**GROUP 3 TRAINING RUNS FOR DECEMBER**

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| **Sunday 1st – Myerscough 10 mile – Race Challenge race** |
| **Monday 2nd – Committee Meeting 7pm, Kobenhavn, Halifax – All welcome** |
| **Tuesday 3rd –** **Run Leader – Jonny**  **7.1 miles - Northowram**  From Spring Hall turn right go through town and over North Bridge. Run up Godley Road to Stump Cross pub. Turn left up Kell Lane, at Shibden Mill Inn turn right up Howes Lane. Through Northowram to the former Queen Victoria pub on Bradford Road, turn right down Bradford Road back past Shibden and through town past the wool shops to Spring Hall. |
| **Thursday 5th – Run Leader – Jonny**  **7.0 miles - Holywell Green (anti-clockwise)**  Down to Salterhebble and on Stainland Road to West Vale lights. Up through West Vale to Holywell Green. Down Station Road. Down past Brooksbank School and onto Long Wall. Back to West Vale and on Stainland Road and up Salterhebble. |
| **Friday 6th- Halifax Harriers Christmas Night Out** |
| **Tuesday 10th – Run Leader – Andrea**  **5.8 Miles Wakefield Road – Christmas Handicap route**  Left out of Spring Hall and turn right up Heath Royd, Skircoat Green Road, Skircoat Moor Road. Turn left onto Birdcage Lane and left around Broomfield Avenue. Turn right down Skircoat Moor Road and turn right onto Skircoat Green Road. Down Copley Lane and at the traffic lights at the bottom, turn right along Wakefield Road until the end. Turn right at Bolton Brow and then Pye Nest Road and right on Edwards Road until you reach Wakefield Gate. Run up the hill to the top of Savile Park, and cross to the other side of Savile Park, down Free School Lane and continue down to the bottom. Back to Spring Hall. |
| **Thursday 12th – Run Leader – Jonny**  **7.8 miles - Friendly (Short)**  Left out of Harrier then up Skircoat Moor Road to King Cross. Go along Burnley Road to Friendly. Left down Timmey (opposite chip shop) to Hollins Mill Lane. Run through Sowerby Bridge to the vets. All the way down Wakefield Road then left up Bankhouse Lane to the Hospital and back to base. |
| **Tuesday 17th – Santa Hat Run - All road running groups run together.**  Run through town to North Bridge, back on Charlestown Road to Matalan and up behind Nestles. Through Siddal & down Jubilee Road.  Shorter option - back up Salterhebble to Harriers.  Longer option – up Salterhebble to lights, cross over & up Dudwell Lane, right onto Skircoat Green Road, Heath Road to horse & back to Harriers.  **Don’t forget your Santa hat!** |
| **Thursday 19th – Run Leader – Jonny**  **7 miles – Brackenbed**  From Spring Hall turn right, go up Free School Lane and continue up Warley Road until the road meets Gibbet Street. Turn left then right on to Sandhall Lane, the road then joins Highroad Well Lane, continue on Highroad Well turning right on to Pellon New Road and then down Brackenben Lane. Go up Long Lane turning on to Wheatley Road / Shroggs Road past B&Q to North bridge. Winding Road and back to Spring Hall. |
| **Sunday 22nd - Christmas Handicap – meet at the Chippy on the moor at 10:30 ready to run at 11:00.** |
| **Tuesday 24th – No Training** |
| **Thursday 26th – No Training** |
| **Saturday 28th – Coley Canter – Fell League race** |
| **Tuesday 31st – No Training** |