

Table 1

Date	Start time	course	distance	club	Sunset		
18th April	19:00	K17/5W	5 miles	LCCC	20:38		
25th April	19:00	k17/5F	5 miles	Bereton	20:51		
2nd May	19:00	K17/10L	10.7 miles	BTC	21:04		
9th May	19:00	K17/10Y	10 miles	LCCC	21:17		
16th May	19:00	K48/10	10 miles	Bereton	21:30		
23rd May	19:00	K17/10km	20 km	Bereton	21:41		
6th June	19:00	K17/10km	40 km	Bereton	22:00		
13th June	19:00	K17/10L	10.7 miles	BTC	22:06		
20th June	19:00	K17/10h	20 miles	Bereton	22:09		
27th June	19:00	K17/25y	25 miles	LCCC	22:09		
4th July	19:00	K17/10km	20km	BTC	22:06		
11th July	19:00	K17/10km	20km	Bereton	22:00		
18th July	19:00	K17/25	25 miles	LCCC	21:52		
25th July	19:00	K49/10	10 miles	Bereton	21:41		
1st August	19:00	K17/10km	20 km	BTC	21:25		
8th August	19:00	K48/10	10 miles	Bereton	21:15		
15th August	19:00	K17/10L	10.7 miles	LCCC	21:00		
22nd August	19:00	K17/5F	5 miles	Bereton	20:44		
29th August	19:00	k17/10Y	10 miles	BTC	20:28		
5th September	19:00	K17/5F	5 miles	LCCC	20:12		
Sun 10th sept	10:00	K49/10	10 miles	Bereton			
12th September	19:00	K17/5F	5 miles	LCCC	19:55		
sun 1st Oct	10:00	Kh21	1 mile	Bereton			