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| **YKH TRAINING RUNS - DECEMBER 2014 & JANUARY 2015** | | | |
| **Leader** | | **Mobile** | **Email** |
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| **DAY** | **DATE** | **RUN/ROUTE** | **LEADER/NOTES** |
| Mon | 1 Dec | KC Yearsley |  |
| Thurs | 4 Dec | KC University | # |
| Mon | 8 Dec | Holgate Windmill |  |
| Thurs | 11 Dec | Hob Moor |  |
| Mon | 15 Dec | Gill’s Micklegate | GB |
| Thurs | 18 Dec | Hills | JM |
| Mon | 22 Dec | Santa Hat Run | AT – all groups together |
| Thurs | 25 Dec | It’s Christmas – do your own thing!! | Not required |
| Mon | 29 Dec | Adrian’s Figure 8 | Day after JHJ Club run |
| Thurs | 1 Jan | No formal training | Meet at YC for DIY route(s) |
| Mon | 5 Jan | KC Poppleton (reverse) | # |
| Thurs | 8 Jan | KC Clifton | # |
| Mon | 12 Jan | Acaster Lane (reverse) |  |
| Thurs | 15 Jan | Minster (reverse) |  |
| Mon | 19 Jan | Energise | # |
| Thurs | 22 Jan | Hills | # JM |
| Mon | 26 Jan | Skeldergate |  |
| Thurs | 29 Jan | Scarcroft Road (reverse) |  |
|  |  |  |  |
| **Key** |  | From Knavesmire Clubhouse |  |
|  | # | MRP away |  |
|  |  | Headtorch required |  |

MRP 30/11/14