**GROUP 3 TRAINING RUNS FOR AUGUST**

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| **Sunday 3rd – York 10k – Road Race Challenge race** |
| **Tuesday 5th – Run Leader – Jonny**  **7.3 miles - People’s Park.**  Up to the Chip Shop on the moor and on Arden Rd and through the lower part of the park. Up Hopwood Lane, Warley Rd, Gibbet St and Court Lane. Down to the old Websters Brewery and through Jack’s house to Hebble Lane. Past B&Q (Block & Quayle…yes that’s what it stands for). Through the bottom of town and the Shay car park to base. |
| **Thursday 7th – Run Leader – Jonny**  **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 12th – Run Leader – Jonny**  **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. |
| **Thursday 14th – Run Leader – Hannah**  This Run will form part of Hannah’s ‘Run Leader’ assessment so we would ask runners to arrive 10 minutes early. The time will allow Hannah to lead us through a light warm up.  **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. |
| **Sunday 17th – Piethorne 10k – Fell League race** |
| **Tuesday 19th – Run Leader – Jonny**  **7.1 miles – Doctor Hill (Warley)**  From Spring Hall run through town to B & Q. On Hebble Lane to Wood Lane and Doctor Hill. Back along Sandbeds Road, Highroyd Well Lane to Gibbet Street, down Warley Lane. Skircoat Moor Road onto Albert Promenade. Birdcage Lane, back to Skircoat Moor Road. Down Dryclough Lane and to Spring Hall on Huddersfield Road. |
| **Thursday 21st – Run Leader – Sarah**  **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. |
| **Tuesday 26th – Andrea**  **7.3 miles – Southowram – back via Exley and canal**  Right through town to North Bridge, up Beacon Road to Southowram, right on West Lane, down to Siddal. Turn left through Exley down to Elland Bridge. Come along the canal and up Salterhebble Hill. |
| **Tuesday 26th – Littleborough 5k – Road Race Challenge race** |
| **Thursday 28th – Run Leader – Sarah**  **7.1 miles. Sowerby Bridge-Canal & River**  Turn right out of Harriers and down the Hebble Trail. Follow the canal to Canal Road in Sowerby Bridge. Turn left and follow the trail that runs along the river to Copley Village, re-join the canal tow path and back up Salterhebble to Dudwell Lane, The Standard of Freedom, Man on Horse. |
| **Saturday 30th – Blackshaw Head Fete – Fell League race** |