



# April 2019

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	1	2 5 K winter handicap EH	3	4 Golden Gates 7M Shorter route 4M SR8	5	6
7	8	9 Landwades 7M Shorter route 3M SR10	10	11 Kenyan Hills SE2  (JC)	12	13
14	15	16 Track Only	17	18 CTC 5K  KH	19	20
21	22	23 Stetchworth 6.5M Shorter route 4M SR9	24	25 Out & Back 20 mins SE4  (JC)	26	27
28 Lond Marat	29	30 Boys Grave 8M Shorter routes 6M & 4M SR1	1	2 Heath Race  (JC)	3	4