



# July 2022

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
					1 GT Bent 5	2
3 Nmkt 10K	4	5 3 Churches 6M Shorter route 3M SR2	6	7 Scaltback Pyramids  Mark Hayward coaching session	8	9
10	11	12 Track Only	13	14 Saffron Striders 5K  Hockeys	15	16
17	18	19 Boys Grave 8M Shorter routes 6M & 4M SR1	20	21 Race Course Efforts SE1	22	23
24	25	26 Golf Course 6.5M Shorter route 4M SR3	27	28 Out & Back SE4	29	30