

LYD RUNNING: November - January 2023/4

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 body conditioning on the track 6.30pm contact Tracey.

SATURDAYS (except Tavy 5 days) all ability training on the track 9am, 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.

w/c	Tuesday 6.20pm	Thursday 6.20pm	Saturday 8.50am
6 th Nov	Square, multi-storey reps, loops around Parkwood rd and Tavy and Vigo bridges, return via Abbey Rise and Pixon Lane.	New Launceston Rd, St Maryhay, Redmoor, Council Offices return through the town.	Meet at the Pimple. Moorshop, Nutley, Violet Lane.
13 th Nov	Bishopsmead, Whitchurch PO, churchyard back entrance, Whitchurch Rd, Square.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	Tavy 5 or Meet at Huckworthy cross, route to Horrabridge, Walkhampton.
20 th Nov	Out and back to Trout and Tipple.	Monksmead, Uplands, Railway, hospital, Watts Rd, Council Offices, Old Exeter Rd and return through the town.	Meet at the college. Two viaducts route.
27 th Nov	Down Rd, St Davids, Green Lane, Tavy Bridge, Parkwood Rd.	Plymouth Rd, Square, Drake Rd, Redmoor, The Dell, Old Laun. Rd	Meet at Anderton Layby Run to Caseytown, Plasterdown, Fullamoor Lane, Drakes trail
4 th Dec	Grenville Dr, Crelake, Whitchurch Rd, Church Lea, Churchyard, Anderton Lane and return.	Over footbridge in Meadows, St Johns walk, Deer Park, loop around DP Cres, return DP Lane loop Milton Cres. St Davids, return Down Rd.	Meet at Yelverton Church CP, out and back along the former tramway.
11 th Dec	Square, Parkwood Rd, Green Hill, St Davids, Golf club Deer Park Drive and return.	Left after canal swing bridge Deacons Gns, Monksmead Hill, Abbotsfield Loop, The Tors loop.	Meet at the College. Tavy 5 or Rix Hill/West Down.

18 th Dec	Christmas Lights run, Bishopsmead/Tiddybrook area.	Christmas lights run. Monksmead, Uplands, West St, Square.	Meet at the College, Bishopsmead, Whitchurch PO, Middlemoor return either Down Rd, or Whitchurch Rd
25 th Dec	No Run	Out and back to the Trout and Tipple.	Meet at the College, Mill Hill loop.
1 st Jan	New Launceston Rd, St Maryhay, Redmoor, Council Offices return through the town.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	Meet at the Council Offices, out and back to Harford Bridge.
8 th Jan	Over footbridge in Meadows, St Johns walk, Deer Park, loop around DP Cres, return DP Lane loop Milton Cres. St Davids, return Down Rd.	Monksmead, Uplands, Railway, hospital, Watts rd, Council Offices, Old Exeter Rd and return through the town.	Meet at Caseytown CP. Plasterdown, Moortown Moorshop
15 th Jan	Left after canal swing bridge Deacons Gns, Monksmead Hill, Abbotsfield Loop, The Tors loop.	Grenville Dr, Crelake, Whitchurch Rd, Church Lea, Churchyard, Anderton Lane and return.	Tavy 5 or meet at the College. Rix Hill/West Down
22 nd Jan	Square, multi-storey reps, loops around Parkwood rd and Tavy and Vigo bridges, return via Abbey rise and Pixon Lane.	Square, Drake Rd, Watts Lane, path to The Dell, steps to Manor Rd, Redmoor, Drake Rd, Council Offices, Old Exeter Rd and return through town.	From College. Out and back Drakes Trail
29 th Jan	Out and back to the Trout and Tipple.	Over footbridge in Meadows, St Johns Walk, Deer Park, loop around DP Cres, return DP Lane loop Milton Cres. St Davids, return Down Rd.	From College. Two viaducts route.