

Date	Day	Wed Summer Route	<--Wed summer meet point	
Mar-27	Sun			
Mar-30	Wed	Time Trial (winter training e	Rugby Club	
Apr-02	Sat			
Apr-03	Sun			
Apr-06	Wed	Lowther CP out/back	Rugby Club	
Apr-09	Sat			
Apr-10	Sun			
Apr-13	Wed	Yanwath & Redhills	Rugby Club	
Apr-16	Sat			
Apr-17	Sun			
Apr-20	Wed	Lowther & riverside	Askham Swimming Pool	
Apr-23	Sat			
Apr-24	Sun			
Apr-27	Wed	Glenderaterra & Lonscales	Blencathra Centre	
Apr-30	Sat			
May-01	Sun			
May-04	Wed	Stainton Dalemain Dacre	Traybakes, Redhills	
May-07	Sat			
May-08	Sun			
May-11	Wed	Gowbarrow	Aira Force CP	
May-14	Sat			
May-15	Sun			
May-18	Wed	Coombs Wood	Armathwaite Bridge	
May-21	Sat			
May-22	Sun			
May-25	Wed	Helton Fell/Arthurs etc	Helton Fell road	**Swapped from Jul 13 - Chips at E E
May-28	Sat			
May-29	Sun			
Jun-01	Wed	*****Blencathra Fell Race *****		
Jun-04	Sat			
Jun-05	Sun			
Jun-08	Wed	Patterdale - Silver Point	Glenridding	
Jun-11	Sat			
Jun-12	Sun			
Jun-15	Wed	Raven Beck & KO Common	Kirkoswald	
Jun-18	Sat			
Jun-19	Sun			
Jun-22	Wed	Glenderaterra / Latrigg	Blencathra Centre	
Jun-25	Sat			
Jun-26	Sun			
Jun-29	Wed	Bampton / Knipe Scar etc	Bampton Village Hall	
Jul-02	Sat			
Jul-03	Sun			
Jul-06	Wed	Culgaith / Skirwith etc	Culgaith School	
Jul-09	Sat			
Jul-10	Sun			
Jul-13	Wed	Souther Fell, Mungrisdale	Mungrisdale village	** Change - was Arthurs/Loadpot**
Jul-16	Sat			
Jul-17	Sun			
Jul-20	Wed	Dufton Pike	Dufton Village carpark	
Jul-23	Sat			
Jul-24	Sun			
Jul-27	Wed	Oddendale / Hardendale	Oddendale turning, right off Shap-Crosby R Rd	
Jul-30	Sat			
Jul-31	Sun			
Aug-03	Wed	High Rigg	St John's in the Vale DC	
Aug-06	Sat			
Aug-07	Sun			
Aug-10	Wed	Lowther Valley etc	Askham Swimming Pool	
Aug-13	Sat			
Aug-14	Sun			
Aug-17	Wed	Acorn Bank etc	Temple Sowerby	
Aug-20	Sat			
Aug-21	Sun			
Aug-23	Tues			
Aug-24	Wed	High Pike	Carrock Beck Ford, by Mosedale	
Aug-27	Sat			
Aug-28	Sun			
Aug-31	Wed	Hallin / Fusedale etc	Martindale Hause by the church	
Sep-03	Sat			
Sep-04	Sun			
Sep-07	Wed	Skipton Cup 5k	Frenchfield	Provisional date
Sep-10	Sat			
Sep-11	Sun			
Sep-14	Wed	Skipton Cup Hcap 1/3	Frenchfield	Provisional date
Sep-17	Sat			
Sep-18	Sun			
Sep-21	Wed	Skipton Cup Hcap 2/3	Frenchfield	Provisional date
Sep-24	Sat			
Sep-25	Sun			
Sep-28	Wed	Skipton Cup Hcap 3/3	Frenchfield	Provisional date
Oct-01	Sat			
Oct-02	Sun			
Oct-05	Wed	Winter training re-start	Rugby Club	
Oct-08	Sat			