

## Settle Harriers Monday Night Runs

These runs are designed to be sociable and relaxed club runs of around an hour to an hour and a half (typically 7-10km). A short option will always be available for those who want it. The 'taster sessions' highlighted in green are particularly suitable for people who want to come along and give fell running a try. Lift sharing is often arranged via the Facebook group.

Please meet at the designated meeting point in time for a 7:00pm start.

Date	Meet	Route	Afterwards
29 Apr	Clapham CP	Long Lane/Nature Trail	New Inn
06 May	Ribblehead	Plogging Whernside - bring gear for litter picking	Station Inn
13 May	Horton - NP car park for 6:50 (will do a car shuttle from there to Selside)	Recce of CRO Ingleborough Challenge leg Selside - Horton	Golden Lion
20 May	Austwick Taster Session - Game Cock	Bluebell run/Feizor	Game Cock
27 May	Layby at end of Kingsdale (SD691757)	Turbary Road	Marton Arms
03 Jun	Settle Swimming Pool	Giggleswick Scars	Hart's Head
10 Jun	Dale Head (SD843715)	Fountains Fell/Fornah Gill	Craven Heiffer
17 Jun	Settle Market Place	Watery Lane/Attermire	Talbot
24 Jun	Ingleton Community Centre CP	Stepping Stones	Mason's Arms
01 Jul	Horton - NP car park	PYG Lane/Whitber Hill or up Penyghent	Golden Lion
08 Jul	Settle Taster Session - Market Place	Victoria Cave	Talbot
15 Jul	Little Stainforth (Knight's Table CP)	Feizor/Smearsett	Knight's Table
22 Jul	Cold Cotes Fell Gate	Little Ingleborough / Ingleborough	New Inn
29 Jul	Austwick - outside Game Cock	Crummackdale/Bridleways	Game Cock
05 Aug	Ribblehead	Whernside or shorter option	Station Inn
12 Aug	Clapham CP	Norber Erratics	New Inn
19 Aug	Helwith Bridge Inn CP	Riverbank to Horton	Helwith Bridge Inn
26 Aug	Austwick Taster Session - Game Cock	Feizor/Oxenber	Game Cock
02 Sep	Settle Market Place	Cleatop Wood & reservoir	Lion
09 Sep	Layby at end of Kingsdale (SD691757)	Tow Scar/Turbary Road	Marton Arms
16 Sep	Chapel le Dale, car park near church	Bruntskar	Hill Inn
23 Sep	Austwick - outside Game Cock	Crummackdale/Bridleways	Game Cock
30 Sep	Settle Market Place	Winskill	Talbot
07 Oct	Clapham CP	Long Lane/Nature Trail	New Inn
14 Oct	Austwick Taster Session - Game Cock	Oxenber/Wharfe	Game Cock
21 Oct	Horton - NP car park	PYG Lane/Whitber Hill	Helwith Bridge
28 Oct	Ingleton Community Centre CP	Waterfalls	Mason's Arms

Notes:

1. Routes may change on night subject to weather conditions.
2. Please bring suitable clothing/footwear for off-road running in changeable weather (FRA kit requirements)