

L. R. C. Sessions & Coaches – June 2008

Date	Session	Coaches / Helpers
Wed 4	Fiddlers Handicap Summer Course	Martin + Susan
	Door Susan Notices	Jill
Fri 6	Indian File Fartlek	Claire
	Introductory Hurdles	Martin
	Door Lana Notices	Kenton
Wed 11	Reservoir Laps	Susan
	Door Susan Notices	Jill
Fri 13	30 sec hooter Sprints	Saran & Mags Alan
	Introductory Javelin & sprints	Susan
	Door Lana Notices	Kenton
Wed 18	Howden Park Laps (Committee Meeting)	Saran
	Door Saran Notices	Jill
Fri 20	100/200/300/400/800 Reps	Jill
	High Jump	Neil & Jane K
	Door Saran Notices	Kenton
Wed 25	Beeccraigs BBQ & XC Awards	Martin
	Door Notices	
Fri 27	Hooter 10 – 50 secs out and back	Martin & Stewart
	Introductory Main session + throws	Mary & Julie
	Door Martin Notices	Martin

Coaches	
Stuart Arbuckle	01501 763431
Susan Bruce	01506 463551
Steve Cottom	
Marsie Ewing	01506 654242
Scott Fraser	0131 654 0874
Isabell Gardiner	01506 882043
Jill Horsburgh	01506 890064
Martin Hyman	01506 412322
Mary Inglis	01324 851285
Edel Mooney	077 688 26772

Coaches (Continued)	
Claire Shanley	01506 439208
Julie Toner	01506 200455
Helpers	
Jane Kirkwood	01506 461037
Carol Mabon	01506 881993
Lisa McGregor	
Hugh Miller	01506 429708
Margaret / Mike Turnbull	01506 418866