

YKH TRAINING RUNS - DECEMBER 2014 & JANUARY 2015

Leader		Mobile	Email
Martin P		07786 267606	martinparvin@yahoo.co.uk
John M		07729 049971	minstermids@aol.com
Margaret		07733 075791	margaretmbrown@live.co.uk
Gill		07828 553958	thebarkers93@yahoo.co.uk
Martin M		07734 719976	martin.medlar@nig-uk.com
Adrian		07973 385868	aturner635@gmail.com
Jane		07929 460633	Jane3kids@gmail.com
Ken		07941 916362	ken.tinker@gmail.com
Nik Vogan		07879 292026	nikvogan@gmail.com
Richard Tarrega		07584 890305	richardtarrega@gmail.com
Clare Moffatt		07949 123414	cmoffatt73@gmail.com
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