

TODMORDEN JUNIORS NEWS LETTER

Welcome back to training after the summer holidays. We hope you are all fit & well and raring to go.

Congratulations to Ailsa on becoming Athlete of the Month in July.

Results

TURN SLACK

1	Jack Crummett	Todmorden	8.39
2	Hannah Shaw	Darwen Dashers	10.14
3	Jay Connor	Todmorden	10.34
4	Skye Wilson	Todmorden	11.56
5	Jake Hurst	Todmorden	12.12
6	Joshua Stansfield	Rosendale	13.52
7	Ailsa Wilson	Todmorden	17.17
8	Lily Morgan	Todmorden	18.58

We would like to thank Alec Becconsall, John Crummett, Dave Wilson and Graeme Wrench for helping to plan & run the fell race at the last moment (30 mins to go) as Organiser had forgotten there was a race on.

Widdop Fell Race

Calder_Valley Fell Runners send their sincere apologies to all runners and parents for any distress caused by a marshal removing a flag on the course. This caused the runners to take the wrong route and in some instances meant that instead of running 1 mile they ran 2.5. They are aware of their shortcomings and hope it will not happen again. (A full explanation can be found on the CVFR web site)

English Junior Championship

Don't forget the last race on the year takes place at Lantern Pike next Saturday (Sep 15th from 11am). This is race in conjunction with the Sheepdog Trials at Little Hayfield, Derbyshire.

Extra Coaching

If some of the older runners (13+) would like extra interval training then Graeme Wrench is more than happy to invite you to his Tuesday sessions at the High School (7-8).

There are plans also to hold X-country training sessions after school at Tod High. See PE staff for details.

Next Races in the Junior Championship are

Oct 21st (L) CURLY WURLY 10.30 from Penistone Hill, Haworth

Nov 3th (L) SHEPHERDS SKYLINE 12.00 from Shepherds Rest, Todmorden