

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