

LYD/ERME (and Dart on Saturdays): March and April 2025

Routes may be changed by the leaders depending on weather conditions etc

Meet at the College unless otherwise stated. Other meeting places in **BOLD**

Hi-Viz and torches essential for March.

All changes to the schedule will be put on the messenger page.

Wednesdays: Tracey's all ability body conditioning on the track at 6pm

W/C	Tuesday 6:20pm	Thursday 6:20pm	Saturday 8:50am
10 Mar	Meet Council Offices Wilminstone out towards Harford Bridge and back	Down Road, St Davids, Green Lane, Stannary Bridge, Parkwood Rd, park	Tavy 5 Please run it or help if you can. C25k Graduation 5k
17 Mar	Training: 30-20-10 in Park	Crease Lane, two viaducts, back beside A386, Dolvin Rd, Plymouth Rd	Leg O'Mutton Carpark splat.marsh.tells Loop of the old airfield
24 Mar	Meet Anderton Bends layby (Grub's Up) impulsive.pencils.tonight Out and back on Drakes Trail	Through park, Drake Rd. Redmoor Close (2 loops), The Dell, steps then path to Montgomery Drive, Manor Way, Old Launceston Rd, St Maryhay, New Launceston Rd, Ford St	Yelverton Church carpark flop.expect.fussed Out and back on old tramway
28 Mar	Training: Deacons Green hills	Out and back to the Trout	Quarry car park aimed.excellent.fizzle Loop of Burrator Reservoir
7 Apr	St John's Avenue, Whitchurch Rd, Church Hill, cattle grid, The Pimple, back via Down Rd	Bishopsmead, Drakes Trail, Old Drake's Café, Mast, Rix Hill (down!)	Meet below The Pimple small.mini.hint Middlemoor, Witches' Path, Shorts Down, Plaster Down, (Reddicliffe) Warrens Cross
14 Apr	Canal path out and back	Crease Lane, Millhill, Back via Old Launceston Rd, Rocky Hill, Ford St	Warrens Cross car park artichokes.lazy.leafing Part of Tavy 7 route

21 Apr	Training: Speed session in park	Meet Council Offices Out and back towards Harford Bridge	Tavy 5 Please run it or help if you can
28 Apr	Meet Caseytown Cross hotel.tripods.homing Caseytown, Plaster Down, Reddicliffe, Warrens Cross	Meet below The Pimple small.mini.hint Below golf course to Furzy Lane, Moorshop, Warrens Cross and back	(Meet College) Rix Hill, Walreddon, West Down, other branch of Rix Hill and return
5 May	Training: Aspen Close hills	St John's Ave, Deer Park, Chaucer Rd, St Davids, Bluebell Way, The Pimple, cattle grid, Whitchurch, Anderton Lane, Bishopsmead	Meet Anderton Bends layby (Grub's Up) impulsive.pencils.tonight Out and back on Drakes Trail. Lights for tunnel!