Nov-18	Training Diary				
Mon 5	Various	Terry/Volunteer	Ben	Sailing Club	07:00 PM
Wed 7	3	Jon B		Sailing Club	07:00 PM
	4 – 5	Terry		Sailing Club	07:00 PM
	6 Steady	Kyle		Sailing Club	07:00 PM
	Intervals	Justin	Ben	Sailing Club	07:00 PM
Mon 12	Various	Terry/Volunteer	Ben	Sailing Club	07:00 PM
Wed 14	3	Colin		Sailing Club	07:00 PM
	4 – 5	Tim M		Sailing Club	07:00 PM
	6 Steady	Hamish		Sailing Club	07:00 PM
	Off-road (torches/trail shoes)	Ben		Sailing Club	07:00 PM
Mon 19	Various	Terry/Volunteer		Sailing Club	07:00 PM
Wed 21	3	Helen		Sailing Club	07:00 PM
	4 – 5	Rob		Sailing Club	07:00 PM
	6 Steady	Claire		Sailing Club	07:00 PM
	Intervals	Tim M	Ben	Sailing Club	07:00 PM
Mon 26	Various	Terry/Volunteer		Sailing Club	07:00 PM
Wed 28	3	Jo		Sailing Club	07:00 PM
	4 – 5	Tim C		Sailing Club	07:00 PM
	6 Steady	Phil		Sailing Club	07:00 PM
	Intervals	Tim M	Ben	Sailing Club	07:00 PM