

Tavy group schedule for May and June 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
1 st May	Chollacott Lane Hills	Meet at the Golf Club w3w Salt.slang.vanish Violet Lane, Daffodil Lane Warren's X Lead Ann	Meet MT church w3w jugs.tailing.clubs. Higher springs, Kingsett Down, Wheal Jewel, Horndon. Approx 6 miles
8 th May	Park Triangles	College, Rix Hill, West Down, DT Lead Penny	Meet Warrens X w3w hammer.tigers.astounded. Fairy dell run thru Huckworthy, Woodtown. Approx 7 miles.
15 th May	Pyramids on Whitchurch Down	Meet at Warren's X w3w hammer.tigers.astounded 5 miles of Tavy 7 route Lead Claire	Meet Tavistock College. Canal, Mill Hill, Crease Lane. Approx 5.5 miles. OR Tavy 5
22 nd May	Meet at 5 Ways Car Park w3w spent.thud.united Hollybush Hills	Down Rd, Casey Town X, Whitchurch Rd Lead Andy	Meet Caseytown car park w3w crop.ranked.tango. Around Pew Tor. Approx 6 miles.
29 th May	Strides warm up and park session	Meet at 5 Ways Car Park w3w spent.thud.united Bleak House, Langstone Manor Lead Linda	Meet Pitts Cleave w3w sheds.masking.tadpoles. Harford Old Road behind Mount Kelly, Peter Tavy. Approx 5.5 miles.
5 th June	Two viaducts run then Pizza at Church Lane Lead Penny	Meet at the Golf Club w3w Salt.slang.vanish 1'30'' Hills	Meet Down Rec car park w3w chills.gobbles.tides. Bere Alston – Bere Ferrers loop. Approx 7 miles.
12 th June	Park Pyramids	Meet at Pitts Cleave Harford Bridge, PT, MT, Station Rd (6 Miles) Lead Claire	Meet Meavy PS w3w toothpick.fitter.class. Burrator Horseshoe route. Approx 6 miles (inc Sheepstor & Gutter Tor) OR Tavy 5
19 June	Meet at 5 Ways Car Park w3w spent.thud.united Sprints and jogs	Mill Hill Lead Linda	Meet Brentor layby w3w hers.coasting.cute. Brentor loop (undulating!). Approx 7 miles.
26 th June	Meets and greets on Whitchurch Down	Meet at Grub Up Layby DT, Fullamoor Lane, Jordan Lane, Anderton Lane Lead Andy	Meet Grub Up layby w3w impulsive.pencil.tonight. Walreddon, Double Waters, Drake's Trail. On and off-road running. Approx 6 miles.

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.

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.