**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