

BENFLEET RUNNING CLUB TRAINING MARCH 2025

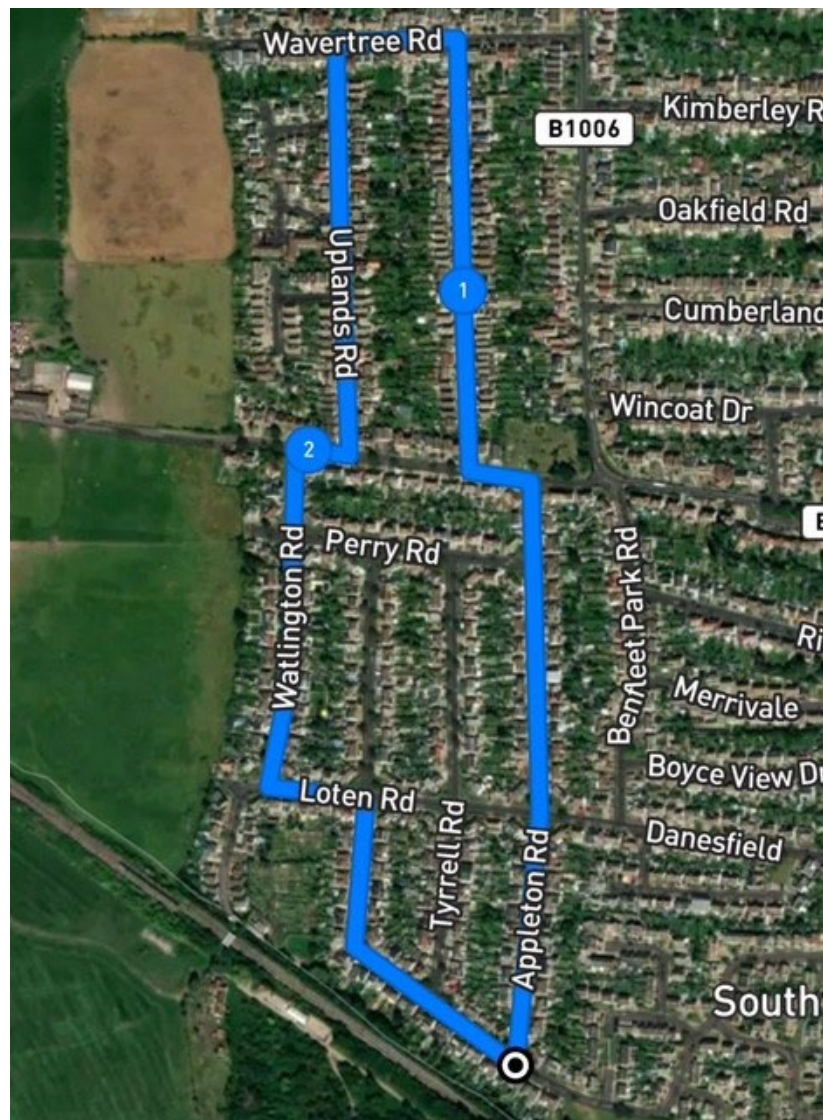
TUESDAY

4th EFFORT SESSION – WINTER 5K TIME TRIAL #2

Last completed back on 5th November, it's the return of our 5K winter time trial. For the 24 of you that took part back in November, can you beat your previous time? We'll publish your previous times again in advance of the session. For those that didn't do the last one, it's time to set your benchmark now, as we'll be doing another in the spring once we get back onto the Downs.

The route is 2 laps as shown on the Bird Estate. We'll have time keepers and marshals out on the course to point you in the right direction.

With a one mile warm up and one mile cool down.

