

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

*Andy competes arduous TransGranCanaria*



*Read Andy's report in this issue*

*Pike Race - full report and photos in the May issue*

**APRIL 2015**



# Race Diary



April 18th YDL Upper  
 April 20th Fleming Trophy  
 May 2nd YDL Lower  
 May 2nd The Cake Race  
 May 3rd Northern League  
 May 4th Coiners  
 May 9th Mid Lancs Track League  
 May 9th Stretton Six Summits (nearly full)  
 May 13th Haigh Hall 4  
 May 14th Fielden Cup  
 May 16th YDL Upper  
 May 20th Jubilee Road Race  
 May 23/24 GMAA County Champs  
 LAA County Champs  
 May 30th Duddon Valley (pre-entry)  
 May 30th Malham  
 May 30th YDL Lower  
 June 14th Knowl Hill  
 June 17th Jubilee Road Race  
 June 20th Turner Uphill  
 June 25th Trail Relays

Warrington  
 Bolton Arena CP  
 Blackburn  
 Saddleworth F  
 Preston  
 Mytholmroyd Yorks (E) Jnr Fell  
 Litehrland  
 Church Stretton Eng Fell Ch  
 Wigan GP  
 Jolly Crofters (tbc) CP  
 Warrington  
 Rivington CP  
 Trafford  
 Blackpool  
 Duddon, Cumbria Eng Fell Ch  
 Yorks (E) Jnr Fell  
 Blackburn  
 Rochdale F  
 Rivington CP, GP  
 Cumbria (E) Jnr Fell  
 Witton Park, Blackburn

M/L = Mens & Ladies Overall Club Champs, Fell = Fell Champs, JF = Junior Fell Champs, XC = Cross Country, R = Road Champs, V = Vets Champs, CP = Club Promotion, GP Central Lancs Grand Prix

**The Horwich RMI Buff - the ideal present. Only £10 (and these are original Buff™ not a cheap imitation). Get yours from Steve Pearson down at the track or at hill sessions or email him.**



## An Evening with Matt Barnes

Please note this has had to be postponed due to illness. A new date will be published when arranged.

*Martyn*

## Manchester 10K, May 10th

Any Horwich Runners want to help out at the Manchester 10K again this year Lunch and a Jacket are the reward. Please pass names onto Tony Hesketh

## English Fell Running Championship

March 7th – Flower Scar – Short (route link)  
 May 9th – Stretton Six Summits – Medium  
 May 30th – Duddon Valley – Long  
 July 11th – Bradda Niarbyl, Isle of Man - Long  
 July 25th – Lingmell Dash – Short  
 Sept 6th – Guisborough 3 Tops – Medium

## Bikes for Sale

Looking for a long distance challenge? Martyn Bell has a road bike, a tandem and other parts for sale. Click the picture to get the full details or contact martyn via facebook or email Martyn



## Seniors - Tuesday Night Track Sessions

Every Tues 6.30 warm up 6.45 start. These are for **ALL ABILITIES**, whatever your pace, and any club member, including new members, can turn up. (A/B group)

- April 7th Strength End 6 x 1600m (60 secs rec)
- April 14th Speed End 3 x 800m/600/400 60 secs + 3 mins
- April 21st Strength End 4 x 8 mins turnaround 4 mins
- April 28th Strength End 6 x 6 mins turnaround 3 mins
- May 5th Speed End 4 x 4 x 400 4 x 200
- May 12th Strength end 6 x 5 mins
- May 19th Time Trial 5 x 1000m 3 mins rec
- May 26th Speed 4 x 600/500/400, 60 secs + 3 mins

Track fee Seniors £2, (older) Juniors £1.50  
Our Grade 4 Senior Coach, Steve Pearson, also takes Thursday hill sessions. In Winter, these normally start at the bottom of Foxholes Road at 6.30pm. If there any variations it will be on the club website, facebook & twitter at least 2 weeks before. Again for all abilities.

