



MERRY CHRISTMAS



## The Festive Esker Plus

Esk Valley Fell Club's Blog



### The Festive Season

There is no time to pause with a busy festive running period just about to spring into life, beginning with a now traditional mostly pre-Christmas fixture, [Loftus Poultry Run](#) now in its 29<sup>th</sup> year, subject to weather it will be held on Sunday 16<sup>th</sup> December. Next up is the The Guisborough Woods race on Thursday 27<sup>th</sup> December, this year there will be a change of route, unfortunately forestry work combined with this summer's wet weather has taken its toll on the course (back to the usual next year hopefully!).

The New Years Day Captain Cooks Race is possibly the best way to ring in the new year and why not stay around for a chat and a drink in The Royal Oak. Then just as the aches settle Clay Bank East quickly follows on Sunday 6<sup>th</sup> January 2013! Keep an eye on the parkrun website for special festive events at your local runs; Stewart Park, Albert Park, Locke Park, Tees Barrage, York or if you're on your travels check out the local parkrun.

Our best wishes go to Simon Greenwell who is recovering from illness, it was great to see Simon spectating at the recent Clay Bank West Fell Race.

### Racing/Training dates

#### Coulby Runners

The Coulby Runners is now up and running, meet at the [Leisure Farm](#), Coulby Grange, Coulby Newham, 6.30pm for a 7.00pm start, on Monday nights, runs will be for; beginners, returning to fitness runners and those looking for an easy paced run on road and trail under streetlights.

The Coulby Runners last meet of the year will be on Monday 17<sup>th</sup> December 2012, Louise and Alison will take a well earned rest over the Christmas and New Year holidays and return to action on Monday 7<sup>th</sup> January 2013.

#### Fell training torch-run sessions and races

- Tuesday **11/12/12** 19.00hrs – Training – [Maynards nursery](#) lay-by. ¼ mile south of Great Broughton on B1257.
- Sunday **16/12/12** 11.00hrs - 29<sup>th</sup> Poultry Run – Multi-Terrain – 8miles approx. - Venue – Loftus Leisure Centre, online entry until Wednesday 12<sup>th</sup> December, Entry on Line also available, link to on-line sign-up [here](#).
- Tuesday **18/12/12** 19.00hrs - Training – Tourist Information Car Park, High Green, Great Ayton, then adjourn to the [Royal Oak P.H.](#) Over the road for a festive chat, drinks and chips.
- Tuesday **25/12/12** No training session this evening.
- Thursday **27/12/12** 11.00hrs – **Guisborough Woods** – BM – 11km/370m – Venue – Guisborough Rugby Club, Belmontgate, Guisborough, Cleveland. GR 616155 £6.00 on the day, teams men (4), ladies (3, (2 finishers to score points)) Event 6 in the Esk Valley/Northern Runner/NEHRA Winter Series. There is a new route on the [website](#). **Kit must be carried.**
- Junior races U12 - U18, final counter in the NEHRA Junior Fell Running Championships 2012.
- Tuesday **01/01/13** 11.00hrs – **Captain Cooks Races** – BS – 8km/313m – Venue – The Royal Oak P.H., High Green, Great Ayton, North Yorkshire, £6.00 pre-enter, £7.00 on the day, (limited prizes this is our fund raiser for local charities), team championships counter and event 7 in the Esk Valley/Northern Runner/NEHRA Winter Series. **Be prepared to carry kit.**
- Junior Races U12 – U18, Event 1 in the NEHRA Winter/Spring Junior Fell Running Championships 2013 (4 from 8 to count).
- No training session in the evening, though why not enjoy a drink and a chat in the Royal Oak afterwards.
- Sunday **06/01/13** 10.30hrs – **Clay Bank East** – BS – 9.1km/307m – Venue – Clay Bank Car Park, top of Clay Bank, 2 miles south of Great Broughton on B1257 £6.00 on the day, teams men (4), ladies (3, (2 finishers to score points)). Event 8 in the Esk Valley/Northern Runner/NEHRA Winter Series 2012/13, **Kit must be carried.**
- Junior Races U12 – U18, event 2 in Winter/Spring Junior Fell Running Championships 2013.
- Tuesday **08/01/13** 19.00hrs – Training – Black Horse P.H., Main Street, Swainby, on the A172 between Stokesley and The Tontine.

Don't forget the Esk Valley Facebook page – [Link](#)

### Next Time

Club Championships final positions, winter series results and lots more.



Fell Pic courtesy Katie Thornton

[clive@esksvalleyfellclub.org](mailto:clive@esksvalleyfellclub.org)