

Weekend 4 Trigs & Blackdown Beast Training Programme

All runs start at 9am

The mileage and difficulty will increase each week

Sunday 13 December 1.5 Trigs

Sidford Rugby Club – Byes – Esplanade – Peak Hill – Higher Peak Trig – Mutters moor – Back Lane – Bulverton – Woolbrook Rugby Club.

Sunday 20th December 1 Trig

Council Office car park – Broadway – Keeble's Seat – Back Lane – Harpford Woods – Donkey field – Beacon Hill Trig – Core Hill Road – Woolbrook – Council Office

Sunday 3rd January 2 Trigs

My House – Stowford – Through Woods – Beacon Hill Trig – White Cross – Sidbury – Field – Wood – Bucton Hill Trig – Harcombe – Blue Ball – My House

Sunday 10th January 1 Trigs

Sidford Rugby Club – Harcombe Lane - Bucton Hill Trig – Harcombe – Field – Wood – Donkey Sanctuary – Weston Beach – Weston Hill – Across Top – Salcombe Regis – George's Hill – Across Top – 49 steps – Byes – Rugby Club

Sunday 17th January 2 Trigs

Sidford Rugby Club – Harcombe Lane - Bucton Hill Trig – Harcombe – Field – Wood – Donkey Sanctuary – Weston Car Park – Weston Cliff Trig – Coast Path to Sidmouth – Byes – Rugby Club

23rd January Blackdown Beast

7th February The Four Trigs

Please let me know if you are coming by texting me on 07734 581782.

Thank you

Terry