



August 2019

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
				1 Haverhill 5K KH	2	3
4	5	6 Golden Gates 7M Shorter route 4M SR8	7	8 Wooditton, Duchess drive 7.5M Shorter route 4M SR4	9	10
11	12	13 3 Churches 6M Shorter route 3M SR2	14	15 Committee Meeting Gov Out & Back SE4 (JC)	16	17
18	19	20 Track Only	21	22 Stetchworth 6.5M Shorter route 4M SR9	23	24
25	26	27 Hamilton Hill Efforts	28	29 Lode Run	30	31

