

Oct-19

Wed 2nd	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Coaching Group: Floater:	John D Chris Kyle Ben/Justin Tim M Phil	Janice Ranson
Mon 7th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer	
Wed 9th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed/Off Road: Coaching Group: Floater:	Jo Rob Simon Ben/Justin Tim M Martin	Jennie Jepperson
Mon 14th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer	
Wed 16th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Coaching Group: Floater:	Paul Terry David Ben/Justin Tim M Chris	Tim Dafforn
Mon 21st	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer	
Wed 23rd	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Coaching Group: Floater:	Alexa Tim C Martin Ben/Justin Tim M Simon	Laura Broughton