

## Sept - December 2010 (Junior Club Sessions)

Week beginning	Purbeck and Poole Triathlon Club Sessions			Other	Races
	Monday	Friday	Sunday		
04/10/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Purbeck Sports Centre (Astroturf)		Saturday 9th at 9.30am: Knighton Heath Golf Club (Family ride with Poole Wheelers)	
11/10/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Furzebrook Village Hall	9.30 - 10.30: Wareham Forest (Sika Trail Carpark) (Ride/Run training)		
18/10/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Purbeck Sports Centre (Astroturf)			
25/10/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Furzebrook Village Hall			
01/11/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Purbeck Sports Centre (Astroturf)	9.30 - 10.30: Wareham Forest (Sika Trail Carpark) (Ride/Run training)		
08/11/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Furzebrook Village Hall		Saturday 13th at 9.30am: Knighton Heath Golf Club (Family ride with Poole Wheelers)	Rempstone Roast Duathlon (Sun 14th)
15/11/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Purbeck Sports Centre (Astroturf)			
22/11/2010	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Furzebrook Village Hall			<b>21st November - Our Club run Junior Duathlon - at Castle Court Races start from 10.30. Contact me for details</b>

<i>29/11/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Purbeck Sports Centre (Astroturf)	9.30 - 10.30: Wareham Forest (Sika Trail Carpark) (Ride/Run training)		
<i>06/12/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Furzebrook Village Hall		Saturday 11th at 9.30am: Knighton Heath Golf Club (Family ride with Poole Wheelers)	Rempstone Roast Duathlon (Sun 12th)
<i>13/12/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)	5.30 - 6.30pm: Purbeck Sports Centre (Astroturf)			

## Sept - December 2010 (Adult Club Sessions)

<i>Week beginning</i>	<i>Purbeck and Poole Triathlon Club Sessions</i>		
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<i>04/10/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>11/10/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>18/10/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>25/10/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>01/11/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>08/11/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>15/11/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>22/11/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>29/11/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>06/12/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)
<i>13/12/2010</i>	7 - 7.45am: Purbeck Sports Centre (Swim set)		8.30pm-9.30pm: Purbeck Sports Centre. (Swim Set)

Wed and Thurs swim sets are part of the sports centres programme and are lanes sessions. The Monday set has been put on specifically for our club members

Thursday	Friday	Saturday	Sunday
7.30am-8.30am: Purbeck Sports Centre (swim set)	6.30 - 7.30pm: Purbeck Sports Centre	Long Bike: Distance depends on ability Meet at Sports Centre 7.30am	
7.30am-8.30am: Purbeck Sports Centre (swim set)			9.30 - 10.30: Wareham Forest (Sika Trail Carpark) (Ride/Run training)
7.30am-8.30am: Purbeck Sports Centre (swim set)	6.30 - 7.30pm: Purbeck Sports Centre (Astroturf)		
7.30am-8.30am: Purbeck Sports Centre (swim set)			
7.30am-8.30am: Purbeck Sports Centre (swim set)	6.30 - 7.30pm: Purbeck Sports Centre (Astroturf)	Long Bike: Meet at Sports Centre 7.30am	9.30 - 10.30: Wareham Forest (Sika Trail Carpark) (Ride/Run training)
7.30am-8.30am: Purbeck Sports Centre (swim set)			
7.30am-8.30am: Purbeck Sports Centre (swim set)	6.30 - 7.30pm: Purbeck Sports Centre (Astroturf)		
7.30am-8.30am: Purbeck Sports Centre (swim set)			
7.30am-8.30am: Purbeck Sports Centre (swim set)	6.30 - 7.30pm: Purbeck Sports Centre (Astroturf)		9.30 - 10.30: Wareham Forest (Sika Trail Carpark) (Ride/Run training)
7.30am-8.30am: Purbeck Sports Centre (swim set)		Long Bike: Meet at sports centre 7.30am	
7.30am-8.30am: Purbeck Sports Centre (swim set)			

Other	Races
Saturday 9th at 9.30am: Knighton Heath Golf Club (Family ride with Poole Wheelers)	
Purbeck Runners: Club Runs: 6 miles plus. Meet Mowlem. See <a href="http://www.purbeckrunners.co.uk">www.purbeckrunners.co.uk</a> - run every week - see their website	
Saturday 13th at 9.30am: Knighton Heath Golf Club (Family ride with Poole Wheelers)	Rempstone Roast Duathlon (Sun 14th)
Saturday 11th at 9.30am: Knighton Heath Golf Club (Family ride with Poole Wheelers)	Rempstone Roast Duathlon (Sun 12th)

Also RIDE bike shop in Poole arrange mountain bike and road biking events every week. Contact Richard at Ride to find out more