

East Cornwall Harriers Training Schedule

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
Monday 04 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 05 Mar	6.30pm Lux Park Adults led by Mark Liskeard Business Pk / Juniors led Lou/Rob Lake Lane 5 - 6 Mile Run led by Amy	Great Flat Lode Run, Redruth
Wednesday 06 Mar	6.30pm Lux Park - Run led by Lucy O / Jog led by Sam / Walk/Jog led by Lucy S Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 07 Mar	6.30pm Lux Park 8 miles led by Ian/Paul 5 miles led by Tess	
Friday 08 Mar		Landrake Run
Saturday 09 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	
Sunday 10 Mar	8am Lux Park 20 Miles	Grizzly
Monday 11 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 12 Mar	6.30pm Lux Park Adults led by Terry Limes Lane / Juniors led Paul/Tess Liskeard Business Pk 5 - 6 Mile Run led by Craig	
Wednesday 13 Mar	6.30pm Lux Park - Run led by Amanda / Jog led by Ray / Walk/Jog led by Karen S Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	Armada Winter 3k Series, Central Park
Thursday 14 Mar	6.30pm Lux Park 8 miles led by Revis/Glenn 5 miles led by Amy	
Friday 15 Mar		
Saturday 16 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	
Sunday 17 Mar	8am St Cleer Church Carpark 21 miles	Bath Half / Falmouth Half
Monday 18 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 19 Mar	6.30pm Lux Park Adults led by Revis Briarwood Alternate / Juniors led Mark/Tess Millers Business Pk 5 - 6 Mile Run led by Glenn / 8am Committee Meeting	
Wednesday 20 Mar	6.30pm Lux Park Adults led by Lou Moorland View / Juniors led Chris/Tess Woodgate Road 5 - 6 Mile Run led by Glenn	
Thursday 21 Mar	6.30pm St Cleer Church Carpark for 6 - 7 miles social group led by Chris/Mark.	
Friday 22 Mar		
Saturday 23 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	Deep River Trails, Castle Drogo
Sunday 24 Mar	8am Lux Park 22 Miles	Tavy 13 / The Granite Way
Monday 25 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 26 Mar	6.30pm Lux Park Adults led by Revis Briarwood Alternate / Juniors led Mark/Tess Millers Business Pk 5 - 6 Mile Run led by Craig / 8am Coaches Meeting	
Wednesday 27 Mar	6.30pm Lux Park - Run led by Ray / Jog led by Karen S / Walk/Jog led by Amanda Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 28 Mar	6.30pm Lux Park 8 miles led by Ian/Paul 5 miles led by Tess	XC Champs Newquay
Friday 29 Mar	XC Presentation Liskeard School 7pm - TO BE CONFIRMED	
Saturday 30 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	Kernow Vertical Kilometre, St Agnes
Sunday 31 Mar	TREPOLPEN SEYTHIN 10K	TREPOLPEN SEYTHIN 10K Cornwall Tri/Mini Tri Par Beach

Harrier of the Month – Congratulations to Brian Gravener for being selected as our Harrier of the month for February. To nominate your candidate for next month contact Glenn Wood.

TREPOLPEN SEYTHIN – Our new race is fast approaching. If you can help on the day please let Rob Pick know asap.

AGM – We are planning to hold our AGM on Thursday 4th April (there will be no run that night) at the LDSA social club at Lux Park. If you would like to be on our club committee please put your name forward for the post you are interested in. There will be food on the night plus our annual awards.