

PLYM VALLEY CHALLENGE 2017



Instinctive Sports Fun Running Club

We are a social running club based at Hele's School, Plympton. We meet on Tuesday evenings and also run on Sunday mornings.

Established in 1984, we continue to keep the balance right between fitness and enjoyment.

We take part in many events and welcome runners of all abilities

***New Members are
always welcome.***

All in the club hope you enjoy this race, especially the last mile!

Please contact:

Fred Jenkins Tel 07531356065

for more details

Instinctive Sports Fun Running Club

The Route

Welcome to the Plym Valley Challenge....

7 country miles. Start from Tor Bridge High, Estover, to Plymbridge Road and Wrigleys into the beautiful Plym Bridge woods.

You follow old tram tracks and logging tracks out to Hatshill Wood, below Bickleigh Village and then return along the river valley navigating 2 disused rail bridges. You then run along the old canal before turning right over Plym Bridge and then back into the woods and up the hill returning to Tor Bridge High.

If you have time - enjoy the beautiful scenery of National Trust protected valley and Maristow Estate

Thank You

Last year we raised £1225 for local charities

We would like to thank the following people and organisations for their help and support.

Tor Bridge High
National Trust,
Dartmoor Rescue Group
Maristow Estate
KenmareHR

Race Committee and all helpers on the day

Peregrine nesting time

The birds are nesting in Cann Quarry.

The viewing bridge and surrounding areas will be busy.

Please be extra careful to avoid pedestrians /cyclists around here.

Instinctive Sports nominated Charity

Like many around the Plymouth area Instinctive Sports have supported the great work done by St Luke's Hospice for many years.

Money raised from this race is donated to
St Luke's Hospice

Registered Charity
Number 280681

