**GROUP 3 TRAINING RUNS FOR MAY 2025**

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| **Thursday 1st – Run Leaders - Sarah**  **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. |
| **Sunday 4th - Melmerby 10k – Road Race Challenge race**  **Sunday 4th – Bluebell 10 – Fell League Challenge race** |
| **Tuesday 6th – Run Leaders – Jonny**  **7.0 miles Shroggs, Cousin Lane.**  Through town and Crossley’s car park to B&Q. Turn right at the end of the green fence up the hill into Shroggs Park, go anti-clockwise and out left onto Wheatley Road. Right up Ramsden St and on Cousin lane. Down Keighley Road and down Old Lane. Back through town on Commercial St. |
| **Thursday 8th – Run Leader – Jonny**  **7.2 miles-Bluebell Woods.**  Through town and over North Bridge. Up Beacon Hill and through Southowram to the cricket club. The bluebells should be in full bloom as we go down through the woods to the main road Did you know that over 50% of the world’s bluebells are found here in the UK? Turn right to Elland bridge then along the canal and up the Hebble trail. |
| **Monday 7th – Halifax Harriers Committee Meeting 7pm, Kobenhavn Bar, Halifax** |
| **Tuesday 13th – Run Leaders – Andrea**  **Angela Cowton Memorial Run**  Left from Spring Hall, down Huddersfield Road to the hospital, cross at the lights to go right up Dudwell Lane then past the Standard of Freedom and up New Lane. Turn right onto Birdcage Lane then left onto Albert Promenade. At the top cross the main road and follow the path at the top of Saville Park to Free School Lane. Turn Right down Free School Lane to Queen’s Gate, along Queen’s Gate then down Manor Heath Road, right onto Skircoat Green Road and into Manor Heath Park and up to Angela’s bench. |
| **Thursday 15th – Run Leader – Jonny**  **7.6 miles – Norland**  Left out of Spring Hall to West Vale. At the cross roads by West Vale primary school turn right up Rochdale Road. Then turn right to go up Hoults Lane, continue onto Scholes Lane. When you get to the cross roads, continue forwards down the track. At the end of the road turn right onto Turbury Lane. At the end turn right down New Clough Road at the end turn right onto Moor End Lane. Take a right shortly after onto Pickwood Lane then left onto Hollas Lane. Continue down to Wakefield Road. Along Wakefield Road and up Bank House Lane and back to Spring Hall. |
| **Sunday 18th – Calderdale Way Relay** |
| **Tuesday 20th – Run Leaders – Sarah**  **7.1 miles. Sowerby Bridge-Canal & River**  Turn right out of Harriers and down the Hebble Trail. Follow the canal to Canal Road in Sowerby Bridge. Turn left and follow the trail that runs along the river to Copley Village, re-join the canal tow path and back up Salterhebble to Dudwell Lane, The Standard of Freedom, Man on Horse. |
| **Thursday 22nd – Run Leaders – Jonny**  **7.8 Miles – Sunnyvale**  Through town and over North Bridge. Up over Godley Bridge then down Shibden Hall Rd to the bottom. Fork right down the footpath to the lake. Follow the trail to Walter Clough Ln. Turn left then left again on Suttcliffe wood lane to the Travellers Pub, down Halifax Old Rd then right up Break Neck. Turn left to Stump Cross, under Godley Bridge and back through town. |
| **Tuesday 27th – Run Leaders – Andrea**  **6.8 miles – Andrea’s Ski Slope route.**  Right through town, over North Bridge then up to Godley Bridge. Follow Horley Green Rd then up Jerwood Hill Close onto the Snicket at the top. Follow the trail up to the Ski slope. At the top turn right 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. |
| **Thursday 29th – Run Leaders – Sarah**  **7.5 miles – Cromwell Bottom-Duel Carriageway.**  Left out of Spring Hall, down the main road and join the canal at the Watermill pub then on to the Barge and Barrel. Re-join the canal at the other side of Elland Bridge and onto Cromwell Bottom. Leave the canal here and go up to the main road (Park Road) and down to Barge and Barrel returning on the duel carriageway and Hebble Trail. |