

## NLFR Summer-Autumn Schedule 2023

NB: all runs/sessions will be confirmed on the weekly update on the Monday of each week.

Tuesday	13 <sup>th</sup> Jun	Burley Woodhead (Horncliffe Rec?)	Burley Woodhead
Thursday	15 <sup>th</sup> Jun	8x3mins flat intervals on grass	Allerton Grange Fields
Tuesday	20 <sup>th</sup> Jun	Club Handicap race	Burley Woodhead
Thursday	22 <sup>nd</sup> Jun	Short hill loops	Meanwood Park
Tuesday	27 <sup>th</sup> Jun	Thruscross	Meet Adel for lift share
Thursday	29 <sup>th</sup> Jun	1km reps	Meanwood Hosp loop
Tuesday	4 <sup>th</sup> Jul	Ilkley Moor	Darwin Gardens
Thursday	6 <sup>th</sup> Jul	Roundhay Park Hills	Princes Ave Car Park
Tuesday	11 <sup>th</sup> Jul	Burley Woodhead	Burley Woodhead
Thursday	13 <sup>th</sup> Jul	4x (2min, 4min) intervals on grass	Allerton Grange Fields
Tuesday	18 <sup>th</sup> Jul	Dick Hudson's	Dick Hudson's Pub
Thursday	20 <sup>th</sup> Jul	3x 5out 5 back	Adel War Memorial
Tuesday	25 <sup>th</sup> Jul	Chevin	Otley (Buras La Car Park)
Thursday	27 <sup>th</sup> Jul	Faster intervals on grass	Allerton Grange Fields
Tuesday	1 <sup>st</sup> Aug	Burley Woodhead	Burley Woodhead
Thursday	3 <sup>rd</sup> Aug	3km Time trial	Adel
Tuesday	8 <sup>th</sup> Aug	Addingham & Beamsley	Bark Lane (Bridge)
Thursday	10 <sup>th</sup> Aug	6x4mins rolling XC intervals	Roundhay Park
Tuesday	15 <sup>th</sup> Aug	Cow & Calf	Cow & Calf
Thursday	17 <sup>th</sup> Aug	Wigton Moor Woods loops/relays	High Ash Drive Co-op
Tuesday	22 <sup>nd</sup> Aug	Burley Woodhead	Burley Woodhead
Thursday	24 <sup>th</sup> Aug	Short and Sharp 30s Hills	Gledhow Valley Woods
Tuesday	29 <sup>th</sup> Aug	Chevin	Surprise View
Thursday	31 <sup>st</sup> Aug	Variable pace intervals	Allerton Grange Fields
Tuesday	5 <sup>th</sup> Sep	Ilkley Moor	Darwin Gardens
Thursday	7 <sup>th</sup> Sep	1km trail reps	Meanwood Hosp Loop
Tuesday	12 <sup>th</sup> Sep	Burley Woodhead	Burley Woodhead
Thursday	14 <sup>th</sup> Sep	Roundhay Park Hill	Roundhay Park
Tuesday	19 <sup>th</sup> Sep	Washburn Valley	Washburn Valley CP
Thursday	21 <sup>st</sup> Sep	60s out, 60s back	Adel War Memorial
Tuesday	26 <sup>th</sup> Sep	Chevin	Top E Chevin Car Park
Thursday	28 <sup>th</sup> Sep	Hill "Sprints"	Moortown Corner
Tuesday	3 <sup>rd</sup> Oct	Burley Woodhead	Burley Woodhead
Thursday	5 <sup>th</sup> Oct	Pyramid intervals on road	Far Headingley
Tuesday	10 <sup>th</sup> Oct	Harewood	Wyke Lane
Thursday	12 <sup>th</sup> Oct	Fartleks	Adel War memorial
Tuesday	17 <sup>th</sup> Oct	Cow and Calf	Cow and Calf CP
Thursday	19 <sup>th</sup> Oct	Medium Hills	Adel War Memorial

