



September 2019

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
1	2	3 Golf Course 6.5M Shorter route 4M SR3	4	5 C & C 5K KH	6	7
8	9	10 Race Course Efforts SE1 (JC)	11	12 Boys Grave 8M Shorter routes 6M & 4M SR1	13	14 RNR
15 RNR	16	17 Track Only	18	19 Committee Meeting Ops Landwades 7M Shorter route 3M SR10	20	21
22	23	24 Kenyan Hills SE2 (JC)	25	26 Golden Gates 7M Shorter route 4M SR8	27	28
29	30	Hamilton Hill Efforts SE2				