

Jan-20

Wed 1st	No run		
Mon 6th	07:00 PM	Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 8th	07:00 PM 06:30 PM ARR 06:30 PM ARR	Sailing Club, Sidmouth Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Terry/Kyle/Alexa Tim M/Paul Helen Hamish Tim C Ben/Justin/Adrian Jo
Mon 13th	07:00 PM	Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 15th	07:00 PM	Sailing Club, Sidmouth Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed/Offroad: Floater:	Terry/Kyle/Alexa Tim M/Paul <i>Laura</i> Claire David Ben/Justin/Hamish Rob
Mon 20th	07:00 PM	Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 22nd	07:00 PM	Sailing Club, Sidmouth Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Terry/Kyle/Alexa Tim M/Paul Jo Simon Martin Ben/Justin/Adrian Jon B
Mon 27th	07:00 PM	Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 29th	07:00 PM	Sailing Club, Sidmouth Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up:	Terry/Kyle/Alexa Tim M/Paul Helen Rob