## Long Distance Event Suggestions

Looking for a long distance challenge?

Maybe you want to run next year's LDWA 100 which is being hosted by East Lancashire LDWA.

Here are some suggestions for events which allow you to run (or walk, useful if you've got injured!). Incredible value as you get fed on the way round plus a meal at the finish.

May 9th Malhamdale Trail Challenge (22 miles) £13

May 9th Sandstone Trail (33 miles) £18 (inc coach to start)

June 13th Settle Saunter (up to 27 miles) £10

## Juniors Track Sessions

*Mondays - 6:00pm - 7:30pm  
(Yr 7 & above)*

*Wednesdays - 6:00pm - 8:00pm (Yrs 3 to 8)*

*Induction session Tuesdays - 6:00pm - 6:45pm  
(Yr 7 & above)*

*Fridays Under 8s by invitation only  
Cost £2 per person per session.*

## Commercial Adverts

I have decided to accept commercial adverts for the runaround to justify the time I spend on the magazine.

If you would like to advertise your business, an advert of this size will cost £20 for 12 months, £12 for 6 months or £7 for 3 months.

Single adverts for commercial race events will be accepted at the rate of £3 per issue. Non-commercial races, e.g. those organised by local running clubs, and other not-for-profit events will be advertised for free.

If you wish to place an advertisement, please contact me at [runaround@soulfulhorwich.org.uk](mailto:runaround@soulfulhorwich.org.uk)

## Free Adverts

If you wish to advertise items for sale or donation, please contact me at [runaround@soulfulhorwich.org.uk](mailto:runaround@soulfulhorwich.org.uk)

At a recent committee meeting we discussed the issue of children's running spikes and how it would be ideal if there were a method for passing them on as they soon become too small after only one season.

If you want to advertise anything like this in the Runaround, just let me know. The facebook forum would also be a useful medium to advertise such items.

## 28th National Masters Open Road Relay Championships

Sutton Park, Sutton Coldfield, Birmingham

**Saturday, 16th May 2015**

Let me know by 22nd April 2015

Any vets interested then please let me know your availability!

This is a real chance of GOLD !!!!

*Martyn*

## Hyperlinks

Remember that where there is a web page for more information or video, etc, just hover over the text and click the link to take you there.

### Fleming Trophy - Monday, April 20th

This 2 mile Handicap race for Juniors will take place 20th April. Entry fee is £2. All finishers get a Medal and there are prizes for the first three finishers and fastest boy and girl. It is open to all junior members under 15 years of age. Start is close to Bolton Arena. Give names and a recent time for a race this year and entry fee to Brenda or Tony Hesketh. No entry on the day due to having to Handicap runners.

Fell training begins again on 1st April at 6.30 at different venues around Horwich for Tony and Brenda's group, contact them for further details.

*Tony Hesketh 01204 668183*

### World Mountain Running Championships 2015

This year the pinnacle of the world of fellrunning is back in the UK as Betws-y-Coed in Snowdonia hosts the World Champs between 12th and 20th September. Horwich has had a strong tradition over the years in the club's athletes performing for their country in the champs, including back to back world titles for Martin Jones in 1992 and 1993.

Let's hope that this year we have a few more wearing their national colours.

There will also be open races - details to follow.

WMRC Website link

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1/16

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6/15

# Press Reports

*Below are the press reports that went to the Bolton News last month.*

## Feb 3rd

This year's English Fell Championships opened with a strong representation from the fellrunners of Horwich RMI Harriers in the 9km (5.7 mile) race with 470 metres of ascent near Todmorden which was run in excellent conditions on Saturday. James Kevan and Joe Mercer posted the highest finishes in the men's race with 325 finishers whilst Lindsey Brindle had a good start to her 2015 campaign for 6th in the women's race with 148 finishers.

