

Tavy group schedule for November and December 2023

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
8th Jan	Redmoor Loops	Two viaducts run Lead Rob	Meet at Pitts Cleave w3w shed.masking.tadpole PT, MT, Station Rd, Wilminstone 6 or 8 miles Lead Penny
15th Jan	Whitchurch Rd, Church Hill, Golf Club, Violet Lane Lead Andy	Track	Meet Huckwothy X w3w jugs.tailing.clubs. Huckwothy Common, Horrabridge, Eggworthy, Ward Bridge 6.3 miles or 9 miles Lead Ann Or Tavy 5
22nd Jan	Park Pyramids	Rix Hill, West Down, Drakes Trail Lead Rob	Meet at the leat c/p w3w performed.shackles.sitting Tavy 7 route – 6.5 miles or 10 miles Lead Penny
29th Jan	Council Office Loops	Mill Hill Lead Linda	Meet at the Golf Club w3w salt.slang.vanish Violet Lane, Daffodil Lane, Warren's X 5.5 miles or 11 miles Lead Ann
5th Feb	Deer Park Kenyans	Meet At The council Offices Old Exter Rd, Batteridge Hill and back Lead Rob	Meet at Grub Up layby w3w impulsive.pencil.tonight Drakes Trail, Fullamoor Lane, Jordan lane, Anderton Lane. 5.5 or 12 miles Lead Andy
12th Feb	Monksmead, Redmoor, CO, OER, Parkwood Rd Lead Ann	Track	Meet at Burrator Quarry c/p w3w freshen.smarting.denser Off and on Rds around Burrator 6 or 13 miles Or Tavy 5
19th Feb	Park – short miles	Down Rd, Caseytown X, Middlemoor, Whitchurch Rd Lead Andy	Meet Lydford Layby w3w washroom.mothering.exists Dartmoor Way/Granite Way Loop 6 miles or 14 Lead Ann
26th Feb	Westmoor hills	Drakes Trail, West Down, Rix Hill Lead Linda	Meet at Scrub Tor c/p w3w funny.eyebrows.relishes Blanchdown Woods, Mill Hill 6.5 miles Lead Andy

Torches and **Hi Viz** are required for Tuesday and Thursday sessions.

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.

Races you might like to consider

March 10th Bideford Half Marathon – the extended runs on Saturday are preparation for this race.

March 10th Granite Way 10 or 20 miler