

East Cornwall Harriers Training Schedule

Friday 04 Jan		
Saturday 05 Jan	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 06 Jan	8am Lux Park 10 Miles - Leader Needed	January Jaunt Plympton
Monday 07 Jan	4-5 Juniors Training Session Lux Park	
Tuesday 08 Jan	6.30pm Lux Park Adults led by Mark Briarwood Alternate Reps / Juniors led Paul/Tess Business Pk 5 - 6 Mile Run led by Rob	
Wednesday 09 Jan	6.30pm Lux Park Beginners/Novice Social group led by Karen	Armada Winter 3k Series, Central Park
Thursday 10 Jan	6.30pm Lux Park 8 miles led by Ian/Glenn 5 miles led by Craig	
Friday 11 Jan		
Saturday 12 Jan	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	ECH Christmas Party - British Legion
Sunday 13 Jan	8am Lux Park 12 Miles	Westward League, Westward Ho
Monday 14 Jan	4-5 Juniors Training Session Lux Park	
Tuesday 15 Jan	6.30pm Lux Park Adults led by Lou Station Road / Juniors led Chris/Tess Woodgate Road 5 - 6 Mile Run led by Craig / 8am Committee Meeting	
Wednesday 16 Jan	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 17 Jan	6.30pm St Cleer Car Park 6 - 7 Mile Social Run led by Chris/Tess	
Friday 18 Jan		Primary Schools XC - Cotehele
Saturday 19 Jan	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	Plym Trail Weekend
Sunday 20 Jan	Storm Force 10	Storm Force 10 The Stinger Duathlon
Monday 21 Jan	4-5 Juniors Training Session Lux Park	
Tuesday 22 Jan	6.30pm Lux Park Adults led by Terry Lanchard Loop / Juniors led Lou/Glenn Lake Lane 5 - 6 Mile Run led by Amy / 8pm Coaches Meeting	
Wednesday 23 Jan	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 24 Jan	6.30pm Lux Park 8 miles led by Paul/Glenn 5 miles led by Rob	
Friday 25 Jan		
Saturday 26 Jan	8.30am Seaton for MT Run led by Rob following the new Trepolpen Seythin 10k Route - Breakfast After 10am Brickfields Track session / 5k Park Series, Lanhydrock-Mt Edgecombe-Eden-Tamar Trails	Sportshall - Bude 2 - 4pm
Sunday 27 Jan	8am Lux Park 14 Miles	
Monday 28 Jan	4-5 Juniors Training Session Lux Park	
Tuesday 29 Jan	6.30pm Lux Park Adults led by Paul Business Pk / Juniors led Revis/Glenn Millers Business Pk 5 - 6 Mile Run led by Terry	
Wednesday 30 Jan	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 31 Jan	6.30pm Lux Park 8 miles led by Revis/Glenn 5 miles led by Tess	
Friday 01 Feb		Primary Schools XC - Lanhydrock

Harrier of the Month – Congratulations to Liz and Mike Egginton for being selected as our double Harriers of the month for December. 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!