2019

October

Date	Thursday 3rd	Monday 7th	Thursday 10th	Monday 14th	Thursday 17th	Monday 21st	Thursday 24th	Monday 28th	Thursday 31st
Leader	Laura	Paul	Lindsey	Stu	Paul	Laura	Kay	Jim	Marcus
Location	Newark - Beacon Hill Road Co-op	WSH Village Hall	WSH Village Hall - A46 out and back	Track	Lincoln - Elite Fish & Chips, Tritton Road	Newark - Beacon Hill Road - hills	TBC	Track	Lincoln - Windmill Farm

November

Date	Monday 4th	Thursday 7th	Monday 11th	Thursday 14th	Monday 18th	Thursday 21st	Monday 25th	Thursday 28th	
Leader	Marcus	Laura	Chris	Laura	Jim	Lindsey	Marcus	Kay	
Location	WSH - speed session	WSH - Tunman Wood - headtorch run	Track	TBC	WSH - speed session	TBC	Track	TBC	

Sessions start at 19:00 unless stated otherwise. Please check on our Facebook page (Witham Runners (Lincolnshire)) for up-to-date details or to contact the session Run Leader.
Track sessions are held at Yarborough Leisure Centre, Riseholme Road, Lincoln, LN1 3SP