L. R. C. Sessions & Coaches – Jan 2010

Date	Session			Coaches / Helpers
Fri 1	*No session*			*Happy New Year!*
Wed 6	**Fiddlers** **Winter course (Reflective Vests)**			Martin & Stuart
	Door		*Notices*	
Fri 8	60 second hooter			Susan
	Introductory group			Saran
	Juniors			Colin/Murray/Jane
	Door		*Notices*	*Kenton*
Wed 13	Grange Road Relay/Laps			Martin & ***volunteer needed***
	Door		*Notices*	
Fri 15	Indian File Fartlek			Scott
	Introductory group			Matt
	Juniors			Colin/Murray
	Door		Notices	*Kenton*
Wed 20	Almond Park Laps **Committee Meeting**			Martin
	Door		*Notices*	
Fri 22	Endurance 6min, 4 min, 2 min			Jill
	Introductory group			Saran
	Juniors			Colin/Murray/Jane
	Door		Notices	*Kenton*
Wed 27	Motorway Bridge Hills			Teresa
	Door		*Notices*	
Fri 29	Pyramid session			Edel
	Introductory group			Kenton
	Juniors			Colin/Murray/Jane
	Door		Notices	*Kenton*

Sunday 3	Dechmont	10.30am		Martin
Sunday 10	Beecraigs	10.30am Balvormie car Pk		Matt & Colin
Sunday 17	Dechmont	10.30am		Martin
Sunday 24	Beecraigs	As 10th		Matt & Colin
Sunday 31	Dechmont	10.30am		Martin

Coaches		Coaches		Helpers	
Stuart Arbuckle (L1)	01501 763431	Teresa McMenemy (L1)	01506 419421	Neal Drummond	07507526159
Susan Bruce (L1)	01506 463551	Colin Meek (L3)	01501 740667	Mags & Mike T	01506 418866
Jill Horsburgh (L1)	01506 890064	Edel Mooney (L2)	077688 26772		
Martin Hyman (L4)	01506 412332	Scott Nelson (L1)	01506 439592		
Mary Inglis (L1)	01324 851285	Matt Richardson (L1)	01506 848879		
Sarah Inglis (L1)	01324 851285	Murray Robertson (L1)	01506 653108		
Kenton Jones (L1)	01506 412889	Claire Shanley (L1)	01506 439208		
Saran Jones (L2)	01506 412889	Darren Thompson (L1)			
Jane Kirkwood (L1)	01506 461037				