



CORNWALL RUNNING SHOW
SAT 15TH JANUARY 2022
HEARTLANDS, CORNWALL
SCHEDULE

EXHIBITORS/TRADE STANDS (09:00 – 15:30)

OPEN TO ALL WITH OR WITHOUT TICKETS

**GUIDED RUN 1: GUIDED BY TRACY WAITE, DAVID
ANDREWARTHA & LEAH ATHERTON (10:00)**

5 MILES, ALL ABILITIES

RUN VENTURE 'HOW TO RUN' SESSION/SPEAK (11:00)

COLIN FROM 'RUN VENTURE'

GUIDED RUN 2: GUIDED BY ROBIN WATSON (FRR) (12:00)

DISTANCE TBA, ALL ABILITIES

GUIDED RUN 3: GUIDED BY 'WHYTHRA' (14:00)

4 MILES, ALL ABILITIES

GUEST SPEAKERS, FILM AND Q&A (16:00 – 20:00)

SPEAKER 1 (16:00) – " KINETIC ENERGY " PRESENTATION

SPEAKER 2 (16:30) – ANDREW FERGUSON/TRAIL & ERROR

SPEAKER 3 (17:00) – TRACY WAITE

INTERMISSION/BAR BREAK

SPEAKER 4 (18:00) – COLIN KIRK - POTTER

SPEAKER 5 (18:30) – LEAH ATHERTON

SPEAKER 6 (19:00) – SIAN LONGTHORNE

SPEAKER 7 (19:30) – DAVID ANDREWARTHA (BYS VYKEN EVENTS)