

Week	Date	Saturday	Sunday	Time	Distance
1	16 March 2014	Rock Solid		9am The Fox Tor Café	19 miles
2	22 March 2014		Sport Relief	11.30am Track @ Tavistock	20 miles
3	29 March 2014		Tavy 13	12pm Track @ Tavistock	21 miles (<u>with Marathon runners</u>)
4	06 April 2014		Honiton Hippo		7 miles (cross-country and bogs)
5	12 April 2014			9am Track @ Tavistock	3-hour run
6	19 April 2014	Easter Weekend		9/10am Padstow	20 miles (followed by fish and chips and ice cream)
7	26 April 2014			12pm	5 hour run
8	04 May 2014		Bere Pen 10		Probably no long run this week - might be last minute and on Friday
9	11 May 2014			9am	5-hour run (or about 27-29 miles)
10	18 May 2014			9am	5-hour run (or about 27-29 miles)
11	24 May 2014			9am (half term no track)	13 miles
12	31 May 2014			9am at the Highway Man	10 miles
13	6th June 2014				<u>CRACK ON!</u>

Route
Last 19 miles of the Dartmoor Discovery route, starting at the Fox Tor Cafe, running out to Ashburton will need cars at each end.
First 20 miles of the Dartmoor Discovery route, starting at the Fox Tor Cafe, running out to Ashburton(ish) will need cars at each end.
Out to Whitchurch / Grenofen / Horrabridge / Walkhampton / Dousland / Princetown / Tavistock.
Click for race entry
Kilworthy / Peter Tavy / Mary Tavy / Horndon / White Tor / Peter Tavy / Batteridge Hill / Sampford Spiney
Camel Trail Padstow (cyclists and walkers welcome to join in) Chance for a flat run.
To be confirmed
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Dartmoor Discovery route meeting at the Fox Tor Cafe (to be dropped off 3/5 miles in)
Dartmoor Discovery route meeting at the Fox Tor Cafe (to be dropped off 3/5 miles in)
Possibly Tavy 13 route
Granite Way - Sourton to Okehampton and back
<u>Dartmoor Discovery</u>