

Aug-19

Mon 5th	07:00 PM	Tipton St John, Playing fields Group off road: John/Ben	
Wed 7th	07:00 PM	Peak Hill, Car Park 3 miles: 4 – 5 miles: 6 miles steady: 6 miles fast: Coaching Group: Floater:	Charlotte Claire Rob Ben Tim Simon
Mon 12th	07:00 PM	Otterton, Village Green Group off road: John/Ben	
Wed 14th	07:00 PM	Newton Poppleford, Tennis Courts 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: Floater:	John D Chris Martin Ben Tim Paul
Mon 19th	07:00 PM	Joney's Cross, Car Park Group off road: John/Ben	
Wed 21st	07:00 PM	Salcombe Hill, Norman Lockyer Observatory Car Park 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: Floater:	Jo Helen Kyle Ben Tim Hamish
Mon 26th	07:00 PM	Newton Poppleford, Tennis Courts Group off road: John/Ben	
Wed 28th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: Floater:	Alexa Charlotte Phil Ben Tim Terry