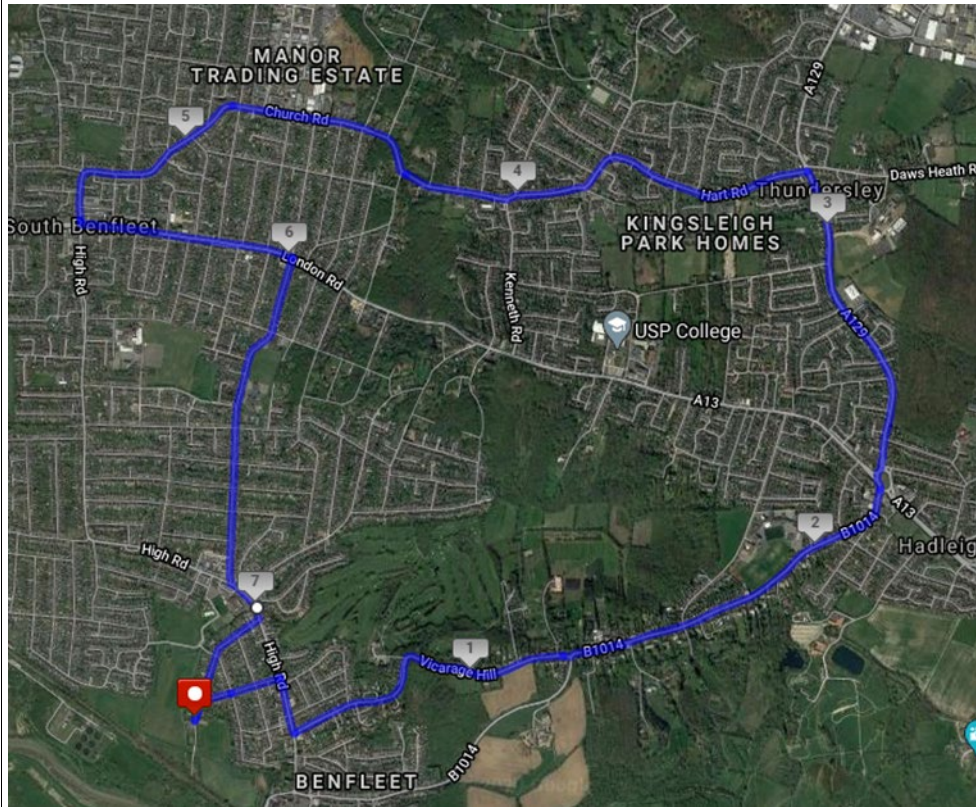


BENFLEET RUNNING CLUB TRAINING MARCH 2025

**THURSDAY
RUN**

6th

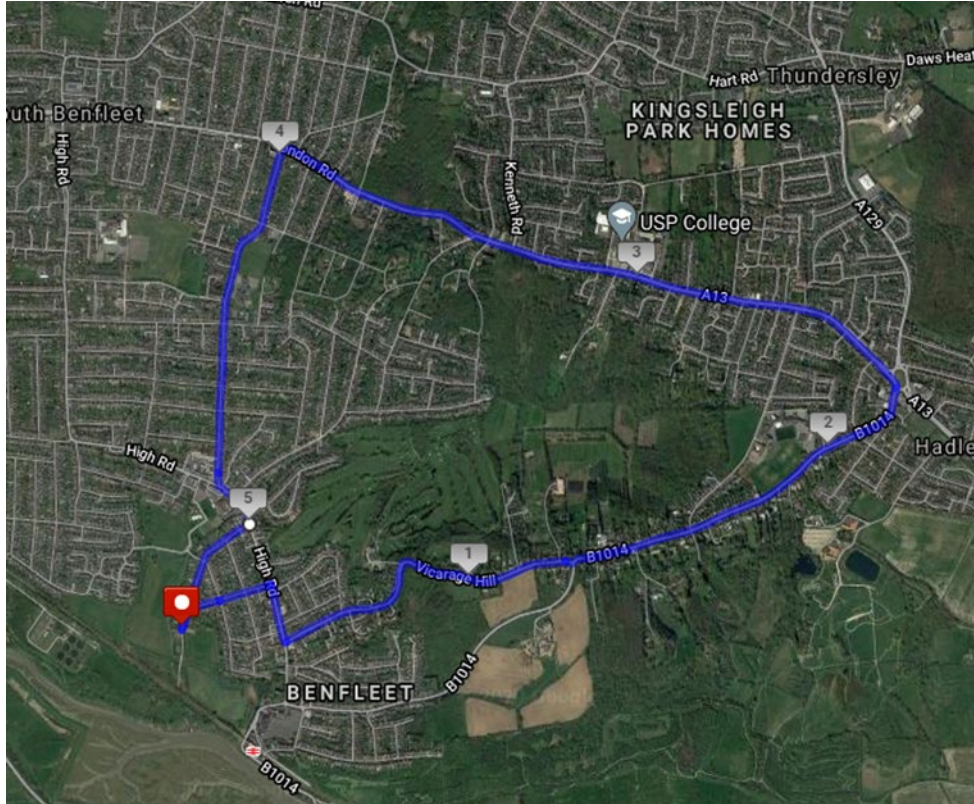
HOPE RD/ HIGH RD/VICARAGE HILL/ BENFLEET RD/RAYLEIGH RD/HART RD/CHURCH RD/TARPOTS/A13/KENTS HILL RD/HIGH RD/BROOK RD.
7.35 MILES



