



LRC A Group Schedule 2020					
Week Commencing	Monday	Wednesday Date	Wednesday	Saturday	Sunday
02/03/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Abnals Route"	04/03/2020	Kenyan Hills (Falkland Road)	Hopwas - Ryknild street car park 9am 10mile run	Fradley 10km or XC #5 event See Website for Details
09/03/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	11/03/2020	Steady 6m Run	Hopwas - Ryknild street car park 9am 10mile run	Stafford Half or Seven Pools See Website for Details
16/03/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	18/03/2020	1km Reps x 6, off 90. (Cricket Lane, Longbridge Road)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
23/03/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	25/03/2020	5 x 1m (Chesterfield Road Loop)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
30/03/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	01/04/2020	3 x 2m (Walsal Road loop)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day

06/04/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	08/04/2020	6 x 800s, 800 jog back (St Foy Avenue)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
13/04/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	15/04/2020	5k TT	Hopwas - Ryknild street car park 9am 10mile run	Conkers 5 Mile See Website for Details
20/04/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	22/04/2020	Kenyan Hills (Falkland Road)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
27/04/2020	6.5m Tempo 6:45 Saxon Hill car park to leave for 6:50 "Lichfield Route"	29/04/2020	12 x 400s (Beacon Park Track)	OMM Festival 13km Race	Uttoxeter Half Marathon See Website for Details

04/05/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	06/05/2020	1200s - Pegg Triangle (Christchurch Lane)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
11/05/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	13/05/2020	Bowling green loops, Friary Avenue (800s)	Hopwas - Ryknild street car park 9am 10mile run	Shelton 10km TBC See Website for Details
18/05/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	20/05/2020	5m TT	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
25/05/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	27/05/2020	Kenyan Hills (Fosseway)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day

01/06/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	03/06/2020	4 x 1m reps (Chesterfield)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
08/06/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	10/06/2020	400s (Beacon Park)	Hopwas - Ryknild street car park 9am 10mile run	Aldridge 10km See Website for Details
15/06/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	17/06/2020	5m TT	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
22/06/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	24/06/2020	400s (Beacon Park Track)	Hopwas - Ryknild street car park 9am 10mile run	Tamworth Gate Gallop See Website for Details

29/06/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	01/07/2020	800 (Beacon Park Track)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
06/07/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	08/07/2020	1200s (Beacon Park Track)	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day
13/07/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	15/07/2020	5m TT	Hopwas - Ryknild street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day

20/07/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	22/07/2020	Staffs Knott	Hopwas - Ryknyld street car park 9am 10mile run	Rugely 10m (Re-Scheduled) See Website for Details
27/07/2020	6.5m Tempo 6:45 Morrisons car park to leave for 6:50 "Abnals Route"	29/07/2020	Easy Run	Hopwas - Ryknyld street car park 9am 10mile run	King Eddies 8am 9 - 13 mile run - route decided on day