Men's Race: 18 James Kevan 42:03; 24 Joe Mercer 42:31; 85 Gareth Booth (V40) 46:36; 90 Jonathan Bruton 46:48; 139 Andy Lloyd (V40) 49:03; 158 Dave Milliken (V45) 50:12; 169 Brendan Bolland (V45) 50:46; 195 Steve Jackson (V60) 53:10; 220 Nick Kelly (V45) 54:40; 230 Brian Walton (V60) 55:49; 277 Michael Crook (V65) 62:26; 302 Peter Heneghan (V70) 68:03; 312 Colin Waterworth (V55) 71:30.

Women's Race: 6 Lindsey Brindle 48:09; 45 Suzanne Budgett (F50) 57:14; 57 Sandra Kelly (F45) 58:57; 77 Erica Booth 61:09.

Further north at Lancaster, cooler cloudy conditions greeted the runners in the final fixture of the Red Rose Cross Country League. The juniors yet again showed what great talent they possess with fine runs for the U11 and U13 teams. In particular the boys U13 had a clean sweep of the podium positions with all five runners in the top 10 of the 23 boys in the race. In the series Ella Pendlebury was rewarded with the silver medal position to add to her South East Lancs and Red Rose titles. Matthew Flatters (U11) and Lewis Wilkes (U13) also achieved silver medals with Tom Massey (U13) the bronze medallist. In the team standings Horwich are U13 boys champions, runners up for senior men, and bronze medallists for the V40 men Christa Whatmough and Helen Horridge had solid runs in the 6km women's race. In the 9.6km men's race with the silver team medals already secured for the Senior men and the clash with the fell championship race, just four men represented the club including a V50 team.

U11 Girls: 3 Ella Pendlebury 7:17; 13 Freya Whittle 7:49; 32 Olivia Baker 8:40.

U11 Boys: 9 Matthew Mair 7:01.

U13 Boys: 1 Lewis Wilkes 10:53; 2 Tom Massey 11:10; 3 Luke Brindle 11:34; 7 Robert

Seddon 11:55; 10 Kieren Kinealy 12:06.

U15 Boys: 15 Robert Gibson 14:45.

Senior Women: 70 Christa Whatmough (F35) 38:05; 105 Helen Horridge (F35) 34:00.

Senior Men: 11 Ryan Stevenson 31:37; 83 Garry Chadderton (V50) 36:20; 106 Doug Fleming (V50) 37:42; 137 Gordon Stone (V55) 40:24.

Three harriers competed in the Stan Bradshaw Pendle Round Fell Race with Mick Green finishing first V50 and 6th overall in 1:14:34, Tony Hesketh (V65) 72nd in 1:31:57 and Ed Swift (V65) 178th in 2:21:00.

Michael Cayton took his first victory of the year in winning the 9km Roddlesworth Roller on Sunday and Lindsey Brindle followed her strong run in Saturday's English championship by taking victory in the women's category and 9th overall. Recently turned 40, Alastair Murray took the V40 honours and 4th overall whilst Rudolf Maciejkowicz was yet again invincible in the V60 category in a field of 177 finishers.

1 Michael Cayton 31:55; 4 Alastair Murray (V40) 34:06; 9 Lindsey Brindle (F) 36:42; 23 Paul Boardman 39:35; 31 Rudolf Maciejkowicz 40:18; 82 Erica Booth (F) 45:32; 83 David Lee 45:42.

In the 2.2km Daffodil Duddle, dozens of Horwich youngsters were out in force representing their schools including runaway winner Nathan Townsend, second placed Lewis Wilkes, Matthew Flatters in 4th, Nathan Lancaster 5th, Matthew Mair 6th and Keiran Kinealy 9th amongst the 185 finishers.

Chris Farrell was the club's only representative in Sunday's Trafford 10k which attracted a high class field with a number of internationals at the front. Chris finished 26th in a new personal best of 30:35 which puts him 8th on the North West rankings for the distance in 2015 (and 25th in the UK).

