

FROM THE ARCHIVES...

Words of wisdom from Parky...

"You're only as good as your last run – and you never know if that may turn out to be your last run ever!" (Good to see you're still running well 22 years later Keith!)

From April
1989 issue of
Torrier

WEDNESDAY TRAINING RUNS

Starting in April there will be Training Runs for seniors every Wednesday night. The first one will be on April 5th from the Shepherd's Rest Inn, Lumbutts Road at 7.00pm prompt. After every month the venue will be changed.

It is hoped that we can split into groups to run different distances at different speeds on roads and/or fells. In order to develop the social side of the club it is intended to meet in the pub for a drink after the training runs. If you are injured or unavailable for training you could still come up afterwards at around 8.15pm.

Those wanting to run on the fells will need to arrive early to ensure a 7.00pm set-off time. This will make full use of the light in the first few months. Please bring along ideas for routes – especially if you have knowledge of public rights of way. We don't want to get our club a bad name for trespassing or not following the country code.

Please make the effort to turn up for these runs. The more turning out the better it will be. It would also be an ideal opportunity to introduce a prospective new member to the club if any of your friends are considering joining.

(Thanks to Mark Grice for this contribution - ED)

This month in...

1988 – Ken Hanson, one of the early members of Tod Harriers, is forced to retire from fell running due to osteo-arthritis in his knee

1989 – Wednesday evening pack run is held for first time ever on April 5th, 7pm from the Shepherd's Rest (See Torrier entry on left of this page)

Also in 1989 – Eileen Miles passes her Club Coaching course enabling her to train the Junior Harriers (a role Eileen still performs to this day)

1990 – Subs were due. £3 for adults, £2 for 15/16 years, £1 for 8-14 years

1991 – Dave Kite takes on role of Club Secretary

1992 – Harriers were preparing for their next English Champs race at Coniston (no change there then!)

1995 – Uncle Barry imposes a 5-point penalty on Mandy Goth for littering after she crammed her car full of fell runners and their gear, but forgot to close the boot!

Thank you! To Tony Davison for the loan of his collection of Torriers from 1987-1995

Wanted: Torriers from 1995-2001 for scanning . If you can help complete the collection, please contact Claire on 01422 846593/ claire@todharriers.co.uk