

NLFR Autumn Schedule 2021

Tuesday	10 th Aug	Round Hill	Timble
Thursday	12 th Aug	“Continuous Hills”	Roundhay Park
Tuesday	17 th Aug	Burley Woodhead	Moor Lane
Thursday	19 th Aug	Short Hill “sprints” in Glehow Valley	Allerton Grange Way
Saturday	21 st Aug	NLFR@Parkrun – Armley Park	Armley Park
Tuesday	24 th Aug	Chevin	Surprise View
Thursday	26 th Aug	Shorter/faster repetitions on grass	Allerton Grange Fields
Tuesday	31 st Aug	Harewood	Wike Lane
Thursday	2 nd Sept	1min out, 1min back on road	AWMA
Tuesday	7 th Sept	Burley Woodhead	Moor Lane
Thursday	9 th Sept	Long reps on grass	Allerton Grange Fields
Tuesday	14 th Sept	Ilkley Moor	Darwin Gardens
Thursday	16 th Sept	Fartleks on Road	AWMA
Saturday	18 th Sept	NLFR@Parkrun – Temple Newsam	Temple Newsam
Tuesday	21 st Sept	Meanwood Park and Adel Woods	TBC
Thursday	23 rd Sept	16x400m – Track Session	Beckett Park Track
Tuesday	28 th Sept	Burley Woodhead	Moor Lane
Thursday	31 st Sept	Long Hills on Road	AWMA
Tuesday	5 th Oct	Dick Hudson’s	Dick Hudson’s Pub
Thursday	7 th Oct	Shorter and faster intervals	TBC
Tuesday	12 th Oct	Cow and Calf	Cow and Calf
Thursday	14 th Oct	Roundhay Park Hills	Roundhay Park
Saturday	16 th Oct	NLFR@Parkrun – Middleton Park	Middleton Park
Tuesday	19 th Oct	Burley Woodhead	Moor Lane
Thursday	21 st Oct	7x1km intervals on track	Beckett Park Track
Tuesday	26 th Oct	Harewood	Wike Lane
Thursday	28 th Oct	Parlaufs	TBC
Tuesday	2 nd Nov	Round Hill	Timble?
Thursday	4 th Nov	3km Handicap Time Trial on track	Beckett Park Track
Tuesday	9 th Nov	Burley Woodhead	Moor Lane
Thursday	11 th Nov	Short Hills on Road	AWMA
Tuesday	16 th Nov	Baildon Moor	Baildon Rugby Club
Thursday	18 th Nov	8x800m on track	Beckett Park Track
Saturday	20 th Nov	NLFR@Parkrun – Bramley	Bramley Park
Tuesday	23 rd Nov	Ilkley Moor	Darwin Gardens
Thursday	25 th Nov	90s out, 90min back	AWMA
Tuesday	30 th Nov	Burley Woodhead	Moor Lane