BENFLEET RUNNING CLUB TRAINING MARCH 2025

SHORTER ROUTE 5.3 MILES

HOPE RD/HIGH RD/VICARAGE HILL/BENFLEET RD/A13/BREAD AND CHEESE/KENTS HILL RD/HIGH RD/ BROOK RD



BOBBY'S RUN

**TUESDAY
EFFORTS**

11th IAN'S EFFORTS – HILL CIRCUITS

Hill circuits with a mix of 400m and 1km. Around Mill Hill, Highcliff Road & Grosvenor Road

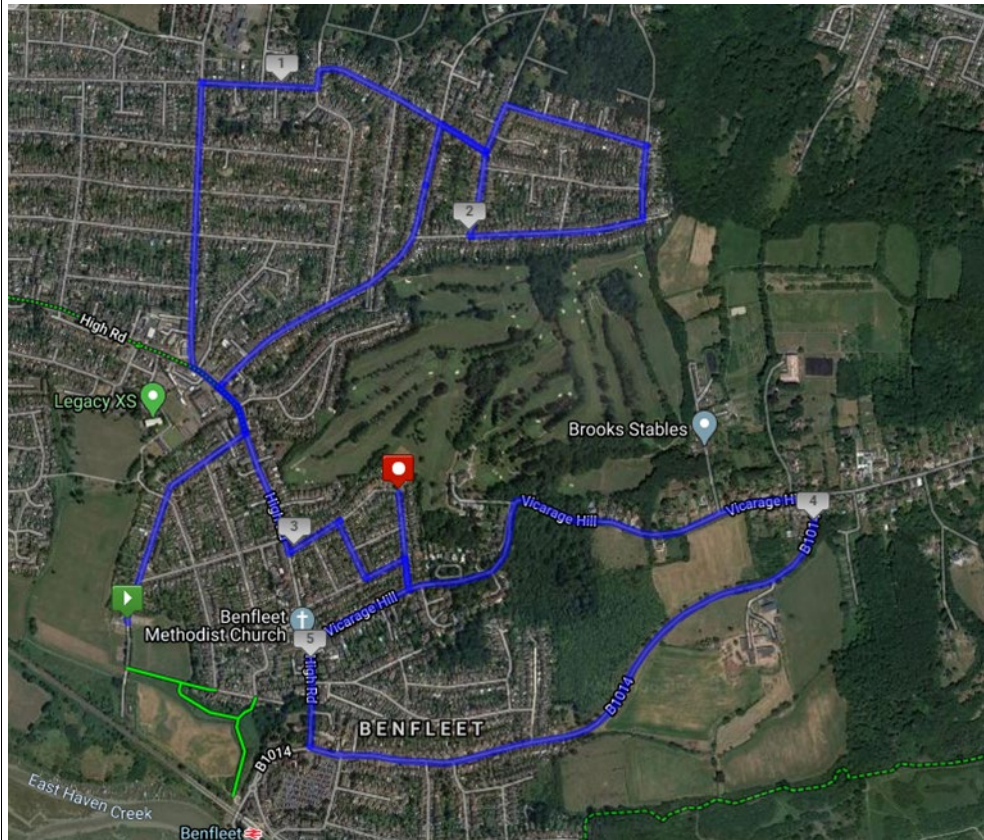
BOBBY'S RUN

BENFLEET RUNNING CLUB TRAINING MARCH 2025

**THURSDAY
RUN**

