

Tavy group schedule for July and August 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
3 rd July	Kenyans on Whitchurch Down	Bus run. Bus from College to Mary Tavy for Gibbitt Hill to run back to college via a 7.5 mile or 5.5 mile route Lead Rob	Meet Pork Hill w3w professes.pies.unravel. Roos Tor round. Approx 6.5 miles. Lead Ann
10 th July	Meet at the golf club w3w salt.slang.vanish Pimple Parlaufs	TAC Relays No club session, please volunteer to help if you are free	Meet Bellever Forest Postbridge car park w3w marketing.player.corn. Run through the forest. Approx 6 miles. Lead Claire
17 th July	Meet at the leat c/p w3w performed.shackles.sitting Plasterdown Jogs and sprints	Bus run. Bus from College to Gunnislake station for the 'Race the train run' to Calstock and back. Bus will bring us back to college Lead Andy	Meet Scrub Tor car park w3w funny.eyebrows.relishes. Blanchdown Woods, Mill Hill. Approx 6.5 miles. Lead Claire
24 th July	Run a mile!	Meet at Caseytown X c/p w3w crop.ranked.tango Bleak House, Langstone Manor. Lead Penny	Meet Lydford layby w3w washroom.mothering.exists Granite Way loop. Approx 6 miles. Lead Andy
31 st July	Meet at Caseytown X c/p w3w crop.ranked.tango Shorts Down snakes and Ladders	Meet at the golf club w3w salt.slang.vanish Violet Lane, Daffodil Lane, Warren's X Lead Linda	Meet at PT Church wtw nappy.adapt.insects. Baggator Gate and back 6.1 miles Lead Rob
7 th August	Mill Hill Lead Rob	Track Session	Meet at MT Church w3w jugs.tailing.clubs. Higher Springs, Kinsett Down, Wheal Jewel, Horndon. Approx 6 miles Lead Penny
14 th August	Meet at the golf club w3w salt.slang.vanish Hills!	Bus run. Bus from College to Cox Tor Car Park for a run back to College. Lead Andy	Meet at MT Church w3w jugs.tailing.clubs Hillbridge loop 6.5 miles Lead Andy
21 st August	Meet at the leat c/p w3w performed.shackles.sitting Plasterdown negative split fast back	Rix Hill, West Down, Drakes Trail Lead Penny	Meet Huckworthy X w3w swooned.acclaim.hopeless Huckworthy Common, Horrabridge, Eggworthy, Ward Bridge 6.3 miles Lead Penny
28 th August	Meet at the golf club w3w salt.slang.vanish Cricket Ring or 1' Hills	Meet at Grub Up Layby DT, Fullamoor Lane, Jordan Lane, Anderton Lane. Lead Linda	Meet at the leat c/p w3w performed.shackles.sitting Tavy 7 Route (6.5 miles) Lead Rob

Please meet at the specified place for the scheduled start time. If no place is specified please meet at Tavistock College

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.