

# The Esker – Training Update

Esk Valley Fell Club's Blog



Pic courtesy Tall Guy Flickr

## North Yorkshire Moors

### Racing/Training dates

Just a quickie this time around to update the training runs, an extended version will appear later next week following the Clay Bank West race.

For anyone 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!).

Tuesday **22/11/2011** 19.00hrs – Training – Ingleby Cross Church, start of the Ossy Oiks race, Ingleby Arncliffe, just off the A172, near the Tontine, GR NZ 452003.

Tuesday **29/11/2011** 19.00hrs – Training – Black Horse, Main Street, Swainby, GR NZ 477021

Sunday **04/12/2011** 10.30hrs – **Eskdale Eureka** – 9.1ml/1542' – **New Venue** – Car Park above Dibble, west of High Castleton. This is race 5 in the Esk Valley/NEHRA/Northern Runner winter series. Enter on Day £6.00, no junior races, **Kit must be carried.**

Tuesday **06/12/2011** 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.

### Advance Entries

**Loftus Poultry Run** – Sunday 18/12/2011 – 11.00hrs – An 8 mile multi-terrain festive race favourite, a drink and a mince pie for finishers, poultry prizes and the band plays.

### Next Time

Look out for an update soon, with the Three Tops, Clay Bank West and Club Championships round-up.



Fell Pic courtesy Katie Thornton

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