**Hay Riverside Run (5k) Rota – Sept – Dec 2019**

1st Saturday in each month  -  Martyn & Alan H   -  7 Sep, 5 Oct, 2 Nov, 7 Dec  
2nd Saturday in each month   - Sue & Tina  - 14 Sep, 12 Oct, 9 Nov, 14 Dec  
3rd Saturday in each month – Brian & Stephen  -21 Sep, 19 Oct, 16, Nov, 21 Dec  
4th Saturday in each month – Sharon & Sara - 28 Sep, 26 Oct, 23 Nov, 28 Dec  
5th Saturday in each month – Alan N –  30 Nov

Please put the dates in your diary/phone/calendar  
  
If a team cannot do a specific date please negotiate swap with another team.  
  
Anyone else who would like to help out please contact me or get in touch  
with above teams.

Nick Wells has offered his services as a backup