

Skipton AC: Running routes (daylight evenings) 2017

Three different routes are available each Tuesday and Thursday evening starting at 7pm, from Craven Swimming Pool. Below is a written description of the routes planned.

More off road than road

- These are up to 8 miles in length with alternatives of 5/6 miles (& see 'middle pitch' below). They are made up of as much off-road as possible

More road than off road

- These are up to 8 miles long but can easily be shortened. Running is on a mixture of tarmac, farm track or footpath and all surfaces are good underfoot (well, most of the time!)

Middle pitch: surfaces & distance

- These are shorter and at a pace suitable for those who are less experienced or those recovering from injury, etc

In the mix we also have:

- Every Tuesday evening - **Interval** training
- **Handicap** race on Thursdays as advertised
- From May, the option to run the Tough 10 route on the 4th Thursday of each month will be available – meet at the pool with the aim of setting off at **6.45 pm**

The planned routes for the week will be sent out via email on either the Sunday or Monday beforehand. A copy of this rota will also be available on the notice board at the pool.

Route descriptions

	More off road than road	Middle pitch surfaces & distance	More road than off road
A	<p>Sharp Haw top Across grass to middle park entrance, up Rockwood estate, footpaths to Bog Lane via caravan park, up Sharp Haw fire road bearing right to top of Sharp Haw, to Rough Haw top and back to Sharp Haw, descend steeply towards Skipton to rocky ridge path to fire road then paths to Bog Lane and return on same outward paths</p> <p>Route</p>	<p>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</p> <p>Route</p>	<p>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</p> <p>Route</p>
B	<p>Carleton Lane & Railway Bottom park entrance, Canal to Sawley St, Ings Lane, paths across fields & Aire to top of Heslaker Lane, through Carleton, up hill to farm on Carleton Lane, across fields to railway via Yellison House, towards Heslaker Lane on Railway but take route off right back to Carleton end of Heslaker Lane then return via outward route</p> <p>Route</p>	<p>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</p> <p>Route</p>	<p>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</p> <p>Route</p>
C	<p>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</p> <p>Route</p>	<p>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</p> <p>Route</p>	<p>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</p> <p>Route</p>

D	<p>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</p> <p>Route</p>	<p>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</p> <p>Route</p>	<p>Cononley Lane Ends Park bottom entrance, canal all the way to Cononley Lane End, left on road towards Farnhill, left again on top road back to Snaygill via Bradley, return on the canal</p> <p>Route</p>
E	<p>Carleton Park Bottom park entrance, canal to Sawley St, Ings Lane, paths to Carleton via the church, up very steep path to Park Lane, across fields to Carleton Park (large farm), up moorland path to small col, over to farm, left on traverse track to tarmac lane, over rail bridge to river bank, on river bank path to Carleton Bridge (Skipton end of Carleton triangle) and return on tarmac.</p> <p>Route</p>	<p>Thorlby & Stirton Bottom park entrance, canal out to Thorlby Swing Bridge, cross A65, Thorlby, Stirton, White Hills, Rockwood, middle park entrance</p> <p>Route</p>	<p>Embsay Reservoir Across grass to middle park entrance, up through Rockwood estate, bypass roundabout, woodland path round back of Craven Heifer pub, right down Brackenley Lane, left onto footpath at back of gardens and through the estate to the lane leading to the reservoir, up to reservoir, across the dam and on paths round the reservoir to sailing club, tarmac lane back towards Embsay, down West Lane and return via the Bailey and up Gargrave Rd to the pool</p> <p>Route</p>