## March 17th

Irish international fellrunner, James Kevan switched to the roads last weekend and achieved a fine second place at the Sweatshop 10 mile road race at Bispham near Blackpool in a time of 53:38. One other Horwich harrier competed and as usual Paul Muller took the V55 honours, finishing 9th overall in 59:21 in a field of 274 runners.

Two harriers made their debut in the 32 mile Haworth Hobble, which has a total ascent of

almost 5000 feet around the central Pennines passing Top Withins, climbing Stoodley Pike and returning via Hebden Bridge. Dan Gilbert completed in 6:33:43 whilst Michelle Sunter finished in 7:10:21. The other two harriers who battled the cold conditions have over 30 completions between them with Albert Sunter completing in 5:28:30 and Gordon Stone in 7:14:03.

Another Horwich Harrier put himself into the annals of great ultra runs as Andy Ford completed the 127 kilometre TransGranCanaria race, which has a total ascent of 8666 metres or over 28,000 feet. Andy completed this epic race 26 hrs 18:39, finishing in 220th position. Of the 608 starters only 349 finished, such is the severity of the event.

## March 24th

Four harriers took part in the Wilmslow Half Marathon on Sunday. Tony Hesketh finished 940th and 5th V65 in a time of 1:39:34. Brenda Hesketh in her preparation for the London Marathon was 3148th in 2:07:42, Emma Renshaw 3349th in 2:11:31 and Lynn Smith 4072nd in 2:59:26.

Rudolf Maciejkowicz was first V60 in the Jacob's Leg-It 10k from Edge Hill University near Ormskirk on Sunday. His time of 40:28 placed him 28th overall of the 380 finishers.

Also on Sunday, Paul Boardman competed in the seven mile Rivock Edge Fell Race from Silsden near Keighley, finishing 30th of 90 finishers in a time of 63:26 whilst Brendan Bolland competed in the Coniston 14 and finished 64th of 1123 finishers in a time of 93:01.

A number of harriers took part in the Two Crosses Circuit which is organised by East Lancashire LDWA. The 25 mile route from Tottington takes in Affetside Cross, Jumbles Reservoir, Catherine Edge, Turton Moor, the southern shore of Entwhistle Reservoir, Bull Hill and Pilgrim's Cross. The challenge walk welcomes runners and many local club runners including Horwich's Albert Sunter and Christa Whatmough, were rewarded with a glorious sunny day throughout with glorious views. Many of the runners were astounded at the value of the event. With some 10k road races costing up to £40, they were amazed at the copious amount of food laid on at the checkpoints and the level of organisation that goes into event, yet with an entry fee of only £7.

Sunday's Wolf Pit Fell Race near Hathersage

in the Peak District attracted 361 runners of which four Horwich Harriers travelled across to Derbyshire. Garry Chadderton had the fastest run in this race of nearly six miles with 1500 feet of ascent, finishing 75th in 48:31, Nick Kelly was 90th in 49:29, Doug Fleming 128th in 52:22 and Sandra Kelly 157th in 54:17.

## April 2nd

### Best ever result for Horwich in Northern Road Relays

Saturday saw yet another first for Horwich RMI Harriers as the club achieved its first ever top five finish in the Northern 12 Stage Road Relays, eclipsing the previous best of eighth.

The event was held in Liverpool's Sefton Park where, beneficially for the competitors, the rain-bearing weather systems of Saturday had already moved on by the start of the first leg to reveal a sun-drenched afternoon and ideal running conditions. The 12 legs were split between four two lap "long" legs of 4.8 miles and 8 "short legs" of the single 2.4 mile course.

77 teams toed the line with Chris Farrell and Jonathan Bruton representing Horwich A and B teams for the first long leg. Liverpool's Jonny Mellor stormed to victory followed closely by Bolton's Tom Lancashire and Chris achieving an excellent 7th position and 15th fastest of all long legs during the day in a time of 23:57. Jonathan, returning to fitness, finished 56th in 27:58.

