

EVFC

2017 Summer Training Venues (updated 14/09/17)

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.

New Club Runs on Wednesday – Esk Valley Fell Club – Introductory Fell sessions

New club runs. We are trialling additional club runs on Wednesday, the first few have been really well attended and we are going to have two groups from now on. The runs set off from various venues and will be steady paced, with lead and tail runners. Distances of about 8-10km & 10-12km both around 70-80 minutes for differing fitness levels. Please bring head torches. The aim is to offer a shorter slower paced run option than our Tuesday night runs. This is open to members and non-members.

Meet up at 6.45pm for a 7.00pm start, dates are:

20 September 2017	Great Ayton
27 September 2017	Gribdale Gate Car Park

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.

19 September 2017	Swainby	
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.