

Tavy group schedule for July and August 2024

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
1st July	Meet and Greet	Mill Hill Lead Andy	Meet Brentor Layby w3w hers.coasting.cute. Brentor Loop- Approx 7 miles. Lead Claire
8 th July	Paarlaufs	Meet at the council offices Batteridge Hill and back Lead Claire	Meet Scrub Tor car park w3w funny.eyebrows.relishes. Blanchdown Woods, Mill Hill. Approx 6.5 miles. Lead Andy
15 th July	Meet at 5 ways car park w3w spent.thud.united Bleak House, Langstone Manor Lead Ann	TAC Relays No club session, please volunteer to help if you are free	Meet at MT Church w3w jugs.tailing.clubs. Higher Springs, Kinsett Down, Wheal Jewel, Horndon. Approx 6 or 8 miles Lead Penny
22 th July	Sprints	Bus Run – leave college at 6.30 prompt The Dewerstone loop – bus return Lead Andy	Meet Huckworthy X w3w swooned.acclaim.hopeless Huckworthy Common, Horrabridge, Eggworthy, Ward Bridge 6.3 or 9 miles Lead Ann
29th July	Rix Hill, Westdown, DT Lead Ann	Track	Meet at Buckland Monachorum - on road parking by the Church w3w courts.shepherds.roadblock Buckland Bounder 6 miles Lead Rob
5 th August	Flying 30's	Meet at Pitt's Cleave Manna Butts, Kilworthy, Sandy Park, Lead Andy	Meet at the leat c/p w3w performed.shackles.sitting Tavy 7 Route (6.5 miles or 10 miles) Lead Ann
12 th August	Kenyan Hills	Bus Run – leave college at 6.30 prompt 'Chase the train' Gunnislake/Calstock – bus return Lead Penny	Meet at Postbridge visitor centre c/p w3w crust.flush.allies Postbridge Pootle off road -6 miles Lead Rob
19th August	1' Hills	Mill Hill, Canal Path Lead Claire	Meet at Grub Up Layby DT, Fullamoor Lane, Jordan Lane, Anderton Lane. (5.5 or 11 miles) Lead Penny
26 th August	Pyramids	Meet at the golf club w3w salt.slang.vanish Violet Lane, Daffodil Lane, Warren's X Lead Penny	Meet at Burrator Quarry C/P w3w freshen.smarting.denser. Off and on Roads around Burrator 6 or 12 miles Lead Ann

The locations of the Tuesday sessions are weather dependent and will be communicated in Sheila's Monday message. Otherwise, please meet at the specified place for the scheduled start time.

As usual – Mondays is rest or an easy run, Wednesday you might like to consider working on core strength or an easy run and Sunday a very slow run or rest.