

Settle Harriers

Wednesday Nights

Winter Training runs 2012

Date	Meeting point	Route / Event / Distance	Afterwards
4 Jan 12	Clapham CP *	Decide on night	New Inn
11 Jan	Ingleton CP ●*	Waterfalls Circuit (or Lanes)	Wheatsheaf
18 Jan	High Bentham (Horse & Farrier CP)	Grasongill and Lingham cross	H&F
25 Jan	Feizor (Holme Barn) 18:30*	Lanes / Bridleways	AGM 19:45
1 Feb	Clapham Station CP *	Bowland Knotts	New Inn
8 Feb	Settle Swimming Pool CP ●*	Gigg Scar / Smearsett Scar or Gigg School Mtb Circuit	Harts Head
15 Feb	Austwick village*	Bridleways or Lanes	Gamecock
22 Feb	Stainforth *	Pete Ellwoods Special... (or Cowside Tough Ten)	Craven Heifer
29 Feb	Thornton	Top o Kingsdale and back...	Marton Arms
7 Mar	Cocklett Hill CP Gisburn Forest ●*	Chase the bikers - MTB course (Bike Optional!)	Dog and Partridge (if open...!)
14 Mar	Ingleton CP*	Local lanes (or up the fell if clear)	Wheatsheaf
21 Mar	Settle Market Place (or TBA) *	Simon & Rogers Special...	TBA...
28 Mar	The Hill Inn CP (18:30) *	Decide on night	Hill Inn
4 Apr	Horton CP (18:30) ●*	Penyghent	Crown Inn

1. Routes may change on night subject to weather conditions.
2. Please bring suitable light & clothing.
3. Off-road should be FRA kit requirements and the group should stay together).
4. ● = Fullmoon
5. * = Suitable Off-road Alternative (its not a snowflake!)