



Summer Training Schedule - June 12 to October 31, 2019

The next **New to/Back-to-Running Group** will start on Wednesday 4th September at 6.30pm at Club De Havilland, Herts Sports Village, Hatfield.

Sign up now at joinus@ohladies.co.uk

Weekday mornings @ 9:15am

Due to work commitments, the day of this session is varied. Yvette will always post on our secret members Facebook page so you will know when and where.

Meet in front of the Hatfield Swim Centre - by the statue across the road from Asda car park. Free parking next to the Swim Centre or the near end of Asda car park.

Training session - varied and suitable for all.

Leader is Yvette Johnston. Yvette will confirm on our Facebook page.

Tuesday and Thursday @ 6:00am - (yes as in the morning!)

Meet at the traffic lights by the Red Lion pub in Hatfield.

Training session - 3 miles, some intervals and variety. Suitable for all early birds!

Leader is Andrea Halliwell. Andrea will confirm on our Facebook page the night before.

Wednesday @ 6:40pm

Meet at Club De Havilland, Hatfield (by the big gym windows).

Free car parking is available in the Herts Sports Village car park after 6:30pm.

Training Session - fun, varied interactive and challenging.

Leaders are Donna Staughton and Carrie Hudson They will confirm on our Facebook page.

Sunday @ 8:15am

Meet at Hatfield Station - (park behind the Great Northern pub).

Training session - 3 to 10+ miles at various paces, suitable for all with a focus on social running and technique.

Leader is Carrie Hudson. Carrie will confirm on our Facebook page.

2nd and 4th Sunday of the month at 9am - Walkers and Talkers Group

Meet at the steps at Hatfield Station - all welcome for walking and talking.

Leader is Allison Skeggs. Allison will confirm on our Facebook page.

All sessions are confirmed on our secret members Facebook for safety.

If you have any questions or would like to try a session for free please email joinus@ohladies.co.uk or message on [our Facebook page](#).