

# Sidmouth Running Club

## April 2017 Training Diary

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Mon	03/Apr	Various Off-road intro	Monday Night Run Monday Night Run	Ben/John Terry	Tipton St John Tipton St John	07:00 PM 07:00 PM
Wed	05/Apr	Various Off-road intro Time Trial 10k course	Club Night Club Night Club Night Club Night	Volunteers Terry Becky Justin	Muttersmoor Muttersmoor Muttersmoor Muttersmoor	07:00 PM 07:00 PM 07:00 PM 07:00 PM
Mon	10/Apr	Various Off-road intro	Monday Night Run Monday Night Run	Ben/John Terry	Otterton Otterton	07:00 PM 07:00 PM
Wed	12/Apr	Various Off-road intro 10k course <i>AGM + Trophies</i>	Club Night Club Night Club Night <i>All to be back</i>	Volunteers Terry Justin <i>showered and</i>	Sailing Club Sailing Club Sailing Club <i>ready for</i>	07:00 PM 07:00 PM 07:00 PM 08:30 PM
Mon	17/Apr	Various	Monday Night Run	Ben/John/Terry	Salcombe Hill	07:00 PM
Wed	19/Apr	Various 10k course	Club Night Club Night	Volunteers Justin	Salcombe Hill Salcombe Hill	07:00 PM 07:00 PM
Mon	24/Apr	Various	Monday Night Run	Ben/John/Terry	Joney's Cross	07:00 PM
Wed	26/Apr	Various 10k course	Club Night Club Night	Volunteers Justin	Muttersmoor Muttersmoor	07:00 PM 07:00 PM