**GROUP 2 TRAINING RUNS FOR MAY 2025**

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| **Thursday 1st – Run Leaders - Martin**  **5 Miles - Boothtown, Claremount, Water Lane**  Turn right out of Spring Hall and run on Skircoat Road past the baths and onto Commercial Street to the Broad Street junction. Turn right and continue around crossing North Bridge. Turn left up Haley Hill through Boothtown to Claremount Road. Run along until the end then right down New Bank. Cross wobbly bridge and back down to North Bridge. Left on Charlestown Road and to Matalan. Turn left on Bailey Hall Road (Behind Nestles) then up Water Lane & back to Harriers |
| **Sunday 4th - Melmerby 10k – Road Race Challenge race**  **Sunday 4th – Bluebell 10 – Fell League Challenge race** |
| **Tuesday 6th – Run Leaders – Martin**  **5 Miles (approx.) – By-pass to Elland Bridge & Canal**  Turn left out of the running club and run down Salterhebble and on the by-pass to Elland Bridge. Cross over and back on the canal, then Salterhebble Hill. |
| **Thursday 8th – Run Leader – Chris/Debbie**  **5 Miles (approx.) – Birdcage, Wakefield Road, Salterhebble**  Left from Spring Hall, down to hospital, up Dryclough then Skircoat Moor Road to Birdcage. Along Birdcage Lane & continuing down Birdcage Hill & Woodhouse Lane. Left onto Wakefield Road, then onto Huddersfield Road & back to Spring Hall. |
| **Monday 7th – Halifax Harriers Committee Meeting 7pm, Kobenhavn Bar, Halifax** |
| **Tuesday 13th – Run Leaders – Chris/Debbie**  **Angela Cowton Memorial Run**  Left from Spring Hall, down Huddersfield Road to the hospital, cross at the lights to go right up Dudwell Lane then past the Standard of Freedom and up New Lane. Turn right onto Birdcage Lane then left onto Albert Promenade. At the top cross the main road and follow the path at the top of Saville Park to Free School Lane. Turn Right down Free School Lane to Queen’s Gate, along Queen’s Gate then down Manor Heath Road, right onto Skircoat Green Road and into Manor Heath Park and up to Angela’s bench. |
| **Thursday 15th – Run Leader – Chris/Debbie**  **5.2 Miles – Canal, Copley, Wakefield Road**  Left from Harriers, down Salterhebble. On to Wakefield Road to Copley Data Centre then cross road to return on canal & back via Salterhebble Hill. |
| **Sunday 18th – Calderdale Way Relay** |
| **Tuesday 20th – Run Leaders – Jenny**  **5 Miles (approx.) – Siddal, Jubilee Road,**  Turn right out of Spring Hall and run on Skircoat Road past the baths and onto Commercial Street to the Broad Street junction. Turn right and continue round crossing North Bridge. Turn right & carry on past Matalan, round behind Nestle & up to Siddal. Turn right down Jubilee Road then up Salterhebble back to club. |
| **Thursday 22nd – Run Leaders – Jenny**  **5 Miles (approx.) – New Lane, Scarr Bottom, Carpet Shop, Tesco**  Left out of Harriers turn right up Stafford Avenue & left onto Skircoat Green Road to the Standard of Freedom Pub. Up New Lane and then down to Scarr Bottom and Edwards Road. Up Rochdale Road to Fire Station, on to Tesco and down Haugh Shaw Road to Huddersfield Road and back to Spring Hall. |
| **Tuesday 27th – Run Leaders – Chris/Debbie**  **5 Miles (approx.) – Canal to Elland Bridge & By-pass**  Turn left out of the running club and run down Salterhebble and on to canal to Elland Bridge. Cross over and back on the bypass, then Salterhebble Hill. |
| **Thursday 29th – Run Leaders – Chris/Debbie**  **5 Miles (approx.) – North Bridge, Siddal**  Run through town to North Bridge, back on Charlestown Road to Matalan and up behind Nestles. Through Siddal & down Jubilee Road, back up Salterhebble to Harriers. |