

Dec-19

Mon 2nd	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 4th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Jon B Hamish Martin Ben/Justin/Adrian/Tim M Terry
Mon 9th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 11th	07:00 PM	Sailing Club, Sidmouth 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed/Off Road: Floater:	Jo Kerry David Ben/Justin/Adrian/Tim M Paul
Mon 16th	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Volunteer
Wed 18th Xmas Party	07:00 PM	Sailing Club, Sidmouth - Runs 45 mins max 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Alexa Helen Phil Ben/Justin/Adrian/Tim M Claire
Mon 23rd	07:00 PM	Sailing Club, Sidmouth Group run:	Terry/Tim
Wed 25th	No run		
Thur 26th	09:30 AM	Sailing Club, Sidmouth Boxing Day Group Offroad Run	Terry/Tim

