

Whats On

Pack Runs Wednesday's 7pm start

**OCT – SHOULDER OF MUTTON
MYTHOMROYD,**

**NOV— WHITE SWAN
HEBDEN BRIDGE**

**DEC- QUEEN HOTEL
TODMORDEN (OPP RAILWAY STATION)**

**JAN— RED LION
LITTLEBOROUGH**

**FEB - HOLE IN THE WALL,
HEBDEN BRIDGE**

Batruns are back

**And will run alternate Weds starting this
week (8th October)**

**There will be a special Hal-
loween Bat Run (involves
wearing dodgy masks) and a
Guy Fawkes run (watch out
for Ben & his fireworks)**



FRA RELAYS

Sun 19th Oct

There is a mini-bus booked which will leave Todmorden at 7.30am from Central Garage Stansfield Rd, Todmorden.

Returning to Tod by about 6.30pm Priority is given to runners but there are still a couple of places spare. See Mandy if you fancy a day out.

Teams are as follows:

A Team

Leg 1 Chris Smale
Leg 2 Ben C and Nick Wigmore
Leg 3 Andrew H and Alistair R-D (navigation)
Leg 4 Andy McFie

Ladies Team

Leg 1 Jane Leonard
Leg 2 Kath Brierley & Kay Leigh
Leg 3 Chrispy & Sarah Warburton (Nav leg)
Leg 4 Sue Roberts

Vets Team

Leg 1 Simon Galloway
Leg 2 Martin Roberts & Dave Collins
Leg 3 John Preston & Phil Hodgson
Leg 4 Simon Anderton

JUNIOR TRAINING

Tuesday's

TODMORDEN HIGH SCHOOL
at 5-30pm to 6-30pm

Age 8 yrs - up to 12 yrs

£1 session

bring a bottle of water not juice

**Interval/ Speed
Work
Tuesdays at 6.30pm
AT TODMORDEN HIGH
SCHOOL**