

SPRING + SUMMER 2010
MONDAY EVENING TRAINING RUNS

DATE	MEET 7:20pm at ... 7.30 set off	ROUTE	MILES	AFTER
Apr 5	Lords Running Track	Track Session or Craven Ridge	3.5	Craven Arms
Apr 12	Clapham –New Inn Car Park	long: –Long Lane – Crummackdale – Wharfe – Thwaite Lane – Clapham short: Long Lane down via Nature Trail	7.6 3.5	New Inn
Apr 19	Harts Head Giggleswick	Ribble Way – either to Stainforth or Langcliffe	5.5 3	Harts Head
Apr 26	Austwick Playing Fields	Handicap or shorter	4 or 7	Carols Post Peaks Party further details TBC
May 3	Falcon Manor car park	Cleatop, Park Edge Lane, Lambert Lane, Sugar Loaf, Attermire, Banks Lane or Cleatop Wood , Moorhead Lane – Mitchells Lane down	6.5 5	Falcon Manor
May 10	Horton – Crown Car Park	Pen-Y-Ghent + Plover Hill Pen-Y-Ghent only	8 6	Crown
May 17	School Lane Car Park on left after Cocklett Hill	Stocks Reservoir Shorter circuit	8 4	Crowtrees Inn
May 24	Austwick Playing Fields	Bluebell run	5 miles	Game Cock
May 31	Cold Cotes Lay-by	Ingleborough – down via Crina Bottoms	7	New Inn – Clapham
June 7	Malham Tarn Field Centre Car sharing please - limited parking (up track)	Malham Tarn – Navigation Exercise with Adrian Pickles	6	Malham Tarn Field Centre, Birthday Cake provided!
June 14	Angel Inn - Hetton	Kate’s Route – Winterburn Reservoir	5.5	The Angel Inn
June 21	Green Foot Car Park, Settle	Settle Hills Race route	7 4	Golden Lion
June 28	Barbon Inn	Middleton Fell/ Calf Top	6.5	Barbon Inn
July 5	Lay-By on Kingsdale Rd GR: 691756	Gragareth/ Turbury rd, short route	7	Marton Arms
July 12	Station Inn car park - Ribble Head	Whernside	8	Station Inn
July 19	Kettlewell Main Car park or Settle Market Place	Great Whernside Attermire loop – Victoria Cave, Langcliffe	4, 1500ft 5	Bar snack at Kings Head Julia to arrange Golden Lion
July 26	Lay-by above Hill Inn - Chapel le dale	Helens route –Ingleborough down via Park Fell	5 or 7.5	Wheatsheaf, Ingleton
Aug 2	Malham Tarn car park, meet at 6.50 to leave 7pm for long route normal time for short route	Streetgate-Gordale-Gordale House-Left Hawthorns Lane-Smead bottoms Lane, Left onto Footpath-Roman road- Streetgate Around the Tarn for shorter route	8 4	Craven Heifer, Stainforth
Aug 9	Clapham New Inn	Gaping Gill - Ingleborough	8	New Inn
Aug 16	Austwick playing fields	Feizor via Oxenber wood Austwick Amble route?	5 8	Gamecock
Aug 23	Green Foot Car Park, Settle	Attermire - Jo’s Navigation Event	optional	Jo’s House
Aug 30	T-Junction at Crummack Lane GR:	Crummack -Sulber Nick	5	Game Cock
Sep 6	Newby Cote	Navigation on Newby Moss - Kath	4	Kath’s Place - Newby
Sep 13	Market Place, Settle	River run via Foss, Lime Kilns, Langcliffe onto Loop, Banks Lane	5.5	The Royal Oak
Sep 20	Chapel-le-Dale Car Park	Twistleton Scar	6.5	Wheatsheaf
Sep 27	Marton Arms car park	Ingleton Waterfalls up and road down	5	Marton Arms