

| apr.-19 | | | | | |
|---------|------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Mon 1 | 1st | Group off road: 1# Off-road of 2019 | John/Ben | Tipton St Joh | 07:00 p.m. |
| Wed 3 | 3rd | 3 miles: Intro to Off Road running: 4 – 5 miles: 6 miles steady: 6 miles fast: Coaching Group: 1# Off-road of 2019 | Colin Terry Paul Phil Ben Tim | Peak Hill Peak Hill Peak Hill Peak Hill Peak Hill Peak Hill | 07:00 a.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. |
| Mon 8 | 8th | Group off road: | John/Ben | Otterton | 07:00 p.m. |
| Wed 10 | 10th | 3 miles: 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: | Claire Kyle Chris Martin Ben Tim | Sailing Club Sailing Club Sailing Club Sailing Club Sailing Club Sailing Club | 07:00 p.m. 07:00 a.m. 07:00 a.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. |
| Mon 15 | 15th | Group off road: | John/Ben | Newton Pop | 07:00 p.m. |
| Wed 17 | 17th | 3 miles: 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: | Helen Jon B Rob Kerry Ben Tim | White Cross, White Cross, White Cross, White Cross, White Cross, White Cross, | 07:00 p.m. 07:00 a.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. |
| Mon 22 | 22nd | Group off road: | John/Ben | Joney's Cross | 07:00 p.m. |
| Wed 24 | 24th | 3 miles: 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: | Jo John D Dave L Justin Ben Tim | Observatory Observatory Observatory Observatory Observatory Observatory | 07:00 p.m. 07:00 a.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. 07:00 p.m. |
| Mon 29 | 29th | Group off road: | John/Ben | Peak Hill | 07:00 p.m. |