

**BURNTWOOD TRIATHLON CLUB
WEEKLY TRAINING TIMETABLE**

DATES: Mon 8th to Sunday 14th March 2010

- **Charges stated are for members (non-members rates on application). If no charge stated, the session is FREE to members!**
- **All sessions, unless otherwise stated, are open to all abilities.**
- **NB. In bad weather the outdoor sessions may be subject to change or cancellation. In these conditions please ring the organizer before setting out!**

	Venue	Coached/Led by	Contact
MONDAY			
Run 7pm (lasts 45 mins)	Friary Grange Leisure Centre, Lichfield	No leader. Meet in reception at 7pm	Martin Lewis 07775 447735
Swim 8-9pm (£3.50 adult; £1 junior)	Friary Grange Leisure Centre, Lichfield	Coached by Tony Wrighton & Ann Brooks	Ann Brooks 01543 472609/ 07985 060219
TUESDAY			
Run 7pm	Friary Leisure Centre – meet at reception	Coached by Tony Wrighton	Tony Wrighton 07798 517353
WEDNESDAY			
Swim 8-9pm (£3.50 adult; £1 junior)	Deakin Avenue, Brownhills, Walsall, WS8 7QG	Uncoached. Led by Fiona Campbell	Fiona Campbell 01283 716494 07841 457588
THURSDAY			
No session			
FRIDAY			
No session			
SATURDAY			
Swim – 7.30- 8.30am (£2.50 adult; £2 junior)	Repton School (see directions below)	Coached session organised by MVH	Ann Brooks 01543 472609/ 07985 060219
Run - 9am (up to 1 ½ hours)	Cannock Chase – meet White House car park (see below)	Coached by Martin Lewis	Martin Lewis 07775 447735
SUNDAY			
Bike session suspended until spring.			

DIRECTIONS TO PLACES:

Tuesday run – Shobnall Leisure Complex

Shobnall Fields,
Shobnall Road,
Burton-on-Trent,
DE14 2BB
01283 516180
www.eaststaffsbc.gov.uk

From Lichfield – head north on A38 and exit at the first junction for Burton-on-Trent. Take the 3rd exit off the roundabout signed for Burton-on-Trent. Go straight on through 2 sets of traffic lights. At the next roundabout (McDonalds) take the 2nd exit signed for Abbots Bromley. Go through the Industrial Estate and straight over several small roundabouts. At the last, bigger roundabout (just past council dump) turn left for Abbots Bromley. Go over the canal and turn right into Shobnall Leisure Complex opposite Marston's Brewery. Park in the first carpark and reception for the track is in the main building. Changing facilities and showers available.

Wednesday swim – Brownhills pool

From Lichfield: Head out to Muckley Corner on Walsall Rd (A461). At Muckley Corner roundabout turn right onto the A5 heading towards Brownhills/M6 North. Go over M6 Toll then straight across roundabout. Go straight across major traffic lights staying on A5. Immediately after next traffic lights (pedestrian crossing) turn left into Deakin Avenue – signed Brownhills School and Community Centre. Turn right into Brownhills School. Park in the car park and go through Main entrance door. At end of short Corridor (past Reception/Sweet shop) turn left through door and follow corridor to changing rooms (opposite Squash Court).

Address:
Brownhills Tech Community College
Deakin Avenue
Brownhills
WS8 7QG
<http://open.easicop.org/images/contactus.jpg>

Lichfield Running Club 5km Time Trial

Start from:

King Edward's Leisure Centre – just off Upper St John Street, Lichfield

Route:

<http://maps.google.co.uk/maps/ms?ie=UTF8&hl=en&msa=0&msid=112362942186323308029.000475ce5436d55c6c828&z=15>>

Saturday Swim

Repton School, Willington Rd, Repton, DE65 6FH

From Lichfield, follow the A38 north past Burton-on-Trent then take the exit onto the A5132 (Willington/Repton). At the roundabout in Willington turn right under the railway bridge towards Repton. The swimming pool is on the right just as you enter Repton. Park and go up the stairs into the entrance.

http://maps.google.co.uk/maps?hl=en&rlz=117GZAZ_en-GB&q=DE65+6FH&um=1&ie=UTF-8&split=0&gl=uk&ei=Du-WSrWqJ-KfjAejjqSXDA&sa=X&oi=geocode_result&ct=image&resnum=1

Saturday Morning Run

White House Car Park, Cannock Chase – Map Ref: SJ995162

Directions - From Lichfield follow the A51 to Rugeley. Go under the railway bridge and over the next roundabout. Turn left at the next set of traffic lights (signposted Penkridge). Go past the turning for the Forest Centre (Swinerton's), follow the road uphill and around a sharp left bend. The car park is a short way along on the right opposite Marquis Drive and the White House pub.