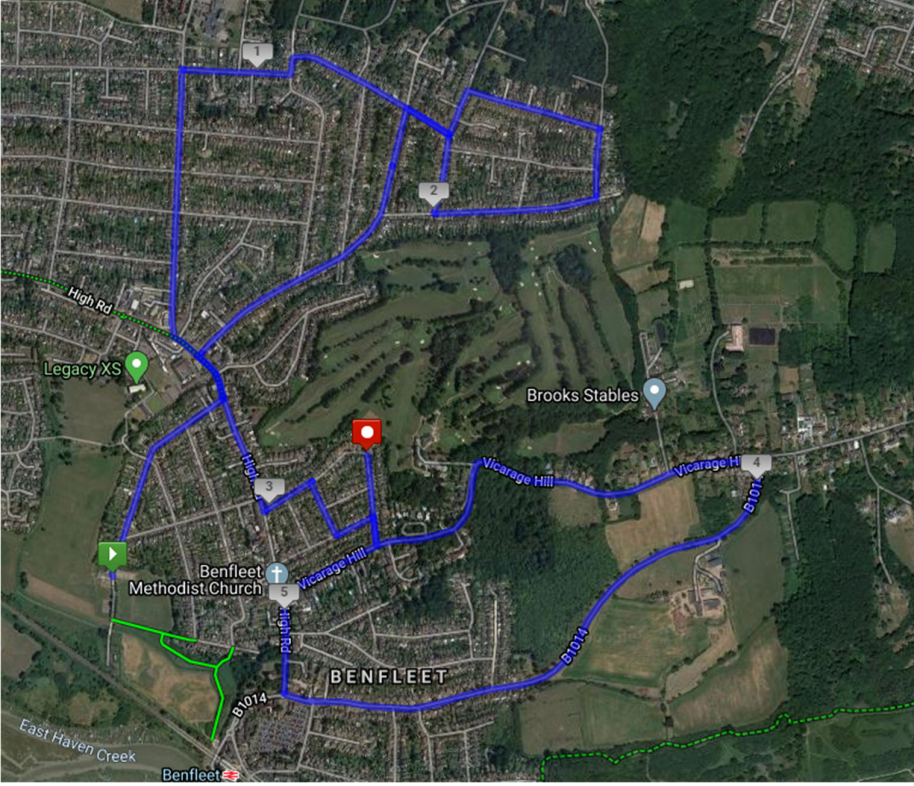
<p><b>TUESDAY EFFORTS</b></p>	<p><b>4th</b></p>	<p><b>DUNCAN, TERRY, GRAHAM, ANN</b>  <b>SHIPWRIGHT HILLS - THE DOWNS</b>                  2 mile warm up / 4 – 6 Efforts on each of the 3 hills with jog downhill recovery/ 2 mile cool down</p> <p><b>IAN</b>                  Track session at Eastwood Academy                  (Please arrive at 7.15pm for the warm up &amp; drills)</p> <p><b>JAMES</b></p> <p><b>BOBBY'S RUN</b></p>
<p><b>THURSDAY RUN</b></p>	<p><b>6th</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 2023

<p><b>THURSDAY RUN</b></p>	<p><b>20th</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> 
<p><b>TUESDAY</b></p>	<p><b>25th</b></p>	<p><b>BRC PRESENTATION AND BBQ</b></p> <p>Join us from 7.15pm for our BRC Presentation Evening and BBQ, being held at the Brook Road club house. No running tonight, so you can leave the running shoes at home. BBQ, drinks and good company will be provided, so just bring yourself!</p>

**BENFLEET RUNNING CLUB  
TRAINING JULY 2023**

<b>THURSDAY</b>	<b>27th</b>	<b>HERD IN THE CITY RUN</b>  Join us for a social run around Southend to visit a selection of the Havens Hospices 'Herd in the City' uniquely decorated elephants. More information regarding arrangements will be publicised on club nights during July and on our Facebook page and WhatsApp groups.  The Club House will not be open tonight.
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