

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