Deep into his final three weeks of Manchester Marathon training, Richard Howarth clocked 13:00 for leg 2, the first short leg, to put the A team in 12th place. The B team saw one of the club's greats from years gone by in the shape of Nigel Clementson who clocked 14:31, an excellent time for the 55 year old.

Richard handed over to our fell international James Kevan who ran a solid 24:26 on the long leg 3, pulling back two positions.

For the B team Chris Essex-Crosby ran 29:07 to leave the B team at 55th but with no further runners.

The pressure on maintaining a top 10 team position was down to the oldest team member, V45 Dave Jackson who ran a well-judged race on leg 4 in 13:22 to hold onto 10th spot and then it was over to youth for the long leg 5 as Tom Carson powered round in a fantastic solo effort of 23:51, moving the team up to 7th position and clocking the third fastest run on the leg and 16th fastest overall.

The progression continued with Nick Leigh post-

## British Fell Relays - 17th October 2015

'Whaaaaat' I hear you say. I know, it's ages off yet but ladies (& gents) our race diaries fill up quickly & we all want to do every race going. Usually spoilt for race choice, get giddy with the warmer weather approaching, new race season starting & by the time October arrives quite often ready for a rest or easy training period. So with all this in mind & this years relays on our doorstep at Pendle, organised by CLeM, we want to turn out our best, fittest, freshest teams possible. We are a Club oozing with talent who can compete at this level and leave our mark. We have great coaches on tap who can help us prepare specifically, and a credit to this is the amount of non HRMI people who chose to train with us. The relays format generally consists of two solo short legs, one longer pairs leg & one navigation leg. As our fell selection for the ladies is generally more limited than the men's selection, we wanted to give our ladies (& gents) plenty of forewarning to pencil in the date in their diaries and use this date as a fitness/motivation target. Last year, we had a super ladies team turnout & we all enjoyed a great Club day out with fantastic camaraderie, banter & support. This year, I'm certain we can better our result with past experience under our belts and a fitter squad.

Yours in running

Suzanne



Seven of the 12 stage team (l-r Lukas Siska, Ian Conroy, Alastair Murray, Michael Cayton, Chris Farrell, Dave Jackson, James Kevan with Pete Bland behind). Photo courtesy of Dave Jackson.

ing the second fastest time on leg 6 (12:01) and 15th fastest of all short leg runners to move the team up to 5th place. Joe Mercer maintained the position on the long leg 7 with a time of 25:05. On leg 8, Gareth Booth had a solid run in 12:46 but lost a place to Sale Harriers who had placed their fastest runner on this leg. Showing amazing commitment to the club, Ian Conroy, sped round leg 9 in 12:23 to maintain 6th position with Alastair Murray doing the same on leg 9 in 12:56. Leg 11 saw Lukas Siska hold on to 6th position with a time of 12:42.

So it was all set for Michael Cayton after

hours of watching his teammates to have a good run to hold onto 6th place with a reasonable lead over nearest rivals, Hallamshire and Gateshead. Michael did the club proud, not only maintaining position, but clawing back 42 seconds on Sale Harriers to be only 17 seconds behind them.

It was only at the finish that the team realised that they were not 6th but 5th as amazingly the race leader had got lost - even more amazing was that his club was Liverpool Harriers on their home turf of Sefton Park.

So it was yet another landmark for Horwich RMI Harriers but the club are just raising the bar

and will be aiming to improve even further in the future.

On the fells, four harriers competed in the Lads Leap Fell Race over 9.5km with 1700 feet of ascent from Crowden-in-Longdendale. Dan Gilbert just pipped Steve Jackson, who took the first V60 prize. Suzanne Budgett was first FV50 and Michael Crook also had a good run.

Results: 23 Dan Gilbert 62:53; 24 Steve Jackson (V60) 63:01; 64 Suzanne Budgett (FV50) 73:14; 88 Michael Crook (V65) 81:30.

