

## **TUESDAY NIGHT TRAINING: March – Sept 2021 and 2021 AAC CLUB CHAMPS**

Lots of fun to be had here. Welcome the return of the AAC Tuesday night club run

Many thanks to Chris Hodgson who will lead or arrange a lead for the steady group. This group is perfect if you want a steady run or if you're new to the club and not sure who to run with.

Some Tuesday evenings have **Club Champs races** arranged; on these evenings you can choose to either compete in the Champs race or head out on your Training run, they all start / finish in the same location so we can still have a social afterwards.

Most runs will meet in lay bys, car parks or on village roads. Please do park considerately. It is perfectly acceptable for us to meet and train in groups of more than six outdoors but we do need to be aware of public perception; making sure that at the start or at the end of a session we are seen to be adhering to SD.

### **A few points to ensure we keep it safe for us and for others:**

- England Athletics guidance states that athletes and runners training in a public space can do so in unlimited numbers so long as that environment is COVID secure
- Please don't come if you feel ill
- Travel separately if you can
- Observe 1.5m + at all times and be particularly aware of other trail/path users/land owners
- Runners should adhere to any restrictions placed on public spaces by the owner of the land (i.e., we need to be willing to go around farms etc if requested to do so – for example, the current path diversion at the ODG)
- We should consider the potential pressure on emergency services/MR and extended time/difficulty of any rescue (be prepared to carry decent kit)
- Even in "summer months", bring a headtorch
- Look after yourself and others by washing your hands, using hand sanitiser after the run prior going to the pub, SD at the pub. Bring hand sanitiser and a face covering if you're going to the pub.
- At start of each run, one person needs to get a quick phone photo of everyone in that "group" which we will use for track and trace if we need to
- If any runner develops symptoms and tests positive, they should:
  1. Inform Michelle Crowley [mcrowley@ghyllside.cumbria.sch.uk](mailto:mcrowley@ghyllside.cumbria.sch.uk) or Dan Duxbury [danmunro2014@gmail.com](mailto:danmunro2014@gmail.com)
  2. Complete the UKA COVID-19 tracking form: [uka.org.uk](http://uka.org.uk)

Just common sense and consideration for each other, for the local community and for visitors

Michelle

### **CLUB CHAMPS RACES**

Some of these take place on Tuesdays, some take place at weekends. They are a mix of AAC Club only events and 'official' races (FRA/Park run). Juniors can compete at selected races; full details will be publicised in the week ahead of each race. Chris Hodgson [info@chalet365.com](mailto:info@chalet365.com)

DATE	TIME	VENUE & SUGGESTED ROUTES	DRINKS & POST-RUN CRAIC	SUGGESTED PARKING
1/3/21 – 5/4/21	Your choice	<b><u>Loughrigg up-hill Time-trial (Club Champs)</u></b>  Self-timed from Cattle grid on Under Loughrigg road NY 372 045 to summit cairn.		Under Loughrigg / Ambleside
30/3/21	6.15pm	<b><u>Elterwater Common</u></b> <ul style="list-style-type: none"> <li>Lingmoor – Side Pike – Blea Tarn – valley return</li> <li>Sil Howe – Stickle Tarn – ODG – valley return</li> </ul>	Bring Your Own	NT car park by river in Elterwater
6/4/21	Start between 6.00pm and 6.45pm	<b><u>LOUGHRIGG ORIENTEERING (Club Champs)</u></b>  Start on Loughrigg Tarn side of Loughrigg – full details on website.  Juniors welcome. Mi age 14 with senior partner	Bring Your Own	Recce the several small pull ins/parking areas on the road (Tarn Foot)
13/4/21	6.30pm	<b><u>Rydal Lane</u></b> <ul style="list-style-type: none"> <li>Classic Fairfield or shortcut at Gt Rigg – coffin route return</li> <li>Trail Loops</li> <li>Nab Scar – Alcock Tarn – Sil Howe – trail return</li> </ul>	Badger Bar if open for outdoors?	Pelter Bridge car park (LDNP) if they've taken the boulders away
20/4/21	6.30pm	<b><u>Travellers, Grasmere</u></b> <ul style="list-style-type: none"> <li>Steel Fell Round</li> <li>Alcock Tarn- Heron Pike – Grt Rigg – Stone Arthur</li> <li>Stone Arthur – Grt Rigg – Fairfield Grisedale Tarn – Seat Sandal</li> </ul>	Travellers' Rest	Big lay by on L before pub
Saturday 24/4/21	11am	<b><u>LOUGHRIGG &amp; SILVER HOW (Club Champs)</u></b>  Start from Miller Bridge, Ambleside NY 371 044.	Rothay Park Picnic benches (if weather allows)	Under Loughrigg / Ambleside
27/4/21	6.30pm	<b><u>Dunmail Raise</u></b> <ul style="list-style-type: none"> <li>Grisedale Tarn – Seat Sandal – BG line down</li> <li>Raise Beck – G Tarn – Helvellyn – reccie OCT line down to Wythburn – forestry return</li> </ul>	Travellers' Rest	Lay bys on Dunmail Meet 6.30pm at BG stiles at Dunmail 'top'

