

On Stage at the Runners Café

Saturday 5 October

Compered by BBC Scotland's Bryan Burnett

12:30

Tom Craggs, Endurance Coach
Will Stewart, Run4It

13:15

Kate Carter, The Running Channel
Fraser Clyne, Sports Journalist

14:00

Vassos Alexander

Sports presenter, author & runner



14:45

Tom Craggs, Endurance Coach
Jonathan Bell, Gore

15:30

Fraser Clyne, Sports Journalist
Hoka Ambassador

16:00

Vassos Alexander

Sports presenter, author & runner

16:30

Tom Craggs, Endurance Coach
Kate Carter, The Running Channel

**Prize giveaways * Street Food * Bar * Live Music * Expo **