

Tavy group schedule for January and February 2025

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
13 th Jan	Redmoor Loops	Meet at Warren's X w3w hammer.tigers.astounded 5 miles of Tavy 7. Lead Ann	Meet at MT church w3w jugs.tailing.clubs Higher Springs, Kinsett Down, Wheal Jewel, Horndon 6 or 8 miles Lead Andy or Tavy 5
20 th Jan	River Runs	Violet Lane, Golf Club, Casey Town X, Whitchurch Rd Lead Andy	Meet at Grub up Layby w3w impulsive.pencil.tonight Walreddon, Double waters, DT 6 or 9 miles Lead Ann
27 nd Jan	Sprints	Meet At The council Offices Old Exter Rd, Batteridge Hill and back Lead Penny	Meet at the Golf Club w3w salt.slang.vanish Violet Lane, Daffodil Lane, Warren's X 5.5 or 10 miles Lead Penny
3 rd Feb	Whitchurch Rd, Church Hill, Middlemoor, Caseytown X, Violet Lane, Lead Linda	Track	Meet at Yelverton Church c/p w3w sports.corrects.somewhere. Drakes Trail to Clearbrook and back. 6 or 11 miles. Lead Linda
10 th Feb	Short Miles in the Park	Drakes Trail Lead Lucy	Meet at Burrator Quarry c/p w3w freshen.smarting.denser Off and on Rds around Burrator, 6 or 12 miles Lead Ann Or Tavy 5
17 th Feb	Council Office Loops	Rix Hill, West Down, Drakes Trail Lead Andy	Meet Lydford Layby w3w washroom.mothering.exists Dartmoor Way/Granite Way Loop 6 miles or 13 Lead Lucy
24 th Feb	30-20-10	Meet at Warren's X w3w hammer.tigers.astounded 5 miles of Tavy 7 in reverse. Lead Lucy	Meet at Scrub Tor c/p w3w funny.eyebrows.relishes Blanchdown Woods, Mill Hill, 6.5 miles, Lead Andy
3 rd Mar	Redmoor Park revisited	Two Viaducts run Lead Penny	Meet at Grub up Layby w3w impulsive.pencil.tonight DT, Fullamoor Lane, Warrens X, Church Hill. 5.5 miles Lead Penny

Torches and **Hi Viz** are required for Tuesday and Thursday sessions. 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.

Races you might like to consider

Feb 16th Granite Way 5 miler

March 9th Bideford Half Marathon – the extended runs on Saturday are preparation for this race.

March 9^h Granite Way 10 or 20 miler