

Jul-19

Mon 1st	07:00 PM	Tipton St John, Playing fields Group off road: John/Ben	
Wed 3rd	07:00 PM	Peak Hill, Car Park 3 miles: 4 – 5 miles: 6 miles steady: 6 miles fast: Coaching Group: Floater:	John D Kyle Rob Ben Tim Charlotte
Mon 8th	07:00 PM	Otterton, Village Green Group off road: John/Ben	
Wed 10th	07:00 PM	Newton Popleford, Tennis Courts 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: Floater:	Jon B David Kerry Ben Tim Kyle
Mon 15th	07:00 PM	Joney's Cross, Car Park Group off road: John/Ben	
Wed 17th	07:00 PM	Salcombe Hill, Norman Lockyer Observatory Car Park 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Floater:	Helen Chris Phil Ben Hamish
Mon 22nd	07:00 PM	Newton Popleford, Tennis Courts Group off road: John/Ben	
Wed 24th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Floater:	Alexa/Hamish Paul/Charlotte Simon Justin John D
Mon 29th	07:00 PM	Peak Hill, Car Park Group off road: John/Ben	

