**GROUP 3 TRAINING RUNS FOR JULY 2025**

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| **Tuesday 1st – Run Leader – Jonny****7.8 Miles – Sunnyvale**Through town and over North Bridge. Up over Godley Bridge then down Shibden Hall Rd to the bottom. Fork right down the footpath to the lake. Follow the trail to Walter Clough Ln. Turn left then left again on Suttcliffe wood lane to the Travellers Pub, down Halifax Old Rd then right up Break Neck. Turn left to Stump Cross, under Godley Bridge and back through town. |
| **Thursday 3rd – 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. |
| **Saturday 5th – Heptonstall Fell Race – Fell League race** |
| **Monday 7th – Harriers Committee Meeting – 7pm at the Kopenhavn– all welcome** |
| **Tuesday 8th – Run Leader – Jonny****7.6 miles – Norland** Left out of Spring Hall to West Vale. At the cross roads by West Vale primary school turn right up Rochdale Road. Then turn right to go up Hoults Lane, continue onto Scholes Lane. When you get to the cross roads, continue forwards down the track. At the end of the road turn right onto Turbury Lane. At the end turn right down New Clough Road at the end turn right onto Moor End Lane. Take a right shortly after onto Pickwood Lane then left onto Hollas Lane. Continue down to Wakefield Road. Along Wakefield Road and up Bank House Lane and back to Spring Hall. |
| **Thursday 10th – Run Leader – Sarah****7.25 miles – Canal and Tuel Lane**Turn left down Huddersfield Road. Onto the canal to Sowerby Bridge. Up Tuel Lane to Burnley Road. Right on Burnley Road to King Cross. Onto Tesco and down Haugh Shaw Road to Huddersfield Road and Springhall. |
| **Tuesday 15th –**  **Run Leader – Jonny****7.2 miles-Bluebell Woods.**Through town and over North Bridge. Up Beacon Hill and through Southowram to the cricket club. The bluebells will be long gone as we go down through the woods to the main road. Turn right to Elland bridge then along the canal and up the Hebble trail. |
| **Thursday 17th – Run Leader – Sarah****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.  |
| **Tuesday 22nd – Run Leader – Andrea****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. |
| **Thursday 24th – Run Leader – Jonny****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. |
| **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. |
| **Thursday 31st – Run Leader – Sarah****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 what was the 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. |