

2022

<- JULY

SEPTEMBER ->

AUGUST

M	T	W	T	F	S	S
1 Seawall	2	3 Relays Cornfield	4	5	6 Club Long Runs	7 Barry 10k
8	9	10	11	12	13 Club Long Runs	14 Club Long Runs
Caldicot Loop		Mo Runs			20	21
15	16	17	18	19	Club Long Runs	Club Long Runs
Sandy Lane, Cas Troggy, Castle		Caldicot train station hill reps			27	28
22	23	24	25	26	Club Long Runs	Club Long Runs
Rogiet Loop		Cas Troggy			3	4
29	30	31 Rogiet Train station Hill Sprints	1	2	Club Long Runs	Club Long Runs
Portskewett		7	8	9	10	11
5	6				Club Long Runs	Club Long Runs