

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

## Great win for Lindsey at Edale



*Lindsey showing how to win one of the toughest races on the calendar.  
Photo by Stephen Frith, Mossie Net Photography*

Lindsey Brindle stormed back to top form at the Edale Skyline Fell Race on Sunday, March 23rd. After suffering a mystery illness which has kept her off the scene for much of the last two years. Lindsey is now finding the form which saw her winning top European fell races during 2011. The 21 mile Edale race traverses the highest hills in the Peak District and is regarded as one of the toughest races in the fellrunning calendar. After a steady start, Lindsey took up the running, approaching half way and went on to record a clear-cut victory in a time of 3.28.49, some 7 minutes clear of local girl, Calin Rice.

*Brent Brindle*

**APRIL 2014**



# Race Diary



April 5th	Pendle Fell Race (FULL)	Barley	Eng & Lancs
April 6th	Wigan Open Track Meeting	Robin Park	
April 12th	Wardle Skyline		Fell
April 16th	Fleming Trophy (pre-entry only)	Bolton Arena	CP
April 19th	Rivington Pike Race	Crown Hotel	CP, Eng (Junior)
April 26th	Mid Lancs Track League	Robin Park, Wigan	
April 27th	YDL Upper Track League	Leverhulme Park, Bolton	
April 27th	Radcliffe 10k	Radcliffe	GP
May 1st	Fo Edge Fell Race	Waterfoot, Rossendale	Fell
May 3rd	Coniston Fell Race (FULL)	Coniston	Eng
May 3rd	YDL Lower Track League	Ashton-under-Lyne	
May 4th	Northern Track League	Oldham	
May 10th	Mid Lancs Track League	Preston	
May 17/18th	GMAA County Champs	Macclesfield	
May 14th	Haigh Hall 4 Mile Road Race	Haigh Hall (note new venue)	GP
May 24/25th	LAA County Champs	Blackpool	
May 21st	Jubilee Road Race	Rivington	CP
May 31st	YDL Lower Track League	Warrington	
June 1st	YDL Upper Track League	Widnes	
June 1st	Edenfield Fell Race	Edenfield	Fell
June 7th	Ennerdale Fell Race	Ennerdale	Eng
June 7th	Northern Track League	Wigan (hosting)	
June 12th	Two Lads Fell Race	The Bridge Inn	CP
June 14th	GMSAA Champs	Stretford	
June 17th	Masters Road Relays	Birmingham	
June 18th	Jubilee Road Race	Rivington	CP, GP
June 21st	YDL Lower Track League	Wigan (hosting)	
June 25th	Eddie's Revenge	Shaw	Fell
June 28th	Mid Lancs Track League	Lancaster	
June 29th	YDL Upper Track League	Hyndburn	

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

## 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)

Apr 8	Speed End partner running x 800m
Apr 15	Speed End 4x4x400, 4x200, 4x2x400, 4x200
April 22	Easter
April 29	Time Trial 5 x 1000m 3 mins rec 3 or 5

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.

See also details about the Informal Runners Group on page 6.

## Juniors Track Sessions

*Mondays - 6:30pm – 7:45pm  
(Yr 7 & above)*  
*Wednesdays - 6:00pm – 8:00pm  
(Yrs 3 to 8)*  
– THIS SESSION IS FULL –  
*Waiting list in operation.*  
*Thursdays - 6:30pm – 7:45pm  
(Yr 7 & above)*  
*Cost £2 per person per session.*

## Fleming Trophy

### Junior Handicap Race

16th April 6.45p.m, Bolton Arena,

£2 entry fee

This years race is the same route as last year starting from near to Bolton Arena. Younger slower runners go off at intervals over a 2 mile course. Entries in advance only (so handicap can be calculated). Tony or Brenda will take entries at the Arena on Monday 7th and 14th from 6.00p.m or call Tony on 01204 668183. All runners will receive a medal and there are prizes to the fastest Boy and Girl along with prizes for the first three finishers.

*Tony Hesketh*

## Rivington Pike Race 2014

Easter Saturday, April 19th

I need a band of merry people (about 20)  
to help on the day of the Pike Race.  
Marshals, Registration, Number Takers,  
etc.

Without you the race cannot happen.

Please help.

