

LYD/ERME GROUPS: September and October 2024

Routes may be changed by the leader depending on weather conditions etc.

Meet at the College unless otherwise stated

Wednesday - all ability body conditioning on the track 6.30 pm with Tracey

All changes to the schedule will be put on the messenger page

Hi-vis and torches are essential from 16th September

Sunday 27th October - Tavy 7 - please volunteer to help if you are not running.

w/c	Tuesday – 6.20 pm	Thursday – 6.20 pm	Saturday 8.50 am
2 nd Sept	Meet at the Council Offices, Wilminstone, footpath to Kilworthy, Rugby club.	St Johns Walk, Whitchurch Rd, Church Lea, cemetery, cattle grid right to Middlemoor, Anderton Lane and Bishopsmead.	Meet at the College for a car share 8.30am. 9am start at Yelverton Church CP, out and back along the former tramway.
9 th Sept	Canal out and back.	Bus Run – Gibbet Hill/Brentor, run back to college.	Meet at Warren's Cross car park for part of Tavy 7 loop.
16 th Sept	Square, Drake Rd, Wyatts Lane, path to The Dell, steps to Manor Rd, Redmoor, Drake Rd, Council Offices, Old Exeter Rd and return through town.	Down Rd, St Davids, Green Lane, Stannary Bridge, Parkwood Rd.	Tavy 5 – please take part or volunteer to marshal.
23 rd Sept	Timed mile in the park. Warm up first then cool down run after.	Meet at Council Offices - Wilminstone, Harford Bridge and return.	Meet at the Pimple. Middlemoor, Shorts Down, Plaster down, Warrens Cross and return.
30 th Sept	Over footbridge in Meadows, St Johns Walk, Deer Pk, St Davids, Bluebell Way, Pimple return Down Rd.	Monksmead, Uplands, Railway, hospital, Watts Rd, Council Offices, Old Exeter Rd and return though the town.	Meet at Quarry car park for loop of Burrator Reservoir.

7 th Oct	Along by football pitches, through Bishopsmead with a loop around Whitchurch followed by a run through Goose Fair.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	Meet at Caseytown car park. Caseytown, Plasterdown, Pew Tor Rd, Moortown, Warrens Cross and return.
14 th Oct	Meet at Anderton Lane – Drake’s Trail.	Crease Lane, Two viaducts route.	Tavy 5 – please take part or volunteer to marshal.
21 st Oct	Meet at Council Offices – to Wilminstone, back along main road, Parkwood Road, between the Banks, back to Council Offices.	Monksmead, Uplands, Railway, St Maryhay, Redmoor, return via Bannawell St, West St.	Meet at Leg O Mutton car park (by Drake’s Vets) for loop of airfield. If you are doing Tavy 7 – rest day.
28 th Oct	Plymouth Rd, Square, Drake Rd, Redmoor, The Dell, Old Launceston Rd.	Out and back to Trout and Tipple.	Mill Hill Loop.