

Tavy group schedule for May and June 2024

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
6 th May	Chollacott Lane Hills	Two viaducts run Lead Andy	Meet at Pitts Cleave Harford Bridge, PT, MT, Station Rd (6 Miles) Lead Penny
13 th May	Meet Casey Town X (5 ways) car park w3w spent.thud.united Kenyan Hills on Whitchurch Down.	College, Rix Hill, West Down, DT Lead Penny	Meet Warrens X w3w hammer.tigers.astounded. Fairy dell run thru Huckworthy, Woodtown. (Approx 7 miles). Lead Claire Or Tavy 5
20 th May	Short miles in the Park	Meet at Warren's X w3w hammer.tigers.astounded 5 miles of Tavy 7 route Lead Claire	Meet Caseytown car park w3w crop.ranked.tango. Around Pew Tor. Approx 6 miles. Off road Lead Ann
27 th May	Meet at 5 Ways Car Park w3w spent.thud.united Hollybush Hills	Down Rd, Casey Town X, Whitchurch Rd Lead Andy	Meet at PT church nappy.adapt.insects Baggator gate (or tor) and back. 6.1 miles Lead Andy
3 rd June	Meet at Church Lane Two viaducts run then Pizza	Track	Meet Pork Hill Car Park dirt.complain.plod Roos Tor Loop. Approx 6.5 miles, off road. Lead Ann
10 th June	Meet at the Golf Club w3w Salt.slang.vanish 1'30'' Hills	Meet at the Golf Club w3w Salt.slang.vanish Violet Lane, Daffodil Lane Warren's X Lead Claire	Meet Down Rec car park w3w chills.gobbles.tides. Bere Alston – Bere Ferrers loop. Approx 7 miles. Lead Claire Or Tavy 5
17 th June	Chaucer Rd Loops	Meet Pitts Cleave w3w sheds.masking.tadpoles. Harford Old Road behind Mount Kelly, Peter Tavy. Approx 5.5 miles. Lead Andy	Meet Meavy PS w3w toothpick.fitter.class. Burrator Horseshoe route. Approx 6 miles (inc Sheepstor & Gutter Tor). Mostly off road. Lead Ann
24 th June	Meet at the Golf Club w3w Salt.slang.vanish Catch your stick	Meet at 5 Ways Car Park w3w spent.thud.united Bleak House, Langstone Manor Lead Linda	Meet Lydford Layby w3w Washroom.mothering.exists Dartmoor Way/Granite Way loop 6 miles, half on half off road. Lead Andy

For Tuesday and Thursday sessions, please meet at the college unless otherwise stated. If the grass is wet, or the weather forecast is bad, the Whitchurch Down sessions will change. Please keep an eye on the group chat for up-to-date details.

For Saturday sessions, please meet at the specified place for a 9am start

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.