

2022

FEBRUARY ->

# JANUARY

M	T	W	T	F	S	S	
27	28	29	30	31	1	2	
3	4	5	6 Birthday Party	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	1	2	3	4	5	6	

2022

<- JANUARY

MARCH ->

# FEBRUARY

M	T	W	T	F	S	S
31 Coastal / Caldicot (Light dependent)	1	2 Mo Runs - Industrial Estate	3	4	5 Club Long Runs	6 Llisbury 8
7 Port-Sudbrook-Cot	8	9 Alderson Mt. - Church Rd.	10	11	12 Club Long Runs	13 Club Long Runs
14 Rogiet (lights)	15	16 Horse Shoe	17	18	19 CROSS COUNTRY!!	20 Club Long Runs
21 Caldicot reverse	22	23 Cornfield (Lights) / Blackbird 400's	24	25	26 Club Long Runs	27 Club Long Runs
28 Port-Sudbrook-Cot	1	2 Cornfield (Lights) / Blackbird 800's	3	4	5 Club Long Runs	6 Club Champs RACE#2; Newport HM
7 Caldicot	8	9 Reverse Cas Troggy Lamp-posts	10	11	12 Club Long Runs	13 Club Long Runs

2022

<- FEBRUARY

APRIL ->

# MARCH

M	T	W	T	F	S	S
28 Port-Sudbrook-Cot	1	2 Horse Shoe - ASDA / School	3	4	5 Club Long Runs	6 Club Champs RACE#2: Newport HM
7 Caldicot	8	9 Alderson Mt. - Church Rd.	10	11	12 Club Long Runs	13 Club Long Runs
14 Port-Sudbrook-Cot	15	16 Cornfield (Lights) / Blackbird 800's	17	18	19 LAST XC - Singleton Park	20 Club Long Runs
21 Rogiet (Lights)	22	23 Mo-Runs - Ind. Estate	24	25	26 Club Long Runs	27 Cardiff Half
28 DAYLIGHT! Coastal seawall Path :)	29	30 Moors Rd - Pyramid session	31	1	2 Club Long Runs	3 Club Long Runs
4 Dewstow (Lights)	5	6 Cornfield (Lights) / Blackbird 800's	7	8	9 Club Long Runs	10 Club Long Runs

2022

<- MARCH

MAY ->

# APRIL

M	T	W	T	F	S	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
Dewstow (Lights)		Cornfield (Lights) / Blackbird 800's			CLUB PARKRUN TAKEOVER!	Club Long Runs
11	12	13	14	15	16	17
Caldicot Loop		Blackbird - 100m sprints			Club Champs - Lydney ParkRun	Club Long Runs
18	19	20	21	22	23	24
On Tour - Severn Bridge		Train station Hill Reps			Club Long Runs	Club Long Runs
25	26	27	28	29	30	1
Dewstow (Lights)		Castle Loops			Club Long Runs	Club Long Runs
2	3	4	5	6	7	8
Rogiet loop		Cas Troggy Lampposts			Club Long Runs	Club Long Runs

# 2022 MAY

<- APRIL

JUNE ->

M	T	W	T	F	S	S
25 Dewstow (Lights)	26	27 Castle Loops	28	29	30 Club Long Runs	1 Club Long Runs
2	3	4	5	6	7 Club Long Runs	8 Club Long Runs
Rogiet loop		Cas Troggy Lampposts				
9	10	11	12	13	14 Club Long Runs	15 Club Champs - Caerphilly 10k
Caldicot Reverse		Cornfield (Lights) / Blackbird 800's				
16	17	18	19	20	21 Club Long Runs	22 RACK RAID
Portskewett		Moors Road Pyramid				
23	24	25	26	27	28 Club Long Runs	29 Club Long Runs
Dewstow (Lights)		Mo Runs				
30	31	1	2	3	4 Club Long Runs	5 Club Long Runs
Rogiet reverse loop		Cornfield (Lights) / Blackbird 800's				

# 2022 JUNE

<- MAY

JULY ->

M	T	W	T	F	S	S
30 Seawall	31	1 Cornfield 200's	2	3	4 Club Long Runs	5 Club Long Runs
6 CRC on tour - Severn bridge	7	8 Cornfield 300's	9	10	11 Club Long Runs	12 Club Long Runs
13 CRC scavenger hunt	14 Club Champs - Rose Inn	15 Cornfield 100's	16	17	18 Club Long Runs	19 Club Long Runs
20 Rogiet	21	22 Cornfield 400's	23	24	25 Club Long Runs	26 Club Long Runs
27 Caldicot loop	28	29 Cas Troggy Lampposts	30	1	2 Club Long Runs	3 Club Long Runs
4 Dewstow	5	6 Minnets Lane	7	8	9 Club Long Runs	10 Club Long Runs

# 2022 JULY

<-JUNE

AUGUST ->

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10 Club champs - Chepstow Racecourse
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

2022

[<- JULY](#)

[SEPTEMBER ->](#)

# AUGUST

M	T	W	T	F	S	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	1	2	3	4	
5	6	7	8	9	10	11	



2022

[<- AUGUST](#)

[OCTOBER ->](#)

# SEPTEMBER

M	T	W	T	F	S	S	
29	30	31	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	
3	4	5	6	7	8	9	

2022

[<- SEPTEMBER](#) [NOVEMBER ->](#)

# OCTOBER

M	T	W	T	F	S	S	
26	27	28	29	30	1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	1	2	3	4	5	6	

2022

[<- OCTOBER](#)   [DECEMBER ->](#)

# NOVEMBER

M	T	W	T	F	S	S	
31	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	1	2	3	4	
5	6	7	8	9	10	11	

2022

[<- NOVEMBER](#)

[JANUARY ->](#)

# DECEMBER

M	T	W	T	F	S	S	
28	29	30	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31	1	
2	3	4	5	6	7	8	