

Day	Date	Session	Notes/Events
Tuesday	01-Feb	Leaders Choice	Newquay 10k 6/2
Thursday	03-Feb	Social Run	Exeter Half 12/13th/Westward League
Tuesday	08-Feb	Hills	Looe 10 27/2
Thursday	10-Feb	Social Run	Westward league Stover 27/2
Tuesday	15-Feb	Speed	
Thursday	17-Feb	Social Run	
Tuesday	22-Feb	Pyramids	
Thursday	24-Feb	Social Run	
Tuesday	01-Mar	Leaders Choice	Cousin Jack 5/3
Thursday	03-Mar	Social Run	Duchy 20/Grizzly 6/3
Tuesday	08-Mar	Hills	Bideford Half /Exmouth 10k 6/3
Thursday	10-Mar	Social Run	Falmouth Half 13/3
Tuesday	15-Mar	Speed	The Granite way19/20th/3
Thursday	17-Mar	Social Run	Tavy 13 19/3
Tuesday	22-Mar	Pyramids	Yeovil Half 27/3
Thursday	24-Mar	Social Run	Trepolpen 26/3
Tuesday	29-Mar	Leaders Choice	First Chance 3/4
Thursday	31-Mar	Social Run	Taunton Half /Full Marathon3/4
Tuesday	05-Apr	Hills	
Thursday	07-Apr	Social Run	An Reseks Helleys 10/4
Tuesday	12-Apr	Speed	Tavy 5 16/4
Thursday	14-Apr	Social Run	Fast Friday 15/4
Tuesday	19-Apr	Pyramids	Beacon Beast 24/4
Thursday	21-Apr	Social Run	
Tuesday	26-Apr	Leaders Choice	
Thursday	28-Apr	Social Run	Trevornick 1/5
Tuesday	03-May	Hills	Ivybridge 7/5
Thursday	05-May	Social Run	Saltash Half/5k 8/5
Tuesday	10-May	Speed	Dartmoor Marathon 14/15 May
Thursday	12-May	Social Run	Imerys Half/full 15/5
Tuesday	17-May	Hills	
Thursday	19-May	Social Run	Classic Quarter 21/5
Tuesday	24-May	Speed	Exeter Full marathon 22/5
Thursday	26-May	Social Run	Bath Half 29/5
Tuesday	31-May	Pyramids	
Thursday	02-Jun	Social Run	Dartmoor Discovery 11/6
Tuesday	07-Jun	Hills	
Thursday	09-Jun	Social Run	
Tuesday	14-Jun	Speed	
Thursday	16-Jun	Social Run	Sticker 18/6
Tuesday	21-Jun	Pyramids	Burrator 10K 25/6
Thursday	23-Jun	Social Run	Torbay Half 26/6
Tuesday	28-Jun	Leaders Choice	Boconnoc 28/6
Thursday	30-Jun	Social Run	Hope 24 1/7
Tuesday	05-Jul	Hills	Mag 7 3/7
Thursday	07-Jul	Social Run	Muddy Dick 9/7
Tuesday	12-Jul	Speed	Rat 16/7
Thursday	14-Jul	Social Run	Exeter 10k 13/7

Tuesday	19-Jul	Hills	Tywardreath Trotter 23/7
Thursday	21-Jul	Social Run	
Tuesday	26-Jul	Speed	
Thursday	28-Jul	Social Run	
Tuesday	02-Aug	Pyramids	Indian Queens 7/8
Thursday	04-Aug	Social Run	Big day Out 13/8