

LYD/ERME (and Dart on Saturdays): November and December 2025

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

Meeting places in **BOLD** **Hi-Viz and lights required**

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
3 Nov	Meet Council Offices /// dozen.glass.avoid Wilminstone, Parkwood Rd (A386), West Street, up Rocky Hill, Glanville Rd down Drake Rd to Council Offices or straight up Drake Rd	Meet College Monksmead, Uplands, Railway, New Launceston Rd, Watts Rd, back onto Railway, Council Offices, Old Exeter Rd, West Hill, Ford St, round back of College	Meet Leat carpark /// hoops.frock.device Part of Tavy 7 route - shortcuts <i>ad lib</i>
10 Nov	Meet College Training	Meet College Ford St, Spring Hill, Watts Rd, Glanville Rd, Drakes Rd, Redmoor Close, Manor Rd, path to Montgomery Drive, Manor Way, Old Launceston Rd, St Mary Haye, Spring Hill, Ford St	Tavy 5 Please run it or help if C25k Graduation
17 Nov	Meet Anderton layby /// impulsive.pencil.tonight Out and back on Drakes Trail	Meet College Out and back to the Trout and Tipple	Leg O'Mutton carpark w3w splat.marsh.tells Loop of the old airfield
24 Nov	Meet College Training	Meet Council Offices /// dozen.glass.avoid Out and back to Harford Bridge	Meet Yelverton Church /// flop.expect.fussed Out and back on the old tramway
1 Dec	Meet College Bishopsmead, Drakes Trail, up to A386, mast, down Rix Hill	Meet College Millhill loop	Meet Quarry carpark at Burrator /// aimed.excellent.fizzle Loop of the reservoir

8 Dec	Meet College Training	Meet College St Johns Ave, Deer Park Ln, Deer Park Rd, loop (or 2) of Deer Park Crescent, Chaucer Rd, Bluebell Way, Down Rd	Meet Anderton layby /// impulsive pencil.tonight Out and back on Drakes Trail
15 Dec	Meet College Out and back to the Trout and Tipple	Meet College Christmas lights run 1 North of town	Tavy 5 Please run it or help if you can
22 Dec	Meet College Christmas lights run 2 Whitchurch Rd, Anderton Ln, Bishopsmead	Christmas Day No run	Meet Anderton layby /// impulsive pencil.tonight Church Hill, Caseytown (or Witches Path) Plaister Down, Fullamoor, Drakes Trail
29 Dec	Meet College Whitchurch Rd via Creelake, Cemetery, Anderton Ln, Bishopsmead	New Year's Day 2026 To be decided – perhaps a morning run?	Meet leat carpark /// hoops.frock.device Part of Tavy 7 shortcuts <i>ad lib</i>
5 Jan	Meet College Training	Meet Council Offices /// dozen.glass.avoid Out and back to Harford Bridge	Meet Leat carpark /// hoops.frock.device Part of Tavy 7 route – shortcuts <i>ad lib</i>