**GROUP 3 TRAINING RUNS FOR FEBRUARY 2025**

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| **Sunday 2nd Dewsbury 10k – Road Race Challenge race** |
| **Monday 3rd – Harriers Committee Meeting 7pm Kobenhavn – All welcome** |
| Tuesday 4th - Run Leader – Jonny  **7.2 Miles - Ovenden**  From Spring Hall turn right go through town to the near side of North Bridge. Turn right down onto Old Lane. Continue to the end then turn right on Keighley Road. Continue all the way to Morrisons then turn left down Cousin Lane. Continue to the end (to the mini roundabouts) then turn right down Denfield Lane. Turn right on Wheatley Road, back through town to Spring Hall |
| Thursday 6th – Run Leader – Sarah  **6.8 miles – Ploughcroft Lane to Ski Slope.**  Right through town, over North Bridge and through Boothtown to Ploughcroft Lane (the road after Claremount Road). At the top turn left onto Swailes Moor Road and onto Queensbury Road. Go down through Boothtown, on Charlestown Road to Matalan, up Church Street and back to Harriers past the Shay. |
| Tuesday 11th – Run Leader – Jonny  **6.8 miles Hipperholme.**  Run through town to north Bridge. Up and over Godley Bridge and down past Shibden Hall. Continue up the Hill to the Pet Shop near Hipperholme. Turn Left at the top to Stump Cross, up the hill and under Godley Bridge. Down towards town, left on Charlestown Road to Matalan then left behind Nestles. Straight on at the witches’ house under the bridge then left back to base. |
| Thursday 13th – Run Leader – Jonny  **7.8 miles - Friendly Reverse**  Run on Skircoat past the hospital and right down Chapel Lane. Right up Wakefield Rd to the Vets. Through Sowerby Bridge and right on Hollins Mill Lane. Right up Timmey Lane to the Chip Shop. Right to King Cross. Down Skircoat Moor Road to the hospital then left back to base. |
| **Sunday 16th – Midgley Moor – Senior Fell League race** |
| Tuesday 18th – Run Leader – Sarah  **7.2 miles - Exley via West Vale**  Cross the road from Spring Hall and go up Heath Road and left onto Skircoat Green Road. Onto Dudwell Lane and back down to Salterhebble Hill. Run onto West Vale traffic lights. Up Rochdale Road and down Elland Bridge. At Barge and Barrel go through Tunnel and then up Exley Lane through Siddal. Turn right at Water Lane and go past Nestles to Matalan. Up Church Street and past the Shay back to Spring Hall. |
| Thursday 20th - Run Leader – Jonny  **7.0 miles – Northowram (Steep)**  From Spring Hall turn right go through town past the bowling alley towards North Bridge. Over north bridge and along Godley Road to Stump Cross pub. Turn left up Kell Lane, at Shibden Mill Inn turn right up Howes Lane. Through Northowram to the Queen Victoria pub on Bradford Road, turn right down Bradford Road back past Shibden and through town to Spring Hall. |
| Tuesday 25th – Run Leader – Andrea  **6.8 miles – Carpet Shop (Burnley Road) and back via Tescos**  Right out of Harriers to Free School Lane. Up to Fire Station. Down Rochdale Road to Willowfield, up to Burnley Road (Carpet shop). On to Tuel Lane, left at Beech Road and on to Bolton Brow. Down to mini roundabout and then up Pye Nest Road past Alarm shop and onto Tesco. Come down Haugh Shaw Lane and back to Spring Hall. |
| Thursday 27th – Run Leader – Sarah  **7.1 miles – Southowram-Siddal**  From Spring Hall turn right go through town and over North Bridge. Turn right onto Beacon Road to Southowram. At the top turn right onto Law Lane, down to Siddal, right through Siddal. Turn right to go round the back of Nestle then to the railway station car park and back to Spring Hall. |
| **Friday 28th – Annual Quiz Night** |