

Allen Banks autumn social training run

Hi All

I've already posted this on the Club's Facebook page, so this is to ensure that those that aren't Facebook users also are aware of it.

For many years, I have organised an Autumn training run around the National Trust natural woodlands at Allen Banks, Plankey Mill and Staward Gorge.

I believe there are photos and a report in the archives sections of the NFR website if anyone would like to view them.

After missing last year due to COVID restrictions, we are "up and running" again for this year.

I know that this date will clash with the OMM for some of you, but it's hard to avoid a clash with something, when we only have a short timeframe to catch the woodlands in their autumn glory. The area was lovely yesterday when I did a recce and I daren't wait for another fortnight!

This year's details are: -

Sunday 31 October 2021

Start at 9.30 am from the Allen Banks National Trust car park, nr Bardon Mill. This is about 10 miles west from Hexham, and is signposted left between Haydon Bridge and Bardon Mill, off the A69. Allow about 35-40 minutes' drive from Denton Burn roundabout if you're heading from the Tyneside area.

Please arrive on time. I won't know who is going to come (unless you specifically tell me) so we won't hang around beyond the start time on the off-chance that someone else might happen to arrive.

Parking is free for NT members with their scanned membership card, but £2 (I think) for non-members.

The run has a social/inclusive theme, rather than being an eyeballs-out training run (but there are plenty of hills and mud for those that want to put a bit more effort into it!

The planned route will be similar to previous years and will be about 8-9 miles (13-14k), with up to around 1,500 feet (450m) of ascent/descent. We will run as a group, so allowing for varying paces and re-grouping, I would guess that we might be out for between 1 hr 40 and 2 hrs. We should be all done by no later than 11.30am.

The ground could be wet & muddy, so off road / fell / trail shoes are recommended.

Dogs are welcome - but please bring a lead too as there are a couple of sections where we might encounter livestock (or irate farmers ... one of which in particular you definitely wouldn't want to aggravate!)

Non-Club members, friends and members of other Clubs are very welcome to join us too.

Allen Banks is a wonderful place to walk, with lots of variety in options, so non-running spouses/partners/children/friends can easily come along and do their own thing if they wish, whilst we are running. Kim is unable to run, but will be walking around the woods whilst we run, and is

happy to “lead” a walk for anyone that wishes to join her. There is a link here for those that aren’t familiar with the area.

<http://www.nationaltrust.org.uk/allen-banks-and-staward-gorge/>

There is no café on-site at Allen Banks, but there are a couple of options available within a mile or two to adjourn afterwards for coffee and cakes somewhere, should people feel that they deserve it!

If anyone has any questions you can ring me on 07939 208041 (or just respond to this email, as others might have the same question!).

I hope you can join us.

Dexter