**GROUP 3 TRAINING RUNS FOR JANUARY 2025**

**HAPPY NEW YEAR!**

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| Thursday 2nd – Run Leader –  **Club Closed.**  **Potential Unofficial Run Starting from the Chip shop.** |
| **Monday 6th – Committee Meeting 7pm, Kobenhavn, Halifax – All welcome** |
| Tuesday 7th – 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 9th – 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. |
| **Sunday 12th – Stanbury Splash – Fell League race** |
| Tuesday 14th – Run Leader – Andrea  **7.1 miles - Tuel Lane and back on Wakefield Road**  Up to King Cross via Manor Heath Road, on Burnley Road to Tuel Lane. Down Tuel Lane, left through Sowerby Bridge. Turn right along Wakefield road, at the end turn left up onto Huddersfield Road and back to Spring Hall. |
| Thursday 16th – Run Leader – Jonny  **7.3 miles – Southowram – back via Exley and Dual Carriageway**  Right through town to North Bridge, up Beacon Road to Southowram, right on West Lane, down to Siddal. Turn left through Exley down to Elland Bridge. Come along the dual carriageway and up Salterhebble Hill. |
| Tuesday 21st – Run Leader – Jonny  **7.2 miles –Northowram, Sarah’s Way ;0)**  Right from Harriers, through town and over North Bridge. Up New Bank then down to Stump Cross. Up Bradford Rd to 22 The Square, turn Left and round to Yew Tree. Left on Hall Lane, at the end turn left. Fork right at the top then left back down to Stump Cross returning to Harriers the way we came. |
| Thursday 23rd – Run Leader – Sarah  **6.85 miles – Standard of Freedom, Willow Hall Lane, Arden Road**  Left out of Spring Hall cross over the road and right up Stafford Avenue. Left on Skircoat Green Road to the Standard of Freedom Pub. Along New Lane and then down Birdcage Hill. Up Scarr Bottom, Edwards Road, and up Pye Nest Road. Left on Rochdale Road and down to Willow Hall Lane. Up along Bairstow Lane to Burnley Road. Down Willowfield Road (carpet shop) and up Rochdale Road towards Tescos. Stay on the A58 to Swires Road and right on Arden Road to Saville Park Road. Across the moor to Skircoat Moor Road. Down Dryclough Lane and left on Huddersfield Road and back to Spring Hall. |
| **Friday 24th – Sunday 26th – Men’s Bunk Barn Weekend** |
| **Sunday 26th – Meltham 10k – Road Race Challenge race** |
| Tuesday 28th – Run Leader – Jonny  **7.1 miles – Doctor Hill (Warley)**  From Spring Hall run through town to B & Q. On Hebble Lane to Wood Lane and Doctor Hill. Back along Sandbeds Road, Highroyd Well Lane to Gibbet Street, down Warley Lane. Skircoat Moor Road onto Albert Promenade. Birdcage Lane, back to Skircoat Moor Road. Down Dryclough Lane and to Spring Hall on Huddersfield Road. |
| Thursday 30th – Run Leader – Jonny  **7.0 miles- Claremount- Lee Mount**  Right through town to North Bridge. Up towards Godley Bridge turning left on Claremount Rd. Follow to the end crossing Boothtown Rd. Down Hall St North and Mill Lane. Right on Old Lane to the A629. Turn Left before turning right up Ovenden Way. First Left up Wheatley Ln, at the end turn left down Shroggs Rd to B&Q. Right down Lee Bridge back to town. Left past timeform then left down to Matalan and past Nestle. Straight on at the Witches house and left back to Harriers. |