

## GROUP 4 TRAINING RUNS FOR June 2022

645pm

Wednesday 1<sup>st</sup> -Otley Chevin- Senior Fell Challenge 19:30

Thursday 2nd– Run Leader –Ryan

### 13.5k- Mount Tabor

Up free school lane to King Cross, along Burnley Road, then go right on Trimmingham Lane to Highroad Well, after 500m right and then left onto Roils head road to Mount Tabor. Right down Moor End Road to Queens Road, right on Queens Road to King Cross and back down the moor.

Friday 3<sup>rd</sup> – Northowram 5 mile Senior race challenge 10:30

Tuesday 7th – Run Leader –Tim

### 12.7k – Burnley Road – Clockwise

Salterhebble, Wakefield Road to Sowerby Bridge, past library on Hollins Mill Lane, continue as far as Burnley Road, sharp right on Burnley Road to King Cross. Back down to Spring Hall.

Thursday 9th– Run Leader –TBC

### 12k – Shibden Mill/ Shibden Hall

Matalan/ cut up old bank to Godley/ Horley Green Rd and off road to back of Shibden Mill Inn/ Simm Carr- Calderdale way to Cave hill/ cut back down Kell Lane to Stump Cross/ Through Shibden Park up hill to RH side of hall and top car park/ Back to top of Godley and follow New Bank (wobbly bridge) to North bridge and back to track.

Also- Bronte 5 , Haworth - Yorkshire Vets Championship race

Tuesday 14th – Run Leader- Tim

### 12.8k –Siddal/ Holywell Green

Water Lane, Siddal, Exley, Under subway, Elland Bridge and through Elland up to Brooksbank School, Continue all way up to Holywell Green, TR down hill to West Vale and back via Salterhebble.

Thursday 16th –Rachael

### 13.9 km – Southowram via Southowram Bank and down to Brookfoot

Matalan, Southowram Bank, Southowram, turn left at the Pack Horse Pub down Cain Lane to Brookfoot. On Elland Wood Bottom to Elland bridge, West Vale, back to Salterhebble and home, (alternative through Exley for a longer run.)

\*\*Also Off road run- Greetland- See Ryan for details\*\*\*

Tuesday 21st – Tim

### 13.8k – Holmfield and Mixenden – Clockwise

North Bridge, B & Q, Mixenden, on Raw Lane to Keighley Road and left for 100m then through Holmfield back to Keighley Road, follow Old Lane down past Dean Clough, Dews Garage and back by Winding Road

22<sup>nd</sup> Wednesday- Middleton Park - Yorkshire Vets Grand Prix race

-Ogden midsummer Madness- 19:00

Thursday 23rd- Run leader- Ryan

**14.4k – White House**

North Bridge, top Godley, Back of Shibden Hall, TR (just after road starts going uphill after last cottage on RH side) onto trail to Sunny Vale, follow track by Sunny Vale lake and through valley to stables, TR up to White House. At main rd TR to Southowram and back via Beacon Hill Rd, North Bridge, straight through town and via swim baths to Spring Hall

Sunday 26<sup>th</sup> – Holybank Eccup 10 mile- Senior race challenge

Tuesday 28th Run Leader – Tim

**12.9k - Cromwell Bottom via Lower Edge.**

Hebble Trail, canal to Elland Bridge, over bridge and left through small park comes out at Lowfields, Road to Lower Edge, left down Shaw Lane and follow path through nature reserve to Cromwell Bottom, canal back and then Hebble Trail.

29<sup>th</sup> Wednesday Cragg Vale- Senior Fell Challenge 19:30

Thursday 30th– Run Leader- Ryan

**14km – Ski Lake, Elland Wood Bottom**

Salterhebble, canal to Elland (via diversion if needed) canal to end of Ski Lake, Avocet, back on road along Elland Wood Bottom to Elland Bridge, Exley, Siddal, Phoebe Lane back up to Harriers