**Spey Runners Rota for Beginners/Returners January – April 2020**

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| **Date** | **Name** |
| Thursday, 9th January | Paul Watson |
| Thursday, 16th January | Scarlett Courtney |
| Thursday, 23rd January | Emma Guirey |
| Thursday, 30th January | Chris Neilson |
| Thursday, 6th February | Stewart McAuslan |
| Thursday, 13th February | Julie Munro |
| Thursday, 20th February | Karen Patterson |
| Thursday, 27th February | Angie Sutherland |
| Thursday, 5th March | Alex Mitchell |
| Thursday, 12th March | Phill Thompson |
| Thursday, 19th March | Ken Matthews |
| Thursday, 26th March | Marianne Simpson |
| Thursday, 2nd April | Yvonne James |
| Thursday, 9th April | David Simpson |
| Thursday, 16th April | Amanda Hedley |

Moira Middleton – not available for this rota

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