

LYD/ERME (and Dart on Saturdays): January and February 2025

Routes may be changed by the leaders depending on weather conditions etc

Meet at the College unless otherwise stated. Other meeting places in **BOLD**

Hi-Viz and torches essential for these two months.

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

Wednesdays: Tracey's all ability body conditioning on the track at 6pm

W/C	Tuesday 6:20pm	Thursday 6:20pm	Saturday 8:50am
<b>6 Jan</b>	Down Rd, St Davids, Green Lane, Stannary Bridge, Parkwood Rd	Monksmead, Uplands, Railway, Watts Rd, Council Offices, Old Exeter Rd, West St, Ford St	<b>Warrens Cross car park</b> artichoke.lazy.leafing  Part of Tavy 7 route
<b>13 Jan</b>	Training: Bishopsmead hills	College to Drakes Trail, Old Drakes Cafe, Mast, Rix Hill	Tavy 5 Please run it or help if you can
<b>20 Jan</b>	Through Park or St Johns Walk, Whitchurch Rd, Churchhill Rd, Church Lea, Cemetery, Anderton Lane, Bishopsmead	<b>Council Offices</b> Wilminstone, out and back to Harford Bridge	<b>Yelverton Church carpark</b>  Out and back on old tramway
<b>27 Jan</b>	Through Park, Drake Rd, Redmoor Close, The Dell, steps then path to Montgomery Drive, Manor Way, Old Launceston Rd, St Maryhay, Spring Hill, Ford St	<b>Anderton Bends layby</b> impulsive.pencils.tonight  Out and back on Drakes Trail	<b>The Pimple</b> small.mini.hint Middlemoor, Shorts Down, Plaster Down, Warrens Cross and return
<b>3 Feb</b>	Training: Triangles in the park	Through Bishopsmead, Anderton Lane, Church Hill, Cemetery, Church Lea, Churchill Rd, Back down Whitchurch Rd	<b>Quarry car park</b> aimed.excellent.fizzle Loop of Burrator Reservoir
<b>10 Feb</b>	Training: Redmoor loops	Council Offices Wilminstone, back along main Rd, Parkwood Rd, Drake Rd and back to Council Offices	Tavy 5 Please run it or help if you can

<b>17 Feb</b>	Through Park to Abbey Bridge or St Johns Walk, Deer Park, Milton Crescent, Chaucer Rd, St Davids, Bluebell Way, Down Rd	Monksmead, Uplands, Railway, Watts Rd, Council Offices, Old Exeter Rd, West St, Ford St	College Rix Hill, Walreddon, West Down, (other branch of) Rix Hill and return
<b>24 Feb</b>	Training: Council Offices loops	Crease Lane, Two Viaducts, back on main road, Parkwood Rd, through town, park	<b>The Pimple</b> small.mini.hint  Caseytown Cross, Warrens Cross, Moorshop, Furzy Lane and return
<b>3 Mar</b>	<b>Anderton Bends layby</b> impulsive.pencils.tonight  out and back on Drakes Trail	Out and back to the Trout and Tipple	<b>Warrens Cross car park</b> artichokes.lazy.leafing  Part of Tavy 7 route