## **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							Octobe	r	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					А	I	D	А	С	I	Е	В	D	Е	
Wed					Pub run	Pub run	Pub run	Pub run	Pub run	Pub run	Pub run	Pub run	Pub run	(Dec)	
Thu					В	С	Е	В	Н	D	А	С	Н		
Fri															
Sat							pr				pr		pr		
Sun										XC	Bolton Abbey				

## **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

	December						January	/	February (March)					
Mon	(30 <sup>th</sup> Nov)	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>		3 <sup>rd</sup>								
Tue	(E)	I	С	А										
Wed	Dec Pub	UWFR	Pub run	Pub run										
Thu	А	В	D	Н										
Fri		AGM												
Sat		pr												
Sun	XC		XC											