

SENIORS TRAINING



Club members meet on Tuesdays and Thursdays to run at differing paces and distances of 5 to 6-ish miles or 6 to 8-ish miles. During lighter evenings we participate in off-road runs and use road routes in the winter months. For information on routes, see the rota below.

On Tuesdays & Thursdays, we meet at 7pm in Aireville Park at the picnic bench by the main path near the parkrun finish point (see map below).

On Wednesdays we have a social run which is off road. Intervals take place on most Tuesdays. The Wednesday 'pub runs' start at a different location each week at 7pm. Please ask for the start place if you'd like to join us.

Email skiptonacseniors@gmail.com for further information about Senior running.



Summer Route Descriptions and Maps: [Summer-route-rota \(1\)](#)

Route A Sharpshaw -

Sharp Haw 'fork in the path' - Park top entrance, roundabout, Stirton, up Bog Lane to small car park, forestry road to fork in the path and back across field to Bog Lane and return via Stirton - [Route](#)

Sharp Haw 'clearing' - Park top entrance, roundabout, Stirton, up Bog Lane to small car park, forestry road doing the complete loop, back down Bog Lane and return via Stirton - [Route](#)

Route B Bradley -

Skipton Moor - Bottom park entrance, canal to Bay Horse pub, up Skipton Rd towards Bradley, left at high point on paths to High Bradley, ascent to trig point, descent to top of Shortbank Rd, return direct via canal - [Route](#)

High Bradley & Cawder - Bottom park entrance, canal to Bay Horse pub, up Skipton Rd towards Bradley, left at high point on paths to High Bradley, left across fields to Cawder & back along canal - [Route](#)

Route C Skipton Woods -

Skipton Woods & Hagg Farm - Bottom park entrance, canal, Skipton Woods, golf course, left up Brackenley Lance, right at main road, right down farm track to Hagg farm, paths to Embsay, down West Lane, through the quarry, down the Bailey, up Gargrave Rd - [Route](#)

Skipton Woods - Park bottom entrance, canal, Coach St, Skipton woods, golf course, right along Brackenley Lane, turn off right just before Embsay on footpath over to Skipton Rd, up to Manby Castle, through right side of quarry, down Bailey, up

Gargrave Rd - [Route](#)]

Skipton Woods - Park bottom entrance, canal, Coach St, Skipton woods, golf course, right down Brackenley Lane, Cavendish pub, track through left side of quarry, down the Bailey, up Gargrave Rd - [Route](#)

Route D Carleton -

- Carleton fields & railway - Bottom park entrance, Canal to Sawley St, Ings Lane, paths across fields & Aire to top of Heslaker Lane, diagonally right across fields to railway line, right to Heslaker Lane, turn right back to Carleton, back across fields return via outward route - [Route](#)] - Heslaker Loop - Park bottom entrance, Carleton New Rd, 2 sides of Carleton triangle (Pale Lane), through Carleton, Heslaker Lane, turn right twice back towards Skipton, join canal at Culvert Lane (just before tunnel under the canal), back to the park on the canal - [Route](#)]

Route E Wildcard or Thorbly -

Links to the Winter route options & maps (best viewed on a PC): Town circular (forwards & backwards) - Longer 7.2 miles:

<http://www.gmap-pedometer.com/?r=2293833>] - Medium 5.35 miles: <http://www.gmap-pedometer.com/?r=4109817>] **Central**

Town - Longer 6.5 miles: <http://www.gmap-pedometer.com/?r=2293871>] - Medium 4.83 miles:

<http://www.gmap-pedometer.com/?r=4109831>] **Embsay / Eastby** - Longer 'last light': 8.25:

<http://www.gmap-pedometer.com/?r=2293850>] - Medium 'Embsay Loop': 6.55: <http://www.gmap-pedometer.com/?r=2303704>]

North-East town - Longer 7.3 miles: as medium plus Embsay loop - Medium 5.8 miles:

<http://www.gmap-pedometer.com/?r=4109571>] **Coaches** - Joel Dalby



] - Angela Dowbiggin - Chris Rose - Hilary Seward - Emma Yiu - Paul Norman - Sue Marshall - Darren Lambert