W/C Monday	22nd Feb 2010	1st Mar 2010	8th Mar 2010	15th Mar 2010	22nd Mar 2010	29th Mar 2010	5th Apr 2010	12th Apr 2009	19th Apr 2009	26th Apr 2009	3rd May 2009	10th May 2009	17th May 2009	24th May 2009	31st May 2009
	07:01	06:46	06:31	06:15	05:59	06:43	06:28	06:12	05:57	05:43	05:29	05:17	05:06	04:57	04:50
Monday															
Tuesday	Timetrial	3 x 8 min Town Centre	Fartlek 5x6min 2 min easy	Team Relay	Fartlek 10x3min 45 sec easy	Timetrial	Hills	7 x 800 Alexander Gardens	Team Relay	Timetrial	10 x 400 Alexander Gardens	3x8 min Long Walk	3 x 4 x 300 Home Park	Burnham 5K	Hills
Wednesday								BA SpeedBird 5K							
Thursday	Old Windsor	Dedworth	Slough	Old Windsor	Dedworth	Slough	Old Windsor	Dedworth	Slough	Old Windsor	Dedworth	Slough	Old Windsor	Dedworth	Slough
Friday						Maidenhead 10									
Saturday											Dorney Dash				
Sunday	Metros CC			Club 20					London Marathon		Marlow 5	Staines 10K			
Legend	17:39	17:51	18:03	18:15	19:27	19:39	19:50	20:02	20:14	20:25	20:37	20:47	20:57	21:06	21:14
	DP	CH	TC												