

Sep-19

Mon 2nd	07:00 PM	Tipton St John, Playing fields Group off road: John/Ben	
Wed 4th	07:00 PM	Peak Hill, Car Park 3 miles: 4 – 5 miles: 6 miles steady: 6 miles fast: Coaching Group: Floater:	Terry Kerry Phil Ben Tim M David
Mon 9th	07:00 PM	Otterton, Village Green Group off road: John/Ben	
Wed 11th	07:00 PM	Joney's Cross, Car Park 3 miles: 4 – 5 miles : 6 miles steady: 6 miles fast: Coaching Group: Floater:	Jon B Jo Martin Ben Tim M Kyle
Mon 16th	07:00 PM	Sailing Club, Sidmouth Monday Run: Terry + volunteer	
Wed 18th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles : 6 miles steady: Interval/Speed: Coaching Group: Floater:	Hamish Rob Tim C Ben/Justin Tim M John D
Mon 23rd	07:00 PM	Sailing Club, Sidmouth Monday Run: Terry + volunteer	
Wed 25th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles : 6 miles steady: Interval/Speed: Coaching Group: Floater:	Alexa Paul Simon Ben/Justin Tim M Terry

