

Light Nights: We're Off-road

Not everyone is too bothered about our running environment but a significant number are: important though it is to train through the winter months- and enjoy it if possible- we have always welcomed the change to British Summer Time for out-of-stadium running.

It's surprising to many just how easy it is to reach rural surroundings from the stadium. Typical routes will take us perhaps through Herringthorpe Valley Park and Gibbing Greave Wood to Listerdale (more properly called 'Black Carr Woods') with it's wealth of wildlife. Or access from behind the Stag roundabout?

Taking a route via Whiston can soon have us into meows around Ulley Country park area or Pinch Mill and the early-season venture to Spa Well Farm and Guilthwaite Hill.

A treat in store awaits as soon as the rain stops when we run via Gibbing Greave to the middle of Listerdale and out up the hill to Dalton Magna, continuing up to the relatively new lake and look-out spot at Silverwood Colliery reclamation area. This has to be an early run these days as the planted woodland bursts into leaf and obscures the view! From the highest spot in the local area, you can see beyond Sheffield Townships, Kinder Scout, Black Hil, Holme Moss in west Yorkshire,



Barnsley and beyond, the Mexborough - Dearne Valley and power stations beyond Doncaster such as Drax and Thorpe Marsh.

The filthy early Spring weather has given us issues: the daffodils in Listerdale looked superb last Monday when we joined slower and middle groups for a visit, but they look a lot better in sunlight.

We are at least two weeks

behind last year in development and will probably see flowering seasons compressed together- which is a pity as daffodils then bluebells then may blossom and ramsons (wild garlic) is a nice progression. But we'll see.

Below: the view on Hollings Lane last April 7th (2017)

