

**LYD RUNNING: February - April 2024**

Margaret: mpbrinsabach@yahoo.co.uk

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.

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>
5 <sup>th</sup> Feb.	Bishopsmead, Whitchurch PO, churchyard back entrance, Whitchurch Rd, Square.	Deer Park, Chaucer Rd, St Davids, Green Lane, Down Rd, Square.	Meet at the Pimple. Moorshop, Nutley, Violet Lane.
12 <sup>th</sup> Feb.	Left after canal swing bridge Deacons Gns, Monksmead Hill, Abbotsfield Loop, The Tors loop.	Monksmead, Uplands, Railway, hospital, Watts Rd, Council Offices, Old Exeter Rd and return though the town.	Tavy 5 or Meet at Huckworthy cross, route to Horrabridge, Walkhampton.
19 <sup>th</sup> Feb.	Out and back to Trout and tipple.	Plymouth Rd, Square, Drake Rd, Redmoor, The Dell, Old Laun. Rd	Meet at the college for a car share 8.40am. 9am start at Pitts Cleave Industrial Estate. Route: Batteridge crossroads, back of the quarry, Mount Tavy, Tavy Bridge, A386.
26 <sup>th</sup> Feb.	Down Rd, St Davids, Green Lane, Tavy Bridge, Parkwood Rd.	St Johns walk, Whitchurch Rd, Church Lea, cemetery, Tiddybrook and Bishopsmead loops.	Meet at Anderton Layby. Run to Caseytown, Plasterdown, Fullamoor Lane, Drakes trail
4 <sup>th</sup> Mar.	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 the College for a car share 8.30am. 9am start at Yelverton Church CP, out and back along the former tramway.
11 <sup>th</sup> Mar	Square, Drake Rd, Redmoor, Glanville/Watts Roads, Bolt Ho, Railway, Crease Lane.	Left after canal swing bridge Deacons Gns, Monksmead Hill, Abbotsfield Loop, The Tors loop.	Meet at the College. Rix Hill/West Down. Or the Tavy 5.

18th Mar.	Bishopsmead, Whitchurch PO, Middlemoor return either Down Rd, or Whitchurch Rd	Square, Old Exeter Rd, Council Office loops, Redmoor, return Granville/Watts Rd.	Meet at the College 8.30am for a car share to the Granite Way, Lydford.
25 <sup>th</sup> Mar	West Street, Whitchurch Rd, Church Lea, cemetery, Tiddybrook and Bishopsmead loops.	Out and back along the Drakes Trail.	Meet at the College, Mill Hill loop. CLOCK CHANGE WEEKEND.
1 <sup>st</sup> Apr.	Meet at the Council Offices, Wilminstone, footpath to Kilworthy, Rugby club.	Monksmead, Uplands, Railway, hospital, Watts rd, Council Offices, Old Exeter Rd and return though the town.	Meet at the College 8.40am for a car share to Plasterdown. Tavy 7 route.
8 <sup>th</sup> Apr	Over footbridge in Meadows, St Johns walk, Deer Park, loop around DP Cres, return DP Lane loop Milton Cres. St Davids, return Down Rd.	Whitchurch, Middlemoor, Pimple, Down Rd.	Meet at the College 8.30am for a Car Share to Mary Tavy Church.
15 <sup>th</sup> Apr	Meet at the College, Anderton Lane, Middlemoor, Pimple, Down Road.	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.	Tavy 5 or Meet at the Pimple. Moorshop, Nutley, Violet Lane.
22 <sup>nd</sup> Apr	Meet at Caseytown Carpark. Route: Caseytown, Plasterdown, Pewtor Rd, Moortown, Warrens Cross and return.	Rix Hill, West Down, loop.	Meet at Huckworthy cross, route to Horrabridge, Walkhampton.
29 <sup>th</sup> Apr	Out and back to the Trout and Tipple.	Two viaducts route.	Meet at Anderton Layby. Run to Caseytown, Plasterdown, Fullamoor Lane, Drakes trail