

Winter Runs 2017/ 2018.

Please familiarise and prepare yourself for running in bad weather, darkness and possibly on your own. Be self reliant, just in case!

<u>Date</u>	<u>Time</u>	<u>First choice route</u>	<u>Bad Weather Alternative</u>	<u>Pub.</u>	<u>Moon</u>
18.10.17	1800	Scout Scar	N/A.	Riflemans.	Full moon 16/10/16
25.10.17	1830	Loughrigg from A/side main car pk.	Same as long run.	Golden Rule A/side.	
01.11.17	1830	Howgills start just along the road from Peoples Hall, Sedbergh.	Fell Walls and around Winder	Red Lion Sedbergh.	Full moon 04/11/17 05:23am
08.11.17	1830	Run fromm Glenridding Youth Hostel route tbc on night.	Lakeland Trail 15km route	T.B.C.	
15.11.17	1830	Harter Fell/ Kentmere Pike from Longsleddale.	Up to the col and return	Castle P.H. Kendal.	
22.11.17	1830	Place Fell from Patterdale.	Wansfell from Troutbeck.	Watermill Ings.	
29.11.2017	1830	Helvellyn from Wythburn Car Park.	Reston Scar etc from Staveley.	Watermill Ings.	
06.12.17	1830	Red Screes from A/side main C.P.	Loughrigg from A/side main car pk.	Golden Rule.	Full moon 03/12/17 03:47am
13.12.17	1830	Lingmoor Fell from Elterwater C.P. near pub	As main run.	Britannia	
20.12.17	1830	Scout Scar - last run before xmas.	n/a.	A meal or Castle P.H. Xmas drink(s) TBC.?????	
27.12.17	TBC	Daytime run ?	tbc	tbc	
03.01.18	1830	Steel Fell Round.	Shortened version.	Golden Rule.	
10.01.18	1830	Thornthwaite Beacon from Troutbeck.	Wansfell from Troutbeck.	Eagle and child.	
17.01.18	1830	High Street from Hartsop CP.	Sour Howes from Lakes School.	Brotherswater Inn/ Watermill Ings.	Full moon tonight 02:18am
24.01.18	1830	Potter Fell from C.P. At rear of Nigel and Diane's.	<i>As main run. Date to be conf'd</i>	Nigel and Diane's tbc.	
31.01.18	1830	Wansfell from Troutbeck Church.	As main run.	Watermill Ings.	
07.02.18	1830	Fell Head from the layby above the bridge Fairmile Road nr Tebay.	Scout Scar.	Tebay Pub. (Crosskeys?)	
14.02.18	1830	Fairfield Horseshoe from Rydal Hall.	Loughrigg from Rydal Hall.	Watermill Ings.	Full moon 15/02/18 21:06
21.02.18	1830	Bowfell from ODG.	Pike O'Blisco.	O.D.G.	
28.02.18	1830	Potter fell/ Brunt Knott from Staveley Mill Yd.	Same as long run.	Eagle and Child.	
07.03.18	1830	Sallows and Sour Howes from Ullthwaite Bridge.	Same as long run.	Eagle and child.	
14.03.18	1830	Hucks Bridge round.	N/A.	Castle.	Full moon 17/03/18 13:14
21.03.18	1830	Kentmere Horseshoe or part thereof from the Church.	N/A.	Eagle and Child.	
28.03.18		Clocks go fwd 1 hr. See summer schedule.			