

NLFR Summer Schedule 2022

NB: all runs/sessions will be confirmed on the weekly email update on the Monday of each week -please check before setting off!

Track sessions provisional to having access to the track – the weekly update will confirm.

Tuesday	7 th June	Chevin	E Chevin Rd
Thursday	9 th June	No session (Kettlewell)	
Tuesday	14 th June	Addingham	Bark Lane (nr Bridge)
Thursday	16 th June	No Session (Beamsley Beacon FR)	
Tuesday	21 st June	Burley Moor (handicap race reccie)	Burley Woodhead
Thursday	23 rd June	Hills with Run-offs	Roundhay Park
Tuesday	28 th June	Club Handicap Race	Burley Woodhead
Thursday	30 th June	1/2/3min intervals on grass	Allerton Grange Fields
Tuesday	5 th July	Ilkley Moor	Darwin Gardens
Thursday	7 th July	4min out, 4min Back on grass	Adel War Memorial
Tuesday	12 th July	Addingham	Bark Lane (nr Bridge)
Thursday	14 th July	Track Session	Beckett Park
Tuesday	19 th July	Burley Moor	Burley Woodhead
Thursday	21 st July	Trail intervals Loops	Wigton Moor Woods
Tuesday	26 th July	Cow and Calf	Cow and Calf Car Park
Thursday	28 th July	Meanwood Park Hills	Green La Car Park
Tuesday	2 nd Aug	Burley Moor	Burley Woodhead
Thursday	4 th Aug	6x4mins on grass	Roundhay Park
Tuesday	7 th Aug	Round Hill or Washburn Valley (TBC)	Timble
Thursday	9 th Aug	Track session	Beckett Park
Tuesday	16 th Aug	Addingham	Bark La (nr Bridge)
Thursday	18 th Aug	Roundhay Park Hills	Roundhay Park
Tuesday	23 rd Aug	Burley Moor	Burley Woodhead
Thursday	25 th Aug	4x (2min, 4min) intervals on grass	Allerton Grange Fields
Tuesday	30 th Aug	Chevin	Surprise View
Thursday	1 st Sept	Trail Loops (long tempo intervals)	Woodlea Park Loop
Tuesday	6 th Sept	Round Hill	Timble
Thursday	8 th Sept	Track Session	Beckett Park
Tuesday	10 th Sept	Baildon Moor & Shipley Glen	Hawksworth Rd car park
Thursday	12 th Sept	1min out, 1min back on road	Adel War Memorial
Tuesday	17 th Sept	Burley Moor	Burley Woodhead
Thursday	19 th Sept	Medium Hills on Road	Adel War Memorial
Tuesday	24 th Sept	Ilkley Moor	Darwin Gardens
Thursday	30 th Sept	Intervals Pyramid on Road	Far Headingley
Tuesday	4 th Oct	Chevin	East Chevin Road