### Roddlesworth Roller, March 8th

Seven Harriers ruled at this years running of the Roddlesworth Roller coming away with 4 individual and 1 team prizes. As the name suggests, this is a tough undulating trail race, with 600 feet of climb over 5.5 miles. Flat enough to be fast. Rolling enough for your quads to really hurt the next day.

Impressively doubling up after placing 6th at Saturday's Flower Scar English Champs Fell Race, Lindsey Brindle had the run of the day to take the ladies race by an impressive margin. Erica Booth was another with a weekend double that would surely have helped win the ladies the team prize, but for another runner, in 9th.

Also doubling up, and taking his second victory of the weekend was Michael Cayton, who is starting to see all his effort since coming back to running begin to pay off. Running my first race as a Vet and the new experience of not knowing exactly who you are racing against, I was very happy to start with a win in the V40 category. Completing a winning team for the Men was Paul Boardman in 23rd. Rudolph Maciejkowicz was next, and picking up the prize for the V60 category. The last of the magnificent seven was every improving new member David Lee, placing 83rd of 177.

Ali

## Fleming Trophy for Juniors under 16 years of age 20th April 6.30 start

This years race is again at Bolton Arena numbers to be collected on the night, this is a Handicap race over 2k for our Junior members, no entries on the night due to Handicapping, The entry fee is £2 with all finishers getting a medal, there is prizes for first three finishers and fastest Boy and Girl. Entries to Tony Hesketh or Brenda Hesketh name and a recent race please. Slower/younger runners set of at intervals over set course.

## London Marathon

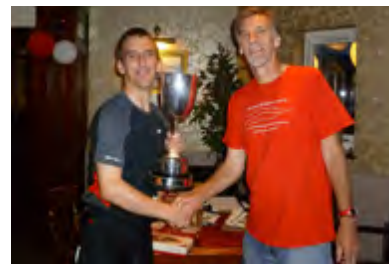
Brenda Hesketh is running the London Marathon in her sisters memory and is raising funds in aid of Macmillan Cancer Trust anyone wishing to sponsor her can do so on her Just Giving Page all donations will be gratefully received. Click anywhere in this paragraph.

## Fielden Cup - Thursday May 14th



This year's Fielden Cup will be held on May 14th, subject to confirmation, on the same course as recent years along Georges Lane with registration at Ye Jolly Crofters on Chorley Old Road.

Full details will be in the May Runaround which I plan to publish by May Day weekend and also on the facebook page and website.



## Forward Planning

Some of you may know that Peter Ramsdale is stepping down as Club Chairman at next October's AGM, so he is looking for someone to take over the reins. If you think you have the skills for this rewarding role, don't wait until the AGM but please sound out Peter for advice. He will continue to help to make it an easy transition and would be happy to continue as Vice-Chairman.

## More Forward Planning Two Lads Fell Race

Colin Jones has indicated that he wishes to retire from being the Race Organiser for this highly thought of fell race. Therefore, the club is looking for a new Race Organiser from 2016. It would be ideal if they could shadow Colin for the 2015 event. If interested, please contact Colin or Peter in the first instance.

# TransGranCanaria Report

A 127.5km +8666m race that started at 11pm on 6th March 2015 from Agaete in the North West of the Island and traversed the island via the mountains to finish in Maspalomas. Single stage, 30 hour cut off.

A rough first climb of 1400 metres (higher than Ben Nevis) in the first 9.8km made me wonder what I'd let myself in for, but I settled in to my own race and enjoyed the mainly trail based run. Zero navigation was required too with the entire route being marked, though mistakes were made by many.

I ran the first 42.8km in darkness, my headtorch battery giving out just as I reached Fontanales 14 mins after the Advanced race had set off at 7am and with the sun just rising. It helped to be picking off other runners along the route, even if they weren't necessarily in the same race.

