

mrt.-19					
Mon 4	4th	Group run:	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 6	6th	3 miles:	Colin	Sailing Club	07:00 a.m.
All runs 45 mins		3 miles:	Hamish	Sailing Club	07:00 p.m.
		4 – 5 miles:	Paul	Sailing Club	07:00 p.m.
		6 miles steady:	Phil	Sailing Club	07:00 p.m.
		6 miles fast:	Ben	Sailing Club	07:00 p.m.
		AGM:	All	Sailing Club	08:00 p.m.
Mon 11	11th	Group run:	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 13	13th	3 miles:	Simon Hollyer	Sailing Club	07:00 p.m.
		3 miles:	Terry	Sailing Club	07:00 a.m.
		4 – 5 miles :	Kyle	Sailing Club	07:00 a.m.
		6 miles steady:	Chris	Sailing Club	07:00 p.m.
		Off-road (torches/trail shoes)	Ben	Sailing Club	07:00 p.m.
Mon 18	18th	Group run:	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 20	20th	3 miles:	Helen	Sailing Club	07:00 p.m.
		3 miles:	Jon B	Sailing Club	07:00 a.m.
		4 – 5 miles :	Rob	Sailing Club	07:00 p.m.
		6 miles steady:	Kerry	Sailing Club	07:00 p.m.
		6 miles fast:	Ben	Sailing Club	07:00 p.m.
Mon 25	25th	Group run:	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 27	27th	3 miles:	Jo	Sailing Club	07:00 p.m.
		3 miles:	John D	Sailing Club	07:00 a.m.
		4 – 5 miles :	Dave L	Sailing Club	07:00 p.m.
		6 miles steady:	Martin	Sailing Club	07:00 p.m.
		6 miles fast:	Ben	Sailing Club	07:00 p.m.