



August 2022

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	1	2 Mark's Efforts Session	3	4 3 Churches 6M Shorter route 3M SR2	5	6
7 Ekiden Relay	8	9 Track Only	10	11 Stetchworth 6.5M Shorter route 4M SR9	12	13
14	15	16 Landwades 7M Shorter route 3M SR10	17 Roys ton 5K	18 Committee Meeting Neil's 5K Route	19	20
21	22	23 Lode Run SR12	24	25 Kenyan Hills SE2	26	27
28	29	30 Hamilton Hill Efforts SE3	31			