**GROUP 3 TRAINING RUNS FOR OCTOBER**

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| **Tuesday 1st – Run Leader – Sarah**  **7.2 Miles - Ovenden**  From Spring Hall turn right go through town towards North Bridge. Turn right down onto Old Lane. Continue to the end then turn right on Keighley Road. Continue all the way to Morrison’s 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 3rd – Run Leader – Sarah**  **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. |
| **Sunday 6th – Hopton 10k – Fell League race**  **Sunday 6th – Morley 10k – Road Race Challenge race** |
| **Tuesday 8th – 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. |
| **Thursday 10th – 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. |
| **Monday 14th – Harrier Committee Meeting 7pm Kobenhavn – All Welcome** |
| **Tuesday 15th – Run Leader – Sarah**  **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. |
| **Thursday 17th – Run Leader – Jonny**  **7.3 miles - People’s Park.**  Up to the Chip Shop on the moor and on Arden Rd and through the lower part of the park. Up Hopwood Lane, Warley Rd, Gibbet St and Court Lane. Down to the old Websters Brewery and through Jack’s house to Hebble Lane. Past B&Q (Block & Quayle…yes that’s what it stands for). Through the bottom of town and the Shay car park to base. |
| **Tuesday 22nd – 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 24th – Run Leader – Sarah**  **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. |
| **Saturday 26th – Race You to the Summit – Fell League race** |
| **Tuesday 29th – 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. |
| **Thursday 31st – 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. |