<table>
<thead>
<tr>
<th>October 28</th>
<th>5-a-day</th>
<th>Foundation</th>
</tr>
</thead>
</table>

\[
\frac{4}{5} \times \frac{3}{7}
\]

- Write down the three figure bearing of Sandcliffe from Georgetown.

- A cyclist travels 65 miles in 5 hours. What is her average speed?

- Solve

\[6(w - 3) = 2w + 14\]