13th

BALL BREAKER 5 MILES



BOBBY'S RUN

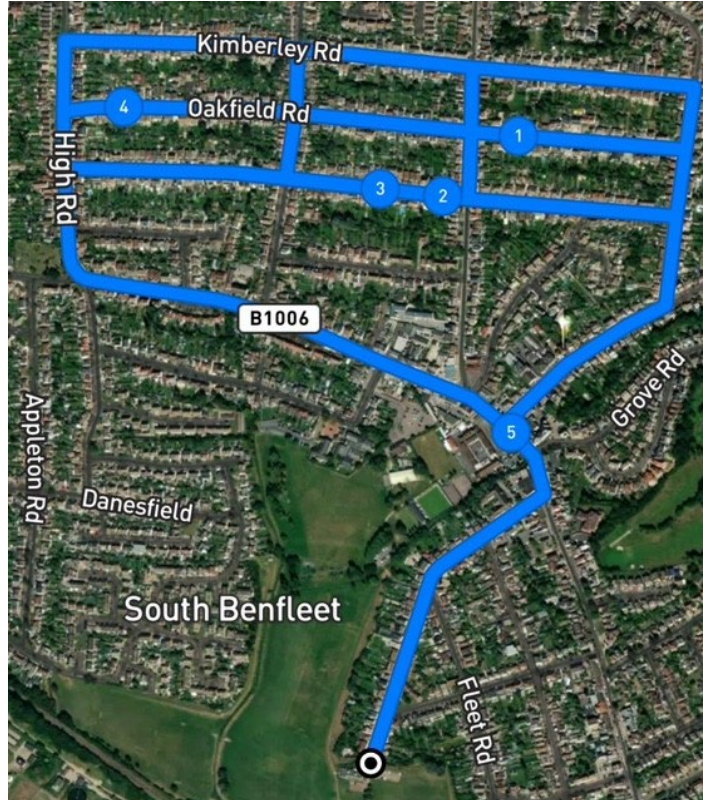
BENFLEET RUNNING CLUB TRAINING MARCH 2025

**TUESDAY
EFFORTS**

18th

MICK'S EFFORT SESSION – THE GRID

A new session, prepared and led by Mick. Three figure of 8's. Efforts on the the long roads, recovery on the short roads. Run Leaders for each pace group will need to study the route. We have a more detailed route plan to study in advance!

