

Weston Athletic Club - Tuesday Night Effort Session Rota

July - December 2016

Date		Session Detail	Venue		Person Leading	Person Leading
03/01/2017		5k	Pier			
10/01/2017		Efforts	Shelter, sea front		Jason	Ray
17/01/2017		Efforts	Shelter, sea front		Rob	John
24/01/2017		Efforts	Shelter, sea front		Nick	Carol
31/01/2017		Efforts	Shelter, sea front		Jim	Ray
07/02/2017		5k	Pier			
14/02/2017		Efforts	Shelter, sea front		Jason	John
21/02/2017		Efforts	Shelter, sea front		Rob	Carol
28/02/2017		Efforts	Shelter, sea front		Nick	Ray
07/03/2017		5k	Pier			
14/03/2017		Efforts	Shelter, sea front		Jim	John
21/03/2017		Efforts	Shelter, sea front		Jason	Carol
28/03/2017		Efforts	Shelter, sea front		Rob	Ray
04/04/2017		5k	Pier			
11/04/2017		Efforts	Shelter, sea front		Nick	John
18/04/2017		Efforts	Hutton Moor Field		Jim	Carol
25/04/2017		Efforts and AGM	Hutton Moor Field		Jason	Ray
02/05/2017		5k	Morrisons			
09/05/2017		Efforts	Hutton Moor Field		Rob	John
16/05/2017		Efforts	Hutton Moor Field		Nick	Carol
23/05/2017		Efforts	Hutton Moor Field		Jim	Ray
30/05/2017		Efforts	Hutton Moor Field		Jason	John
06/06/2017		5k	Morrisons			
13/06/2017		Efforts	Hutton Moor Field		Rob	Carol
20/06/2017		Efforts	Hutton Moor Field		Nick	Ray
27/06/2017		Efforts	Hutton Moor Field		Jim	John