

**LYD RUNNING ROUTES: December – February 2019**

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

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 <sup>rd</sup> Dec	Rest	Down Rd, Milton Cres. Golf Club. Torches	Rest	Bishopsmead/Anderton Lane/Whitchurch Rd	Rest		Rest
10 <sup>th</sup> Dec	Rest.	Monksmead, Uplands, Railway, Watts Rd Viaduct. Torches needed.	Rest	Bannawell St, Redmoor, Manor Est.	Rest		Rest
17 <sup>th</sup> Dec	Rest.	Christmas lights run, Monksmead, Uplands, St Maryhay, Manor Est.	Rest	Christmas lights run Bishopsmead area.	Rest		Rest
24 <sup>th</sup> Dec	Rest.	No run. Happy Christmas!	Rest	College closed. No run.	Rest		Rest
31 <sup>st</sup> Dec	Rest.	College closed. Keep an eye open on our Lyd facebook page.	Rest	Evening training starts again. Flatish run around town to burn off the Christmas calories!!	Rest		Rest
7 <sup>th</sup> Jan	Rest.	Down Rd, Milton Cres. Golf Club. Torches	Rest	West st, Rockyhill path to Glanville rd, path to The Dell/Redmoor and return. Torches needed	Rest		Rest
14 <sup>th</sup> Jan	Rest.	Dolvin Road/Parkwood Road	Rest	Bishopsmead/Anderton Lane/Whitchurch Rd	Rest		Rest
21 <sup>st</sup> Jan	Rest.	Judy and Margaret's birthday run! To be decided.	Rest	Monksmead, Uplands, Railway, Manor Est, Bannawell st. Torches needed.	Rest		Rest
28 <sup>th</sup> Jan	Rest.	Down Rd, Greenlands, Green Lane.	Rest	Square, Bannawell St, Glanville Rd, Manor Est.	Rest		Rest
4 <sup>th</sup> Feb	Rest	Bishopsmead/Anderton Lane/Whitchurch Rd	Rest	Dolvin Road/Parkwood Road	Rest		Rest
11 <sup>th</sup> Feb	Rest	Monksmead, Uplands, Railway, Watts Rd Viaduct. Torches needed.	Rest	Down Rd, Milton Cres. Golf Club. Torches	Rest		Rest
18 <sup>th</sup> Feb	Rest	West st, Rockyhill path to Glanville rd, path to The Dell/Redmoor and return. Torches needed	Rest	Bishopsmead/Anderton Lane/Whitchurch Rd	Rest		Rest
25 <sup>th</sup> Feb	Rest	Dolvin Road/Parkwood Road	Rest	West St, Whitchurch Rd, Whch School, Bishopsmead.	Rest		Rest