

East Cornwall Harriers Training Schedule

Sunday 01 Mar	8am Lux Park 20 Miles	Westward League Stover Duchy 20
Monday 02 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 03 Mar	6.30pm Lux Park Adults & Juniors Moorland View led by Terry (Junior Coaches Mark/Tess) 5 - 6 Mile Run led by Amy	
Wednesday 04 Mar	6.30pm Lux Park - Run led by LucyO/ Jog led by KarenS/ Walk/Jog led by Sam Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 05 Mar	6.30pm Lux Park 8 miles led by Paul/Jon 5 miles led by Mark	
Friday 06 Mar		Primary XC - Bake or Liskeard TBD First Race 4pm
Saturday 07 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 08 Mar	8am Lux Park 8 Miles - Leader Needed	Grizzly Bideford Half Marathon
Monday 09 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 10 Mar	6.30pm Lux Park Adults Miners Way led by Revis / Juniors Minors Way Short led by Mark/Tess 5 - 6 Mile Run led by Glenn	
Wednesday 11 Mar	6.30pm Lux Park - Run led by Ray/ Jog led by LucyS/ Walk/Jog led by KarenS Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	Armada Winter 3k Series, Central Park
Thursday 12 Mar	6.30pm Lux Park 8 miles led by Chris/Revis 5 miles led by Jon	
Friday 13 Mar		Landrake Run
Saturday 14 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 15 Mar	8am Camel Trail Bodmin 20 - 22 Miles	Falmouth Half / Bath Half Cornwall Tri/Mini Tri Par
Monday 16 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 17 Mar	6.30pm Lux Park Adults & Juniors Station Road led by Lou (Junior Coaches Revis/Tess) 5 - 6 Mile Run led by Rob / 8pm Committee Meeting	
Wednesday 18 Mar	6.30pm Lux Park - Run led by Lou/ Jog led by Sam/ Walk/Jog led by LucyS Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	
Thursday 19 Mar	6.30pm Lux Park 8 miles led by Chris/Mark 5 miles led by Tess	
Friday 20 Mar		
Saturday 21 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 Rivers Trail Race Castle Drogo
Sunday 22 Mar	8am Lux Park 20 Miles	The Granite Way 10 or 20
Monday 23 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 24 Mar	6.30pm Lux Park Adults & Juniors Liskeard Business Pk led by Glenn (Junior Coaches Mark/Tess) 5 - 6 Mile Run led by Terry / 8pm Coaches Meeting	
Wednesday 25 Mar	6.30pm Lux Park - Run led by JonH/ Jog led by Ray/ Walk/Jog led by LucyO Run group under 11min miling - Jog group 11 to 13min miling - Walk/Jog 13+min miling	XC Presentation TBC
Thursday 26 Mar	AGM - 7PM LISKEARD SOCIAL CLUB LUX PARK Bar opens at 6.30, buffet provided halfway through evening. Everyone welcome, come and have your say.	XC Champs Newquay
Friday 27 Mar		
Saturday 28 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 29 Mar	TREPOLPEN SEYTHIN - SEATON	Trepolpen Seythin 10k Tavy 13
Monday 30 Mar	NO JUNIORS - EASTER HOLIDAY	
Tuesday 31 Mar	6.30pm Lux Park Adults & Juniors Varley Lane or Cricket Pitch led by Paul (Junior Coaches Lou/Tess) 5 - 6 Mile Run led by Amy	

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

AGM – Come and have your say on how the club is run on Thursday 26th of March at the Liskeard Social Club Lux Park. Food provided halfway through the evening.