

**Ballymena Runners Monday Training, 18:20 Seven Towers Leisure Centre
July to September 2017**

Section Lead	Mark Alexander			John McGerty			
Monday	7s & 8s Tempo	Tempo Session	8:30 Steady	9:00 Steady	9:00 Tempo	Tempo Session	9:30 Steady
10-Jul	Mark Alexander	1x20,1x10	John Donnelly	Paddy Millar	Alastair Donaghy	1x30	Andrew Hutchinson
17-Jul	TBC on night	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	3x10	Andrew Hutchinson
24-Jul	Ben Morrow	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	2x15	Andrew Hutchinson
31-Jul	Informal Session (Broughshane 10K & 5K)						
07-Aug	Mark Alexander	2x15	John Donnelly	Paddy Millar	Alastair Donaghy	3x10	Andrew Hutchinson
14-Aug	Paul Wallace	1x20,1x10	John Donnelly	Paddy Millar	Alastair Donaghy	2x15	Andrew Hutchinson
21-Aug	Mark Alexander	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	1x20,1x10	Andrew Hutchinson
28-Aug	Informal Session (Bank Hol. & Interclub next night)						
04-Sep	Mark Alexander	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	TBC*	Andrew Hutchinson
11-Sep	Mark Alexander	1x20,1x10	John Donnelly	Paddy Millar	Alastair Donaghy	TBC*	Andrew Hutchinson
18-Sep	Paul Wallace	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	TBC*	Andrew Hutchinson
25-Sep	Ben Morrow	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	TBC*	Andrew Hutchinson
02-Oct	Mark Alexander	2x15	John Donnelly	Paddy Millar	Alastair Donaghy	TBC*	Andrew Hutchinson

Step Up Week A good time to try out a more challenging pace in another group.

Your Leader In many cases you will see a single leader for a group; they may however arrange for alternatives.

* 9:30s session to be updated to shorter efforts for autumn.

**Ballymena Runners Monday Training, 18:20 Seven Towers Leisure Centre
July to September 2017**

Section Lead	John McGerty		Stephen Brown			
Monday	10:00 Steady	10:30 Steady	60's	45's	30's	30's
10-Jul	Emma Stewart	Lynn Tennant	Helen McCormack	Harry Armstrong	Jane Banks	Stephen Brown
17-Jul	Emma Stewart	Lynn Tennant	Jim Moore	Patricia McRory	John Watt	Stephen Brown
24-Jul	Emma Stewart	Lynn Tennant	Andrea Wylie	Beverly Kidd	Chris Young	Stephen Brown
31-Jul	Informal Session (Broughshane 10K & 5K)					
07-Aug	Emma Stewart	Lynn Tennant	Peter Fleming	Paul Connolly	Mairead Agnew	Stephen Brown
14-Aug	Emma Stewart	Lynn Tennant	Pamela Davis	Margaret McAleese	Emma Donnelly	Stephen Brown
21-Aug	Emma Stewart	Lynn Tennant	Jonny Graham	Kelly Courtney	Karen Richie	Stephen Brown
28-Aug	Informal Session (Bank Hol. & Interclub next night)					
04-Sep	Emma Stewart	Lynn Tennant	Linda Pettigrew	Michael Scott	Jane Banks	Stephen Brown
11-Sep	Emma Stewart	Lynn Tennant	Helen McCormack	Harry Armstrong	John Watt	Stephen Brown
18-Sep	Emma Stewart	Lynn Tennant	Jim Moore	Patricia McRory	Chris Young	Stephen Brown
25-Sep	Emma Stewart	Lynn Tennant	Andrea Wylie	Beverly Kidd	Mairead Agnew	Stephen Brown
02-Oct	Emma Stewart	Lynn Tennant	Peter Fleming	Paul Connolly	Emma Donnelly	Stephen Brown

Step Up Week

A good time to try out a more challenging pace in another group.

Your Leader In many cases you will see a single leader for a group; they may however arrange for alternatives.

**Ballymena Runners Wednesday Training
July to September 2017**

Date	Venue	Meet	Session	Leaders
05-Jul	Portglenone Forest	18:30	Forest Trail Run	Susanna Allen
05-Jul	Lurig, Cushendall	18:30	Lurig Challenge Practice	Mark Alexander
12-Jul	No Wednesday Training			
19-Jul	Lurig, Cushendall	18:30	Lurig Challenge Practice	Ruth Aiken & Ali Donaghy
26-Jul	Lurig, Cushendall	18:30	Lurig Challenge Practice	Mark Alexander & Ruth Aiken
02-Aug	Lurig, Cushendall	18:30	Lurig Challenge Practice	Mark Alexander & Ruth Aiken
09-Aug	Tardree Forest	18:30	Forest Trail Run	Susanna Allen & Alastair Donaghy
16-Aug	Glenariff	18:30	Forest Trail Run	Susanna Allen & Emma Donnelly
23-Aug	Killylane Reservoir	18:30	Forest/Moorland Trail Run	Susanna Allen & Stephen Brown
30-Aug	Sixmilewater, Antrim	18:30	River/Lough Trail Run	Susanna Allen & Alastair Donaghy
06-Sep	Sentry Hill (meet Peoples Park)	18:20	Grass Training	Ray Curran & Ben Morrow
13-Sep	Sentry Hill (meet Peoples Park)	18:20	Grass Training	Ray Curran & Susanna Allen
20-Sep	Sentry Hill (meet Peoples Park)	18:20	Grass Training	Ray Curran & Ben Morrow
27-Sep	Ecos	18:30	Interval Training	Ray Curran & Susanna Allen
04-Oct	Ecos	18:30	Interval Training	Ray Curran & Susanna Allen

Wednesday sessions are for all abilities and designed to help you develop your running

Check weekly mailout and/or Facebook for details of meeting points and car share if offered.

Ballymena Runners Leaders Notes

- * Check the rota to find out the dates you are down to lead. Note the dates of all sessions you are down to lead in your phone, work diary or whatever works for you.
- * **Reminder e-mails will not normally be sent**
- * **If any dates on this rota do not work for you please arrange to swap with someone and e-mail or text your section lead, details below.**
- * If you are a regular leader but need others to support you on a given week please confirm their availability in good time and send a message to section leads below.
- * If you have any general questions, suggestions or problems about the sessions that you are leading please discuss with the section lead below (or their support in brackets).

M o n d a y s	7:00 & 8:00 Tempo	Mark Alexander (Ruth Aiken)		sonofbillygoat@gmail.com
	8:30 Steady			
	9:00 Steady	John McGerty (Alastair Donaghy)	07791 413558	mcgerty@gilbert-ash.co.uk
	9:00 Tempo			
	9:30 Steady			
	10:00 Steady			
	10:30 Steady	Stephen Brown (Emma Donnelly)	07885 649135	ballymenarunners@hotmail.com
	60s			
	45s			
	30s			

Thank you!