



October 2019

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		1 5K handicap	2	3 WR 2 Exning, Studlands, Fordham Road, Smilers Hill. c 6M	4	5
6	7	8 WR 5 Bury Rd, Wellington pub, St John's, Crockfords Rd Ave, Edinburgh Road C 6.5M	9	10 ED Centre Drive efforts	11	12
13	14	15 Track Only	16	17 Committee Meeting WR 9 Scaltback, Hamilton Road Avenue, Wellington pub Duchess Drive, Ashley Rd Clocktower c6.5M	18	19
20	21	22 WR 12 Clocktower, Wellington pub, Duchess Drive, Ashley Road, Avenue c6M	23	24 EI Out and Back (5K handicap course)	25	26
27	28	29 EA Yassoo	30	31 WR 6 Bury Rd, Crockfords Road, St John's Avenue		