Isle of Wight Road Runners Winter Series 2016/17

	Tue	Thur	Sat	Sun	Tue	Thurs	Sat	Sun	Tue	Thurs	Sat	Sun	Tue	Thurs	Sat	Sun	Tue	Thurs	Sat	Sun
OCTOBER	4th	6th	8th	9th	11th	13th	15th	16th	18th	20th	22nd	23rd	25th	26th	29th	30th				
	Track	4.5 Mile Nominated Run		Isle of Wight Marathon Solent Half - HRRL	Hill Reps	Out & Back Run 1			Trail / Hills	4.5 Mile Nominated Run		Great South Run	Mile Reps	Halloween Run						
NOVEMBER	1st	3rd	5th	6th	8th	10th	12th	13th	15th	17th	19th	20th	22nd	24th	26th	27th	29th			
	Track	5.0 Mile Nominated Run			Hill Reps	Cat & Mouse Run			Trail / Hills	5.0 Mile Nominated Run		Gosport Half - HRRL	Mile Reps	Hill Reps		Hayling 10 - HRRL	5k Run			
DECEMBER		1st	3rd	4th	6th	8th	10th	11th	13th	15th	17th	18th	20th	22nd	24th	25th	27th	29th	31st	1st Jan
		5.5 Mile Nominated Run	Club awards night	Mince Pie 10 Victory 5 - HRRL	Track	East Cowes Away Day Run			Hill Reps	5.5 Mile Nominated Run			Trail / Hills	Christmas Run		Christmas Day	Abominable Snowman	Hill Reps		New Years Day Run
JANUARY	3rd	5th	7th	8th	10th	12th	14th	15th	17th	19th	21st	22nd	24th	26th	28th	29th	31st			
	Track	6.0 Mile Nominated Run			Hill Reps	Buddy Run		Stubbington 10K - HRRL	Trail / Hills	6.0 Mile Nominated Run			Mile Reps	Ryde Away Day Run			5k Run			
FEBRUARY		2nd	4th	5th	7th	9th	11th	12th	14th	16th	18th	19th	21st	23rd	25th	26th	28th			
		6.5 Mile Nominated Run		Ryde 10 - HRRL	Track	Ian Dyers Run			Hill Reps	6.5 Mile Nominated Run			Trail / Hills	Track Session / Sandown Away Day Run			Mile Reps			
MARCH		2nd	4th	5th	7th	9th	11th	12th	14th	16th	18th	19th	21st	23rd	25th	26th	28th	30th	1st Apr	2nd Apr
		7.0 Mile Nominated Run		Salisbury 10 - HRRL	Track	Fartlek Session			Hill Reps	7.0 Mile Nominated Run		Eastleigh 10K - HRRL	Trail / Hills	Out & Back Run 2			Mile Reps	IWRRs Dave Dellar Race		