

# Skipton AC: Winter routes rota

A Town circular backwards

B Central Town

C Embsay/Eastby

D Town circular forwards

E North-East town

I Intervals

H Handicap

pr parkrun, xc cross country

	September					October					November				
Mon					27 <sup>th</sup>	4 <sup>th</sup>	11 <sup>th</sup>	18 <sup>th</sup>	25 <sup>th</sup>		1 <sup>st</sup>	8 <sup>th</sup>	15 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>
Tue					A	I	D	A	C		I	E	B	D	E
Wed					Pub run	Pub run	Pub run	Pub run	Pub run		Pub run	Pub run	Pub run	Pub run	(Dec)
Thu					B	C	E	B	H		D	A	C	H	
Fri															
Sat							pr					pr		pr	
Sun											XC	Bolton Abbey			

