

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 B
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 7 - Newport HM
7 Caldicot	8	9 Reverse Cas Troggy Lamp-posts	10	11	12 Club Long Runs	13 Club Long Runs