**Spey Runners Rota for Beginners/Returners March-July 2019**

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| **Date** | **Name** |
| \*Thursday, 28th March | Stewart McAuslan |
| Thursday, 4th April | Angie Sutherland |
| Thursday, 11th April | Andy Bentley |
| Thursday, 18th April | Paul Watson |
| \*\*Thursday, 25th April | Yvonne James |
| Thursday, 2nd May | David Simpson |
| Thursday, 9th May | Julie Munro |
| Thursday, 16th May | Alex Mitchell |
| Thursday, 23rd May | Amanda Hedley |
| \*\*\*Thursday, 30th May | Phill Thompson |
| Thursday, 6th June | Marianne Simpson |
| Thursday, 13th June | Scarlett Courtney |
| Thursday, 20th June | Ken Mathews |
| \*\*\*\*Thursday, 27th June | Moira Middleton |
| Thursday, 4th July | Andrew Low |

\*Away Day – Stynie Woods

\*\* Away Day – Spey Bay

\*\*\* Away Day – Garmouth

\*\*\*\* Away Day - Millbuies

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