



**Boothferry Fitmums and Friends
Training Schedule
Autumn/Winter 2025-26**

Sep 2025					
Date	Day	Activity	Venue	Time	Route
04/09/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
11/09/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
18/09/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
25/09/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba

Oct 2025					
Date	Day	Activity	Venue	Time	Route
02/10/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
09/10/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
16/10/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
23/10/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
30/10/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba

Nov 2025

Date	Day	Activity	Venue	Time	Route
06/11/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
13/11/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
20/11/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
27/11/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba

Dec 2025

Date	Day	Activity	Venue	Time	Route
04/12/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
11/12/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
18/12/2025	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
25/12/2025	Thursday	Closed	Bank Holiday	18:45	Christmas Day

Jan 2026

Date	Day	Activity	Venue	Time	Route
01/01/2026	Thursday	Closed	Bank Holiday	18:45	New Year's Day
08/01/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
15/01/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
22/01/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
29/01/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba

Feb 2026					
Date	Day	Activity	Venue	Time	Route
05/02/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
12/02/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
19/02/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
26/02/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba

Mar 2026					
Date	Day	Activity	Venue	Time	Route
05/03/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
12/03/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
19/03/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba
26/03/2026	Thursday	Run/Walk	Humber Fire & Rescue HQ. Summergroves Way, Hessle. HU4 7BB	19:00	tba