



October 2023

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
1	2	3 Winter 5K Handicap	4	5 WR 8 Scaltback, Hamilton Road Wellington Pub, Centre Drive, Meadow Lane, Duchess Drive Clocktower c 6.5M	6	7
8	9	10 EE Scaltback efforts	11	12 WR 2 Exning, Studlands, Fordham Road, Smilers Hill. c 6M	13	14
	16	17 WR 10 Smilers Hill, Yellow Brick Road, Studlands, Exning C 6M	18	19 Track Only	20	21
22	23	24 EI Top of the hill efforts (Centre Drive)	25	26 Committee Meeting WR 6 Bury Rd, Crockfords Road, St John's Avenue, Wellington Pub. C6.5M	27	28
29 Fram XC	30	31 EA Yassoo (Scaltback)				