

### Tavy group schedule for November and December 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
6 <sup>th</sup> Nov	Whitchurch Rd, Church Hill Golf Club, Violet Ln Lead Linda	Westmoor 1' hills	<b>Meet at PT Church w3w nappy.adapt.insects</b> Baggator Gate and back Lead Rob
13 <sup>th</sup> Nov	Long triangles in the park	<b>Meet at the Council Offices</b> Old Exeter Rd, Batteridge Hill and back Lead Penny	<b>Meet Scrub Tor c/p w3w funny.eyebrows.relishes</b> Blanchdown woods, Mill Hill 6.5 miles. Lead Ann OR <b>Tavy 5</b>
20 <sup>th</sup> Nov	Mohun's Park Kenyans	Around town – Redmoor, CO, OER, Parkwood Rd Lead Ann	<b>Meet at Yelverton Chuch c/p w3w sports.corrects.somewhere</b> Drakes Trail, Clearbrook Lead Penny
27 <sup>th</sup> Nov	Mill Hill Lead Andy	Track	<b>Meet at MT church w3w jugs.tailing.clubs</b> Hill Bridge loop 6.5 miles Lead Andy
4 <sup>th</sup> Dec	Tavy Meal – No session	Rix Hill, Westdown, Drakes Trail Lead Rob	<b>Meet Lydford Layby w3w washroom.mothering.exists</b> Dartmoor way/Granite way loop Lead Rob
11 <sup>th</sup> Dec	Council Office Circuit	Down Rd, Caseytown x, Middlemoor, Whitchurch Rd Lead Linda	<b>Tavy 5</b>  Meet on the track in plenty of time for a 9.15 start
18 <sup>th</sup> Dec	Cholacott Lane Hills	Xmas Light run Lead Ann	<b>Meet at Casytown X c/p w3w crop.ranked.tango</b> Bleak House Langstone Manor Lead Andy
25 <sup>th</sup> Dec	No session	Drakes Trail Lead Claire	<b>Meet at the Golf Club w3w salt.slang.vanish</b> violet Ln, Daffodil Ln, Warren's X. Lead Penny
1 <sup>st</sup> Jan	No session	Park miles	<b>Meet at Burrator Quarry c/p w3w freshen.smarting.denser</b> Off and on roads around Burrator – 6 miles Lead Ann
8 <sup>th</sup> Jan	Redmoor Loops	Two viaducts run Lead Rob	<b>Meet at Pitts Cleave w3w shed.masking.tadpole</b> PT, MT, Station Rd, Wilminstone Lead Claire

Torches and **Hi Viz** required

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.