

## Tavy group schedule for November and December 2024

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
4 <sup>th</sup> Nov	Council Office loops	Rix Hill, West Down, Drakes Trail Lead Lucy	<b>Meet at grub up layby w3w impulsive.pencil.tonight</b> Walreddon, Double waters, Drakes Trail. 6 miles. Lead Ann
11 <sup>th</sup> Nov	10 x 75" Hills	Mill Hill Lead Andy	<b>Meet at Yelverton church c/p w3w sports.corrects.somewhere</b> Drakes Trail to Clearbrook and back. Lead Penny
18 <sup>th</sup> Nov	Two Viaducts run Lead Ann	Track Session	<b>Meet at grub up layby w3w impulsive.pencil.tonight</b> Drakes Trail, Fullamoor Lane, Casey Town X. 5.5 miles. Lead Ann
25 <sup>th</sup> Nov	Kilometers in the park	Violet Lane, Golf Club, Middlemoor, Whitchurch Rd. Lead Lucy	<b>Meet at Huckworthy X w3w swooned.acclaim.helpless</b> Horrabridge, Eggworthy, Ward Bridge 6.3 miles. Lead Penny
2 <sup>nd</sup> Dec	TBD Lead Andy	Drakes Trail Lead Lucy	<b>Meet at Burrator Quarry c/p w3w freshen.smarting.denser</b> 6 miles around Burrator, off and on roads. Lead Ann
9 <sup>th</sup> Dec	Deer Park Hills	No Session Tavy Meal	<b>Meet Lydford Layby w3w washroom.mothing.exists</b> Dartmoor/Granite Way loop 6 miles, Lead Lucy
16 <sup>th</sup> Dec	Kenyans at Mohuns	Xmas Lights run Lead Penny	<b>Tavy 5</b> Meet at Tavistock College in good time for a 9.15 start
23 <sup>rd</sup> Dec	No Session	Jingle Bell Jog, Burrator, 4 miles. 11am start	<b>Meet at College</b> Canal path, Mill Hill 6 miles Lead Penny
30 <sup>th</sup> Dec	No Session	Drakes Trail, West Down, Rix Hill Lead Andy	<b>Meet at Pitts Cleave w3w shed.masking.tadpoles</b> Harford Bridge, PT, MT, station Rd. 6 miles Lead Ann
6 <sup>th</sup> Jan	Chaucer 400s	<b>Meet at Warren's X w3w hammer.tigers.astounded</b> 5 miles of the Tavy 7 route Lead Penny	<b>Meet at Peter Tavy Church w3w nappy.adapt.insects.</b> Baggator gate (or tor) and back. 6.1 miles lead Ann

Torches and **Hi Viz** required for evening sessions

For Tuesday and Thursday sessions, please meet at Tavistock College for a 6.30 start.

For Saturday sessions, please meet at the specified place for a 9am start

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.

Races you might like to consider

First Chance 10K, Exeter – 5<sup>th</sup> Jan

January Jaunt 10K, Plympton – Sat 13<sup>th</sup> Jan

Bideford Half Marathon - 9<sup>th</sup> March