

# EVFC

## 2018/2019 Autumn/Winter

### Training Venues

(updated 02/12/18)

**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.

05 December 2018	Car Park, Black Horse PH, Main Street, Swainby DL6 3ED
12 December 2018	Layby, opposite Village hall, Kildale YO21 2RG
19 December 2018	Car Park, Kings Head PH, Newton-under-Roseberry, TS9 6QR
02 January 2019	Road End, Scout Hut, Kirkby in Cleveland, nr Stokesley TS9 7HJ
09 January 2019	Road Junction, Bank Foot Farm, nr Ingleby Greenhow, TS9 6LP
16 January 2019	Lay-by, Church, Ingleby Cross - DL6 3PA
23 January 2019	Car Park, Square Corner, Osmotherley DL6 3QB
30 January 2019	Car Park, Gribdale Gate Forest, Great Ayton,
06 February 2019	Car Park, Guisborough Forest Visitor Centre, Pinchinthorpe, TS14 8HD
13 February 2019	Main Car Park, Cod Beck, Osmotherley
20 February 2019	Car Park, Clay Bank top, B1257, 2 miles South of Great Broughton
27 February 2019	Tourist Information Car Park, High Green, Great Ayton, TS9 6BJ

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

The Tuesday nighters are our longer off-road session where head-torches are required. Please also bring safety kit. 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 at a decent pace. We sometimes get enough runners for 2 groups but not always. Sessions meet at 7pm for a 7.15pm start.

Sheet1

09 October 2018	Carlton Village	
16 October 2018	Maynards	
23 October 2018	Bank Foot	
30 October 2018	Swainby	
06 November 2018	Pinchinthorpe	
13 November 2018	Clay Bank Lower Car Park	
20 November 2018	Ingleby Cross	
27 November 2018	Kildale	
04 December 2018	Great Ayton (plus Royal Oak)	Committee Meeting 8:30pm
11 December 2018	Guisbrough	
18 December 2018	Swainby	
25 December 2018	No training	
01 January 2019	No training	Captain Cooks race
08 January 2019	Bank Foot	
15 January 2019	Carlton	
22 January 2019	Pinchinthorpe	
29 January 2019	Maynards	
05 February 2019	Kildale	
12 February 2019	Great Ayton (plus Royal Oak)	Committee Meeting 8:30pm
19 February 2019	Ingleby Cross	
26 February 2019	Clay Bank Lower Car Park	
05 March 2019	Newton-under-Roseberry	
12 March 2019	Swainby	
19 March 2019	Great Ayton (plus Royal Oak)	AGM 8:15pm
26 March 2019	Bank Foot	
02 April 2019	Maynards (plus Bay Horse)	

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