

### Tavy group schedule for September and October 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
4 <sup>th</sup> Sept	<b>Meet at Caseytown X c/p w3w crop.ranked.tango</b> Shorts Down Snakes and ladders	Canal path, Mill Hill, Crease Lane Lead Penny	<b>Meet at Yelverton church c/p w3w sports.corrects.somewhere</b> Drakes trail, Clearbrook 6 miles Lead Penny
11 <sup>th</sup> Sept	Flying 30s!	<b>Meet at College</b> We will take cars to Pork Hill c/p run back to school and then drive back to pick up cars! Our very own bus run! Cars, organisation and a bit more time required!! There is a wet weather alternative. Lead Linda	<b>Meet Pitts Cleave w3w Sheds.masking.tadpoles.</b> Harford Bridge, PT, MT, Station Rd 6 Miles Lead Rob  <b>OR Tavy 5</b>
18 <sup>th</sup> Sept	Martin's Mile	<b>Meet at the golf club w3w salt.slang.vanish</b> Violet Lane, Daffodil Lane Warren's X Lead Andy	<b>Meet Burrator Quarry c/p w3w freshen.smarting.denser</b> A Burrator adventure - 6 miles off and on roads Lead Ann
25 <sup>th</sup> Sept	Council Office loops	<b>Meet at Caseytown X c/p w3w crop.ranked.tango</b> Bleak House, Langstone manor. Lead Rob	<b>Meet Brentor layby w3w hers.coasting.cute</b> Brentor loop 7 miles Lead Claire
2 <sup>nd</sup> Oct	1' Hills	<b>Meet at the council offices w3w next.tones.stocks</b> Batteridge Hill Lead Linda	<b>Meet Pitts Cleave w3w Sheds.masking.tadpoles.</b> Harford Bridge - Old Rd appox 5.5 miles Lead Penny
9 <sup>th</sup> Oct	Chaucer Close Loops – then a run through Goose Fair	Down Rd, 5 ways, Whitcurch Rd Lead Ann	<b>Meet at the leat c/p w3w performed.shackles.sitting</b> Tavy 7 route 6.5 miles Lead Andy
16 <sup>th</sup> Oct	<b>Meet at college</b> Drakes trail to Gem Bridge and back Lead Rob	Track	<b>Meet Scrub Tor c/p w3w funny.eyebrows.relishes</b> Blanchdown woods, Mill Hill Approx 6.5 miles Lead Claire  <b>OR Tavy 5</b>
23 <sup>rd</sup> Oct	Triangles in the park	Rix Hill. West Down, Drakes Trail Lead Penny	<b>Meet Grub up layby w3w impulsive.pencil.tonight</b> Drakes Trail, Fullamore Lane, Jordan Lane Anderton Lane 5.5 miles Lead Penny
30 <sup>th</sup> Oct	Deer Park Circuits	Mill Hill  Lead Claire	<b>Meet Down Rec C/p w3w chills.gobbles.tides</b> Bere Alston – Bere Ferres route, Approx 7 miles Lead Claire

Torches and **Hi Viz** required from the 18<sup>th</sup> Sept!!

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.