

WHAT'S ON

If you want to know what's going on then please sign up to the Forum.

On the Forum . Latest results photos from races. photos from various races and from training days out in the sunshine! Not to be missed Geoff Read's latest in Japan also the dancing banana's and smiley's!!

Top tip if you click on View recent posts it brings up everything you've not already seen means you can check for latest info very quickly.

Go to www.forum.todharriers.co.uk and click on register. You need a user name and password. It's a lot easier than previously

If you get stuck the give Keith a ring and he'll talk you through it (01706 816323)

Pack Runs

**Wednesdays
7pm start**

**MAY— KEBS,
LONG CAUSEWAY
Except for 6th May when it is
Flower scar fell race**

**JUN— ROBIN (CRAGG VALE)
JUL— NEW DELIGHT
AUG— LANE ENDS OLD TOWN
SEP— TODMORDEN GOLF CLUB**

INTERVAL TRAINING

**TUESDAYS 6.30PM
TODMORDEN HIGH
SCHOOL**

**WITH CLUB COACH
GRAEME WRENCH**

**If you want to get faster then this
is what you need
Graeme can help you with your
style and tell you how to improve**

DATES FOR YOUR DIARY

**SAT 5TH DECEMBER
TODMORDEN HARRIERS
ANNUAL DO**

**CONGRATULATIONS
TO SARAH AND ANDY
GLYDE
On the birth of their son
Rory**