**GROUP 3 TRAINING RUNS FOR OCTOBER**

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| **Thursday 2nd – 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. |
| **Sunday 5th – Morley 10k – Road Race Challenge race** |
| **Monday 6th – Halifax Harriers AGM – 7pm Kobenhavn** |
| **Tuesday 7th – 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 9th – Run Leader – Hannah****6.2 miles – Warley Road and Wakefield Gate**Left out of Harriers onto Stafford Road.  Turn right up the side of Savile Park to the Fire Station.  Up Warley Road to the top (where it comes to Gibbet Street).  Turn left down Stocks Lane and left down Windle Royd Lane to Burnley Road.  Cross Burnley Road to the carpet shop and then go down Willowfield to Rochdale Road.  Round Pye Nest to Edwards Road and up Wakefield Gate. Down past the Firestation and right on Albert Promenade. Down Broomfield and then onto Dryclough Lane and back to Spring Hall on Huddersfield Road  |
| **Tuesday 14th – 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. |
| **T hursday 16th – 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. |
| **Tuesday 21st – 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 23rd – Run Leader – Hannah****7.2 Miles – Ovenden, Shiny Sheep.**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, through Crossley’s car park, up the steps and past the shiny sheep, back through town to Spring Hall |
| **Saturday 25th – Race You to the Summit – Fell League race** |
| **Tuesday 28th – Run Leader – Jonny****7 miles – Brackenbed**From Spring Hall turn right, go up Free School Lane and continue up Warley Road until the road meets Gibbet Street. Turn left then right on to Sandhall Lane, the road then joins Highroad Well Lane, continue on Highroad Well turning right on to Pellon New Road and then down Brackenben Lane. Go up Long Lane turning on to Wheatley Road / Shroggs Road past B&Q to North bridge. Winding Road and back to Spring Hall. |
| **Thursday 30th – Run Leader – Sarah****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.  |