**GROUP 3 TRAINING RUNS FOR APRIL 2025**

|  |
| --- |
| **Tuesday 1st – Run Leader – Chris/Debbie at 7pm****5.6 Miles – New Lane, Scarr Bottom, Carpet Shop, Tesco**Left out of Harriers turn right up Stafford Avenue & left onto Skircoat Green Road to the Standard of Freedom Pub. Up New Lane and then down to Scarr Bottom and Edwards Road. Up to Rochdale Road and down to Willowfield and up to the carpet shop. Back on Burnley Road to Tesco and down Haugh Shaw Road to Huddersfield Road and back to Spring Hall. |
| **Thursday 3rd – No G1/2 run tonight, no Run Leaders available** |
| **Monday 7th – Halifax Harriers Committee Meeting – 7pm, Kobenhavn** |
| **Tuesday 8th – Bunny Run 2 – Fell League race** |
| **Tuesday 8th – Run Leader – Jenny St R / Michelle****5.7 miles – Birdcage, Wakefield Road, Jubilee, Siddal**Left from Spring Hall, down to hospital, up Dryclough then Skircoat Moor Road to Birdcage. Along Birdcage Lane & continuing down Birdcage Hill & Woodhouse Lane. Left onto Wakefield Road, then onto canal to bottom of Salterhebble. Up Jubilee, left at top & through Siddal, behind Nestle to Matalan. Up past Minster & back to Spring Hall |
| **Thursday 10th – No G1/2 run tonight, no Run Leaders available**  |
| **Sunday 13th – Flat Caps 10k – Senior Road Race Challenge race** |
| **Tuesday 15th – Run Leaders – Chris/Debbie****6.5 miles Viaduct, West Vale**Left on Huddersfield Road, down Salterhebble. On canal then onto Stainland Road to West Vale lights. Cross & go right to join footpath through woods, over viaduct then footpath to Green Lane. Along Long Heys then round to the right to join footpath & continue to The Rock pub. Double back on yourself and go through the Industrial Estate to Stainland Road and back to Springhall. |
| **Thursday 17th – Run Leaders – Chris/Debbie****5.45 Miles – Canal, Copley, Wakefield Road**Right out of Spring Hall to Shaw Lane (opposite the Shay) down to the Hebble Trail. At Salterhebble join the canal and on to Copley. Leave canal at Hollas Lane (Copley Data Centre) then back via Wakefield Road & Salterhebble Hill. |
| **Tuesday 22nd – Run Leaders – Chris/Debbie****6.4 miles – Warley Road reverse on trail opposite carpet shop**Right from club to cross at lights & up Free School Lane to King Cross. Down Burnley Road then turn right up the trail just after Windle Royd Lane. At the top turn right on Stock Lane, along Gibbet Street & down Warley Road. Down Skircoat Moor Road, Albert Prom, Birdcage Lane, across on Saville Park Road, then Manor Heath Road, Skircoat Green Road, & back to club. |
| **Thursday 24th – Run Leaders – Chris/Debbie****5 Miles – Exley and Siddal**Left from club, down Salterhebble & along bypass. Left up Exley Lane, on through Siddal. Left up Water Lane & left back to club. |
| **Tuesday 29th – Run Leaders – Chris/Debbie****6.25 Miles – Southowram, Siddal, Water Lane**Turn right out of Spring Hall, past the swimming baths and onto Commercial Street to Broad Street junction. Turn right and continue round crossing North Bridge. Run up Burdock Way towards Godley and right on Beacon Hill Road. Continue until you reach Bank Top in Southowram and carry straight on along Law Lane and then Towngate. Turn right up West Lane and carry on until starts to drop into Siddal. Down Park Lane past Park Lane school to the main road. Turn right towards Siddal and all the way on until Water Lane, then Shaw Hill back to the club. |