

East Cornwall Harriers Training Schedule

Saturday 02 Feb	8am Minions Marks Run on the Moor 5-6 miles. Meet Hurlers Car Park, All welcome. 10am Brickfields Track session / 5k Park Series, Lanhydrock-Mt Edgecombe-Eden-Tamar Trails	Dartmoor Trail Challenge Endurance Life South Devon / The Arc50
Sunday 03 Feb	8am Minions 16 Miles	Newquay 10k
Monday 04 Feb	4-5 Juniors Training Session Lux Park	
Tuesday 05 Feb	6.30pm Lux Park Adults led by Terry Millers Bus Park / Juniors led by Mark/Tess Miners Way Short 5 - 6 Mile Run led by Craig	
Wednesday 06 Feb	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 07 Feb	6.30pm Lux Park 8 miles led by Ian/Glenn 5 miles led by Tess	
Friday 08 Feb		
Saturday 09 Feb	8am Minions Marks Run on the Moor 5-6 miles. Meet Hurlers Car Park, All welcome. 10am Brickfields Track session / 5k Park Series, Lanhydrock-Mt Edgecombe-Eden-Tamar Trails	Twilight Run Cardinham
Sunday 10 Feb	8am Lux Park 18 miles	Exeter Half Marathon Westward League, Stover
Monday 11 Feb	4-5 Juniors Training Session Lux Park	
Tuesday 12 Feb	6.30pm Lux Park Adults led by Lou Moorland View / Juniors led Paul/Tess Liskeard Business Park 5 - 6 Mile Run led by Amy	
Wednesday 13 Feb	6.30pm Lux Park Beginners/Novice Social group led by Karen	Armada Winter 3k Series, Central Park
Thursday 14 Feb	6.30pm Lux Park 8 miles led by Paul/Rob 5 miles led by Craig	
Friday 15 Feb		
Saturday 16 Feb	8am Minions Breakfast Run. Meet Hurlers then Jen Nashs after for lots of yummy breakfast goodies. 10am Brickfields Track session / 5k Park Series, Lanhydrock-Mt Edgecombe-Eden-Tamar Trails	
Sunday 17 Feb	8am Duloe Jubilee Centre 20 Miles	Bodmin Half
Monday 18 Feb	HALF TERM - NO JUNIORS CLUB	
Tuesday 19 Feb	6.30pm Lux Park Adults led by Revis Lake Lane Alternates / Juniors led Chris/Tess Moorland View 5 - 6 Mile Run led by Glenn / 8am Committee Meeting	
Wednesday 20 Feb	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 21 Feb	6.30pm Lux Park 8 miles led by Ian/Glenn 5 miles led by Rob	
Friday 22 Feb		
Saturday 23 Feb	8am Minions Marks Run on the Moor 5-6 miles. Meet Hurlers Car Park, All welcome. 10am Brickfields Track session / 5k Park Series, Lanhydrock-Mt Edgecombe-Eden-Tamar Trails	
Sunday 24 Feb	8am Lux Park 8 Miles	Looe 10
Monday 25 Feb	4-5 Juniors Training Session Lux Park	
Tuesday 26 Feb	6.30pm Lux Park Adults led by Paul Gipsy Lane / Juniors led Revis/Glenn Woodgate Road 5 - 6 Mile Run led by Rob / 8am Coaches Meeting	
Wednesday 27 Feb	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 28 Feb	6.30pm Highwayman Car Park Dobwalls - Social 6 - 7 Mile Run led by Revis/Amy	
Friday 01 Mar		Primary Schools XC - Liskeard
Saturday 02 Mar	8am Minions Marks Run on the Moor 5-6 miles. Meet Hurlers Car Park, All welcome. 10am Brickfields Track session / 5k Park Series, Lanhydrock-Mt Edgecombe-Eden-Tamar Trails	Cousin Jack Classic and Ultra, St Ives
Sunday 03 Mar		Bideford Half / Duchy 20 Westward League, Redruth

Harrier of the Month – Congratulations to Sarah Collins and Lucy Smale for being selected as our double Harriers of the month for January. To nominate your candidate for next month contact Glenn Wood.

Winter Training – As we now move into our winter training you MUST wear hi-vis on training nights and bring a torch on Thursday night. No hi vis, no run!