

**TODMORDEN
HARRIERS**



TORRIER

JUNE 08



Toddies on the recent Pendle Trip



**YOUR CLUB
NEEDS YOU**

Many thanks

to all those who turned out to help at the Flowerscar Fell Race and
to the race organiser Jon Wright

Our next races are

The Hebden Bridge Fell Race

Sun Jun 8th

Stoodley Pike Fell Race

Tues 8th July

Details on the What's On Page

Whats On

Pack Runs Wednesday's 7pm start

**JUNE - ROBIN HOOD,
CRAGG VALE**

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

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

**SEPT - MASONS ARMS,
BACUP ROAD JUNCTION,
TODMORDEN**

HEBDEN BRIDGE FELL RACE

Sun June 8th 11.00 am 5.9m/1150'
Calder holmes Park, Hebden
Bridge

Anyone available to help contact
Andrew Bibby on 01422 844026

STOODLEY PIKE FELL RACE

Tues July 8th 7.30pm 3.7m/700'
from Top Brink Inn, Lumbutts
Contact Rachel Skinz if available to
help 07962 322791

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 run-
ners i.e Claire Duffield have been seen to im-
prove so come along—all abilities welcome.

Welcome to New Members

**Alec Becconsall (2nd clm)
Melinda Morrell
Mandy Kazmierski
Carla Williamson**

Thanks to Simon

For organizing yet
another enjoyable
Pendle Trip

Good fun was had
by all



Simon "coach surfing"

Contributions

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

We would especially like any photos