



December 2019

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
1	2	3 5K handicap	4	5 WR 3 Exning, Studlands, Yellow Brick Road, Smilers Hill. C 6M	6	7
8	9	10 WR 11 Smilers Hill, Granby Street, Wellington Pub, Duchess drive, Centre drive. C 6M	11	12 EC Smilers Hill efforts	13	14
15	16	17 Track Only	18	19 Jingle Jog	20	21
22	23	24 EF Out and Back (5KH/cap course)	25	26 No Training	27	28
29	30	31 Optional				