

# EVFC

## 2017 Summer Training Venues (updated 05/04/17)

Keep in touch through our facebook page - [Link](#)

### Every Monday - Coulby Runners - Road/Trail session

The Coulby Runners is our more road based training group (all welcome), we meet at the Leisure Farm, Coulby Grange, Coulby Newham at 6.30pm for a 7.00pm start, on a Monday night. Runs are for; beginners, those returning to fitness and anyone looking for an easy paced run on road and trail, we're up to around 6 - 7 miles at the moment but sessions will be adapted to suit those attending. Louise Campbell and Alison Rolfe of Esk Valley lead the group.

### Every Tuesday - Esk Valley Fell Club - Fell training sessions

The Tuesday nighters are our off-road sessions where we get up onto the Moors so please bring safety kit (and head torch during April and September). All are welcome (including non club members), though not ideal for beginners as runs are usually around 8 - 10 miles with 1500 - 2000ft of climbing. We sometimes get enough runners for 2 groups but not always. If any-one is keen in starting up a steadier group and can commit to turning up most weeks please get in touch! The sessions at Great Ayton highlighted in yellow will be shorter sessions aimed at beginners and will include a trip to the pub afterwards. Sessions meet at 7pm for a 7.15pm start.

11 April 2017	Bank Foot	
18 April 2017	Carlton Village	
25 April 2017	Square Corner	
02 May 2017	Great Ayton (plus Royal Oak)	8.30pm Committee Meeting
09 May 2017	Castleton	
16 May 2017	Chop Gate (Tripsdale route)	
23 May 2017	Kepwick	
30 May 2017	Swainby	
06 June 2017	Commondale	
13 June 2017	Newton-under-Roseberry	
20 June 2017	Kildale	
27 June 2017	Hob Hole	
04 July 2017	Great Ayton (plus Royal Oak)	8.30pm Committee Meeting
11 July 2017	Maynards	
18 July 2017	Ingleby Cross	
25 July 2017	Saltburn	
01 August 2017	Kepwick	
08 August 2017	Guisbrough	
15 August 2017	Chop Gate	
22 August 2017	Clay Bank Lower	
29 August 2017	Square Corner	
05 September 2017	Pinchinthorpe	

Sheet1

12 September 2017	Bank Foot	
19 September 2017	Saltburn	
26 September 2017	Hutton Village	
03 October 2017	Great Ayton (plus Royal Oak)	8.30pm Committee Meeting

See the map venues link for the exact locations of the starting points.