

TAC TAMAR LATE SUMMER SCHEDULE 2023.
MEET AT THE TRACK AT 1830hrs UNLESS STATED OTHERWISE
***** ALWAYS CHECK FB FOR ANY LATE CHANGES *****

W/C	Tuesday	Thursday
3/7	1k/1 mile loops in the Meadows. RN	Bus Run - Mary Tavy. IJ
10/7	Plasterdown Tour – Meet at Tavy 7 Car Park at 1830hrs. IJ	Relays – No Club Session
17/7	Cricket Ring hills. IJ	Bus Run – Calstock. SP
24/7	2 x Laps of Burrator – Meet on the Dam at 1840hrs. SP	Westmoor Park loops. ST
31/7	Creason Woods/Wheal Friendship Leat - Meet at Pitts cleave Industrial Estate at 1830hrs. ST	Hill repeats – 4 x 6 mins. RN
7/8	Drakes Trail/Dewerstone. Meet at Yelverton Church at 1840hrs. May be late back. SP	Fartlek in the park. RN
14/8	Track – 6 x 800m's. RN	Bus Run - Cox Tor. SP
21/8	Peter Tavy/Mary Tavy meet at Pitts cleave Ind Estate at 1830hrs. ST	Interval Session. SP
28/8	Horrabridge, Walkhampton, Eggworthy, Huckworthy Bridge. Meet at Huckworthy Cross at 1830hrs. ST	4 x 6min @LT Drakes Trail. RN
4/9	Lopwell Loop – Meet at Leg O' Mutton Pub, Yelverton at 1840hrs. May be late back. SP	Bluebell Lane Pace Run. ST
11/9	Track – Jog bends Sprint the straights – 6 x 8000m. RN	Bus Run – Route tbc. IJ
18/9	Pace/LT – Princetown to Yelverton. Meet at Yelverton Church at 1840hrs, car share to Princetown. Drinks./Chips at The Rock after. SP	Speed session on the Old Railway. RN
25/9	Plasterdown Pace Run – Meet at Caseytown Cross at 1830hrs. IJ	Track – 200m/400m meet and greet relays. ST
2/10	Granite way – Pace Run. Meet at Lydford at 1840hrs. May be late back. ST	Kenyan Hills session. IJ