

LYD/ERME (and Dart on Saturdays): July and August 2025

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

Meeting places in **BOLD**

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
14 July	Caseytown Cross cp hotel.tripods.homing Caseytown, short way across Plaster Down, straight across past Reddicliffe, Moortown, Warrens Cross	Town Relays - no run	Tavy 5 Please run it or help if you can. This is the C25k graduation run
21 Jul	Meet College Canal path - out and back	Meet College Bishopsmead, Drakes Trail, up to A386, mast, down Rix Hill	Leg O'Mutton carpark w3w splat.marsh.tells Loop of the old airfield
28 Jul	Meet Council Offices Wilminstone, path across field to Kilworthy, past Rugby Club	Meet below Pimple small.mini.hint Caseytown, Plaster Down, leat carpark or Reddicliffe, back via Warrens Cross and cut across golf course	Meet Yelverton Church carpark flop.expect.fussed Out and back on old tramway
4 August	Meet College Crease Lane, Millhill	Meet Council Offices Out and back towards Harford Bridge	Meet Quarry carpark at Burrator w3w aimed.excellent.fizzle for a lap of the reservoir
11 August	Meet below Pimple small.mini.hint Path below golf course (if not too wet) Furzy Lane, Moorshop, Warrens Cross back up and over by golf course - again if not too wet	Meet Anderton Bends layby impulsive.pencils.tonight Out and back on Drakes Trail	Tavy 5 Please run it or help if you can.

18 August	Caseytown Cross cp hotel.tripods.homing Caseytown, Plaster Down, leat carpark, back below the golf course	Meet College Crease Lane, Millhill	Meet College Rix Hill, West Down, back down other branch of Rix Hill
25 August	Meet College Bishopsmead, Drakes Trail, up to A386, mast, down Rix Hill	Meet Council Offices Out and back towards Harford Bridge	Meet Pitts Cleave sheds.masking.tadpoles Old Tavistock Road loop, back by A386
1 Sept	Caseytown Cross cp hotel.tripods.homing Caseytown, short way across Plaster Down, straight across past Reddicliffe, Moortown, Warrens Cross	Meet College Canal path - out and back	Meet Anderton Bends layby impulsive.pencil.tonight Church Hill, Caseytown (or Witches Path) Fullamoor, Drakes Trail
8 Sept	Meet Anderton Bends layby impulsive.pencil.tonight Out and back on Drakes Trail	Meet below Pimple small.mini.hint Path below golf course (if not too wet) Furzy Lane, Moorshop, Warrens Cross back up and over by golf course - again if not too wet	Meet leat carpark hoops.frock.device Part of Tavy 7 (shortcuts ad lib)