

LYD/ERME RUNNING: Dec – Feb 2023

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Routes may be changed by the leader depending on weather conditions etc. Please bring torches. Wear hi-viz. Tues and Thurs runs start from the College, 6.20pm.

Wednesday Erme runs start at the Cafe in the Meadows at 10am. Saturday runs 8.50am starting places will vary, Saturday starting places will be announced mid week.

Val's all ability session starts at 9.30am by the Cafe in the Meadows, anything different will be posted on messenger.

w/c	Monday	Tuesday 6.20pm	Wednesday 10am	Thursday 6.20pm	Friday 9.30am	Saturday 8.50am	Sunday
28 th Nov	Rest.	Down Rd, Bluebell Way, Green Hill and Parkwood Rd.	Erme	Out and Back to the Trout and Tipple.	Val's Session	TBD	Rest
5 th Dec	Rest.	Monksmead, Uplands, Railway, St Maryhay, Redmoor, return via Bannawell st, West St.	Erme	Bishopsmead, Whitchurch Churchyard, return Whitchurch Road, square.	NO Session	TBD	Rest
12 th Dec	Rest.	Training session	Erme	Christmas Lights. Monksmead, Uplands, St Maryhay, Drake Rd, Station, Old Exeter Rd and return.	Val's Session	TBD or Tavy5	Rest
19 th Dec	Rest.	Christmas Lights, Bishopsmead, Tiddybrook.	Erme	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	Val's Session	Christmas Eve, no run.	Rest
26 th Dec	Rest.	Monksmead, Uplands, Railway, St Maryhay, Redmoor, return via Bannawell st, West St.	Erme	Out and Back to the Trout and Tipple.	NO Session	TBD	Rest
2 nd Jan	Rest	Training session	Erme	Bishopsmead, Whitchurch Churchyard, return Whitchurch Road, square, Ply Rd.	NO Session	TBD	Rest
9 th Jan	Rest	Down Rd, Bluebell Way, St Davids, Green Lane.	Erme	Torch run Drakes Trail	Val's Session	TBD	Rest
16 th Jan	Rest	New Launceston Rd, St Maryhay, Redmoor Close, Bannawell St and return.	Erme	Square, Drake Rd, Redmoor, return Glanville Rd.	Val's Session	TBD or Tavy5	Rest
23 rd Jan	Rest	Training session.	Erme	Out and Back to the Trout and Tipple.	Val's Session	TBD	Rest
30 th Jan	Rest	Deer Park, Chaucer Rd, St Davids, return Down Rd.	Erme	Crease Lane, Viaduct walk, New Launceston Rd, Glanville Rd, Viaduct, return via the town.	Val's Session	TBD	Rest
6 th Feb	Rest	Torch run Old Exeter rd, Wilminstone Viaduct. Return A386.	Erme	Bishopsmead, Whitchurch churchyard, return Whitchurch Road, square, Plymouth Rd.	Val's Session	TBD	Rest
13 th Feb		Square, Drake Rd, Redmoor, return Glanville Rd.	Erme	Monksmead, Uplands, Railway, St Maryhay, Redmoor, return via Bannawell st, West St.	Val's Session	TBD or Tavy5	Rest
20 th Feb		Out and Back to the Trout and Tipple.		Drakes Trail torch run.	Val's Session	TBD	Rest
27 th Feb		Training Session.	Erme	Down Rd, Bluebell Way, St Davids, Green Lane.	Val's Session	TBD	Rest