

Tavy group schedule for March and April 2024

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
4th March	Short triangles in the park	Two viaducts run Lead Ann	Tamar Trails Park Run
11th March	Chaucer Rd Loops	Meet w3w hammer. tigers.astounded. From Tavy – right at Warrens X, 1st c/p on the right 5 miles of Tavy 7 Lead Andy	Tavy 5 Meet on the track in plenty of time for a 9.15 start.
18th March	Canal Repeats	Drakes Trail Lead Andy	Meet at Pitts Cleave w3w shed.masking.tadpole PT, MT, Station Rd, Wilminstone Lead Penny
25th March	Kenyan Hills at Mohuns Park	Meet at the council Offices – Batteridge Hill and back Lead Linda	Meet Brentor Layby w3w hers.coasting.cute. Brentor Loop Approx 7 miles Lead Penny
1st April	Laps in the park	Mill Hill Lead Claire	Meet at MT Church w3w jugs.tailing.clubs Hill Bridge 6.5 miles Lead Ann
8th April	Priory Close hills	Meet at the Golf Club w3w salt.slang.vanish. Violet Lane, Daffodil Lane, Warren's X. Lead Ann	Meet at Yelverton Church c/p w3wsports.corrects.somewhere Drakes Trail, Clearbrook. 6 miles. Lead Penny
15th April	Council Office Loops	Meet at 5 Ways car park w3w crop.ranked.tango Bleak House, Langstone Manor Lead Ann	Meet at Pork Hill C/p w3w dirt.complain.plod Pork Hill, Peter Tavy loop 5.5 miles Lead Ann Or Tavy 5 if the track is completed
22 April	Meet at the Golf Club w3w salt.slang.vanish. Parlaufs on Whitchurch Down	Meet at Grub up layby w3w deep.daunted.backed DT, Fullamoor Lane, Jordan Lane Anderton Lane Lead Claire	Meet at MT Church w3w jugs.tailing.clubs Higher Springs, Kinsett Down, Wheal Jewel, Horndon. 6 miles Lead Penny
29th April	30-20-10 in the park	Violet Lane, Golf Club Caseytown X, Whitchurch Rd Lead Linda	Meet at Grub up Layby w3w impulsive.pencil.tonight Walreddon, Double waters, Drakes Trail about 6 miles Lead Ann

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

Fast Friday 10K, Exeter – 29th March

Plymouth Half or 10K - 28th April

Bideford 10K – 12th May

Burrator 10K – 1st June