

Whats On

Pack Runs

APRIL – SHEPHERD'S REST

(6.45PM START)

7PM START

MAY – NEW DELIGHT

**(BETWEEN BLACKSHAWHEAD
AND COLDEN)**

**NO PACK RUN ON THE 7TH MAY AS
FLOWERSCAR FELL RACE**

**JUNE – ROBIN HOOD,
CRAGG VALE**

**JULY – SPORTSMANS,
KEB COTE,
LONG CAUSEWAY**

**AUG – HARE & HOUNDS,
LANE ENDS,
OLD TOWN**

**SEPT – MASONS ARMS,
BACUP ROAD JUNCTION,**

FLOWERSCAR FELL RACE

**WEDNESDAY 7TH MAY
7PM**

**FROM
HARE & HOUNDS BURNLEY RD
TODMORDEN**

Entry free No prizes

Anyone available to help please ring
Jon Wright on 07789 967212

Please note there will not be a pack run
that night so either come a long and
run or marshal.

THURSDAY 8TH MAY

COACH TRIP TO PENDLE

Simon "Party Bus" Anderton will be collecting the money for the "Coach Trip to Pendle" from those who've put their names down - at the bargain price of £15 per head for coach and post-run meal.

There are 8 places left if anyone else wants to come on what promises to be a good night out - starting with a run over Pendle from the Nick of Pendle followed by pub grub in Downham and coach surfing on the way back to Tod .If you want to come let Simon know asap.

Trip is Thurs 8th May Coach will pick up at Hebden Bridge turning circle at 18.00 hrs and outside Cheers off-licence in Tod at 18.10

Interval/ Speed Work

Tuesdays at 6.30pm

**AT TODMORDEN HIGH
SCHOOL**

If you want to improve your speed/ recovery rates then come along.

Graeme Wrench runs the sessions and is a level 3 coach. He is there to help you with your running style etc.

It definitely works, just look at how some runners i.e Claire Duffield have been seen to improve so come along—all abilities welcome.

Contributions

Please pass onto Mandy (mandy@todharriers.co.uk) or Andrew (andrew@andrewbibby.com)