

Mandy's Page

Pack Runs Wednesday's

ON THE FELLS

**April only 6.45 pm
start**

Shepherd Rest, Lumbutts

May onwards 7pm

Hare & hounds, Old Town

**June –Moorcock,
Littleborough**

July – Sourhall (if still open)

Aug – New Delight, Colden

Sept - Hollins

New Members

Welcome to new members

Tina Smith

Andy Pooler (1st claim Achille Ratti)

Kirsty Lapish

Heather Simpson

Ashley Wright

WANTED

Keeper of the kit

Does anyone have a dry garage/ spare room or shed to store the PA, flags, numbers etc.

It is a nightmare to try and locate everything when organising a race

It would be very useful to have everything in one place.

Any volunteers please contact Mandy 01422 844936 or Derek 01422 842510

SPEED WORK & HILL REPS

Graeme Wrench has started to take these sessions and is prepared to help anyone with ideas for training, how to run better etc. He is a qualified level 3 coach.

These sessions will work on speed, hill work and leg strengthening etc.

It's amazing how hard you can work when some one tells you what to do.

Tues 14th Mar – Walsden CC 7pm

Tues 21st Mar – Lob Mill

Tues 28th Mar **LIVER HILL FELL RACE**

As from Tues 4th April all sessions will be based at Todmorden High School at 7pm except on nights when there is a race.

ATTENTION JUNIORS

The junior section will be restarting after Easter.

It looks as though it will be Monday nights Starting 24th April.

There will be two age groups
6-10 year olds meeting at 5-6pm

10+ meeting at 6-7pm.

Anyone with children who may be interested please contact Mandy 01422 844936

Further info in next newsletter