

A GOOD SEASON SO FAR FOR TOD LADIES

Tod Ladies are getting warmed up for the season with some excellent results so far. We are currently 5th in the English Ladies Team Fell championships, and were 4th English ladies team in the 3 Peaks race. So get your training in for Blackstone Edge, Kentmere & Borrowdale.

Congratulations & a big pat on the back to Chris Preston who was 1st lady in the Fellsman Hike a mere 61 miles, Claire Duffield for 1st lady at Saddleworth and Ali Richards for 2nd lady at Two Riggs. Jane Leonard should also get a mention for her impressive return to form, she had a storming run at Jura and is regularly picking up prizes at races - (leave some for the rest of us) - is it due to being newly married or retiring earlier this year?

We seem to be building up a growing number in the road races with Mel B, Mel S, Lucy, Bev, Moyra & Claire making regular appearances.



Rachel and Helen are out racing again, and seem to be improving in every race - go for it girls - I've seen that twinkle in your eyes - I can see I'll have to put some extra training in to try & keep in front of you.

Moyra has been a star in keeping our newer members running on Wednesday nights - even though she claims she doesn't know where she is going she still turns up without having lost anyone.

It's great to see some of our newer members having a go in the road and fell races too, its one of the best ways to improve, so keep on getting your races in - we need you all fit for our growing ladies team. Our participation in races has been significant this year, no other club had as many female runners at Jura and the Duddon, so keep at it!

Kath B (Ladies Captain)

PS If I've left your race performances out I apologise, but there are so many now - do let me know if you think anyone deserves a mention.

