**GROUP 3 TRAINING RUNS FOR JUNE 2025**

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| **Sunday 1st – Northowram 5 Mile – Road Race Challenge race** |
| **Monday 2nd – Harrier Committee meeting 7pm – Kobenhavn – All welcome** |
| **Tuesday 3rd – Run Leader –** Jonny  **7 miles – Brackenbed**  From Spring Hall turn right, go up Free School Lane and continue up Warley Road until the road meets Gibbet Street. Turn left then right on to Sandhall Lane, the road then joins Highroad Well Lane, continue on Highroad Well turning right on to Pellon New Road and then down Brackenben Lane. Go up Long Lane turning on to Wheatley Road / Shroggs Road past B&Q to North bridge. Winding Road and back to Spring Hall. |
| **Tuesday 3rd – Hebden Bridge Fell race – Fell League race** |
| **Thursday 5th – Run Leader – Sarah**  **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. |
| **Tuesday 10th – Run Leader –** Andrea  **7.2 Miles – Ovenden, Shiny Sheep.**  From Spring Hall turn right go through town towards North Bridge. Turn right down onto Old Lane. Continue to the end then turn right on Keighley Road. Continue all the way to Morrison’s then turn left down Cousin Lane. Continue to the end (to the mini roundabouts) then turn right down Denfield Lane. Turn right on Wheatley Road, through Crossley’s car park, up the steps and past the shiny sheep, back through town to Spring Hall |
| **Thursday 12th – Run Leader – Jonny**  **7.0 miles – Northowram (Steep)**  From Spring Hall turn right go through town past the bowling alley towards North Bridge. Over north bridge and along Godley Road to Stump Cross pub. Turn left up Kell Lane, at Shibden Mill Inn turn right up Howes Lane. Through Northowram to the Queen Victoria pub on Bradford Road, turn right down Bradford Road back past Shibden and through town to Spring Hall. |
| **Tuesday 17th -**  **Harriers Summer Handicap**  The Harriers' Summer handicap is free to enter and will be 5 miles this year.  Register in the Cafe at the Track at 6.30pm to collect your number and handicap. The race will then start and finish on the Hebble Trail.  Trophy for the overall winner. |
| **Wednesday 18th June – Ogden Midsummer Madness** |
| **Thursday 19th – 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 24th – Run Leader – Andrea**  **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 26th – Run Leader – Jonny**  **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. |
| **Sunday 29th – Lindley 10k – Road Race Challenge race** |