

# Mandy's Page

## **Pack Runs Wednesday's**

**ON THE FELLS**  
7pm

**May – Hare & hounds, Old Town**

**June – Kebs, Long Causeway**  
*Please note change*

**July – Moorcock, Littleborough**

**Aug – New Delight, Colden**

**Sept – Hollins**



## **TUESDAY NIGHT TRAINING SESSIONS**

Calling all fell runners, road racers, trail hounds, joggers, mountain marathoners, tri-athletes etc. Where've you all been for the Tuesday night training sessions? The few of us who've been turning up through the cold and wet winter nights should soon be showing you a clean pair of heels!! But, now its Spring, the lighter nights are here, it may even sunshine occasionally. So, what more incentive do you need?

Whether you want to improve your speed, build your leg strength, increase your stamina, beat your arch rivals in races, achieve PB's, or just develop your style this is the session to go for, particularly as we now have our very own knowledgable, enthusiastic, and sadistic Level 3 coach in **Graeme Wrench**. He'll make you work hard, very hard, but then there's no gain without pain – and you can then treat the Wednesday packrun as a gentler recovery run!

Graeme will be running training sessions at **Todmorden High School** at **19.00hrs** every **Tuesday night** through the summer putting us through our paces with a variety of different programs tailored to different abilities. And it's not just for elite athletes like myself??? Everyone from beginners to the fast boys and girls will get something from these sessions. So drag yourselves out on a Tuesday – you'll be back home just after eight – you know it makes sense.

**All Toddlies are welcome – you'll enjoy it – honest!**

## **New Member**

**Welcome to new member**

**Geoff Read**

## **ATTENTION JUNIORS**

### **Todmorden Harriers Junior Training Sessions**

**Monday evenings from 24th  
April at Todmorden High School**

**5-6 pm 6+ yrs old (must be  
accompanied by an adult)**

**6-7 pm 10+ yrs old**

**£1.50 per session (members £1)**

**Contact: Eileen Miles  
07738634625**