The temperatures during the day quickly went over 30° C and high winds brought several choking dust storms from 4am Saturday through to around 11pm.

The day section progressed well despite the weather and though my target was simply to get round, I had been eyeing a sub 24 finish during the run up to the race. After plenty of tough climbs and long descents I reached Garañon and the 82km checkpoint where I had a drop bag with food, kit and my Horwich vest inside. A quick change of top layers and strapping up of the feet and I set off for the final 44km and 1367m of climb, thinking a 6 hour run of this would see me finish in sub 24.

However the size of the race, being awake for 35 hours at that point and an over-zealous descent to the checkpoint at Tunte that was 26 mins quicker than predicted, took their toll and I blew up 5 to 10 mins out of Tunte and had to walk/jog the remaining 25km and +1116m, determined to finish having travelled so far to do the race. Coming back with a DNF wasn't an option.

Eventually, after 26:18:39 of scaling dizzying heights and plumbing mental terrifying lows, I crossed the line, 220th of 349 finishers.

Stats here (just click):

<http://transgrancanaria.livetrail.net/stats.php?bib=493>  
TransGC

686 Registered, 608 Starters, 349 Finishers

*Andy Ford*



## 2015 Junior Fell Championship

This year's races in our Junior Championship are as follows and are slightly different from the last newsletter, as you can see we have a clash of dates with Rivington Pike being on the same day as the second English race, Pendle. I have therefore decided that both races will score the same points so parents and children can decide which race to do. There are 10 races with runner's best 6 to count and the scoring is the same as before with 10 points for first Horwich finisher down to 1 for the tenth finisher in all age groups. A junior should complete at least three races to be eligible for an award at the end of the season. As the season progresses I will let you know start times and locations for registration, starts etc. This year the FRA have decided that for a Junior to be eligible for an award they have to be members of the FRA for which the cost is £8 this will also allow them to run for England if selected, you do get a handbook and a quarterly magazine so it is well worth the money join at the FRA Website. Age groups are as of 1st January in the year of Competition and the U/11 are run as non-competitive but juniors can still win a Tee Shirt for completing four races out of the 6 English scoring races and a Hoodie for completing all six races.

28th March Errwood Hall Nr Buxton Derbyshire. (E)

4th April Pendle Barley Lancs (E) or Rivington Pike Horwich

18th April West Nab Meltham Yorks (E)

4th May Coiners Mytholmroyd Yorks (E)

30th May Malham Yorks (E)

20th June Turner Uphill Cumbria (E)

2nd Aug Worsthorne Moor Nr Burnley Lancs

26th Sept Thieveley Pike Nr Burnley Lancs

11th Oct Withins Skyline nr Haworth Yorks

7th Nov Shepherds Skyline Nr Todmorden Yorks

All races marked with an (E) are English Championship Races. There will be other races to do and I will let you know about these nearer to the time.

*Tony Hesketh 01204 668183*



## Summer Track & Field Leagues

MID LANCS, YDL Lower & Upper Leagues, NORTHERN LEAGUE, OPEN MEETINGS FOR 2015.

