



September 2023

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
					1	2
3	4	5 Winter 5K Handicap	6	7 Stetchworth 6.5M Shorter route 4M SR9	8	9
10	11	12 Out & Back SE4	13	14 Committee Meeting Golf Course 6.5M Shorter route 4M SR3	15	16
17	18	19 3 Churches 6M Shorter route 3M SR2	20	21 Track Session Only	22	23
24	25	26 Hamilton Hill Efforts SE3	27	28 Golden Gates 7M Shorter route 4M SR8	29	30