4/5/21	6.30pm	<p><b><u>Fairfield</u></b></p> <ul style="list-style-type: none"> <li>• Race reccie</li> <li>• Heron Pike / Stone Arthur circuit</li> <li>• Grasmere trails</li> </ul> <p>Meet on lane at Rydal</p>	Badger Bar	Pelter Bridge car park (LDNP) if they've taken the boulders away
11/5/21	6.30pm	<p><b><u>CONISTON (Club Champs)</u></b></p> <p>Mini Coniston Horseshoe (Levers Water – Brim Fell – Old Man)</p> <p>Meet on the road by The Sun 6.30pm. Club Champs to start at Miners Bridge (SD294 980) from 6.45pm onwards. Time Trial format.</p> <ul style="list-style-type: none"> <li>• Training run options: <ul style="list-style-type: none"> <li>• Full Coniston race route</li> <li>• Club Champs race route</li> <li>• Old Man out &amp; back</li> </ul> </li> </ul>	The Sun	On road above The Sun
18/5/21	6.30pm	<p><b><u>Helvellyn</u></b></p> <ul style="list-style-type: none"> <li>• Classic Helvellyn by edges (up Striding; down Swirrel)</li> <li>• Birkhouse – Catstycam – Helvellyn – Grizedale Tarn – valley return via Lanty's Tarn</li> <li>• Birkhouse – Helvellyn – Grizedale Tarn- valley return via Lanty's</li> <li>• Red Tarn</li> </ul> <p>Meet in main car park in Glenridding</p>	Brotherswater Inn	Main Glenridding car park or considerately elsewhere!
25/5/21	6.30pm	<p><b><u>SEAT SANDAL (Club Champs)</u></b></p> <p>Time Trial format in small groups (slowest first) from 6.45/7pm (tbc) Start point gate / path NY 340 097.</p> <ul style="list-style-type: none"> <li>• Training run options from A591 lay-by <ul style="list-style-type: none"> <li>• Stone Arthur, Fairfield + Seat Sandal</li> <li>• Club Champs race route</li> </ul> </li> </ul>	Travellers' Rest	Lay bys alongside A591
1/6/21	6.30pm	<p><b><u>ODG, Langdale</u></b></p> <ul style="list-style-type: none"> <li>• Race route to Stickle Tarn – Sgt Man – High Raise – Stake Pass – Mickleden</li> <li>• Race route to Stickle Tarn – Harrison Stickle – Martcrag Moor – Black Crag – Rossett Pike – Bow Fell traverse – The Band</li> <li>• Scafell Pike return</li> </ul> <p>Meet at ODG car park</p>	ODG	NT car park at ODG

