

# Mandy's Page

## Pack Runs Wednesday's

### On the fells

**7.00pm start**

**May** – Keba (Sportsman's Inn)  
Long Causeway

**Jun** – Hare & Hounds (Lane Ends)  
Old Town, Hebden Bridge

**Jul** – Moorcock, Littleborough

**Aug** – Stubbing wharf  
Hebden Bridge

**Sep** – Hollins Inn, Walsden  
6.45 pm start this month only



### New Members

Ali Chant – Now living in Scotland but still wishing to run with us.

Jack Dowling – another lapsed member, who is now running again. A shadow of his former self.

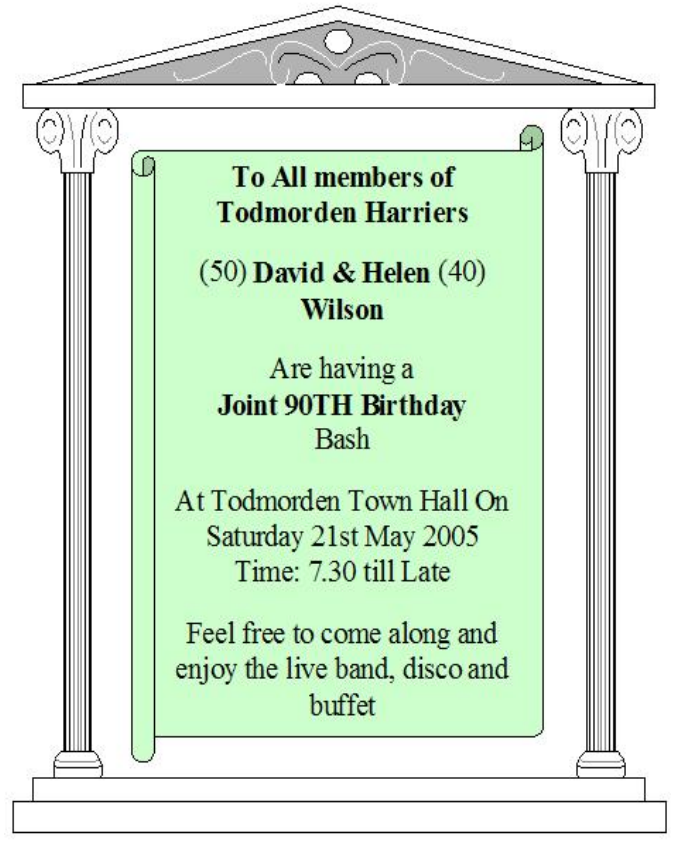
Dave Sutcliffe – Laura's partner a keen mountain biker.

### British Triathlon Association

We have proposed to join the BTA as so many of our members are starting to take an interest in triathlon's.

Members in affiliated clubs get reductions on their BTA membership.

We also get the benefits of insurance (full details once I have more detailed info).



### More triathlon talk...

Having just got round the Harlech Triathlon (and having thoroughly enjoyed it), I thought I'd tell anyone interested about

the Helvellyn Triathlon on the 10<sup>th</sup> September...

One mile Ullswater Lake swim (wetsuits compulsory but you can borrow one maybe or hire them from various places)

38 mile cycle ride ( Ullswater-Thirlmere-Ambleside-Ullswater via The Struggle! Any kind of bike ok )

8 mile fell run up Helvellyn.

Those are the brief details but Simon Anderton did this event last year. Also, see the website for more info. ( <http://www.helvellyntriathlon.com> ). Enter soon if interested as there is a number limit.

This may be ideal for Toddlies looking for a tough end of season challenge?

Simon G.