

Sidmouth Running Club

January 2017 Training Diary

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Mon	02/Jan	Various	Monday Night Run	Volunteer		Sailing Club	07:00 PM
Wed	04/Jan	Beginners	Club Night	Helen	Jo	Sailing Club	07:00 PM
		2	Club Night	Christine		Sailing Club	07:00 PM
		3	Club Night	Jon B		Sailing Club	07:00 PM
		4	Club Night	Rob		Sailing Club	07:00 PM
		5	Club Night	Terry		Sailing Club	07:00 PM
		Off-road steady	Club Night	Tim		Sailing Club	07:00 PM
		Off-road faster	Club Night	Ben		Sailing Club	07:00 PM
Mon	09/Jan	Various	Monday Night Run	Volunteer		Sailing Club	07:00 PM
Wed	11/Jan	Beginners	Club Night	Jo	Colin	Sailing Club	07:00 PM
		2	Club Night	David		Sailing Club	07:00 PM
		3	Club Night	Adam		Sailing Club	07:00 PM
		4	Club Night	Shaun		Sailing Club	07:00 PM
		5	Club Night	Nigel		Sailing Club	07:00 PM
		6	Club Night	Phil		Sailing Club	07:00 PM
		6+	Club Night	Tim		Sailing Club	07:00 PM
Mon	16/Jan	Various	Monday Night Run	Volunteer		Sailing Club	07:00 PM
Wed	18/Jan	Beginners	Club Night	Colin	John D	Sailing Club	07:00 PM
		2	Club Night	Helen		Sailing Club	07:00 PM
		3	Club Night	Becky		Sailing Club	07:00 PM
		4	Club Night	Jon B		Sailing Club	07:00 PM
		5	Club Night	Rob		Sailing Club	07:00 PM
		6 & 6+	Club Night	Tim	Ben	Sailing Club	07:00 PM
Mon	23/Jan	Various	Monday Night Run	Volunteer		Sailing Club	07:00 PM
Wed	25/Jan	Beginners	Club Night	John D	Christine	Sailing Club	07:00 PM
		2	Club Night	Shaun		Sailing Club	07:00 PM
		3	Club Night	Terry		Sailing Club	07:00 PM
		4	Club Night	Adam		Sailing Club	07:00 PM
		5	Club Night	Phil		Sailing Club	07:00 PM
		6	Club Night	Nigel		Sailing Club	07:00 PM
		6+	Club Night	Ben		Sailing Club	07:00 PM
Mon	30/Jan	Various	Monday Night Run	Volunteer		Sailing Club	07:00 PM