

The Esker – In with the New!

Training update

Esk Valley Fell Club's Blog



Pic – Tall Guy – Flickr

Newlands Valley – Where will you be fell running this year?

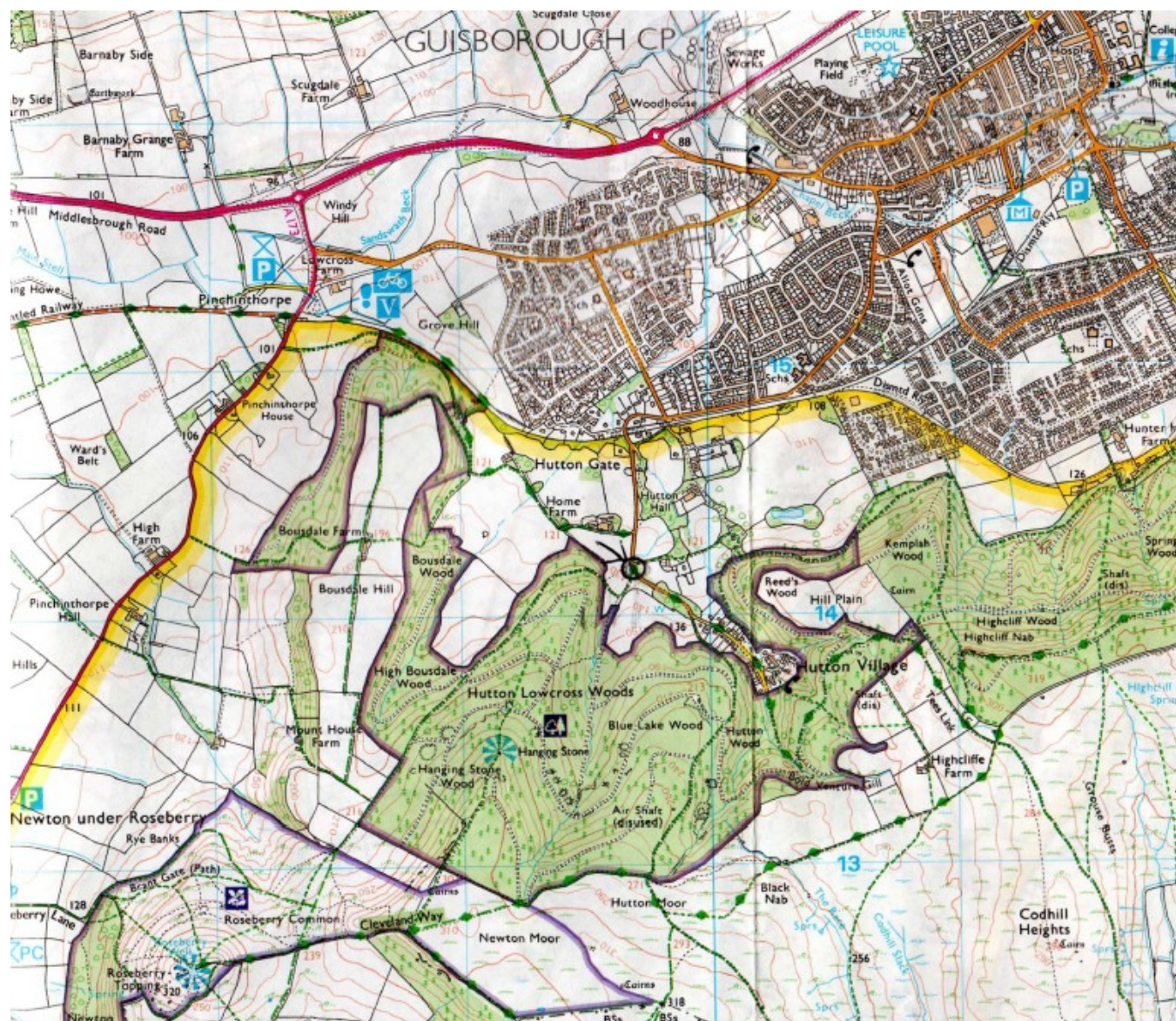
Up and coming Training

Its the traditional winter break from the Winter series, so its training, training, training for a few weeks until the Danby Beacon on 12/02/2012. Time to take stock of your fitness, training running and racing aims for 2012. If you are new to night-time running or if your candle lamp is failing a tremendous value head torch the 'Gamma' is available from **Alpkit**, (other head torches are available!), please bring kit on the head torch runs.

Tuesday **17/01/2012** 19.00hrs – Training – Black Horse P.H. Main Street, Swainby just off A172 approx. 5 miles south east of Stokesley, GR NZ 477021.

Tuesday **24/01/2012** 19.00hrs – Training - Maynards Nursery lay-by, ¼ mile south of Great Broughton on B1257, GR NZ 553052. Its the session you have been waiting for, the hill reps!

Tuesday **31/01/2012** 19.00hrs – Training – A return to Guisborough meet on the road to Hutton Village, on the bend about ½ mile from the Hutton Gate turn-off, GR NZ596142 see below centre of map.



Tuesday **07/02/2012** 19.00hrs – Training – Tourist Information Car Park, High Green Great Ayton – Its that time again - Royal Oak P.H. afterwards for drinks and chips social.

Regular events

Our only nod to the black stuff, the Albert parkrun in Middlesbrough and only because it makes you faster on the hills and fells! Start your weekend with a bang, link to Albert parkrun – [Link](#) - there are now events at Newcastle-upon-Tyne, Sunderland, Durham, York and Harrogate (soon).

NECCA/NEHRA – Senior and Veteran Fell Running Championships

This is a seven race series of fell races in the North Yorkshire to Northumberland area, with our own NEHRA sponsoring the veteran championships, to qualify for the series you complete up to four races, there are two in North Yorkshire, Danby Beacon (12/02/2012) and Guisborough Moors (15/04/2012), follow the [link](#) to the NFR website for full details.

Racing

By the time you read this the third of the Christmas/New Year trio 'Clay Bank East' will have been run, the Guisborough Woods and Captain Cooks Races were very well supported with record attendances in both races. A full round-up of the festive season races will appear in the next blog.

Olympic film

The Olympics are not only about sport there are all sorts of cultural events including a short film makers competition, click on the [Link](#) to see Fast Feet a short featuring junior fell running.

Next Time

Festive/New Year Results, Winter Series update and some running/racing ideas for 2012.



Fell Pic courtesy Dave Aspin

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