

East Cornwall Harriers Training Schedule

Saturday 01 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	Endurance Life South Devon The ARC50
Sunday 02 Feb	8.30 Camel Trail - Dunmere (Borough Arms car park) – 16 miles led by Chris	Newquay 10k
Monday 03 Feb	4-5 Juniors Training Session Lux Park	
Tuesday 04 Feb	6.30pm Lux Park Adults and Juniors Limes Lane led by Chris (Junior Coaches Mark/Tess) 5 - 6 Mile Run led by Jon	
Wednesday 05 Feb	6.30pm Lux Park - Run led by Ray/ Jog led by Amanda/ Walk/Jog led by Lucy S Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 06 Feb	6.30pm Lux Park 8 miles led by Chris/Mark 5 miles led by Tess	
Friday 07 Feb		Primary XC - Lanhydrock First Race 3.45pm
Saturday 08 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	Sportshall Callywith Bodmin - 2-4pm
Sunday 09 Feb	8am Lux Park 18 Miles led by Chris	Exeter Half Marathon
Monday 10 Feb	4-5 Juniors Training Session Lux Park	
Tuesday 11 Feb	6.30pm Lux Park Adults and Juniors Woodgate Road led by Mark (Junior Coaches Lou/Tess) 5 - 6 Mile Run led by Amy	
Wednesday 12 Feb	6.30pm Lux Park - Run led by Jon/ Jog led by Lucy O/ 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 13 Feb	6.30pm Lux Park 8 miles led by Revis/Paul 5 miles led by Amy	
Friday 14 Feb		
Saturday 15 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 16 Feb	8am Lux Park 20 Miles (Leader Needed)	Westward League Redruth Bodmin Half
Monday 17 Feb	NO JUNIORS - HALF TERM HOLIDAY	
Tuesday 18 Feb	6.30pm Lux Park Adults and Juniors Millers Business Pk led by Glenn (Junior Coaches Revis/Tess) 5 - 6 Mile Run led by Craig / 8pm Committee Meeting	
Wednesday 19 Feb	6.30pm Lux Park - Run led by Ray/ Jog led by Sam/ Walk/Jog led by Lucy O Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 20 Feb	6.30pm Lux Park 8 miles led by Paul/Mark 5 miles led by Jon	
Friday 21 Feb		
Saturday 22 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	Looe 20
Sunday 23 Feb	8am Lux Park 10 Miles led by Mark	
Monday 24 Feb	4-5 Juniors Training Session Lux Park	
Tuesday 25 Feb	6.30pm Lux Park Adults Lanchard Loop led by Paul / Juniors Lanchard Short led by Glenn/Tess 5 - 6 Mile Run led by Terry / 8pm Coaches Meeting	
Wednesday 26 Feb	6.30pm Lux Park - Run led by Karen S/ Jog led by Lucy S/ Walk/Jog led by Sam Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 27 Feb	6.30pm Dobwalls - 6 Mile Run led by Revis/Tess	
Friday 28 Feb		
Saturday 29 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	Cousin Jack Classic and Ultra

Harrier of the Month – Congratulations to Amanda Erith for being selected Harrier of the Month. To nominate your candidate for next month contact Glenn Wood..