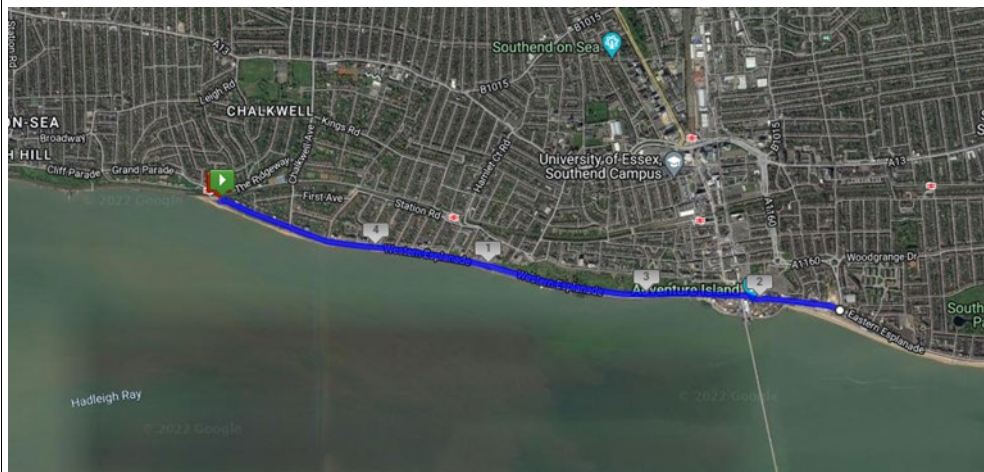


BOBBY'S RUN

**THURSDAY
RUN**


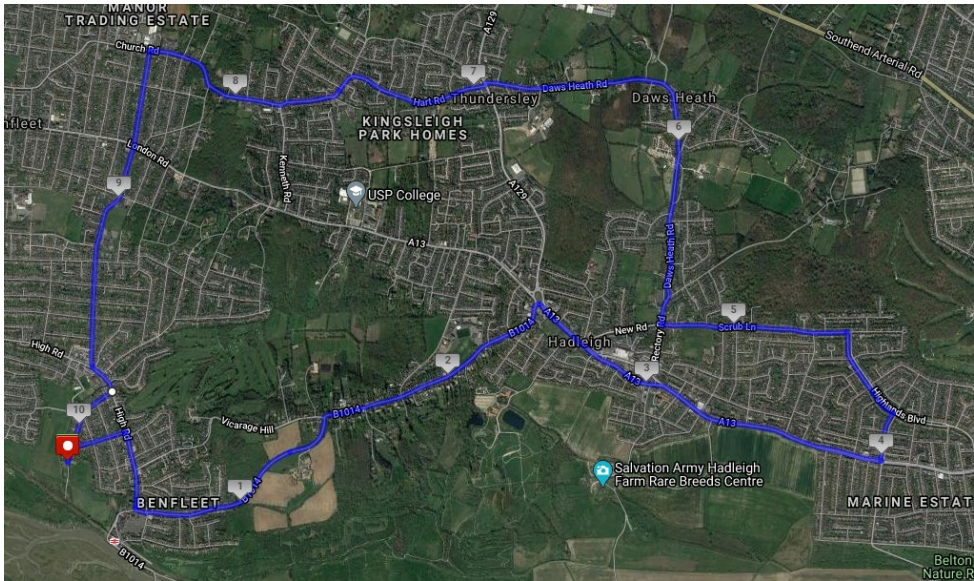
20th

30 mins out and back along Southend sea front from Chalkwell station. Meet outside Chalkwell station from 7.15 for usual 7.30 start



BOBBY'S RUN

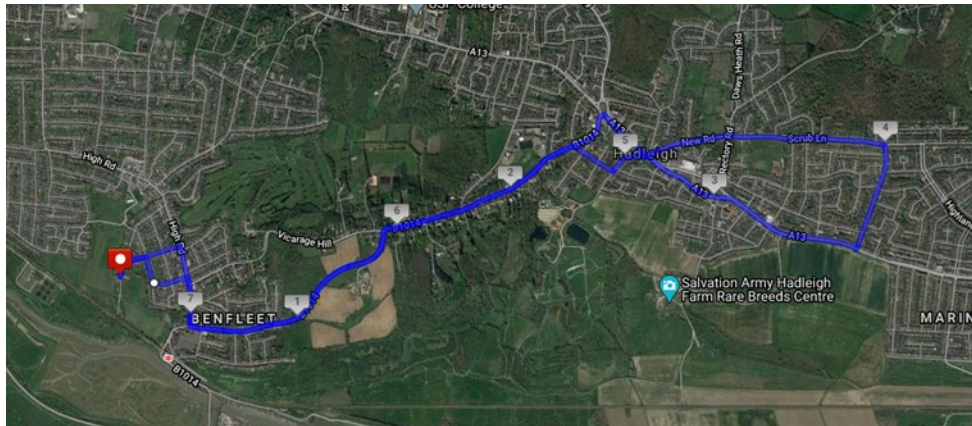
**BENFLEET RUNNING CLUB
TRAINING MARCH 2025**

