LYD RUNNING ROUTES Dec. 2021 – FEB. 2022

Margaret: tacmargaret@yahoo.com

Routes may be changed by the leader depending on weather conditions etc. We are hoping to do some car share runs on Saturdays. Car share 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. TORCHES WILL BE REQUIRED ON MOST WEEKDAY RUNS.

w/c	Monday	Tuesday 6.20pm at the College.	Wed	Thursday 6.20pm at the College.	Friday	Saturday	Sunday
6th Dec	Rest.	Training run.	Rest	Down Rd, Bluebell Way, Green Hill, Parkwood Rd, West St.	Rest	To be decided. See FB messenger.	Rest
13th Dec	Rest.	Crease Lane, Viaduct, Old Exeter Rd, Wilminstone Viaduct, return 386/Meadows.	Rest	Bishopsmead, Whtch churchyard, Whtch Rd, Square, Plymouth Rd. Christmas Lights!	Rest	Tavy 5K	Rest
20th Dec	Rest.	Training run.	Rest	New Launceston Rd, St Maryhaye, Redmoor Close, Bannawell St, and return. Christmas Lights!	Rest	No run. Happy Christmas!	Rest
27th Dec	Rest.	Deer Pk, Chaucer Rd, St Davids, Down Rd.	Rest	Drakes Trail torch run.	Rest	To be decided. See FB messenger.	Rest
3rd Jan	Rest.	Training run.	Rest	Monksmead, Uplands, Railway, and around the town.	Rest	To be decided. See FB messenger.	Rest
10th Jan	Rest	West St, Parkwood Rd, Green Hill, Bluebell Way, Down rd.	Rest	Meadows A386, to Trout and Tipple and return.	Rest	Tavy 5K	Rest
17th Jan	Rest	Training run.	Rest	Bishopsmead, Anderton Lane, Whitchurch Rd. Square, West St.	Rest	To be decided. See FB messenger.	Rest
24th Jan	Rest	Crease Lane, Viaduct, Old Exeter Rd, Wilminstone Viaduct, return 386 and meadows.	Rest	Square, Drake Rd, Embdon Grange, Glanville Rd, Hospital and return.	Rest	To be decided. See FB messenger.	Rest
31st Jan	Rest	Training run.	Rest	New Launceston Rd, St Maryhaye, Redmoor, Drake Rd, Square, Plymouth Rd.	Rest	To be decided. See FB messenger.	Rest
7th Feb	Rest	Down Rd, Bluebell Way, Green Lane, Parkwood Rd.		Drake's trail torch run.	Rest	To be decided. See FB messenger.	Rest
14st Feb	Rest	Training run		Monksmead, Uplands, Railway, hospital, Glanville Rd, Bannawell St.and return.	Rest	Tavy 5K	Rest
21th Feb	Rest	Deerpark, Chaucer Rd, St Davids Down Rd.		Bishopsmead, Anderton Lane, Whitchurch Rd. Torches needed if extended to Middlemoor.	Rest	To be decided. See FB messenger.	Rest
28th Feb	Rest	Training run.		Trout and Tipple out and back or return via Old Exeter Rd.	Rest	To Be decided. See FB messenger.	Rest