

Tavy group schedule for March and April 2026

w/b	Tuesday 6.30 pm start	Thursday 6.30 pm start	Saturday 9 am start
2 nd March	Council Office Loops	Whitchurch Rd, Church Hill, Golf Club, Violet Lane 5.6 miles Lead Linda	Meet at Grub up Layby w3w deep.daunted.backed Drakes Trail, Fullamoor Lane, Jordan Lane, Anderton Lane 5.5 miles Lead Ian
9 th March	Park Triangles	Drakes Trail to Gem Bridge and back. 5.5 miles Lead Ann	Meet at Scrub Tor CP w3w funny.eyebrows.relishes To Mill Hill from Scrub Tor car park and back 6.5 miles Lead Lucy
16 th March	Track	Meet at the Council Offices. Batteridge Hill and back Lead Ann	Meet at the c/p opposite the Tamar Valley Centre Gunnislake w3w nylon.weaved.droplet. Cothele Quay and woodlands, Danescombe. 6.7 miles Lead Ian
23 rd March	30-20-10 in the park	Down Rd, Casey Town X, Whitchurch Rd 5.6 miles Lead Lucy	Meet at grub up Layby w3w impulsive.pencil.tonight Walreddon, Double Waters, Drakes Trail. 6 miles Lead Ann
30 th March	Chaucer Rd Loops	Meet at Pitts Cleave. Daffodil Lane – 5.5 miles Lead Linda	Meet at MT Church w3w jugs.tailing.clubs. Higher Springs, Kinsett Down, Wheal Jewel, Horndon 6 miles, Lead Ann
6 th April	Kenyans at Mohun's Park	Meet at 5 ways car park – Bleak House, Langstone Manor Lead Lucy	Meet at Weir Quay w3w field.consented.sports 7ish miles around Bere Alston and Bere Ferrers Lead Lucy
13 th April	Track	Meet at the Jubilee c/p on Whitchurch Hill w3w makeup.fended.sentences. Moorshop/Moortown loop 5.5 miles Lead Lucy	Tavy 5k 9.15 start on the track
20 th April	Meet at the Golf Club w3w salt.slang.vanish Kenyan on Whitchurch Down	Canal/Mill Hill 5.5 miles Lead Linda	A one way run from Brentor Church to College. 7 miles (but all downhill). Meet at College for 9am. We will organise lifts to Brentor and then return to pick up the cars at the end. Allow more time than usual. Lead Lucy
27 th April	Meet at 5 ways c/p w3w spent.thud.united 1 minute hills	Meet at Grubs up Layby w3w deep.daunted.backed Drakes Trail, Fullamoor Lane, Jordan Lane, Anderton Lane 5.5 miles. Lead Ann	Meet at College Rix Hill, West Down, River, Drakes Trail 6.5 miles Lead Ann

For Tuesday and Thursday sessions, please meet at the college unless otherwise stated. **Hi Viz** and torches are required.

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

Races you might like to consider:

Bideford 10K -10th May

Plymouth 10k or HM - 17th May

Burrator 10K 30th May