

## **Jades Fight For Life – Devanes Diary & Log**

### **Sunday 02.09.18**

#### Session 1

The roads of Surrey with Jim Goldie early in the morning - Knaphill – West End – Chobham - Horsell 17.73 Miles.

#### Session 2

The roads of Surrey - Knaphill – Brookwood – Pirbright 7.50 Miles. Had a superb lunch at Bluebells in Sunningdale but was not expecting the Mighty Spurs to be beaten by Watford.

Miles to go 585.93.

### **Monday 03.09.18**

#### Session 1

The roads of Surrey - Knaphill – West End - 5.50 Miles. Suffering from a great but over indulgent lunch at Bluebells.

#### Session 2

Back to David Lloyd for a Life Cycle. Journey 1 was 12.18 Miles. Journey 2 was 11.90. Journey 3 walked on the Cross Trainer 1.50 Miles. Total Miles 31.08

Miles to go 554.85