

## Settle Harriers Summer training runs 2010

<b>Date</b>	<b>Meet at 7.00pm at</b>	<b>Route</b>	<b>Pub After</b>
24 <sup>th</sup> March*	Hill Inn Chapel Le Dale 6.30pm	Wherside	Hill Inn
31 <sup>st</sup> March*	Cold Cotes fell gate 6.30pm	Ingleborough, Crina, Slatenber	New Inn
7 <sup>th</sup> April	Horton Car Park	Pen y Ghent	Crown Hotel
14 <sup>th</sup> April	Austwick	Off –Road Duathlon	Game Cock
21 <sup>st</sup> April	Dalehead GR 843715	Fountains Fell / via deepest pothole in England	Craven Heifer Stainforth
28 <sup>th</sup> April	Malham Car Park	Janet's Foss / Gordale	Listers Arms
5 <sup>th</sup> May	Settle Market Place	Giggleswick Scar / Feizor	Golden Lion
12 <sup>th</sup> May	Clapham car park	Norber / Sulber/ Summit	New Inn
19 <sup>th</sup> May	Kingsdale road side GR 692756	Gregareth / Yordas	Marton Arms
26 <sup>th</sup> May	Helwith Bridge	Oxenber Wood / Moughton	Helwith Bridge
2 <sup>nd</sup> June	Newby Head Gate GR 790 835	Great Knoutberry / Widdale	Station Inn Ribblehead
9 <sup>th</sup> June	Leck Church CP off A65	Leck Beck Head and Gregareth	Marton Arms
16 <sup>th</sup> June	Hill Inn Mike Wynne promotion	Mixed Pairs – Ingleborough Tops	Hill Inn
23 <sup>rd</sup> June	Austwick	Amble route	Game Cock
30 <sup>th</sup> June	Ingleton car park	Wherside to Ribblehead	Wheatsheaf
7 <sup>th</sup> July	Horton Car park	Pen y Ghent / Plover Hill	Crown
14 <sup>th</sup> July	Stirton Fell Race	Sharp Haw	Gargrave
21 <sup>th</sup> July	Dent CP	Dalesway circuit	Dent brewery
28 <sup>th</sup> July	Ribblehead	Thorns, Low Birkwith, Alum Pot, Park Fell.	Station Inn
4 <sup>th</sup> Aug	Barbon Village	Bull Pot round	Barbon Arms
11 <sup>th</sup> Aug	Newby village	Ingleborough	New Inn
18 <sup>th</sup> Aug	Ribblehead	Blea Moor Dent head	Station Inn
25 <sup>th</sup> Aug	Helwith Bridge	New & Exciting or Pen y Ghent	Helwith Bridge
1 <sup>nd</sup> Sept	Ingleton CP	Leadmines Moss, Meregill, Scalesmoor.	Wheatsheaf
8 <sup>th</sup> Sept*	Settle MP 6.30pm	Cleatop / Langber Lane	Golden Lion
15 <sup>th</sup> Sept *	Clapham CP 6.30pm	GG /Allotment/ Long Lane	New Inn