

WHAT'S ON IN JANUARY

If you want to know what's going on then please sign up to the Forum.

We try to use it like a noticeboard and have information on races, relays, lifts, runs, biking etc, etc. We will also be putting more info on the news page

If you get stuck the give Keith a ring and he'll talk you through it (01706 816323

CLUB HANDICAP Kebs (SPORTSMANS) Long causeway Sunday 18th Jan

It will be the same format as last year - Uncle Barry will be organising times and we aim to publish them in this news letter - to give you something to argue about.

There will be food afterwards and a chance to swap your unwanted Chrimbo presents = beware the plastic dog...

Start times will be from 11am ish - please drop me an e-mail if you would like to run, and also whether you require food or not. Please spread the word.

Roger Haworth

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Phone 01422 846510

STANBURY SPLASH Sunday 25th Jan

The first race in this years Grand Prix, full listing elsewhere in this issue

Pack Runs

**Wednesdays
7pm start**

**JAN— RED LION
LITTLEBOROUGH
FEB— TODMORDEN
GOLF CLUB**

**BATRONS ON ALTERNATE WEEKS
THERE IS ONE THIS WEEK (14TH)**

INTERVAL TRAINING

**TUESDAYS 6.30PM
TODMORDEN HIGH
SCHOOL**

WITH CLUB COACH