**GROUP 3 TRAINING RUNS FOR APRIL 2025**

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| **Tuesday 1st – 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  |
| **Thursday 3rd – Run Leader – Sarah****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. |
| **Monday 7th – Halifax Harriers Committee Meeting – 7pm, Kobenhavn** |
| **Tuesday 8th – Bunny Run 2 – Fell League race** |
| **Tuesday 8th – Run Leader – Andrea****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 10th – Run Leader – Jonny****6.8 miles - Elland Bridge, Hullenedge and Rookery Lane**Right towards The Shay and down though the mills to the Hebble Trail, keep on to the canal at The Watermill. On the canal to Elland Bridge. Over bridge and right up Saddleworth Road. Left up Long Wall and right up Hullenedge Road (past Overgate). Down Hullenedge Lane and Queen Street to West Vale lights. On Stainland Road to the mini roundabout. Up Salterhebble and back to Spring Hall. |
| **Sunday 13th – Flat Caps 10k – Senior Road Race Challenge race** |
| **Tuesday 15th – Run Leader – Jonny****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.  |
| **Thursday 17th – Run Leader – Sarah****7.2 miles – Holywell Green – Anti-Clockwise viaduct**Down to Salterhebble, on Stailand Road, Turn right up Clay House Lane. Cross the road and go over the viaduct ,re-join Stainland Road up to road to Station Pub at Holywell Green, left down Station Road, past Brooksbank School, through Elland to Elland Bridge, on canal back to Salterhebble, up Hebble Trail to Spring Hall. |
| **Tuesday 22nd – Run Leader – Jonny****6.8 miles Hipperholme.**Run through town to north Bridge. Up and over Godley Bridge and down past Shibden Hall. Continue up the Hill to the Pet Shop near Hipperholme. Turn Left at the top to Stump Cross, up the hill and under Godley Bridge. Down towards town, left on Charlestown Road to Matalan then left behind Nestles. Straight on at the witches’ house under the bridge then left back to base. |
| **Thursday 24th – Run Leader – Sarah****8.0 miles - Friendly (Raymond’s Fave)**Left out of Harrier then up Skircoat Moor Road to King Cross. Go along Burnley Road to Friendly. Cut back left down Rose Grove to Hollins Mill Lane. Run through Sowerby Bridge to the vets. All the way down Wakefield Road then left up Bankhouse Lane to the Hospital and back to base. |
| **Tuesday 29th – Run Leader - Jonny****7.5 miles – Cromwell Bottom-Duel Carriageway.**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 returning on the duel carriageway and Hebble Trail. |