

Tavy group schedule for September and October 2024

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
2nd Sept	Check Sheila's Monday message for starting point Hills	Mill Hill Lead Penny	Meet at Yelverton church c/p w3w sports.corrects. somewhere Drakes trail, Clearbrook 6 miles or 13 miles Lead Ann
9th Sept	Check Sheila's Monday message for starting point Speed Reps	Meet at College Bus Run – Gibbet Hill/Brentor, run back to college Lead Andy	Meet Lydford Layby w3w Washroom.mothering.exists Dartmoor Way/Granite Way loop 6 miles or 14 miles - Lead Penny
16 th Sept	Meet at 5 Ways Car Park w3w spent.thud.united Bleak House, Langstone Manor Lead Ann	Track	Meet Pitts Cleave w3w Sheds.masking.tadpoles. Harford Bridge, PT, MT, Station Rd 6 Miles Lead Andy Or Tavy 5
23 th Sept	Timed Mile	Meet at the Golf Club w3w Salt.slang.vanish Violet Lane, Daffodil Lane Warren's X Lead Andy	Meet at PT church nappy.adapt.insects Baggator gate (or tor) and back. 6.1 miles Lead Linda
30 th Sept	Short miles in the park	College, Rix Hill, West Down, DT Lead Penny	Meet at MT Church w3w jugs.tailing.clubs. Higher Springs, Kinsett Down, Wheel Jewel, Horndon. 6 miles. Lead Penny
7 th Oct	Stick catching at Chaucer– then a run through Goose Fair	Drakes Trail Lead Andy	Meet Scrub Tor car park w3w funny.eyebrows.relishes. Blanchdown Woods, Mill Hill. Approx 6.5 miles. Lead Ann
14 th Oct	Flying River Run	Meet at Warren's X w3w hammer.tigers.astounded 5 miles of Tavy 7 route Lead Rob	Meet at MT Church w3w jugs.tailing.clubs Hill Bridge 6.5 miles. Lead Andy Or Tavy 5
21 st Oct	Kenyan Hills at Mohun's	Meet at the council offices Batteridge Hill and back Lead Linda	Meet Pork Hill Car Park dirt.complain.plod Peter Tavy loop. Approx 6.2 miles. Lead Ann
28 th Oct	Violet Lane, Golf Club, Casey Town X, Whitchurch Rd Lead Ann	Track	Meet at Weir Quay w3w interlude.desire.purses Bere Alston/ Bere Ferrers Loop. 7 miles. Lead Penny

Torches and Hi Viz required from the 16th Sept!!

Please meet at the specified place for the scheduled start time. If no place is specified please meet at Tavistock College

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.