

## Summer Schedule 2018

DATE	TUESDAYS (7PM AT KIRKGATE)	DATE	WEDNESDAYS (6.30PM LATHRO/ 7PM START)
27-Mar	5 x 1k	28-Mar	Heritage Trail
03-Apr	2 ml time-trial [+ hot choc in garage]	04-Apr	Lochore Meadows
10-Apr	8 x 400m	11-Apr	Blairadam
17-Apr	Pyramid Reps	18-Apr	Michael Bruce Trail
24-Apr	5 x 1k	25-Apr	Benarty
01-May	8 x 400m	02-May	River Devon
08-May	2 mile time-trial [+ hot choc in garage]	09-May	Bishop Hill
15-May	8 x 400m	16-May	Falkland Duck Pond
22-May	Pyramid Reps	23-May	John Knox's Pulpit
29-May	5 x 1k	30-May	Milnathort Dash Route
05-Jun	2 mile time trial [+ hot choc in garage]	06-Jun	<b>Hill of Tarvit</b>
12-Jun	8 x 400m	13-Jun	Glen Lomond
19-Jun	Pyramid Reps	20-Jun	Craigmead Hill Run/ Treasure hunt
26-Jun	5x 1k	27-Jun	Vicar's Bridge
03-Jul	2 mile time trial [+ hot choc in garage]	04-Jul	<b>Brig Bash 5miles</b>
10-Jul	8 x 400m	11-Jul	Strathmiglo or Maddie Moss
17-Jul	Pyramid Reps	18-Jul	Maspie Den
24-Jul	5x 1k	25-Jul	John Knox's Pulpit
31-Jul	2 mile time trial	01-Aug	Castle Hill Reservoir
07-Aug	<b>Knockhill</b>	08-Aug	Maspie Den
14-Aug	<b>Ceres 8</b>	15-Aug	Pitmedden
21-Aug	8 x 400m	22-Aug	Blairadam
28-Aug	5 x 1K	29-Aug	<b>Gateside Gallop</b>
04-Sep	2 mile time trial [+ hot choc in garage]	05-Sep	Strathmiglo
11-Sep	Pyramid reps	12-Sep	Xmas Handicap Route
		19-Sep	KGV Diagonals etc

Issued 12.3.18