

# Sidmouth Running Club

## November 2017 Training Diary

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Wed	01/Nov	2 – 3	Club Night	Colin	Sailing Club	07:00 PM
		4 – 5	Club Night	David L	Sailing Club	07:00 PM
		6	Club Night	Phil	Sailing Club	07:00 PM
		6+	Club Night	Ben	Sailing Club	07:00 PM
		Tim's Tech Session #8	Club Night	Tim	Sailing Club	07:00 PM
Mon	06/Nov	Various	Monday Night Run	Volunteers	Sailing Club	07:00 PM
Wed	08/Nov	2 – 3	Club Night	Jo	Sailing Club	07:00 PM
		4 – 5	Club Night	Jon B	Sailing Club	07:00 PM
		6	Club Night	Nigel	Sailing Club	07:00 PM
		Ben's off-road (torches)	Club Night	Ben	Sailing Club	07:00 PM
		Tim's Tech Session #9	Club Night	Tim	Sailing Club	07:00 PM
Mon	13/Nov	Various	Monday Night Run	Volunteers	Sailing Club	07:00 PM
Wed	15/Nov	2 – 3	Club Night	Christine	Sailing Club	07:00 PM
		4 – 5	Club Night	Terry	Sailing Club	07:00 PM
		6	Club Night	Rob	Sailing Club	07:00 PM
		6+	Club Night	Ben	Sailing Club	07:00 PM
		Tim's Tech Session #10	Club Night	Tim	Sailing Club	07:00 PM
Mon	20/Nov	Various	Monday Night Run	Volunteers	Sailing Club	07:00 PM
Wed	22/Nov	2 – 3	Club Night	Helen	Sailing Club	07:00 PM
		4 – 5	Club Night	Claire/Terry	Sailing Club	07:00 PM
		6	Club Night	Tim C	Sailing Club	07:00 PM
		6+	Club Night	Ben	Sailing Club	07:00 PM
Mon	27/Nov	Various	Monday Night Run	Volunteers	Sailing Club	07:00 PM
Wed	29/Nov	2 – 3	Club Night	John D	Sailing Club	07:00 PM
		4 – 5	Club Night	Hamish/Terry	Sailing Club	07:00 PM
		6	Club Night	Tim M	Sailing Club	07:00 PM
		6+	Club Night	Ben	Sailing Club	07:00 PM