

# Cwmcarn Paragon RC

## Winter Program 2010 to 2011



<b>Club Run Saturday</b>	<b>10am</b>	<b>Chartist Bridge Blackwood</b>
<b>Club Run Sunday</b>	<b>9:30am</b>	<b>Club House</b>
<b>Track Session Wednesday</b>	<b>8pm (19:45)</b>	<b>Velodrome</b>
<b>Club Night Thursday</b>	<b>7:30pm</b>	<b>Club House</b>