<p>TUESDAY EFFORTS</p>	<p>25th</p>	<p>AGM</p> <div align="center">  <p>AGM Annual General Meeting</p> </div> <p>Please put the date in your diary, and make sure you attend and give your support. It's our opportunity to review the past year's activities, discuss our future plans, elect the new committee members, and make important decisions regarding club matters. We need at least 30 adult members present for the AGM to successfully take place, so please come along. Being held at Little Havens, off Daws Heath Road in Thundersley (SS7 2LH). Doors open 7.00pm. Meeting starts 7.30pm</p>
<p>THURSDAY RUN</p>	<p>27th</p>	<p>MARATHON SPECIAL!</p> <p>LONG ROUTE 10.1 MILES HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13 SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/DAWS HEATH RD/HART RD/CHURCH RD/KENTS HILL NORTH/KENTS HILL/HIGH RD/BROOK RD.</p> 

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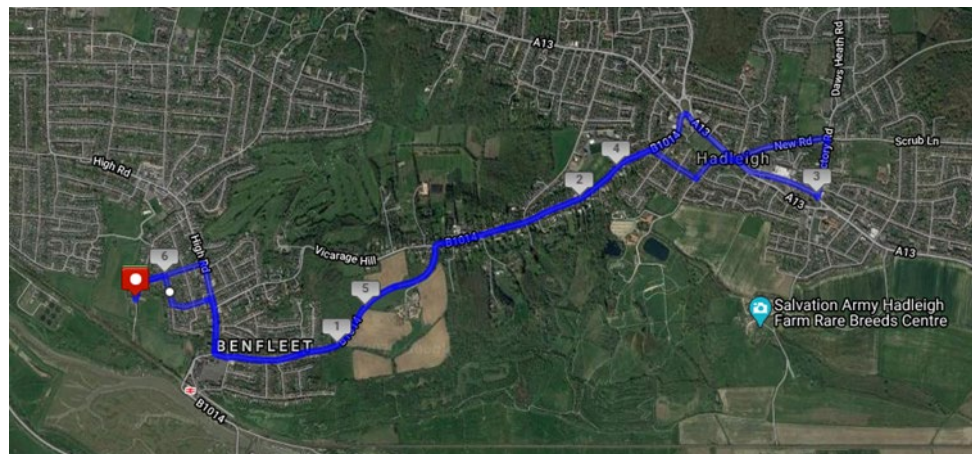
MEDIUM ROUTE 7.5 MILES

HOPE RD/HIGH RD/ESSEX WAY/ BENFLEET RD/A13
SUTHERLANDS BLVD/HIGHLANDS BLVD/SCRUB LANE/NEW
RD/CHAPEL LANE/ST JOHNS RD//BENFLEET RD/ESSEX
WAY/HIGH RD/HALL FARM RD/FLEET RD/CLUB



SHORTER ROUTE 6.1 MILES.

HOPE RD/HIGH RD/ ESSEX WAY/ BENFLEET RD/A13/RECTORY RD
NEW RD/ST JOHNS RD/CHAPEL LANE/A13/ SHIPWRIGHTS
/BENFLEET RD/ESSEX WAY/HIGH RD/HALL FARM RD/FLEET
RD/CLUB



BOBBY'S RUN