Contact Ali

## 2014 FRA English Championship Races

### Pendle - Sat 5th April

- Category: AS
- Website: clayton-le-moors-harriers.co.uk
- Distance: 7.3km / 4.5m
- Climb: 457m / 1499ft

### Coniston - Sat 3rd May

- Category: AM
- Website: conistonfellrace.org.uk
- Distance: 14km / 8.7m
- Climb: 1065m / 3494ft

### Ennerdale Horseshoe - Sat 7th June (English & British counter)

- Category: AL
- Website: cfra.co.uk
- Distance: 36.8km / 22.9m
- Climb: 2290m / 7513ft

### Kentmere - Sun 20th July

- Category: AM
- Website: peteblandsports.co.uk
- Distance: 19.8km / 12.3m
- Climb: 1006m / 3300ft

### Sedbergh Hills - Sun 17th August

- Category: AL
- Website: kendalac.co.uk
- Distance: 22.5km / 14m
- Climb: 1830m / 6004ft

### Hodder Valley Show - Sat 13th September

- Category: AS
- Website: bowlandfellrunners.org.uk
- Distance: 6.4km / 4m
- Climb: 470m / 1542ft

## BUPA London 10k

We have been allocated 12 FREE entries (6 men, 6 ladies) for this years 10k race on Sunday 25th May. If you would like to compete please let me know ASAP so I can gather specific entry information on you onto my entry list (ie: full postal address, DOB, Predicted Race Time, PB 10k Time, emergency contact )

[martyn.mercuryperformancecoaching@hotmail.co.uk](mailto:martyn.mercuryperformancecoaching@hotmail.co.uk)

This is open to all levels and abilities – the key thing is to enjoy the experience !

*Yours in Sport, Martyn Bell, Road Captain*

## Central Lancs Grand Prix 2014

16th Feb	Central Lancashire 5k
2nd March	The Trotters 5
27th April	Radcliffe 10km
14th May	Haigh Hall 4 mile – tbc
18th June	Horwich Jubilee 5
6th Aug	Chorley 4.4 Trail
10th Aug	Blackpool Airshow 10k
31st Aug	Pennington Flash 5 mile trail
14th Sept	Blackleach 5 mile trail
28th Sept	Swinton 10
12th Oct	Gin Pit 5



# Race Results

## Inter-Counties XC Champs, Crofton Park, Birmingham, March 8th

Two Horwich athletes represented their counties at the Inter Counties Cross Country Championships at Crofton Park in Birmingham on Saturday. Chris Farrell representing Greater Manchester in the senior race finished an excellent 58th amongst 277 of the UK's best runners. He was 4th counter for Greater Manchester who finished 5th of the 32 teams. Nathan Townsend represented Lancashire in the under 17 race finishing 133rd of the 269 finishers with the team finishing 12th.

## Roddlesworth Roller, March 8th

At the Roddlesworth Roller, Horwich provided three category winners amongst the 178 finishers with Rob Jackson taking the V45 prize, Sean McMyler, the V50 prize and Tony Hesketh the V65 prize. Paul Boardman was second V50 and Abby Cox had an excellent debut.

Results : 6 Rob Jackson 34:53; 15 Sean McMyler 36:57; 25 Paul Boardman 38:55; 45 Tony Hesketh 42:10; 139 Abby Cox 54:30. The Junior version of the race, the Daffodil Duddle had a profusion of Horwich runners amongst the 202 finishers, most representing their respective schools with Nathan Townsend winning the race overall and age wins for Luke Brindle, Matthew Flatters, Cian Healy, Penny Townsend and Ella Pendlebury.

Results; 1 Nathan Townsend 7:36; 6 Lewis Wilkes 8:02; 9 Luke Brindle 8:05; 11 Thomas Massey 8:07; 14 Matthew Flatters 8:10; 20 Cian Healy 8:23; 21 Kieran Kinealy 8:24; 22 Penny Townsend; 23 Nathan Lancaster 8:26; 31 Stephen Brown 8:43; 32 Joe Mitchell 8:44; 34 Olivia Lowe 8:50; 35 Lucas Milliken 8:54; 42 Anna Walton 9:07; 43 Ella Pendlebury 9:08; 49 Toby Middleton 9:14; 55 Ella Baker 9:28; 56 Jamie Howe 9:32; 58 Isaac Simmonite 9:36; 63 Freya Whittle 9:56; 69 Lauren Pollitt 10:04; 86 Chloe Murphy 10:26; 113 Joshua Houghton 11:15; 115 Chloe Squires 11:17; 121 Jacob Simmonite 11:24; 133 Olivia Baker 12:14; 147 Suzanna Simmonite 12:59; 153 Ellie Green 13:31; 167 Grace Pendlebury 14:34.

