

LYD/ERME (and Dart on Saturdays): September and October 2025

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

Hi-Viz and lights required from 15th September onwards

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/b	Tuesday 6:20pm	Thursday 6:20pm	Saturday 8:50am
8 Sept	Meet College Crease Lane, Millhill	Meet Anderton Bends layby /// impulsive.pencil.tonight Out and back on Drakes Trail	Meet Leat carpark /// hoops.frock.device Part of Tavy 7 route - shortcuts <i>ad lib</i>
15 Sept	Meet College Training	Meet College Bishopsmead, Drakes Trail, up to A386, mast, down Rix Hill	Tavy 5 Please run it or help if you can.
22 Sept	Meet Council Offices Out and back towards Harford Bridge	Meet College Down Rd, Deer Park Drive, Chaucer Rd, St Davids, Green Lane, Parkwood Rd	Leg O'Mutton carpark w3w splat.marsh.tells Loop of the old airfield
29 Sept	Meet College Training	Meet College Out and back to The Trout and Tipple	Meet Anderton Bends layby /// impulsive.pencil.tonight Church Hill, Caseytown (or Witches Path) Fullamoor, Drakes Trail
6 Oct	Meet College Loop incorporating Redmoor Close, Old Launceston Rd	Meet College St Johns Ave, Whitchurch Rd, Churchill Rd, Church Lea, cemetery, Anderton Ln, Bishopsmead	Meet Quarry carpark at Burrator /// aimed.excellent.fizzle Loop of the reservoir

13 Oct	Meet College Training	Meet Council Offices Out and back towards Harford Bridge	Tavy 5 Please run it or help if you can.
20 Oct	Meet College Out and back to the Trout and Tipple	Meet College St Johns Ave, Deer Park Ln, Deer park Crescent (1 or 2 loops) Chaucer Rd, Bluebell Way, Down Rd	Meet College Rix Hill, West Down, back down other branch of Rix Hill
27 Oct	Meet College Training	Meet College Crease Lane, Millhill	Meet Anderton Bends layby /// impulsive.pencil.tonight Out and back on Drakes Trail
3 Nov	Meet Council Offices /// dozen.glass.avoid Wilminstone, Parkwood Rd (A386), through town, West St, Rocky Hill, Glanville Rd, Drakes Rd (or straight up Drakes Rd)	Meet College Monksmead, Uplands, Railway, Bolthouse Close, New Launceston Rd, Watts Rd, Viaduct, Council Offices, Old Exeter Rd, West St, Ford St, round back of College (or straight back)	Meet leat carpark /// hoops.frock.device Part of Tavy 7 shortcuts <i>ad lib</i>