8/6/21	6.30pm	<b><u>Kirkstone Pass</u></b> <ul style="list-style-type: none"> <li>Hartsop – Pasture Beck – Threshthwaite – Stony Cove – St Raven’s Edge</li> <li>Red Screens- Middle Dodd – cross road – up mines path to Caudale Moor – St Raven’s Edge</li> </ul> Meet at main Kirkstone Pass car park	Kirkstone Inn	Car park at Kirkstone
15/6/21	6.30pm	<b><u>One from the left field...Coledale Horseshoe</u></b> <ul style="list-style-type: none"> <li>Classic Coledale Horseshoe</li> </ul> Meet Braithwaite Village on road by primary school (near Keswick!).	The Royal Oak, Braithwaite	Considerately in village Parking places on road by school Car parks on L as head up Whinlatter
22/6/21	6.30pm	<b><u>STEEL FELL (Club Champs)</u></b> Time Trial format in small groups (slowest first) from 6.45/7pm (tbc) Start point gate / path NY 329 098. Juniors welcome. <ul style="list-style-type: none"> <li>Training run options from A591 lay-by or same point</li> <li>Steel Fell / Green Burn Horseshoe / Tarn Crag extension</li> </ul>	Travellers’ Rest	Lay bys alongside A591
29/6/21	6.30pm	<b><u>Tilberthwaite</u></b> <ul style="list-style-type: none"> <li>Yewdale Common – Wetherlam – return or Steel Edge return</li> <li>Yewdale Common – Hole Rake – Red Dell path to Red Dell – Wetherlam – Tilberthwaite</li> </ul> Meet at Tilberthwaite car park	Tba/Rule? As most folk heading back that way?	Tilberthwaite car park
6/7/21	6.30pm	<b><u>Kentmere</u></b> <ul style="list-style-type: none"> <li>Race route</li> <li>Garburn – Sallows – Sour Howes</li> </ul> Meet at Institute by church	Watermill, Ings	Considerately at Institute on on surrounding lanes
13/7/21	6.30pm	<b><u>Torver</u></b> <ul style="list-style-type: none"> <li>Dow – Old Man</li> </ul> Meet in pub car park	Church House Inn, Torver	Church House Inn car park
20/7/21	6.30pm	<b><u>***PLEASE NOTE LATE CHANGE OF VENUE DUE TO COMMITTEE MEETING 8.30pm**</u></b> <b><u>Ambleside – Rothay Park footbridge</u></b> <ul style="list-style-type: none"> <li>Loughrigg</li> <li>Wansfell</li> <li>Fairfield Horseshoe</li> </ul>	Golden Rule, Ambleside	Ambleside town, Under Loughrigg Road

27/7/21	6.30pm	<p><b><u>UPHILL STICKLE CHALLENGE (Club Champs)</u></b>  Time Trial format first runners 6.45pm to summit Pavey Ark. Slowest runners first to allow group run from summit.</p> <ul style="list-style-type: none"> <li>• Training run options <ul style="list-style-type: none"> <li>• Part Langdale race route</li> <li>• Rossett Pike – Esk Hause – Esk Pike – Bow Fell – The Band</li> <li>• Blisco, Crinkles etc</li> </ul> </li> </ul>	Sticklebarn	NT car park at Sticklebarn
3/8/21	6.30pm	<p><b><u>3 Shires</u></b></p> <ul style="list-style-type: none"> <li>• Race route</li> <li>• Lingmoor – Blea Tarn – valley return</li> <li>• Wetherlam – Swirl How – Great Carrs – valley return</li> </ul>	3 Shires Pub	Considerately on road
10/8/21	6.30pm	<p><b><u>RED SCREES DOWNHILL (Club Champs)</u></b>  Mass start from Red Screes summit 7pm. Juniors welcome.</p> <ul style="list-style-type: none"> <li>• Ambleside Training run options: <ul style="list-style-type: none"> <li>• Scandale Pass loop</li> <li>• Red Screes Out &amp; Back</li> </ul> </li> </ul>	The Golden Rule	Under Loughrigg Road
17/8/21	6.30pm	<p><b><u>Queens Head Troutbeck</u></b></p> <ul style="list-style-type: none"> <li>• Wansfell loop</li> <li>• Ill Bell ridge – Beacon – valley return</li> </ul> <p>Green road to St Ravens' – Stony Cove – Troutbeck Tongue</p>	Queens Head, Troutbeck	By river or lay by at Troutbeck Church
24/8/21	6.30pm	<p><b><u>Patterdale</u></b></p> <ul style="list-style-type: none"> <li>• Grizedale Tarn – St Sunday – Arnison Crag</li> <li>• Ullswater shore path – Place Fell – Boredale Hause</li> </ul> <p>Meet Patterdale cricket club field</p>	Brotherswater Inn	Patterdale cricket club HBR field
31/8/21	6.30pm	<p><b><u>Hartsop</u></b></p> <ul style="list-style-type: none"> <li>• Endless lovely options!</li> <li>• HBMR relay reccies</li> </ul> <p>Meet at Hartsop village car park, sheepfold handover on HB relay</p>	Brotherswater Inn	Hartsop sheep fold car park
Saturday 4/9 – 25/9/21	9am	<p><b><u>AMBLESIDE PARK RUN (Club Champs)</u></b></p> <p>Any Saturday in September. Park Run organised race. Juniors welcome</p>		Ambleside