Saturday	11th April	MID LANCS	BLACKPOOL	U13's to SENIORS
Sunday	12th April	WIGAN OPEN	WIGAN	U13's to SENIORS
Saturday	18th April	YDL Upper	WARRINGTON	U17's and U20's
Saturday	02nd May	YDL Lower	BLACKBURN	U13's and U15's
Sunday	03rd May	N LEAGUE	PRESTON	U20's to SENIORS
Saturday	09th May	MID LANCS	LITTLERLAND	U13's to SENIORS
Sat/Sun	23rd/24th May	GMAA County Champs	TRAFFORD	U13's to SENIORS
		LAA Lancashire County Champs	BLACKPOOL	U13'S to SENIORS
Saturday	16th May	YDL UPPER	WARRINGTON	U17's and U20's
Saturday	30th May	YDL Lower	BLACKBURN	U13's and U15's
Saturday	06th June	N LEAGUE	HYNDBURN	U20's to SENIORS
Saturday	14th June	GMSAA	STRETFORD	U13's to U20's
Saturday	20th June	YDL Lower	MACCLESFIELD	U13's and U15's
Saturday	04th July	MID LANCS	LANCASTER	U13's to SENIORS
Sat/Sun		ESAA English Schools	BIRMINGHAM	
Sunday	12th July	N LEAGUE	TBA	U20's to SENIORS
Saturday	18th July	YDL Lower	EAST CHESHIRE	U13's and U15's
Sunday	26th July	YDL Upper	SALFORD	U17's and U20's
Saturday	01st August	MID LANCS	HYNDBURN	U13's to SENIORS
Sat/Sun		NORTHERN CHAMPS	TBA	U15's / U17's
Saturday	08th August	N LEAGUE	OLDHAM	U20's to SENIORS
Saturday	29th August	MID LANCS	WIGAN	U13's to SENIORS

These are the 4 main meetings for all our athletes this season.

The Mid Lancs meetings are free to enter meetings and we would like as many athletes as possible to enter these. The athletes turn up on the day and Paul will register them. They can then choose up to any 3 events for the day, if there are enough athletes in their age group a relay team will be chosen later in the day.

The last Mid Lancs meeting on 29th August is at Wigan and is a medal meeting and will incur an entry fee.

The YDL lower and upper leagues along with the Northern League meetings are also free to enter meetings, 2 athletes are allowed in each event, (i.e.) 100 metres, 800 metres, long jump, shot etc, for each age group, these will be selected by the team managers for those leagues. They are Trevor Williams, Kelly Laughton and Andrew Storey.

There are also various open meetings, during the season at wigan, Blackpool and Trafford to mention a few, if you go onto their websites you will find the details for entering. There are also the county championships which athletes can enter, all of these competitions will incur an entry fee and the entry forms will be posted on the notice boards in the hut and corridor and also on the horwich website, when we find out all the venues and dates.

For primary school years 4 to 6, there are the primary league meetings at the Robin Park stadium, Wigan on Friday nights - these will be posted as above as soon as we find out the dates.

If you require any information about these meetings or what events you should do, please contact your coach or team managers, who will gladly help.

All the coaches wish their athletes and all other athletes at the club the very best for the coming 2015 season.

Team Managers

Northern League

Andrew Storey

Trevor Williams

Kelly Laughton

YDL

Trevor Williams

Kelly Laughton

Mid Lancs

Paul Wibberley

# Club kit

## Price List

Sprint Tights, Junior: Age 9/10, 11/12	£18.00
Black Junior Sprint Shorts: Ages 9/10, 11/12	£12.00
Black Running Shorts, Junior: XX/S, X/S	£10.99
Black Running Shorts, Senior: S, M, L, XL	£11.99
Running Vests, Junior: 24, 26, 28, 30, 32	£13.50
Running Vests, Ladies: 8, 10, 12, 14	£14.99
Running Vests, Men's: S, M, L, XL	£14.99
Long sleeved tops: XS, S, M, L, XL	£22.00
Tracksters, Adult	£15.00
Tracksters, Junior: Age 3/4, 5/6, 7/8, 9/10, 11/12	£13.00
<b>Tracksuits:</b>	
Junior, 26/28, 28/30, 30/32	£30.00
Senior, 32/34, 34/36, 38/40, 42/44, 46/48	£34.00
Personal Initials (left sleeve and right leg front hip)	£3.00
<b>Tracksuit Separates:</b>	
Top Adult	£21.00
Top Junior	£19.00
Pants Adult	£13.00
Pants Junior	£11.00



The club kit items illustrated are supplied by Tobutt Sports,  
508 Blackburn Road, Bolton,  
BL1 8NW,  
Tel 01204 308506

