

SUNDAY MORNING RUNS

Sunday morning runs start at 9am.

Last year's format seem to work well were we all ran out together and then it was up to the individual on how they ran home whether it was at speed, individually or in a group, ran, jogged, walked or stopped off for a coffee.

Because of insurance issues these runs are being organised for paid up members of the club only.

Please feel free to bring you dog but only one per person please.

22/10/2017 Newton Poppleford to Otterton

29/10/2017 Muttersmoor hangover route

05/11/2017 Newton Poppleford 9 up river and East Hill

12/11/2017 Drogo 10

19/11/2017 Muttersmoor 7/8 ish Easy run

26/11/2017 Bicton Blister

02/12/2017 Reindeer Run

10/12/2017 Monica 12 miles from Joney's Cross

17/12/2017 Coach to Exmouth

07/01/2018 Trigs Training see below

14/01/2018 Trigs Training see below

21/01/2018 Trigs Training see below

27/01/2018 Blackdown Beast

04/02/2018 Helen ????

11/02/2018 The Four Trigs

18/02/2018 Easy run

25/02/2018 Beer Head Car Park

04/03/2018 Coach to Seaton

11/03/2018 Newton Poppleford easy run

18/03/2018 The Grizzly

FOUR TRIGS TRAINING RUNS

07/01/2018.

Sailing Club to High Peak, Muttersmoor, Harpford Woods, Beacon Trig, Burscombe Lane, King Charles Way, Byes, and Club.

14/01/2018.

Beacon Medical Centre, Burscombe Lane, Across the top and down into Sidbury, Up to Bucton Trig, Down to Blue Ball, Sidford High Street to car park.

21/01/2018.

Sailing Club, Byes, Blue Ball, Bucton Trig, Harcombe, Donkey Sanctuary, Weston car park, Weston Trig, Coastal path back to club.

Off road shoes.

Drink and Gels recommended, you haven't got to use the Gels but you will have them if you need them.