

Whats On

**Pack Runs
Wednesday's
6.45pm start
This month only**

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

**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.

—all abilities welcome.

Contributions

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

We would especially like any photos

I know there's lots of you out there doing
all sorts of interesting things - please
please write about it

Cheers
Mandy

**TEAM CAPTAINS
WANTED
FOR
IAN HODGSON RELAY**

Sun 5th October
We have two teams entered an A
and ladies/mixed

FRA RELAYS

Sun 19th Oct
We hope to have three teams
A, Vets and Ladies

Anyone willing/ able please contact
Mandy 01422 844936 or Derek
01422 842510

Welcome to New Members

**David Baldaro
Carl Heald**

JUNIOR TRAINING

Will re-open Tuesday 16th September

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

Please note change of day