

LYD RUNNING ROUTES: Sept – November 2021

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Routes may be changed by the leader depending on weather conditions etc. Please bring torches. Wear hi-viz. Weekday runs start from the College, 6.20pm. Saturday runs 10.30am from the college. Our Saturday country runs will start again after the November Tavy 5K.

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Aug	Rest.	Paarlauf on Whitchurch Down with Tavys	Rest	Peter Tavy, Baggator Gate out and back.	Rest	Rix Hill, West Down, Grenofen, DT	Rest
6 th Sept	Rest.	Whitchurch Down, Plasterdown.	Rest	From Council Off. Harford Bridge out and back.	Rest	Canal out and back	Rest
13 th Sept	Rest.	Crease Lane, Mill Hill Loop. Clockwise	Rest	Middlemoor, Pimple Loop.	Rest	Kelly College, Wilminstone, Old Exeter Rd. Or Tavy 5	Rest
20 th Sept	Rest.	Bishopsmead, Whitchurch Churchyard, return Whitchurch Road, square, Plymouth Rd.	Rest	Deer Park, Chaucer Rd, St Davids, Pimple, return either Whitchurch or Down Rd.	Rest	Drakes Trail out and back.	Rest
27 th Sept	Rest.	Training with Tavys	Rest	Rix Hill torch run.	Rest	Mill Hill anticlockwise.	Rest
4 th Oct	Rest	Crease Lane, Viaduct, Old Ex Rd Wilminstone Viaduct return 386/Meadows.	Rest	Down Rd, Blubell Way, Green Hill, Parkwood Rd, West St.	Rest	Middlemoor, Pimple Loop.	Rest
11 th Oct	Rest	Training with Tavys	Rest	Torch run Drakes Trail	Rest	Tavy 5. Canal out and back.	Rest
18 th Oct	Rest	New Launceston Rd, St Maryhay, Redmoor Close, Bannawell St and return.	Rest	Bishopsmead, Middlemoor loop return via Whitchurch.	Rest	Rix Hill, West Down, Grenofen, DT	Rest
25 th Oct	Rest	Training with Tavys	Rest	Square, Drake Rd, Butcher Park Hill, loop around Embden Grange Estate. Return Glanville Rd.	Rest	Kelly College, Wilminstone, Old Exeter Rd.	Tavy 7
1 st Nov	Rest	Deer Park, Chaucer Rd, St Davids, Pimple, return either Whitchurch or Down Rd.	Rest	Crease Lane, Viaduct, Old Ex Rd Wilminstone Viaduct return 386/Meadows.	Rest	Drakes Trail out and back.	Rest
8 th Nov	Rest	Training with Tavys	Rest	Bishopsmead, Whitchurch churchyard, return Whitchurch Road, square, Plymouth Rd.	Rest	Crease Lane, Mill Hill Loop. Clockwise	Rest
15 th Nov	Rest	Down Rd, Blubell Way, Green Hill, Parkwood Rd, West St.	Rest	New Launceston Rd, St Maryhay, Redmoor Close, Bannawell St and return.	Rest	Tavy 5 Middlemoor, Pimple Loop.	Rest
22 nd Nov	Rest	Training with Tavys	Rest	Torch run Drakes Trail.	Rest	Countryside run TBD	Rest

29 th Nov	Rest	Torch run Old Exeter rd, Wilminstone Viaduct. Return A386.		Square, Drake Rd, Butcher Park Hill, loop around Embden Grange Estate. Return Glanville Rd.		Countryside run TBD	Rest