

2020 Mar Diary

March 2020

Mon 2nd	07:00 PM Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 4th	07:00 PM Sailing Club, Sidmouth 3 miles: 3 miles: 4 – 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater: Off-roader - Newton Pop Tennis courts	Terry Chris Paul Claire Tim M David Hamish
Mon 9th	07:00 PM Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 11th	07:00 PM Sailing Club, Sidmouth 3 miles: 3 miles: 4 - 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Kyle Jon B Rob Kerry Tim M Alexa
Mon 16th	07:00 PM Sailing Club, Sidmouth Group 4-5 mile run:	Terry/Volunteer
Wed 18th	07:00 PM Sailing Club, Sidmouth 3 miles: 3 miles: 4 - 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Alexa Jo David Paul TBC Kyle
Mon 23rd	07:00 PM Sailing Club, Sidmouth Group 4-5 mile run:	Volunteer on the night
Wed 25th	07:00 PM Sailing Club, Sidmouth 3 miles: 3 miles: 4 - 5 miles & Warm Up: 6 miles steady: Interval/Speed: Floater:	Terry Laura Martin Simon TBC Hamish