



# The Esker - Winter's Here!



## Esk Valley Fell Club's Blog



We are now well into the Esk Valley/NEHRA/Northern Runner Winter Fell Race Series, the deceptively tough Guisborough Three Tops was won by a returning Cameron Taylor in a near race record time. Next up is the A rated Clay Bank West and then we race into the Christmas quad of Eskdale Eureka, Guisborough Woods – look out for a tweaked race route due to forestry work, our charity event Captain Cooks Races on New Years day and Clay Bank East in early January 2013!

Esk Valley again qualified a team in the Lakeland Classic Trophy and three individual runners, Mick Quinn, Richard Clark and David Gibson, and thanks to the other individuals who helped the team qualify, Joe Johnson, Phil Conner and Ian Harmer, EXCELLENT RUNNING ALL.

Its a training quicky this month but look out for a racing update mid-November and why not support out two running groups, the Coulby Runners on Monday night meet at the Newham Grange Farm for an easy paced run, or join our Tuesday Headtorch runs for a steady paced run.

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### SUBSCRIPTIONS FOR 2012/13 ARE STILL WELCOME – ONLY £10.00

### PAYMENTS TO DAVE PARRY

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#### Racing/Training dates

##### New training session

The **Coulby Runners** started on Monday 29<sup>th</sup> October, led by Louise Campbell and Allison Rolfe and will meet each monday at the Leisure Farm, Coulby Grange, Coulby Newham, meet at 6.30pm for a 7.00pm start, Monday nights, runs will be for; beginners, returning to fitness runners and anyone looking for an easy paced run on road and trail under streetlights. Hi Viz tops and head torches available.

#### Esk Valley/Coulby Runners Training Sessions

- Monday **12/11/12** 18.30hrs for 19.00hrs run start – Coulby Runners – Leisure Farm, Newham Grange, Coulby Newham.
- Tuesday **13/11/12** 19.00hrs – Training, Headtorch Run – Black Horse P.H. Main Street, Swainby, start of the Whorlton Run just off the A172, midway between Stokesley and the Tontine.
- Monday **19/11/12** 18.30hrs for 19.00hrs run start – Coulby Runners – Leisure Farm, Newham Grange, Coulby Newham.
- Sunday **18/11/12** 10.30hrs – **Clay Bank West – AS** – 6.7km/366m – Venue – Clay Bank Car Park, 2 miles south of Great Broughton on B1257.GR572036 £6.00 on day. Teams men (4), ladies (3 (2 finishers to score points)), Junior races FM12, FM14, FM16 and FM18. Event four in the NEHRA/Esk Valley/Northern Runner Winter Series, and a counter in the NEHRA Junior Fell Race series 2012.
- Monday **19/11/12** 18.30hrs for 19.00hrs run start – Coulby Runners – Leisure Farm, Newham Grange, Coulby Newham.
- Tuesday **20/11/12** 19.00hrs - Training Headtorch Run – Ingleby Cross Church, just off the A172 start of the Ossy Oiks Fell Race.
- Monday **26/11/12** 18.30hrs for 19.00hrs run start – Coulby Runners – Leisure Farm, Newham Grange, Coulby Newham.
- Tuesday **27/11/12** 19.00hrs – Training Headtorch Run – Bank Foot Farm, approx. ¾ mile east of Ingleby Greenhow.
- Sunday **02/12/12** 10.30hrs – **Eskdale Eureka** – BM – 14.6km/470m – Venue – Car Park above Dibble Bridge west of High Castleton. GR 680078 £6.00 on the day, teams men (4), ladies (3, (2 finishers to score points)) Over 18 only, Event five in the Esk Valley/NEHRA/Northern Runner Winter Fell Race Series.
- Monday **03/12/12** 18.30hrs for 19.00hrs run start – Coulby Runners – Leisure Farm, Newham Grange, Coulby Newham.
- Tuesday **04/12/12** 19.00hrs - Training – Tourist Information Car Park, High Green, Great Ayton, then adjourn to the Royal Oak P.H. Over the road for a chat, drinks and chips.

Check out the website for updated results, records and club championships, race reports next time.

[Esk Valley Fell Club](#)

Don't forget the Esk Valley Facebook page – [Link](#)



Fell Pic courtesy Katie Thornton

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