



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

Sep 2025					
Date	Day	Activity	Venue	Time	Route
01/09/2025	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
03/09/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 1
08/09/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	1
08/09/2025	Monday	Cross Country	Beverley Westwood (opp.racecourse) York Road, Beverley. HU17 8	18:45	
10/09/2025	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles
15/09/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	2
15/09/2025	Monday	Hill	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
17/09/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 2
22/09/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	3
22/09/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
24/09/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 3
29/09/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	4
29/09/2025	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached

Oct 2025					
Date	Day	Activity	Venue	Time	Route
01/10/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 4
06/10/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	5
06/10/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
08/10/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 5
13/10/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	6
13/10/2025	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
15/10/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 6
20/10/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	1
20/10/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
22/10/2025	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles
27/10/2025	Monday	Closed	Term Time Only	09:30	Half Term
27/10/2025	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
29/10/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 7

Nov 2025					
Date	Day	Activity	Venue	Time	Route
03/11/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	2
03/11/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
05/11/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 1
10/11/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	3
10/11/2025	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
12/11/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 2
17/11/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	4
17/11/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
19/11/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 3
24/11/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	5
24/11/2025	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
26/11/2025	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles

Dec 2025					
Date	Day	Activity	Venue	Time	Route
01/12/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	6
01/12/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
03/12/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 4
08/12/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	1
08/12/2025	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
10/12/2025	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles
15/12/2025	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	2
15/12/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
17/12/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 5
22/12/2025	Monday	Closed	Term Time Only	09:30	Christmas Break
22/12/2025	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
24/12/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 6
29/12/2025	Monday	Closed	Term Time Only	09:30	Christmas Break
29/12/2025	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
31/12/2025	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 7

Jan 2026					
Date	Day	Activity	Venue	Time	Route
05/01/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	3
05/01/2026	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
07/01/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 1
12/01/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	4
12/01/2026	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
14/01/2026	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles
19/01/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	5
19/01/2026	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
21/01/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 2
26/01/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	6
26/01/2026	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
28/01/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 3

Feb 2026					
Date	Day	Activity	Venue	Time	Route
02/02/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	1
02/02/2026	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
04/02/2026	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles
09/02/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	2
09/02/2026	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
11/02/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 4
16/02/2025	Monday	Closed	Term Time Only	09:30	Half Term
16/02/2026	Monday	Hill	EppleworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
18/02/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 5
23/02/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	3
23/02/2026	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
25/02/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 6

Mar 2026					
Date	Day	Activity	Venue	Time	Route
02/03/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	4
02/03/2026	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
04/03/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 7
09/03/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	5
09/03/2026	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
11/03/2026	Wednesday	Timed Run	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	2 or 3 miles
16/03/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	6
16/03/2026	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached
18/03/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 1
23/03/2026	Monday	Run	Blue Kangaroo, 174 Finkle Street, Cottingham. HU16 4AZ	09:30	1
23/03/2026	Monday	Speed	Keldgate Road, Cottingham. HU16 5TD	18:30	Coached
25/03/2026	Wednesday	Run/Walk	Sports Centre, KGV Playing Fields, Northgate. HU16 5QW	18:50	Winter 2
30/03/2026	Monday	Hill	EpplworthRd/Bottom Skidby Hill or 18:20 Green Lane Bus Stop	18:30	Coached