

## 2009/10 MONDAY EVENING RUNS/WALKS

DATE	MEET AT 7:20pm at ...	ROUTE	MILES	AFTER
7 Sept	New Inn Car park Clapham	Handicap Route or shorter	5 or 7	New Inn
14 Sept	Gamecock, Austwick	Crummack – Kath's Route	6	Gamecock, Austwick
21 Sept	Gigg School Astro turf	Speed/fartlek session with Carol - Optional	Optional	Black Horse
28 Sept	Punch Bowl , Burton	Helen/Judy route	6	Punch Bowl , Burton
5 Oct	Falcon car park	Settle Loop or Attermire	10 or 6	Falcon Manor
12 Oct	Maypole, Long Preston	Back road to Settle (leave cars in Settle to get back) or run back	4.5 or 9	The Maypole
19 Oct	Gigg School Astro turf	Speed/fartlek session with Carol - Optional	Optional	Black Horse
26 Oct	Malham Tarn car park	Round the tarn once or round twice on the clock	3 or 6	Craven Heifer, Stainforth
2 Nov	Crown car park, Horton	Pen-y-ghent – <b>FULL MOON</b>	5	Crown Inn
<b>9 Nov</b>	<b>Three Horse Shoes car park, Ingleton</b>	<b>Thornton Force – Oddies Lane</b>	<b>4</b>	<b>Curry night @ Sharons</b>
16 Nov	Gigg School Astro turf	Speed/fartlek session with Carol - Optional	Optional	Black Horse
23 Nov	Punch Bowl , Burton	Masongill on the road	6	Punch Bowl
30 Nov	The Buck, Paythorne	B by B then either lift or run back!	4.5/9	Buck Inn
7 Dec	Marton Arms, Thornton-in-Lonsdale	Turberry road	6	Marton Arms
14 Dec	Chapel-le-Dale church car park	Twistleton Scar run Brunts car walk	6 3	Station, Ribbleshead
<b>21 Dec</b>	<b>Newby</b>	<b>Cold Cotes and back via bridleway</b>	<b>4</b>	<b>Mulled wine @ Kath's bring nibbles/drinks</b>
28 Dec	Gigg School Astro turf	Speed/fartlek session with Carol - Optional	Optional	Black Horse
4 Jan 2010	New Inn car park Clapham	Handicap route or shorter for walk	7 or 4	New Inn car park Clapham
11 Jan	Market Place, Settle	Banks Lane – Victoria Cave – Stockdale road – Lambert Lane	6.5	Golden Lion
18 Jan	The Plough, Wigglesworth	Astrids Route TBC	5	The Plough
25 Jan	Gigg School Astro turf	Speed/fartlek session with Carol - Optional	Optional	Black Horse
1 Feb	Malham Tarn car park	Round the tarn once or round twice on the clock	3 or 6	Craven Heifer, Stainforth
<b>8 Feb</b>	<b>Helens House, Burton</b>	<b>Helen/Judy route</b>		<b>Fondue @ Helens</b>
15 Feb	Helwith Bridge car park	Horton via Dub Cote back along river	6	Helwith Bridge
22 Feb	Harts Head, Giggleswick	Stainforth – Catterick – Winskill - Langcliffe	5.5	Harts Head
1 March	Gigg School Astro turf	Speed/fartlek session with Carol - Optional	Optional	Black Horse
8 March	Chapel-le-Dale church car park	Twistleton Scar run Brunts car walk	6 3	Station, Ribbleshead
15 March	Marton Arms, Thornton-in-Lonsdale	Turberry road	6	Marton Arms
22 March	<b>Home Barn Feizor</b>	<b>Austwick – Wharfe Wood</b>	<b>5</b>	<b>Social at Home Barn – Tracey to confirm details</b>
29 March	Wheatsheaf car park Ingleton	Ingleborough – <b>FULL MOON</b>	6.5	Wheatsheaf

**PS DON'T FORGET YOUR HEAD TORCHES & TRAIL SHOES!**