



# Senior Thursday Hills

**Session Leads** Tony Hesketh (07552 657789)

Janet Rashleigh (07761 228532)

**Main session starts - 6.30pm** (meet from **6.20pm**)

**Suitability** – We cater for all standards of ability from absolute beginner to advanced level - ALL sessions are scalable to meet your individual fitness needs

**Session** – Hill rep sessions will vary each week and utilise all available fells, trails and road for a session lasting 60-75 minutes duration

## **Meeting Place Locations**

**April – September Start/ Meeting Place** – Park on the layby called ‘the drive’ approx. 200m from the Lower Barn (Great House Barn) at Rivington Lane BL6 7SB

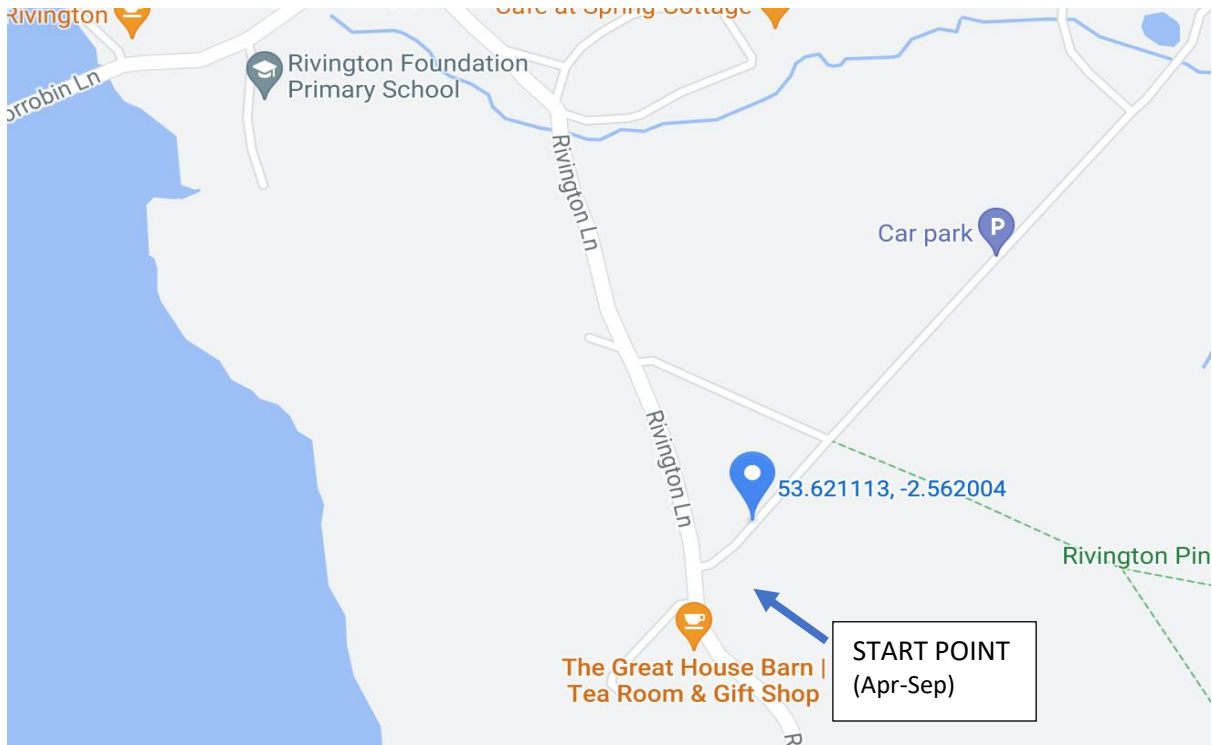
**September – April Start / Meeting Place** - Park on the layby, approx. 100m from the Jolly Crofters pub on St Georges Lane, just off Chorley Old Rd, Bolton BL6 6RE

**Cost of session - FREE**

**Car Parking - FREE**

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**Meeting location for April- September** – Rivington - park approx. 200m from the lower barn, on the driveway that leads up to top barn - BL6 7SB



**September – April Start / Meeting Place** - Park on the layby, approx. 100m from the Jolly Crofters pub on St Georges Lane, just off Chorley Old Rd, Bolton BL6 6RE

