

## Graeme's Tuesday Training Night

Just a reminder to encourage runners to come along and get involved.

These sessions are really good at improving your fitness. Graeme uses a variety of different techniques: leg-strength work, short hill sprints, longer hill work, fast flat track. On my first session I didn't know what had hit me, but you do what you feel up to, and after a few weeks you start to notice a difference. If you have got into a nice comfortable easy training routine and you could do with a shake up, come along there's no pressure - but you do work hard!

## English Women's Team Championships

From looking at the latest Fellrunner magazine I notice that Todmorden are currently in a very healthy 6<sup>th</sup> position, and that Moyra is currently 2<sup>nd</sup> in the Vets O60 (is that small enough Moyra?) category. A fantastic effort so far, lets not let it slip, lets see if we can gain in the next two races, we are only 2 points behind Pennine & Bingley, our reputation and performance is growing. So the more people out training & racing the better, remember we need more than three runners out competing in the next events.

NEXT TWO RACES:-

Sat 18<sup>th</sup> August WEASDALE HORSESHOE :- 8 miles 2000' Entry before 11<sup>th</sup> August - so enter ASAP to avoid disappointment. It sounds like a good event, the descent off the last climb is apparently long and very runnable, with the bonus of a Traditional Dales Agricultural Show - hopefully with lots of home made cakes (A good training race of similar distance & climbing would be Turnslack on the 21<sup>st</sup> July which is also in the Grand Prix.)

Sat 6<sup>th</sup> October GREAT WHERNSIDE FELL RACE:- 4 miles 1555' Entry on the day. (Good training races beforehand : Hades Hill, Lantern Pike or Dalehead & Thieveley Pike.)



Kath at Duddon

Kath B

(Lets try and get as many people as possible out not only to the English Championship races but also to the remaining races in the Grand Prix.)

LETS PUT TODMORDEN ON THE MAP

Mandy