

Nov-19

Mon 4th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 6th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	John D David Kyle/Adrian Ben/Justin/Tim M Tim D
Mon 11th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 13th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed/Off Road: Floater:	Jo Rob Tim C Ben/Justin/Tim M Martin
Mon 18th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 20th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Helen Paul Simon Ben/Justin/Tim M Rob
Mon 25th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 27th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Alexa Terry Phil Ben/Justin/Tim M Jon B

