

July Events			
05/07/2021			
Week	Event	Run	Walk
1	50m	X	
2	1000m	X	X
3	150m	X	
4	8 Laps Spiral	X	X
12/07/2021			
Week	Event	Run	Walk
1	60m	X	
2	1200m	X	X
3	120m	X	
4	4K E.T.	X	X
19/07/2021			
Week	Event	Run	Walk
1	100m	X	
2	800m	X	X
3	60m	X	
4	3k	X	X
26/07/2021			
Week	Event	Run	Walk
1	50m	X	
2	1000m	X	X
3	200m MikeH AG	X	
4	4K	X	X