Apologies if I have missed anyone out.

## Bolton Hill Marathon, March 8th/9th

This is two separate marathons in the West Pennine Moors, split across Saturday and Sunday, with Michael Kay as the first Horwich

finisher on Saturday and brother Glyn Kay making it a family double in the warm conditions of Sunday. Colin Wood, Julie Williamson and Trevor Fishwick completed both off-road marathons. Results : Saturday: 14 Michael Kay 3:39:10; 65 Nick Kelly (V45) 4:16:10; 123 Julie Williamson (F40) 4:48:57; 143 Colin Wood (V55) 5:03:01; 163 Trevor Fishwick (V40) 5:29:09.

Sunday 3 Glyn Kay (1st v40) 3:34:17; 59 Colin Wood (V55) 4:49:54; 83 Julie Williamson (F40) 5:31:05; 95 Trevor Fishwick (V40) 6:16:37.

## National XC Champs, Nottingham, March 8th

The 127th National Cross Country Championship brought together one of the largest fields of senior men that ever assembled. Over 1650 runners completed the event in Nottingham on Saturday last. Two local runners were there at opposite ends of the race. Frazer Jardine of Bolton Harriers had a wonderful run to finish in 372nd place in 43.28 whilst Pete Ramsdale of Horwich completed the course in 61.25. Steve Vernon of Stockport Harriers won the event in an incredible time of 36.23.

*Peter Ramsdale*

## Northern 12 Stage Road Relays, Heaton Park, Manchester, March 15th

Horwich men continued their excellent form in 2014 with a solid display of controlled running at "the Northerns". The team moved through the field to finish 16th of 64 with the top 25 securing places in the National 12 Stage Relays at Birmingham on April 5th. As the club did not contest the weather disrupted relays last year and finished 41st of 49 in 2012, this represents yet another step forward for the club. The team had endured much changes prior to race day but the squad did the club proud on a windy course that turned out to be 3 miles for the short (even-numbered) legs and 5.6 miles for the long (odd-numbered) legs. The team (with current position at end of their leg) comprised David Jackson (44th) 32:00, Martyn Bell (33) 16:42, Michael Green (37) 33:54, James Kevan (27) 15:43, Chris Farrell (20) 28:50, Danny Kevan (17) 16:55, David Milliken (18) 31:35, Andy Townsend (18) 17:15, Rob Jackson (18) 32:27, Alex Fowler (17) 17:22, Jonathan Bruton (16) 31:50 and Glynne Lever (16) 17:27.

The women's team can also be proud of their performance, placing 29th of the 49 teams in the six stage relay at the same venue using the 3 mile loop. The team comprised Lindsey Brindle (12) 18:29, Debra Campbell (12) 19:45, Nadine Merrick (20) 23:01, Clare McKenna (25) 23:51, Christine Boardman (26) 22:10 and Christa Whatmough (29) 23:42.

## St Annes 10 Mile Road Race, March 16th

Paul Muller finished 10th and 1st V55 in 60:35 with Mark Gibson 28th in 63:58

## Gin Pit Double Marathon, March 22nd/23rd

Two club members completed the Gin Pit Double Marathon on Saturday and Sunday. Colin Wood completed Saturday's event in 4:08:58 with Julie Williamson not far behind in 4:32:55, the second fastest of the eight ladies. Sunday's times were understandably slightly slower, Colin completing in 4:13:57 and Julie in 4:47:53, again second fastest lady.

## Helpers Wanted

### Manchester 10k - May 18th

Wanted – helpers for the Manchester 10k on 18 May! Each year the club are asked to provide helpers for this event. We are always positioned after the finish line and are responsible for keeping the flow of finishers moving towards the chip collection points. Having done this the past few years I can honestly say that it's a really enjoyable day and last year I even got to meet Haile Gebrselassie! For your troubles you get a waterproof jacket and your lunch and refreshments are provided. The club also gets £5 per volunteer so it's really worth doing. If you would like to help out, or require any further information, please contact Tony Hesketh.

