

Wed 2	2nd	3 miles:	Helen	Sailing Club	07:00 PM
		4 – 5 miles :	Rob	Sailing Club	07:00 PM
		6 miles steady:	Hamish	Sailing Club	07:00 PM
		6 miles fast:	Ben	Sailing Club	07:00 PM
Mon 7	7th	Various:	Terry/Volunteer	Sailing Club	07:00 PM
Wed 9	9th	Beginners Group:	Claire/Colin	Sailing Club	06:30 PM
		Improvers Group :	Tim/Paul	Sailing Club	06:30 PM
		3 miles:	Chris	Sailing Club	07:00 PM
		4 – 5 miles :	John D	Sailing Club	07:00 PM
		6 miles steady:	Kyle	Sailing Club	07:00 PM
		6 miles fast:	Ben	Sailing Club	07:00 PM
Mon 14	14th	Various:	Terry/Volunteer	Sailing Club	07:00 PM
Wed 16	16th	Beginners Group:	Claire/Colin	Sailing Club	07:00 PM
		Improvers Group :	Tim/Paul	Sailing Club	07:00 PM
		3 miles:	Dave	Sailing Club	07:00 PM
		4 – 5 miles :	Jon B	Sailing Club	07:00 PM
		6 miles steady:	Justin	Sailing Club	07:00 PM
		Off-road (torches/trail shoes):	Ben	Sailing Club	07:00 PM
Mon 21	21st	Various:	Terry/Volunteer	Sailing Club	07:00 PM
Wed 23	23rd	Beginners Group:	Claire/Colin	Sailing Club	07:00 PM
		Improvers Group :	Tim/Paul	Sailing Club	07:00 PM
		3 miles:	Terry	Sailing Club	07:00 PM
		4 – 5 miles :	Helen	Sailing Club	07:00 PM
		6 miles steady:	Rob	Sailing Club	07:00 PM
		6 miles fast:	Ben	Sailing Club	07:00 PM
Mon 28	28th	Various:	Terry/Volunteer	Sailing Club	07:00 PM
Wed 30	30th	Beginners Group:	Claire/Colin	Sailing Club	07:00 PM