



## BODMIN ROAD RUNNERS Training Rota February 2020

Meet at Morrison's 7.00pm unless otherwise stated  
A head-torch and Hi-Viz wear are essential for all runs

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DATE

SESSION/RACE

Friday 31<sup>st</sup> Jan/1<sup>st</sup> Feb

*Arc of Attrition. Good luck Gail and Phil*

Sunday 2<sup>nd</sup>

*Newquay 10K. 9.45 Newquay Sports Centre*

Monday 3<sup>rd</sup>

Bodmin Half Marathon meeting.  
Lanhydrock Golf Hotel 7.00

Tuesday 4<sup>th</sup>

Ian Ringer

Short hill, long hill. Meet Morrison's 7.00

Thursday 6<sup>th</sup>

Club run:

Lanhydrock. Meet main car park 7.00

Sunday 9<sup>th</sup>

LSD run to Shell Woods – Camel Trail

Meet Morrison's 9.00

Tuesday 11<sup>th</sup>

Becky Bateman

Speedwork: Chy Trevail. Meet at 7.00

Thursday 13<sup>th</sup>

Club run:

Morrison's 7.00

Sunday 16<sup>th</sup>

*Bodmin Half Marathon*

Tuesday 18<sup>th</sup>

Ian Ringer

1K reps Cardinham 7.00

Thursday 20th	Club run:	Morrison's 7.00
Saturday 22 <sup>nd</sup>		<b>Looe 10.</b> Millpool Car park. 1.30
Sunday 23 <sup>rd</sup>		<b>Hameldown Hammer.</b> Widecombe 10.00
Tuesday 25 <sup>th</sup>	Becky Bateman	Lloyd's Bank Steps. Meet Mt Folly at 7.00
Thursday 27 <sup>th</sup>		Respryn Run Meet car park 7.00
Saturday 29 <sup>th</sup>		<b>Cousin Jack Classic, Ultra and Little Jack</b> St Just Miner's Chapel

*Fit is not a destination – the journey is.*

**YOU CAN FEEL SORE  
TOMORROW OR  
YOU CAN FEEL SORRY  
TOMORROW.  
YOU CHOOSE.**