

**NLFR@Parkrun schedule (3<sup>rd</sup> Sat in the month followed by coffee/breakfast social)**

Provisional list. Check the current training schedule/Weekly update for confirmation closer to the time.

24 <sup>th</sup> July 21	Roundhay Park
21 <sup>st</sup> August 21	Armley Park
18 <sup>th</sup> September 21	Woodhouse Moor
23 <sup>rd</sup> October 21	Chevin Forest Park (moved due to Fell Relays)
20 <sup>th</sup> November 21	Bramley Park
18 <sup>th</sup> December 21	Temple Newsam
15 <sup>th</sup> Jan 22	Potternewton
19 <sup>th</sup> Feb 22	Rothwell
19 <sup>th</sup> Mar 22	Cross Flatts
16 <sup>th</sup> Apr 22	Wetherby
21 <sup>st</sup> May 22	Trip to do Fountains Abbey, then a run from Pateley bridge or up Nidderdale
18 <sup>th</sup> June 22	Middleton Park
16 <sup>th</sup> July 22	Roundhay Park
20 <sup>th</sup> August 22	Bramley Park
17 <sup>th</sup> September 22	Armley Park
15 <sup>th</sup> October 22	Bramley Park
19 <sup>th</sup> November 22	Chevin Forest Park
17 <sup>th</sup> December 22	Potternewton Park