

Seniors schedule (Russ' group)

Schedule until clocks change on 26th March

25th Jan off road
1st Feb cycle path
8th Feb off road (I might be away for this session)
15th Feb Green Hill, Kendal Green
22nd Feb off road
1st Mar Fellside
8th Mar off road
15th Mar Capt. French
22nd Mar off road.

Off road will usually be golf course. Fell shoes and torch
needed.