**GROUP 2 TRAINING RUNS FOR OCTOBER**

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| **Tuesday 1st – 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. |
| **Thursday 3rd – Run Leader – Chris/Debbie**  **6 miles – Exley with West Vale & Skircoat Green Road**  Turn left out of Spring Hall, down Salterhebble. Turn left up Jubilee Road, right onto Backhold Lane and continue to Exley Bank Top and down Exley Lane. Under the subway, across Elland Bridge and right on Saddleworth Road. Continue to West Vale, right at the traffic lights along Stainland Road to the mini roundabout. Up Bank House Lane to the Hospital & up Dryclough Lane. At the junction turn right onto Skircoat Green Road. Carry on until it meets Huddersfield Road at the horse and turn right back to Spring Hall. |
| **Sunday 6th – Hopton 10k – Fell League race**  **Sunday 6th – Morley 10k – Road Race Challenge race** |
| **Tuesday 8th – Run Leader – Chris/Debbie**  **6.4 Miles - Siddal, Claremount, Boothtown**  Left out of Harriers down Salterhebble and turn left up Jubilee Road. Left through Siddal and turn right by Nestle / Stony Royd and round the back of Nestle to Matalan. On Charlestown Road and turn right up Godley. Cross wobbly bridge, up New Bank and then turn left onto Claremount Road. Run to end and left down through Boothtown. Cross North Bridge, through town to Harriers. |
| **Thursday 10th – Run Leader – Jenny/Jenny**  **5.25 Miles – Birdcage, Albert Promenade, Carpet Shop**  Left out of Harriers down to hospital then right up Dryclough Lane. Continue onto Skircoat Moor Road, left onto Birdcage and right on to Albert Promenade. Continue up to Fire Station. Down Rochdale Road and right onto Willowfield Road up to Burnley Road (Carpet shop). Right on Burnley Road to Tescos. Back down Haugh Shaw Road and Saville Road and Oxford Street and Huddersfield Road back to Spring Hall. |
| **Monday 14th – Harrier Committee Meeting 7pm Kobenhavn – All Welcome** |
| **Tuesday 15th – Run Leader – Keith**  **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. |
| **Thursday 17th – Run Leader – Keith**  **5 Miles - Boothtown, Claremount, Water Lane**  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 around crossing North Bridge. Turn left up Haley Hill through Boothtown to Claremount Road. Run along until the end then right down New Bank. Cross wobbly bridge and back down to North Bridge. Left on Charlestown Road and to Matalan. Turn left on Bailey Hall Road (Behind Nestles) then up Water Lane & back to Harriers. |
| **Tuesday 22nd – Run Leader – Keith**  **5.6 Miles – West Vale and Siddal**  Left out of Harriers, down Salterhebble and under the underpass on to the canal to the 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 24th – Run Leader – Chris/Debbie**  **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. |
| **Saturday 26th – Race You to the Summit – Fell League race** |
| **Tuesday 29th – Run Leader – Jenny/ Jenny**  **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 31st – Run Leader – Jenny**  **6.1 Miles – West Vale and Holywell Green**  Left out of Harriers and on Huddersfield Road down Salterhebble. Carry on 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. |