

## Tavy group schedule for March and April 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Friday 9.30am start from the café in the Meadows	Saturday 9 am start
<b>6<sup>th</sup> March</b>	Short Hills Bideford runners rest or v easy miles	Drakes Trail  Pls wear Bideford HM T shirts!!!	TBD	<b>Meet at MT Church w3w jugs.tailing.clubs.</b> Higher springs, Kinsett Down, Wheal Jewel, Horndon 6 miles
<b>13<sup>th</sup> March</b>	Park 500m efforts	<b>Meet at the council offices</b> – Batteridge Hill	TBD	<b>Meet at Scrub Tor CP w3w funny.eyebrows.relishes</b> To Mill Hill from Scrub Tor car park (Tamar Trails) and back 6.5 miles <b>Or Tavy 5</b>
<b>20<sup>th</sup> March</b>	Rix Hill, West Down, Drakes Trail	Track	TBD	<b>Meet at Pitts Cleave.</b> Daffodil Lane – 5.5 or 8 miles
<b>27<sup>th</sup> March</b> Clocks changed	Pimple Parlauf	Mill Hill - Canal	TBD	<b>Meet at MT Church w3w jugs.tailing.clubs</b> Hill Bridge 6.5 or 9 miles
<b>3<sup>rd</sup> April</b>	30-20-10 in the park	<b>Meet at 5 ways car park</b> – Bleak House, Langstone Manor	Good Friday	<b>Meet at Pitts Cleave</b> – PT, MT, Station Rd 6 or 10 miles
<b>10<sup>th</sup> April</b>	1 minute hills – Whitchurch Down	Down Rd, Casey Town X, Whitchurch Rd		<b>Meet at Burrator Damn</b> 1, 2 or 3 loops, 5, 7 or 11 miles <b>Or Tavy 5</b>
<b>17<sup>th</sup> April</b>	Kenyan Hills	<b>Meet at Grub up Layby</b> – DT, Fullamoor Lane, Jodan Lane, Anderton Lane		<b>Meet at Yeverton Church car park w3w sports.corrects.somewhere-</b> Drakes Trail 6 miles or 12 miles
<b>24<sup>th</sup> April</b>	Continuous long hills on Whitchurch Down	Mill Hill/Canal		<b>Meet at Lydford w3w washroom.mothing.exists</b> – Ganite way 6 miles or 14 miles
<b>1<sup>st</sup> May</b>		<b>Meet at the golf club-</b> Violet Lane, Daffodil Lane, Warren's X		A Tour of Brentor 6 m

For Tuesday and Thursday sessions, please meet at the college unless otherwise stated. There is a possibility of Club bus runs (on a Tuesday in the past) starting again.

Please meet at the café in the park for Val's Friday sessions (9.30am start)

For Saturday sessions, please meet at the specified place for a 9am start

As usual – Mondays is rest or an easy run, Wednesday you might like to consider working on core strength or an easy run and Sunday a very slow run or rest.

Races you might like to consider:

- Bideford 10K -7<sup>th</sup> May
- Exeter HM 14<sup>th</sup> - May
- Plymouth 10k or HM - 14<sup>th</sup> May
- Burrator 10K Sat 3<sup>rd</sup> June (18.30 start)