Saturday 4/9/21?	11am	<b><u>GRISEDAL HORSESHOE (Club Champs)</u></b>  FRA organised race – tbc if event is going ahead and exact date		Glenridding
7/9/21	6.15pm	<b><u>Ambleside</u></b> <ul style="list-style-type: none"> <li>• Scandale – Dove Crag – High Pike – Low Pike</li> <li>• Red Screes – Scandale</li> <li>• Red Screes – Scandale – Dove Crag</li> </ul> Meet Under Loughrigg Road	The Golden Rule	Under Loughrigg road
14/9/21	6.15pm	<b><u>3 Shires</u></b> <ul style="list-style-type: none"> <li>• Part race reccie</li> <li>• Greenburn Round</li> <li>• Lingmoor – Blea Tarn – Under Wetherlam</li> </ul> Meet on lane above 3 Shires pub	3 Shires Pub	Considerately on lane
21/9/21	6.00pm	TBA		
28/9/21	6.00pm	<b><u>Langdale- Langdale reccies</u></b> <ul style="list-style-type: none"> <li>• Blisco</li> <li>• Blisco – Blea Tarn loop</li> <li>• Blisco – Lingmoor</li> <li>• Stickle Tarn- Sgt Man –Tarn Crag</li> </ul> Meet NT car park at Sticklebarn	Sticklebarn	NT car park at Sticklebarn
5/10/21	6.00pm	<b><u>Drunken Duck</u></b> <ul style="list-style-type: none"> <li>• Black Crag – Tarn Hows – Iron Keld return</li> <li>• Stu S's magical mystery Tour de Latterbarrow</li> </ul> Meet in pub car park	Drunken Duck	Pub car park
12/10/21	6.00pm	<b><u>Staveley Mill Yard</u></b> <ul style="list-style-type: none"> <li>• Brunt Knott - Potter Fell</li> </ul> Meet in mill yard	Eagle & Child	Mill yard
19/10/21	6.00pm	<b><u>Badger Bar at Rydal</u></b> <ul style="list-style-type: none"> <li>• Loughrigg – Sil Howe</li> <li>• Nab Scar – Alcock Tarn – Sil Howe – Loughrigg</li> <li>• Nab Scar – Gt Rigg – coffin trail return</li> <li>• Loads trails</li> </ul> Meet on lane at Rydal	Badger Bar, Rydal	LDNPA car park at Pelter Bridge
26/10/21	6.00pm	<b><u>Ambleside</u></b> <ul style="list-style-type: none"> <li>• Steady group</li> <li>• Trail/fell run</li> </ul> Meet by primary school at park entrance	The Golden Rule	Under Loughrigg road/in village
2/11/21	6.00pm	<b><u>Ambleside</u></b> <ul style="list-style-type: none"> <li>• Steady group</li> <li>• Winter rep sessions begin</li> </ul> Meet by primary school at park entrance	The Golden Rule	Under Loughrigg road/in village

Nov		<p><b><u>KONG SERIES TWO RIGGS (Club Champs)</u></b></p> <p>FRA organised race – tbc if event is going ahead and exact date</p>		St.John in the Vale
Dec		<p><b><u>KIRKSTONE HANDICAP (Club Champs)</u></b></p> <p>Time Trial format. Road run. Juniors welcome</p>	Golden Rule	Ambleside