**GROUP 2 TRAINING RUNS FOR FEBRUARY 2025**

|  |
| --- |
| **Sunday 2nd Dewsbury 10k – Road Race Challenge race** |
| **Monday 3rd – Harriers Committee Meeting 7pm Kobenhavn – All welcome** |
| Tuesday 4th - Run Leader – Jenny St R / David P**5.8 Miles – West Vale and Siddal**Left out of Harriers, down Salterhebble and on to canal to join Wakefield Road mini roundabout. On the road to West Vale, left at traffic lights & up, across Elland Bridge and up Exley Lane, through Siddal and to the end.  Up Water Lane and left back to the club. |
| Thursday 6th – Run Leader – **5.25 Miles – Boothtown and Lee Mount**Turn right out of Spring Hall and down Shaw Hill past the railway station and continue on to North Bridge. Cross North Bridge then turn left and run up Haley Hill through Boothtown. Turn left down Mill Lane and continue up until the road meets Ovenden Road. Turn left and then right across road, up Ovenden Way and almost immediately left on Wheatley Lane. Turn right and then at the top of the street, right again onto Wheatley Road. Continue down until it meets Shroggs Road. Sharp left and back past B&Q. At the mini roundabout take the right fork and run along Lee Bridge (past Dean Clough). At the end (North Bridge) turn right and retrace the route earlier – back on Winding Road and to Spring Hall. |
| Tuesday 11th – Run Leader – Jenny St R / Jenny H / David P**6.6 Miles – Northowram**Turn right out of Spring Hall and down Shaw Hill past the railway station and continue on Winding Road until it meets the Vue Cinema complex. Turn right & run across North Bridge then round to the right, over road & up Burdock Way. Go up Godley Road, continue onto Godley Lane. At lights, after Stump Cross Inn, take left fork onto Bradford Road. Continue on this road to St Matthews Church, Northowram. Turn around & return via same route back to North Bridge, then back to Harriers along Market Street, Union Street & through Shay Car Park. |
| Thursday 13th – Run Leader – **6.1 Miles – West Vale and Holywell Green**Left out of Harriers and on Huddersfield Road down Salterhebble. On canal to lock-keepers then onto road to the mini roundabout and join the start of Stainland Road running to West Vale. Continue straight on up to Holywell Green Inn. Turn around, retracing steps back to Spring Hall. |
| **Sunday 16th – Midgley Moor – Senior Fell League race** |
| Tuesday 18th – Run Leader – Jenny St R / David P**5.6 miles – Warley Road, Burnley Road**Left out of Harriers down to hospital, right onto Dryclough Lane. Continue onto Skircoat Moor Road up to the Fire Station. Up Warley Road to the top, left along Gibbet Street. Turn left down Stock Lane. Sharp left down Windle Royd Lane to Burnley Road. Up Burnley Road to Tescos. Back down Haugh Shaw Road and Saville Road and Oxford Street and Huddersfield Road back to Spring Hall. |
| Thursday 20th - Run Leader – **5.1 Miles – Dryclough Lane, Birdcage, Wakefield Road** Left out of Harriers turn right up Dryclough Lane & onto Skircoat Moor Road. Turn left onto Birdcage Lane & continue down Birdcage Hill. Down Woodhouse Lane then right onto Wakefield Road. Turn right onto A58 Bolton Brow then continue on Pye Nest Road & right on to Rochdale Road. Run past Tesco onto Haugh Shaw Road & onto Saville Road and back to Harriers. |
| Tuesday 25th – Run Leader – Jenny St R / Jenny H / David P**6.5 miles – Carpet Shop (Burnley Road), Tuel Lane and back via Tesco**Turn left out of Harriers cross road and go up Stafford Road. Left onto Skircoat Green Road then right onto Skircoat Moor Road up to the Fire Station. Down Rochdale Road to Willowfield Road, up to Burnley Road (Carpet shop). Left down Burnley Road to Tuel Lane, left at Beech Road on to Wood Nook Lane, Dam Head Road. Turn up Rochdale Road to Tesco’s, down Haugh Shaw Road, Saville Road to Huddersfield Road and back to Spring Hall. |
| Thursday 27th – Run Leader – **5.25 Miles – Siddal, Jubilee Road, Dryclough, Skircoat Green Road**Turn right out of Spring Hall and run on Skircoat Road past the baths and onto Commercial Street to the Broad Street junction. Turn right and continue round crossing North Bridge. Turn right & carry on past Matalan, round behind Nestle & up to Siddal. Turn right down Jubilee Road then up Salterhebble to traffic lights. Cross at lights and go past hospital & up Dryclough. Right at top onto Skircoat Green Road, continue onto Heath Road to horse & back to Harriers. |
| **Friday 28th – Annual Quiz Night** |