

CORNWALL ATHLETIC CLUB

2016 SUMMER RUNS

DATE & TIME	RUN	MEETING PLACE	CONTACTS
Thurs 14 July	Threemilestone	Wickes DIY Car Park	Vivian Bray 07974225518 Michelle Greet 07926077463 Marie Gould 07977239514
Thurs 21 July	Porthtowan	Beach Car Park	Adrian Ball 07598973768 Nigel Trevena 07732491796
Thurs 28 July	Feock	Punch Bowl & Ladle	Rachael Thomas 07921764447 Laura Rogers
Thurs 4 Aug	Stithians Lake Easy run	Stithians Water Sports Centre	Vivian Bray 07974225518 Dave Buzza 07792459325
Sun 7 Aug	Indian Queens Half Marathon (GP)		
Thurs 11 Aug	Scorrier Easy run	Fox & Hounds Pub	Lee Channon 01209 217013 Chris Linthwaite 07825161649
Fri 12 Aug	St Levan 10K (GP)		
Thurs 18 Aug	Perranuthnoe	Beach Car Park	Dave & Jane Angilley 01209 210405 Nancy Hill 07870831499
Thurs 25 Aug	DAN 5 Meeting at Carn Brea Leisure Centre		
Thurs 1 Sept	Carnkie Redruth	Brett & Emma Steppto's House Treskillard, nr Piece	Emma Steppto 07717377581 Post Run BBQ

These runs are approx.. 6-7 miles long and are suitable for all abilities.

Please come along. These evenings are for all CAC members and anyone else you would like to invite.