

NLFR Winter Schedule 2023/24

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

Tuesday	17 th Oct	Cow and Calf	Cow and Calf CP
Thursday	19 th Oct	Medium Hills	Adel War Memorial
Tuesday	24 th Oct	Burley Woodhead	Burley Woodhead
Thursday	26 th Oct	Roundhay Park Hills	Roundhay Park Car park
Tuesday	31 st Oct	Meanwood Valley	Green Road Car Park
Thursday	2 nd Nov	3km Time Trial	Adel War Memorial
Tuesday	7 th Nov	Chevin	Surprise View Car Park
Thursday	9 th Nov	Parlaufs and out and returns	Adel
Tuesday	14 th Nov	Burley Woodhead	Burley Woodhead
Thursday	16 th Nov	Long intervals on road	Far Headingley
Tuesday	21 st Nov	Ilkley Moor	Darwin Gardens
Thursday	23 rd Nov	Moortown Hill Sprints	Moortown Corner
Tuesday	28 th Nov	Harewood	Wike Lane
Thursday	30 th Nov	Long Hill reps (4x4min)	Adel
Tuesday	5 th Dec	Burley Woodhead	Burley Woodhead
Thursday	7 th Dec	90s out 90s back	Adel
Tuesday	12 th Dec	Chevin	East Chevin Car Park
Thursday	14 th Dec	Meanwood park hills	Green lane car park
Tuesday	19 th Dec	Medium Hills on road	Adel
Thursday	21 st Dec	Burley Woodhead (winter solstice)	Burley Woodhead
Tuesday	26 th Dec	No Session – Boxing Day	
Thursday	28 th Dec	No Session	
Tuesday	2 nd Jan	Harewood	Wike Lane
Thursday	4 th Jan	Moortown Hill sprints	Moortown Corner
Tuesday	9 th Jan	Chevin	Otley (Buras La Car Park)
Thursday	11 th Jan	Spen Lane Lamppost hills	Far Headingley
Tuesday	16 th Jan	Burley Woodhead	Burley Woodhead
Thursday	18 th Jan	60s out 60s back	Adel
Tuesday	23 rd Jan	Ilkley Moor (IM Race reddie)	Darwin Gardens
Thursday	25 th Jan	Fartleks	Adel
Tuesday	30 th Jan	Roundhay Park and Shadwell Trails	Roundhay Park car park
Thursday	1 st Feb	3km Time Trial	Adel
Tuesday	6 th Feb	Burley Woodhead	Burley Woodhead
Thursday	8 th Feb	Roundhay Park hills and runoffs	Roundhay park car park
Tuesday	13 th Feb	Eccup Reservoir	Adel
Thursday	15 th Feb	Long 1km hills on Road	Adel
Tuesday	20 th Feb	Ilkley Moor	Darwin Gardens
Thursday	22 nd Feb	Parlufs and out and returns	Adel