

## Tavy group schedule for Nov and Dec 2022

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
Nov 7 <sup>th</sup>	Track	<b>Meet at the council Offices</b> – Old Exeter Rd, Batteridge Hill and back.	Bere Alston
Nov 14 <sup>th</sup>	Taking to the hills	Up Down Rd, 5 ways, Whitchurch Rd	Tavy 5 (C25K graduating)
Nov 21 <sup>st</sup>	Short triangles in the park	Drakes Trail	<b>Meet at Pitts Cleave</b> – Harford Bridge, PT, MT, Station Rd
Nov 28 <sup>th</sup>	Pyramid Power	Mill Hill	<b>Meet at Peter Tavy Church</b> - Baggator Gate
Dec 5 <sup>th</sup>	Tavy meal – no session	Rix Hill, Westdown and Drakes Trail	Tamar Trails Park Run
Dec 12 <sup>th</sup>	Track	Whitchurch Rd, Middlemoor, Golf club	<b>Meet at Leg o Mutton car park, Yelverton</b>
Dec 19 <sup>th</sup>	Mohuns and mince pies	Xmas lights run	No Run
Dec 26 <sup>th</sup>	No Run	No Run	No Run
Jan 2 <sup>nd</sup>	Town run with a (small) sting in the tail	Two viaducts run	<b>Meet at Pitts Cleave</b> – Daffodil Lane

There will be a break from 23<sup>rd</sup> Dec to 2<sup>nd</sup> Jan, however keep an eye on the f/b page for some informal runs over the festive season.

For Tuesday and Thursday sessions, please meet at the college unless otherwise stated.

Val's Friday sessions will be confirmed nearer the time.

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.

If you want a challenge for 2023, there are the following races that you may like consider

1st Chance Exeter 10K – 8<sup>th</sup> Jan

January Jaunt, Saltram 10K– 15<sup>th</sup> Jan

Bideford half marathon – 5<sup>th</sup> March

Granite Way 10 or 20 miler 12<sup>th</sup> March