

Day	Date	Training Session	Route	Meeting Point	Run Lead(s)	Weekend Race/ROTY
Wednesday	11/10/2023	Speed Session	Otley nature rese	Buon Apps - Otley	Tanya/Sarah	withins
Wednesday	18/10/2023	Away Day HT	Temple Newsam	TBC	James Wynne	Fell Relays
Wednesday	25/10/2023	Away Day HT	Haloween Soup	Toms house	Tom Bell	
Wednesday	01/11/2023	Winter Handicap	Time Trial	Trinity Fitness	Tanya	
Wednesday	08/11/2023	Away Day HT	Golden Acre		Ed Smith	SAT: Post Hill or Burley Moor. SUN: PECO XC
Wednesday	15/11/2023	Speed Session	Southway	Trinity Fitness	Tanya	
Wednesday	22/11/2023	Away Day HT			Sarah Glover	
Wednesday	29/11/2023	Hill Session			Paul	SAT: Eskdale Eureka (ROTY) SUN: PECO XC
Wednesday	06/12/2023	Winter Handicap	Time Trial	Trinity Fitness	Tanya	
Wednesday	13/12/2023	Away Day HT			Tanya	SUN: PECO XC
Wednesday	20/12/2023	Speed Session			Paul	
Wednesday	27/12/2023	Away Day HT			Tanya	
Wednesday	03/01/2024	Winter Handicap	Time Trial	Trinity Fitness	Tanya	
Wednesday	10/01/2024	Hill Session			Paul	
Wednesday	17/01/2024	Speed Session			Tanya	SAT: Hoofstones (ROTY) SUN: PECO XC
Wednesday	24/01/2024	Away Day HT			Sarah Glover	
Wednesday	31/01/2024	Hill Session			Paul	
Wednesday	07/02/2024	Winter Handicap	Time Trial	Trinity Fitness	Tanya	SUN: PECO XC
Wednesday	14/02/2024	Away Day HT	Golden Acre	TBC	Ed Smith	
Wednesday	21/02/2024	Speed Session			Tanya	
Wednesday	28/02/2024	Away Day HT	Temple Newsam		James Wynne	
Wednesday	06/03/2024	Hill Session			Paul	
Wednesday	13/03/2024	Away Day HT			Tanya	
Wednesday	20/03/2024	Speed Session			Paul	
Wednesday	27/03/2024	Away Day HT	Calverley Woods	TBC	Martin Gebbitt	
Wednesday	03/04/2024	Chevin			Tanya	

Day	Date	Training Session	Route	Meeting Point	Distance	Run Lead(s)	Weekday race	Weekend Race/ROTY
Wednesday	12/04/2023	Steady Run	Jack Bloor Recc	White Wells	5 Miles	Tanya		
Wednesday	19/04/2023	Steady Run	Chevin	Surprise View	5 Miles	Tanya		Chevin parkrun Sat
Wednesday	26/04/2023	Steady Social Ru	Dick Hudson	White Wells	7 ish miles	Tanya		SAT: 3peaks/fellsman. Monday - Coiners(EOD and junior)
Wednesday	03/05/2023	Hill Session	Chevin	Surprise View	???	Paul	Mon - Coiners. Thurs - DH	Sunday - Addingham Gala
Wednesday	10/05/2023	Steady Run/race	Chevin or Lothe	Surprise View	4 Miles	Tanya or.....	Tuesday - JB Wednesday-lothe	Fairfield 13th
Wednesday	17/05/2023	Steady Run	Baildon Moor		???	Neil		Sat Charlesworth Chase Sun Calderdale way relay
Wednesday	24/05/2023	Steady Run	Chevin	Surprise View	5		tues - YVAA Kirk Thurs - Thats so	Austwick Amble Monday
Wednesday	31/05/2023	Hill Session	Chevin	Surprise View	???	Kat		Sat - PenYghent Champs race Sun - Kettlewell bofra
Wednesday	07/06/2023	Race	Chevin fell race	Otley	3	N/A	Weds - Chevin Thurs - Kettlewel Fri - Weets	Sat - Ennerdale
Wednesday	14/06/2023	Danefield practic	Mini speed sesh	Surprise View		Taskforce.		Sat - Buckden Pike
Wednesday	21/06/2023	Race	YVAA	Middleton Park	5	N/A	YVAA Middleton	Buttermere Sat
Wednesday	28/06/2023	Hill Session	Chevin	Surprise View	???	Kat		
Wednesday	05/07/2023	Steady Run	Chevin	Surprise View	4	Tanya		DANEFIELD WEEK Sat- wasdale/lothersdale show
Wednesday	12/07/2023	Steady Run	Goldenacre	Leeds Road Car	5	Ed	Tues YVAA	Kentmere Sunday
Wednesday	19/07/2023	Steady Run	Round Hill	Timble (LS21 2P	7	Tanya		
Wednesday	26/07/2023	Hill Session	Chevin	Surprise View	??	Kat		
Wednesday	02/08/2023	Steady Run	away run.	Burley Moor.	6 miles	Tanya.		Borrowdale Sat Sun - Round Hill
Wednesday	09/08/2023	Steady Run	Chevin	Surprise View	5		Tues - YVAA Pos Thurs - Kings Ch	Thurs Kings Challenge Sat - Arncliffe Gala
Wednesday	16/08/2023	Steady Run						Sat - Burnsall Classic Sedburgh Hills sun
Wednesday	23/08/2023	Steady Run	Otley	TBD		Sarah		
Wednesday	30/08/2023							Sat - blackshaw head Sun - Burnsall bofra
Wednesday	06/09/2023		chevin					
Wednesday	13/09/2023	Steady Run	baildon					Groovy Kinder Love Sat
Wednesday	20/09/2023	Steady Run	chevin					
Wednesday	27/09/2023	Steady social ch	Chevin					
Wednesday	04/10/2023	Steady Run - Bill	chevin					























