**GROUP 2 TRAINING RUNS FOR APRIL 2024**

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| **Tuesday 2nd – Run Leader – Jonny**  **6.8 miles – Hebble Trail, canal and Albert Promenade**  Right out of Spring Hall to Shaw Lane (opposite the Shay) down to the Hebble Trail. At Salterhebble join the canal and on towards Sowerby Bridge. Leave the canal at The Navigation and then run all the way up Pye Nest Road and right on Rochdale Road. Down Skircoat Moor Road and right onto Albert Promenade. Left on Birdcage Lane then right down along Broomfield Avenue. Down Dryclough Lane and back to Spring Hall on Huddersfield Road. |
| **Thursday 4th – Run Leaders –**  **7.7 miles - Warley**  From Spring Hall turn right, up past Tescos on Free School Lane to King Cross. Turn left onto Burnley Road, turn right up Blackwall Lane, on Water Hill Lane, left onto Winterburn Lane, right onto Newland Road, onto Roils Head Road, along Gibbet Street and turn right down Warley Road to Kings Cross, back down Dryclough Lane, turn left back to Spring Hall. |
| **Tuesday 9th – Bunny Run – Fell League race** |
| **Tuesday 9th – Run Leader –**  **7.3 miles - Elland Bridge and Bird Cage Hill**  Down Huddersfield Road and up Jubilee Road. Through Exley to Elland Bridge. Over bridge and up Briggate, Victoria Lane to Long Wall. Go down to West Vale lights and onto Wakefield Road. Along to Woodhouse Lane up to Bird Cage and then down Dryclough Lane and back to Spring Hall on Huddersfield Road. |
| **Thursday 11th – Run Leader –**  **7.5 miles – Cromwell Bottom**  Left out of Spring Hall, down the main road and join the canal at the Watermill pub then on to the Barge and Barrel. Re-join the canal at the other side of Elland Bridge and onto Cromwell Bottom. Leave the canal here and go up to the main road (Park Road) and down to Barge and Barrel and back to the canal. Come up Salterhebble Trail (if light enough). |
| **Friday 12th – Sunday 14th – Ladies Bunk Barn** |
| **Sunday 14th – Manchester Marathon** |
| **Tuesday 16th – Run Leaders –**  **6.85 miles – Standard of Freedom, Willow Hall Lane, Arden Road**  Left out of Spring Hall cross over the road and right up Stafford Avenue. Left on Skircoat Green Road to the Standard of Freedom Pub. Along New Lane and then down Birdcage Hill. Up Scarr Bottom, Edwards Road, and up Pye Nest Road. Left on Rochdale Road and down to Willow Hall Lane. Up along Bairstow Lane to Burnley Road. Down Willowfield Road (carpet shop) and up Rochdale Road towards Tescos. Stay on the A58 to Swires Road and right on Arden Road to Saville Park Road. Across the moor to Skircoat Moor Road. Down Dryclough Lane and left on Huddersfield Road and back to Spring Hall. |
| **Thursday 18th – Run Leaders –**  **7 Miles Shibden Mill Inn**  Through town and over North Bridge. Under Godley Bridge to the Stump Cross Inn. Left up Kell Lane. Fork Left across the fields to Shibden Mill Inn. Up the track to Horley Green Rd. On Claremount Rd, down Range Lane to KFC. Down to Sainsbury’s Matalan & the Witches House. Under the bridges, left past the Shay and home. |
| **Sunday 21st – Roundhay Park 5k – Road Race Challenge race** |
| **Sunday 21st – London Marathon** |
| **Tuesday 23rd – Run Leaders – Andrea**  **6.8 miles – Andrea’s Ski Slope route.**  Right through town, over North Bridge then up to Godley Bridge. Follow Horley Green Rd then up Jerwood Hill Close onto the Snicket at the top. Follow the trail up to the Ski slope. At the top turn right onto Swailes Moor Road and onto Queensbury Road. Go down through Boothtown, on Charlestown Road to Matalan, up Church Street and back to Harriers past the Shay. |
| **Thursday 25th – Run Leaders –**  **7.2 miles –Northowram, Sarah’s Way ;0)**  Right from Harriers, through town and over North Bridge. Up New Bank then down to Stump Cross. Up Bradford Rd to 22 The Square, turn Left and round to Yew Tree. Left on Hall Lane, at the end turn left. Fork right at the top then left back down to Stump Cross returning to Harriers the way we came. |
| **Friday 26th – Harriers Quiz Night – FULLY BOOKED** |
| **Monday 29th – Committee Meeting, Kobenhavn 7pm, all welcome.** |
| **Tuesday 30th – Run Leaders –**  **7.2 miles-Bluebell Woods.**  Through town and over North Bridge. Up Beacon Hill and through Southowram to the cricket club. The bluebells should be in bloom as we go down through the woods to the main road Did you know that over 50% of the world’s bluebells are found here in the UK? Turn right to Elland bridge then along the canal and up the Hebble trail. |