

**LYD/ERME RUNNING: March -May 2023**

Margaret: tacmargaret@yahoo.com

Routes may be changed by the leader depending on weather conditions etc. Meet at the College unless otherwise stated.

WEDNESDAYS Erme runs start at the Cafe in the Meadows at 10am, contact Kitty. WEDNESDAYS all ability circuits on the track 6pm contact Tracey.

FRIDAYS Val's all ability session 9.30am by the Cafe in the Meadows. Anything different will be posted on messenger.

w/c	Tuesday 6.20pm	Thursday 6.20pm	Saturday 8.50am
6 <sup>th</sup> Mar	Monksmead, Uplands, Railway, St Maryhaye, Redmoor, return via Bannawell st, West St.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	TBD
13 <sup>th</sup> Mar	Drakes Trail out and back.	Crease Lane, Viaduct walk, New Launceston Rd, Glanville Rd, Viaduct, return via the town.	TBD Tavy 5
20 <sup>th</sup> Mar	Bishopsmead, Whitchurch Churchyard, return Whitchurch Road, square.	Out and back to the Trout and Tipple.	Two Viaducts. Possible new intake of runners.
27 <sup>th</sup> Mar	Training session.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	TBD Clocks change.
3 <sup>rd</sup> Apr	Meet at the Council Offices. Run to Wilminstone Hill footpath to Kilworthy, Rugby club.	Square, Drake Rd, Redmoor, return Glanville Rd.	TBD
10 <sup>th</sup> Apr	Deer Park, Chaucer Rd, St Davids, Pimple, return Down Rd.	Meet at the Pimple. Pimple, Middlemoor, Shorts Down, Plaster down, Warrens Cross and return.	TBD Tavy 5
17 <sup>th</sup> Apr	Meet at Anderton Bends. Gem Bridge out and back.	Canal out and back.	TBD
24 <sup>th</sup> Apr	Square, Parkwood Rd, Green Hill, St Davids, Golf club Deer Park Drive and return.	Meet at the Council Offices. Run to Wilminstone Hill footpath to Kilworthy, Rugby club.	TBD
1 <sup>st</sup> May	Canal out and back.	Out and back to the Trout and Tipple.	TBD Coronation Day
8 <sup>th</sup> May	Meet at the Council Offices, Peter Tavy loop and back.	Meet at the Pimple. Moorshop, Batteridge Lane, Mount Tavy.	TBD
15 <sup>th</sup> May	Meet at the Pimple. Pimple, Middlemoor, Shorts Down, Plaster Down, Warrens Cross and return.	Bishopsmead, Whitchurch churchyard, return Whitchurch Road, square, Plymouth Rd.	TBD Tavy 5
22 <sup>nd</sup> May	Monksmead, Uplands, Railway, St Maryhaye, Redmoor, return via Bannawell St, West St.	Meet at Pitts Cleave Industrial Estate, Harford Bridge, Radge, Back of Quarry, Mount Tavy Rd A386	TBD
29 <sup>th</sup> May	Meet at Council offices. Wilminstone Hill footpath to Kilworthy, Rugby club.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	TBD