**GROUP 2 TRAINING RUNS FOR SEPTEMBER**

|  |
| --- |
| **Monday 1st – Harriers EGM followed by Committee Meeting, 7pm Kopenhavn – All Welcome** |
| **Tuesday 2nd – Run Leader - Clare**  **5 Miles - Siddal and Exley**  Turn right out of the running club and run down past the Shay & right down Water Lane. Turn right and run through Siddal and Exley, dropping down Exley Lane and back on the bypass to the club via Salterhebble Hill. |
| **Thursday 4th – Run Leader – Clare**  **5.2 Miles – Canal, Copley, Wakefield Road**  Left from Harriers, down Salterhebble. On to canal to Copley Data Centre then cross road to return on Wakefield Road & back via Salterhebble Hill. |
| **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.** |
| **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. |
| **Tuesday 16th – Run Leader – Alan**  **5 Miles (approx.) - 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 and back to Harriers. |
| **Thursday 18th – Run Leader – Alan**  **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. |
| **Sunday 21st – Stainland 10k – Fell League race** |
| **Tuesday 23rd – Run Leader – Alan**  **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 Huddersfield Road. Up Jubilee, left at top & through Siddal, behind Nestle to Matalan. Up past Minster & back to Spring Hall. |
| **Thursday 25th – No Run Leader available**  **5.7 miles – Warley 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. Cross Burnley Road (Carpet shop) and run on Willowfield Road until you get to Rochdale Road. Down Pye Nest and left on Edwards Road. Left up the Wakefield Gate and back down the side of Savile Park (with the park to the left), turn left on by Manor Heath and back to Spring Hall.. |
| **Sunday 28th – Wistow 10k – Road Race Challenge race** |
| **Tuesday 30th – Run Leader – Chris / Debbie**  **5.8 miles Viaduct, Holywell Green, West Vale**  Left on Huddersfield Road, down Salterhebble. On to mini roundabout & then West Vale lights. Cross & go right to join footpath through woods, over viaduct then footpath to Green Lane. Turn left on Green Lane and go down Saddleworth Road to Elland Bridge. On the canal to Salterhebble and back up Huddersfield Road to the Harriers. |