

**LYD RUNNING: May - July 2024**

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Routes may be changed by the leader depending on weather conditions etc. Meet at the College unless otherwise stated.

WEDNESDAYS all ability body conditioning on the track 6.30pm contact Tracey.

All changes will be posted on messenger.

<b>w/c</b>	<b>Tuesday 6.20pm</b>	<b>Thursday 6.20pm</b>	<b>Saturday 8.50am</b>
6 <sup>th</sup> May	Bishopsmead, Whitchurch PO, Middlemoor, Pimple, Down Road.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	From College. Drakes Trail, Drakes Cafe, Mast, Rix Hill. Ermes may like to run an out and back of Drakes Trail.
13 <sup>th</sup> May	Canal out and back.	Monksmead, Uplands, Railway, hospital, Watts Rd, Council Offices, Old Exeter Rd and return though the town.	Meet at the Caseytown Carpark. Route: Caseytown, Plasterdown, Pewtor Rd, Moortown, Warrens Cross. Extension for Lyds, after Moortown head for Moorshop and Furzy Lane.
20 <sup>th</sup> May	Plymouth Rd, Square, Drake Rd, Redmoor, The Dell, Old Laun. Rd	Mill Hill Loop.	Meet at the college for a car share 8.40am. 9am start at Pitts Cleave Industrial Estate. Route: Batteridge crossroads, back of the quarry, Mount Tavy, Tavy Bridge, A386.
27 <sup>th</sup> May	Down Rd, St Davids, Green Lane, Tavy Bridge, Parkwood Rd.	St Johns walk, Whitchurch Rd, Church Lea, cemetery, cattle grid right to Middlemoor, Anderton Lane and Bishopsmead.	Meet at Anderton Layby. Run to Caseytown, Plasterdown, Fullamoor Lane, Drakes trail
3 <sup>rd</sup> June	Rix Hill and West Down.	Over footbridge in Meadows, St Johns walk, Deer Pk, St Davids, Bluebell way, Pimple return Down Rd.	Meet at the College for a car share 8.30am. 9am start at Yelverton Church CP, out and back along the former tramway.
10 <sup>th</sup> June	Square, Drake Rd, Redmoor, Glanville/Watts Roads, Bolt Ho, Railway, Crease Lane.	Canal out and back.	Meet at the College. Crease Lane " viaducts route.

17 <sup>th</sup> June	Bishopsmead, Whitchurch PO, Middlemoor, Pimple, return Down Road, square, Plymouth Rd.	Meadows, Square, Old Exeter Rd, Council Office loops, Redmoor, return Granville/Watts Rd.	Meet at the college 8.40am for a car share to Plasterdown. Tavy 7 loop around Sampford Spiney. Cutting across the down at the beginning and the end.
24 <sup>th</sup> June	Mill Hill loop.	West Street, Whitchurch Rd, Church Lea, cemetery, Middlemoor, Bishopsmead.	Meet at the college for a car share 8.40am. 9am start at Pitts Cleave Industrial Estate. Route: Batteridge crossroads, back of the quarry, Mount Tavy, Tavy Bridge, A386.
1 <sup>st</sup> July	Meet at the Council Offices, Wilminstone, footpath to Kilworthy, Rugby club.	Monksmead, Uplands, Railway, hospital, Watts rd, Council Offices, Old Exeter Rd and return though the town.	Meet at the Pimple. Moorshop, Nutley, Violet Lane.
8 <sup>th</sup> July	Out and back Trout and Tipple.	Whitchurch, Middlemoor, Pimple, Down Rd.	Meet at Huckworthy cross, route to Horrabridge, Walkhampton.
15 <sup>th</sup> July	Meet at the Pimple, run to Caseytown, Bleak Ho, Warrens X and return.	Square, Drake Rd, Watts lane, path to The Dell, steps to Manor Rd, Redmoor, Drake Rd, Council Offices, Old Exeter Rd and return through town.	Meet at Caseytown Carpark. Route: Caseytown, Plasterdown, Pewtor Rd, Moortown, Warrens Cross and return.
22 <sup>nd</sup> July	Canal out and back.	Rix Hill, West Down, loop.	Meet at the College for a car share 8.30am. 9am start at Yelverton Church CP, out and back along the former tramway.
29 <sup>th</sup> July	Over footbridge in Meadows, St Johns walk, Deer Pk, St Davids, Bluebell way, Pimple return Down Rd.	Drakes Trail	Car Share to Pitts Cleave, Run to Batteridge Hill crossroads, Mount House, Tavy Bridge, A386.