

**LYD RUNNING: August - October 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 all ability circuits on the track 6.30pm contact Tracey.

If possible we will have 2 leaders running on each run so the steady runners will not be under pressure to keep up to the faster runners.

All changes will be posted on messenger.

<b>w/c</b>	<b>Tuesday 6.20pm</b>	<b>Thursday 6.20pm</b>	<b>Saturday 8.50am</b>
31 <sup>st</sup> Jul.	Mill Hill Loop	Meet at Pitts Cleave, Route, back of the quarry, Mount house etc.	Meet at the Pimple. Moorshop, Nutley, Violet Lane.
7 <sup>th</sup> Aug	Crease Lane, 2 viaducts route.	Meet at the Pimple. Middlemoor, Shorts Down, Plasterdown, Warrens Cross and return.	Meet at Meet at Huckworthy cross, route to Horrabridge, Walkhampton.
14 <sup>th</sup> Aug	Meet at Anderton Bends. Gem Bridge and beyond out and back.	Bus Run. Pork Hill Car Park.	Tavy 5 from the track, or Meet at Caseytown CP. Plasterdown, Moortown Moorshop
21 <sup>st</sup> Aug	Meet at the Council Offices. Run to Wilminstone Hill footpath to Kilworthy, Rugby club.	Rix Hill, West Down.	Meet at the College, Anderton Lane, Whitchurch Down. Pimple etc.
28 <sup>th</sup> Aug	Deer Park, Chaucer Rd, St Davids, Pimple, Whitchurch.	Meet at the Council Offices, out and back to Harford Bridge.	Meet at Anderton Layby Run to Caseytown, Plasterdown, Fullamoor Lane, Drakes trail
4 <sup>th</sup> Sep	Meet at Pitts Cleave, Route, back of the quarry, Mount house etc.	Mill Hill loop	Meet at Caseytown CP. Furzey Ln, Moortown Warrens X
11 <sup>th</sup> Sep	Meet at the Pimple. Middlemoor, Shorts Down, Plaster down, Warrens Cross and return.	Bus Run TBD	Tavy 5 from the track. Meet Plasterdown, Tavy 7 route.
18 <sup>th</sup> Sep	Square, Parkwood Rd, Green Hill, St Davids, Golf club Deer Park Drive and return.	Out and back to the Trout and Tipple.	Meet at the Pimple. Pimple, Middlemoor, Shorts Down, Plaster Down, Warrens Cross and return.
25 <sup>th</sup> Sep	Meet at the Council Offices, out and back to Harford Bridge.	Bishopsmead, Whitchurch churchyard, return Whitchurch Road, square, Plymouth Rd.	Meet at the Pimple. Moorshop, Nutley, Violet Lane.
2 <sup>nd</sup> Oct	St Maryhay, Redmoor, Council Offices return through the town.	Monksmead, 2 viaducts run torches may be needed.	Meet at Caseytown CP. Plasterdown, Moortown Moorshop
9 <sup>th</sup> Oct	Down Rd, St Davids rounds the houses, return via the square and meadows.	Bishopsmead, Whitchurch Rd, Square, West St.	Mill Hill loop
16 <sup>th</sup> Oct	Monksmead, Uplands, Railway, St Maryhay, Redmoor, return via Bannawell St, West St.	Square, Parkwood Rd, Green Hill, St Davids, Down Rd.	Tavy 5 or Rix Hill/West down.
23 <sup>rd</sup> Oct	Out and back to the Trout and Tipple.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	Clock change weekend. From College, Anderton Lane, Whitchurch, Pimple. SUNDAY 29 <sup>th</sup> Oct. TAVY 7.
30 <sup>th</sup> Oct	Monksmead, Railway, St Maryhay, Redmoor	Square, Parkwood Rd, Green Hill, St Davids, Golf club Deer Park Drive and return.	