**GROUP 3 TRAINING RUNS FOR MARCH 2025**

|  |
| --- |
| **Monday 3rd – Harriers Committee Meeting 7pm, Kobenhavn, Halifax – All Welcome** |
| Tuesday 4th – Run Leader – Andrea**7.7 miles - Warley**From Spring Hall turn right, up past Tescos on Free School Lane to King Cross. Turn left onto Burnley Road, turn right up Blackwall Lane, on Water Hill Lane, left onto Winterburn Lane, right onto Newland Road, onto Roils Head Road, along Gibbet Street and turn right down Warley Road to Kings Cross, back down Dryclough Lane, turn left back to Spring Hall. |
| Thursday 6th – Run Leader – Sarah**6.7 miles – Claremount Road and Siddal** Turn right out of Spring Hall and run through town to North Bridge. Up through Boothtown and right on Claremount Road. At the end cross wobbly bridge and back down to North Bridge. Left on Charlestown Road and to Matalan. Turn left on Bailey Hall Road (Behind Nestles) and run until it meets Siddal New Road (Stony Royd). Run along Siddal New Road until the junction with Jubilee Lane and turn down this lane to the bottom. Turn right up Salterhebble and cross over to Dudwell Lane. All the way along Skircoat Moor Road to the Tesco and then double back on Huddersfield Road to Spring Hall. |
| Tuesday 11th – Run Leader – Sarah**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**7.1 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. |
| Tuesday 18th – 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. |
| Thursday 20th – Run Leader – Jonny **7.5 miles – Morrisons via B & Q**From Spring Hall run through town to B & Q. On Shroggs Road and turn right up Ramsden Street. Continue to end and go right onto Cousin Lane to Morrison’s. Cross main road (A629) and run down to first left onto Beechwood Road. Right at the bottom on Shay Lane and back to A629. Down to Broad Tree Road and right onto Old Lane. Back through town to Spring Hall. |
| **Sunday 23rd – Heptonstall Fell race – Fell League race** |
| Tuesday 25th – Run Leader – Andrea**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 27th – Run Leader – Jonny**7.3 miles - Elland Bridge and Bird Cage Hill**Down Huddersfield Road and up Jubilee Road. Through Exley to Elland Bridge. Over bridge and up Briggate, Victoria Lane to Long Wall. Go down to West Vale lights and onto Wakefield Road. Along to Woodhouse Lane up to Bird Cage and then down Dryclough Lane and back to Spring Hall on Huddersfield Road.  |
| **Friday 28th – Senior & Junior Presentation Night** |
| **Sunday 30th – Keighley 5k – Senior Road Race Challenge race** |