**GROUP 1/2 TRAINING RUNS FOR OCTOBER**

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| **Thursday 2nd – Run Leader – Chris/Debbie****5.25 Miles – Siddal, Jubilee Road, Dryclough, Skircoat Green 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 to traffic lights. Cross at lights and go past hospital & up Dryclough. Right at top onto Skircoat Green Road, continue onto Heath Road to horse & back to Harriers. |
| **Sunday 5th – Morley 10k – Road Race Challenge race** |
| **Monday 6th – Halifax Harriers AGM – 7pm Kobenhavn** |
| **Tuesday 7th – Road Circuits** |
| **Thursday 9th – Run Leader – Alan / Jenny St R / Clare****5.7 miles – Birdcage, Wakefield Road, Jubilee, Siddal**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. Up Jubilee, left at top & through Siddal, behind Nestle to Matalan. Up past Minster & back to Spring Hall. |
| **Tuesday 14th – Run Leader – Alan / Jenny St R****5.25 Miles – Boothtown and Lee Mount**Turn right out of Spring Hall and down Shaw Hill past the railway station and continue on to North Bridge. Cross North Bridge then turn left and run up Haley Hill through Boothtown. Turn left down Mill Lane and continue up until the road meets Ovenden Road. Turn left and then right across road, up Ovenden Way and almost immediately left on Wheatley Lane. Turn right and then at the top of the street, right again onto Wheatley Road. Continue down until it meets Shroggs Road. Sharp left and back past B&Q. At the mini roundabout take the right fork and run along Lee Bridge (past Dean Clough). At the end (North Bridge) turn right and retrace the route earlier – back on Winding Road and to Spring Hall. |
| **Thursday 16th – Run Leader – Alan / Jenny St R****5.7 miles – Warley Road**Left out of Harriers down to hospital, right onto Dryclough Lane. Continue onto Skircoat Moor Road up to the Fire Station. Up Warley Road to the top, left along Gibbet Street. Turn left down Stock Lane. Sharp left down Windle Royd Lane to Burnley Road. Cross Burnley Road (Carpet shop) and run on Willowfield Road until you get to Rochdale Road. Down Pye Nest and left on Edwards Road. Left up the Wakefield Gate and back down the side of Savile Park (with the park to the left), turn left on by Manor Heath and back to Spring Hall. |
| **Tuesday 21st – Road Circuits**  |
| **Thursday 23rd – Run Leader – Jenny St R / Jenny H****6.6 Miles – Northowram**Turn right out of Spring Hall and down Shaw Hill past the railway station and continue on Winding Road until it meets the Vue Cinema complex. Turn right & run across North Bridge then round to the right, over road & up Burdock Way. Go up Godley Road, continue onto Godley Lane. At lights, after Stump Cross Inn, take left fork onto Bradford Road. Continue on this road to St Matthews Church, Northowram. Turn around & return via same route back to North Bridge, then back to Harriers along Market Street, Union Street & through Shay Car Park. |
| **Saturday 25th – Race You to the Summit – Fell League race** |
| **Tuesday 28th – Run Leader – Clare / Jenny St R / 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. |
| **Thursday 30th – Run Leader – Martin / Jenny St R****6.1 Miles – West Vale and Holywell Green**Left out of Harriers and on Huddersfield Road down Salterhebble. Carry on to the mini roundabout and join the start of Stainland Road running to West Vale. Continue straight on up to Holywell Green Inn. Turn around, retracing steps back to Spring Hall. |