



## BODMIN ROAD RUNNERS Leader's/Training Rota April 2017

Meet at Morrison's, 7.00. But look out for the occasional changes in venue.

DATE	LEADER	GROUP	SESSION/RACE
Tuesday 2nd	Ian Ringer		Kenyan Hills, East Wood Meet Scarlett's Well car park 7.00
Thursday 4 <sup>th</sup>	Tom Sparkes Martin Morgan Ian Ringer Lesley Taphouse	1 2 3 4	St Lawrence; Nanstalon; Camel Trail; East Wood
Saturday 6 <sup>th</sup>			Ivybridge 10K 6.30pm
Sunday 7 <sup>th</sup>			Trevornick 10 10.30 Trevornick Holiday park (GP 6)
Tuesday 9th	Annie Page		5K goal pace session 6 x 2 mins - 90 secs recovery 3 mins recovery 6 x 2 mins - 1 min recovery Morrison's then field by footy club.
Thursday 11 <sup>th</sup>	Ben Crowle Alan Hughes Becky Bateman Fran Vosper	1 2 3 4	Bodmin Town Run

Sunday 14th				IMERYS Half Marathon (MTRS 7) and Marathon 10.00 Cornwall College, St Austell.
Tuesday 16th	Ian Ringer			Sprint and core exercise session - Beacon
Thursday 18th	Jon Sole	1		Lanhydrock Run
	Emma Stephens	2		Meet Lanhydrock Car Park 7.00
	Ian Ringer	3		
	Lesley Taphouse	4		
Saturday 20th				The Quest (Various) Tintagel OR Long run. Meet 8.30 Morrison's
	Ian Ringer			
Sunday 21st				Tin 10K. 10.30. (National Trust) Geevor, Pendeen.
Tuesday 23rd	Ian Ringer			Sprint Circuits – Chy Travail (Park there)
Thursday 25th	John Sole	1		Cardinham Run
	Ian Ringer	2		Barbeque afterwards. Bring food etc.
	Jane Stephens	3		
	Fran Vosper	4		
Sunday 28th	Ian Ringer			Long Run. Meet Scarlett's Well 8.30
Tuesday 30th	Annie Page			Lucky dip Borough Arms then in groups using the camel trail