

Feb-20

<b>Mon 3rd</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Group 4-5 mile run:	Terry/Volunteer
<b>Wed 5th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater: Off-roader - Newton Pop Tennis cour	Terry/Kyle/Alexa Tim M/Paul Claire Chris Tim C Ben/Adrian Alexa Hamish
<b>Mon 10th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Group 4-5 mile run:	Terry/Volunteer
<b>Wed 12th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed/Off-road: Floater:	Terry/Kyle/Alexa Tim M/Paul Jon B Helen Phil Ben/Adrian Rob
<b>Mon 17th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Group 4-5 mile run:	Terry/Volunteer
<b>Wed 19th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Terry/Kyle/Alexa Tim M/Paul Jo Rob Martin Ben Chris
<b>Mon 24th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Group 4-5 mile run:	Terry/Volunteer
<b>Wed 26th</b>	<b>07:00 PM</b>	<b>Sailing Club, Sidmouth</b> Beginners Group: Improvers Group: 3 miles: 4 – 5 miles & Warm Up:	Terry/Kyle/Alexa Tim M/Paul Laura David

