

SPOND Group	Group pace	SPOND Group code
Orion Marathon Training	all/various groups	HWJQB
Tuesday evening hills	1 group for everyone	WADPK
Danny Rose's Group - Tuesday track	greater than 20 minute 5k pace/all	KSCGK
Middle Group - Tuesday track	17-20 min 5k pace	PUEFX
Orion Harriers - Wednesday social run	all/various groups	WGKNL
Orion Race Registration	all	FIKIN

SPOND Group	SPOND Group code
Orion Harriers - the KEE Sessions	DBZKE