

EVFC

2018 Summer Training Venues (updated 04/05/18)

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

Every Monday & Wednesday - 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 6.15pm for a 6.30pm start. Runs are for beginners, those returning to fitness and anyone looking for an easy paced run on road and trail. Runs are up to around 6 - 7 miles at the moment but sessions will be adapted to suit those attending. Peter Quinn currently leads the runs.

Every Wednesday - Esk Valley Fell Club - Fell training head torch sessions

The new Wednesday nighters are our steady off-road sessions where head-torches are required. Please also bring safety kit. All are welcome (including non club members). Runs last about 70 to 80 minutes and we run 2 groups with distance of approx 8 – 10km and 12-13km. Sessions meet at 6.15pm for a 6.30pm start.

02 May 2018	Race 19:15hrs start – Gribdale Growler – Gribdale Gate – 9.2k/284m
09 May 2018	Car Park, Black Horse, Main Street, Swainby, DL6 3ED
16 May 2018	Race 19:00hrs start – Fox & Hounds – Fox & Hounds PH, Ainthorpe – 14.5k/457m – YO21 2LD Alternate – Car Park, Kings Head pub, Newton-under-Roseberry, TS9 6QR
23 May 2018	Car Park, Cod Beck, Osmotherley
30 May 2018	Car Park, Guisborough Forest Visitor Centre, Pinchinthorpe, TS14 8HD
06 June 2018	Race 19:15hrs start – Ossy Oiks – Ingleby Cross – 8.5k/559m - DL6 3PA
13 June 2018	Car Park, Clay Bank top, B1257, 2 miles South of Great Broughton
20 June 2018	Race 19:15hrs start – Whorlton Run – Village Hall, Swainby DL6 3EG
27 June 2018	Tourist Information Car Park, High Green, Great Ayton, TS9 6BJ

The lakes weekend on the 2nd - 4th March 2018 had to be rescheduled due to weather which made travelling unsafe. The weekend is proposed to be rescheduled for **14th/15th/16th September 2018**. Link to the accommodation is, <https://www.cdyc.org.uk/> Martin has booked some cracking accommodation at St John in the Vale, just 4 miles south of Keswick in the shadow of Helvelyn and the Dodds. The weekend is open to adults, children and can accommodate 4 dogs. Email Martin to register interest martinperry@gmail.com prices about £13-17 per person night, hope to mix self-catering and a meal out. Runs both days, hope to recce a race route, maybe take in a fell race and maybe some day and or night navigation.

Every Tuesday - Esk Valley Fell Club - Fell training sessions

Sheet1

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 (or near) 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.

10 April 2018	Newton-under-Roseberry	
17 April 2018	Ingleby Cross	
24 April 2018	Carlton Village	
01 May 2018	Gribdale Car Park (plus Royal Oak)	8.30pm Committee Meeting
08 May 2018	Castleton	Fox & Hounds recce
15 May 2018	Kepwick	
22 May 2018	Chop Gate (Tripsdale route)	
29 May 2018	Kildale	
05 June 2018	Square Corner	
12 June 2018	Commondale	
19 June 2018	Saltburn	
26 June 2018	Hob Hole	
03 July 2018	Great Ayton (plus Royal Oak)	8.30pm Committee Meeting
10 July 2018	Birk Brow	
17 July 2018	Kirkby Scout Hut	
24 July 2018	Chop Gate	
31 July 2018	Kepwick	
07 August 2018	Guisbrough	
14 August 2018	Swainby	
21 August 2018	Clay Bank Lower	
28 August 2018	Square Corner	
04 September 2018	Saltburn	
11 September 2018	Bank Foot	
18 September 2018	Maynards	
25 September 2018	Hutton Village	
02 October 2018	Great Ayton (plus Royal Oak)	8.30pm Committee Meeting

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