### Two Crosses Challenge, March 23rd

A great "win" for Albert Sunter at the Two Crosses LDWA Challenge Event. Is it a win? The purists would say no, as it is not a race. However, results were published and Albert was the first home in the 25 mile route from Tottington taking a time of 3 hours 54 minutes. The route across the rough terrain of Turton Moor, Darwen Moor, Musberry Heights and Holcombe Moor. It is organised by the Long Distance Walkers Association but runners make up over half the field in the long event.

### Wilmslow Half Marathon, March 23rd

Geoff Leech completed the Wilmslow Half Marathon in 1:41:32

### Liverpool Half Marathon, March 23rd

Martin Hammond completed the Liverpool Half Marathon in 2:17:32.



*Start of Heptonstall Fell Race with Dave, Joe and Chris  
Photo thanks to Steven Grimley*

### Heptonstall Fell Race, March 29th

2	Joe Mercer	2:00:27
3	Chris Farrell	2:00:55
7	David Jackson V40	2:10:51

*The runners of tomorrow (and today!) Photo thanks to Gemma Stokes*



## Secretary's In-Box

Alison has received many race promotions in her in-box.

Here are some:

[Click on the link to take you the relevant website](#)

Calderdale Way Relay

Edinburgh Marathon





## Calderdale Way Relay, May 11th

This is an event that we have won in the past and we usually enter numerous teams. It used to be run in December but has moved to May following cancellations caused by weather conditions. Are we going to have teams?

## Fielden Cup, 2014

Apologies but I shall have to postpone the Fielden Cup, provisionally planned for April 10th until late June at the earliest due to other commitments.

Gordon

**SUNDAY 13th APRIL**



**6k Run - 28k Bike - 6k Run**

## Informal Runners Group (Senior)

This group includes runners of all standards, including beginners, who join for a variety of reasons including social, keeping fit, and running competitively at a non-elite level. The group is informal and friendly and sessions are offered on Tuesdays and Thursdays at 7pm, with Saturday trail runs at 9am.

### Tuesdays: Informal Runners Group (Seniors)- 7pm to 8pm

Informal sessions for beginners and mixed abilities – road-based in winter, off-road in summer. In winter (Sept – Mar) we run sessions from Horwich Leisure Centre and occasional track sessions at Bolton Arena. The summer meet-up point is in beautiful Rivington.

There is no weekly fee for club or UK Athletic members, but there is a £2 charge for track sessions.

### Thursdays: Informal Runners Group, Endurance session (Seniors) - 7pm to 8pm

Informal endurance road/trail running sessions for beginners and mixed abilities – road-based in winter, trail-based around beautiful Rivington in summer. There is no weekly fee for club or UK Athletic members.

Contact Anna by email at [road.group@horwichmiharriers.co.uk](mailto:road.group@horwichmiharriers.co.uk) for further details.

As some of you may know, both Barry Allman and I now work at Decathlon in Warrington. The brand, although a name I have known about for many years, in particular in France, had been overlooked by me in favour of more famous brands. Dealing with the product at close quarters, I am extremely impressed. Members of the Harriers are most welcome at the Warrington store and Burnden chairman, Rob Short, works at the Bolton store where you would be equally welcome. Sign up for the free decathlon card and when you use it, on top of your rewards (it's like Tesco ClubCard but has additional benefits, the club also can generate income through the Decathlon Team Card.



### Kalenji running shoes and clothing at Decathlon

For more info, email me or Barry or check out the website [www.decathlon.co.uk](http://www.decathlon.co.uk).

One event that Decathlon have organised is the Decathlon Bolton on April 13th from the Wilton Arms. More details on their facebook page or call into the shop.

Gordon

## Mid-Lancs Cross Country Gold - the Trophy

Six of the seventeen counters who made it possible to lift the Mid-Lancs XC League Division One senior title for the first time in the club's history. This is one of the top leagues in the country and contested by no less than 35 clubs throughout the North-West of England. Nathan Townsend took an individual silver medal in the U17 category and our V40 men gained bronze medals. Target next year is to hit gold in as many categories as possible.



I-r : Andy Townsend, Gordon Stone, Pete Bland, Dave Jackson, Andy Lloyd, Ali Murray



Nathan receiving his individual silver



I-r : Gordon, Dave J, Andy, Andy T