



## BODMIN ROAD RUNNERS

### Leader's/Training Rota March 2020

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

DATE	COACH	SESSION/RACE
Sunday 1st		Duchy 20 Penventon Hotel, Redruth 9.00
Tuesday 3rd	Becky Bateman	Becky's Gorgeous Games Morrison's 7.00
Thursday 5 <sup>th</sup>		Town Run from Morrison's
Sunday 8 <sup>th</sup>		Long run
Tuesday 10 <sup>th</sup>	Ian Ringer	Hills session – Lanhydrock
Thursday 12th		Cardinham 7.00
Sunday 15 <sup>th</sup>		Falmouth Half Marathon GP 4 10am start
Tuesday 17 <sup>th</sup>	Ian Ringer	Strength and sprint session Priory Pond Meet Morrison's
Thursday 19 <sup>th</sup>		Lanhydrock 7.00
Sunday 22 <sup>nd</sup>		Long run

Tuesday 24<sup>th</sup>

Ian Ringer

200m Sprints – Scarlett's' Well  
Meet SW car park 7.00

Thursday 26<sup>th</sup>

Cardinham 7.00

Sunday 29<sup>th</sup>

Trepolpen Sythen 10k. Seaton 10.30 start  
British Summertime begins – hoorah!

Tuesday 31<sup>st</sup>

Becky Batman

Fartlek Session  
Morrison's 7.00



*Courage conquers all things: it even gives strength to the body.*  
Ovid

