

2022 JULY

<-JUNE

AUGUST ->

M	T	W	T	F	S	S
27 Caldicot loop	28	29 Cas Troggy Lampposts	30	1	2 Club Long Runs	3 Club Long Runs
4	5 Dewstow	6	7 Minnets Lane	8	9 Club Long Runs	10 Club champs - Chepstow Racecourse
11 Portskewett	12	13 School track 400's	14	15	16 Club Long Runs	17 Club Long Runs
18 Rogiet	19	20 Moors Rd - Pyramid	21	22	23 Club Long Runs	24 Club Long Runs
25 Caldicot Reverse	26	27 Blackbird 800's	28	29	30 Club Long Runs	31 Club Long Runs
1 Seawall	2	3 Relays Cornfield	4	5	6 Club Long Runs	7 Barry 10k