

Mandy's Page

Pack Runs

Wednesdays
7pm start

FEB— MASONS, BACUP RD
TODMORDEN

MAR—QUEEN, BURNLEY RD
CLIVIGER



THERE WILL BE BAT
RUNS EVERY WEDS
PACKRUN
BRING A HEADTORCH

AGM

At the AGM all officials were re-elected unopposed

Subs were set at £12 + "NoeAA" levy which this year will be £3.00 for those who want to race on the road.

Welcome

To new members

John Preston
Rachel Henthorne

Interval Work

Tuesdays at 6.45pm

FOR THE NEXT MONTH AT
LOB MILL

Training is aimed at improving your hillwork and recovery rates.

Those who have been going through the winter have begun to see some definite improvements.

So come along and give it go.

Juniors

Mondays
Session £1
From

5.30 — 6.30 8yrs—11yrs

6.30 — 7.30 11yrs +

Juniors 11+ **must** have a visibility vest/jacket to go for a run.

Kit

Available from
Jane 01706 818663

COMMITTEE MEETINGS

Will revert to 7pm on Mondays

First Monday of every month at the Queen Hotel, Todmorden

All welcome come along and pass your ideas on.