**GROUP 3 TRAINING RUNS FOR SEPTEMBER**

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| **Monday 1st – Harriers EGM followed by Committee Meeting, 7pm Kopenhavn – All Welcome** |
| **Tuesday 2nd – 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. |
| **Thursday 4th – 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. |
| **Sunday 7th – Vale of York Half Marathon – Road Race Challenge race** |
| **Tuesday 9th - Halifax Harriers Club Championships Day 1 - OPEN TO ALL**  Could you be the Harriers next Olympian? Why not try something different tonight? This evening’s events for Seniors are 400m & 800m (ladies and men’s). Men’s Long Jump and Ladies Shot.  **Please come down at 6:30 to register.**  **Run Leader – Sarah**  **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. |
| **Thursday 11th – Halifax Harriers Club Championships Day 2 – OPEN TO ALL**  This evening’s events for Seniors include 100m & 3000m races, Ladies Long Jump & Men’s Shot.  **7.8 Miles – Sunnyvale**  **Run Leader – Jonny**  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. |
| **Tuesday 16th – Run Leader – Jonny**  **7.0 miles Shroggs, Cousin Lane.**  Through town and Crossley’s car park to B&Q. Turn right at the end of the green fence up the hill into Shroggs Park, go anti-clockwise and out left onto Wheatley Road. Right up Ramsden St and on Cousin lane. Down Keighley Road and down Old Lane. Back through town on Commercial St. |
| **Thursday 18th – 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. |
| **Sunday 21st – Stainland 10k – Fell League race** |
| **Tuesday 23rd – Run Leader – Sarah**  **7.5 miles – Cromwell Bottom (Jubilee)**  Left out of Spring Hall, down the main road and left up Jubilee Road. Continue past Siddal Rugby Club and onto Cromwell Bottom. Turn right at Oilswell and join the canal. Go back to Elland then Salterhebble, up the Hebble Trail and back to base. |
| **Thursday 25th – Run Leader – Hannah**  **6.7 miles – Claremount Road and Siddal**  Turn right out of Spring Hall and run through town to North Bridge. Up through Boothtown and right on Claremount Road. At the end cross wobbly bridge and back down to North Bridge. Left on Charlestown Road and to Matalan. Turn left on Bailey Hall Road (Behind Nestles) and run until it meets Siddal New Road (Stony Royd). Run along Siddal New Road until the junction with Jubilee Lane and turn down this lane to the bottom. Turn right up Salterhebble and cross over to Dudwel |
| **Sunday 28th – Wistow 10k – Road Race Challenge race** |
| **Tuesday 30th – 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. |