LYD RUNNING ROUTES: March – May 2022

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Routes may be changed by the leader depending on weather conditions etc. We are hoping to do some carshare runs this summer runs. Carshare runs will be last minute changes depending on weather on the day. Keep an eye on facebook. We will be finishing later on these runs.

w/c		Tuesday	Wednesday	Thursday Thursday	Friday	Saturday	Sunday
28 th Feb	Rest.	Training Run	Rest	Trout and Tipple out and back or return via Old Exeter Rd.	Rest	Graduates Run	Rest
7 th Mar	Rest.	Down Rd, Green Lane.	Rest	Bishopsmead/Anderton Lane/ church/Whitchurch Rd	Rest	Graduates Run	Rest
14 th Mar	Rest.	Training Run	Rest	Crease Lane, Viaduct Walk, Old Exeter Rd.	Rest	Tavy 5K	Tavy 13
21 st Mar	Rest.	New Launceston Rd, Redmoor.	Rest	Wilminstone loop from college.	Rest	Graduates Run	Rest
28 th Mar	Rest.	Training Run	Rest	Drakes Trail	Rest	Graduates Run	Clocks change
4 th Apr	Rest	Bishopsmead/Anderton Lane, Middlemoor.	Rest	Down Rd, Caseytown Cross, Whitchurch.	Rest	Graduates Run	Rest
11 th Apr	Rest	Training Run.	Rest	Rix Hill, West Down grid.	Rest	Tavy 5K	Rest
18 th Apr	Rest	Mill Hill/Canal	Rest	Square, Drake Rd, Redmoor loop.	Rest	Graduates Run	Rest
25 th Apr	Rest	Training Run	Rest	Wilminstone loop from college.	Rest	Graduates Run	Rest
2 nd May	Rest	Drakes Trail	Rest	Bishopsmead/Anderton Lane/ Pimple, Down Road	Rest	Graduates Run	Rest
9 th May	Rest	Training Run	Rest	Rix Hill, West Down grid.	Rest	Graduates Run	Rest
16 th May	Rest	Crease Lane, Mill Hill, Old Launceston Rd	Rest	Uplands, 2 viaducts	Rest	Tavy 5K	Rest
23 rd May	Rest	Training Run	Rest	Drakes Trail/Rix Hill	Rest	Graduates Run	Rest
30 th May	Rest	Down Rd, Pimple, Middlemoor, Whitchurch.	Rest	Canal/Mill Hill	Rest		Rest