

## Settle Harriers

### Monday Nights Training runs 2012

<b>Date</b>	<b>Meeting point</b>	<b>Suggested Route / Event</b>	<b>Afterwards</b>
2 Jan	Settle Swimming Pool CP	Decide on night	Harts Head
9 Jan	Clapham CP	Winter handicap reccie if weather good	New Inn
16 Jan	Austwick, outside Game Cock	To Feizor	Game Cock
23 Jan	Giggleswick Junior School Pavilion CP	Speed/circuit session	Harts Head
30 Jan	Marton Arms CP	Checkpoint course, new & exciting!!!!	Marton arms
6 Feb	Maypole, Long Preston	Wigglesworth (road) Settle (off road)	Maypole
13 Feb	Chapel-le-Dale	Twistleton/oddies lane	Station Inn
20 Feb	Giggleswick Junior School Pavilion CP	Speed/circuits session	Harts Head
27 Feb	Stainforth	Catterick/Winskill/Langcliffe	Craven Heifer
5 Mar	Ingleton	Crina/ Ingleborough? (Tracy Dryden Birthday)	Wheatsheaf
12 Mar	Austwick	Wharfe/ Crummack	Game Cock
19 Mar	Clapham	Checkpoint course, new & exciting!!!!	New Inn
26 Mar	Giggleswick Junior School Pavilion CP	Speed/circuits session	Harts Head
2 April	Helwith Bridge CP	Long lane track	HB Inn
9 April	Ribblehead	Whernside/or lanes/out+back	Station Inn
16 April	Crown Inn Rear CP	Pen-y-Ghent/or lanes/out+back	Crown Inn
23 April	Ingleton CP	Ingleborough/out+back	Craven Heifer
30 April	Clapham CP	Nature trail/Austwick/Crummuck	New Inn
7 May	Austwick, outside Game Cock	Bluebell spotting – Oxenber Wood	Game Cock
14 May	Settle Market Place	Checkpoint course, new & exciting!!!!	Golden Lion
21 May	Devils bridge Kirkby	Bullpot Farm	The Sun
28 May	Marton Arms	Turbury Road/Gragareth	Marton Arms
4 June	Crown Inn Rear CP	Pen-y-Ghent race route	Crown Inn
11 June	Clapham CP	Sulber Nick/ Ingleborough	New Inn
18 June	Newby head Gate	Great Knoutberry	Station
25 June	Giggleswick Junior School Pavilion CP	Bike Track with our without bikes	Harts Head
2 July	Barbon	The Calf/out+back/or shorter version	Barbon Inn

1. Routes may change on night subject to weather conditions.
2. Please bring a suitable light & clothing.
3. Off-road should be FRA kit requirements and group should stay together