

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

## Horwich athletes excel at Snowdon International



And a new  
English  
champion for  
Horwich



**AUGUST 2014**



# Race Diary



Aug 6th	Chorley 4.4mile trail race	Astley Park, Chorley	M/L
Aug 10th	Blackpool Airshow 10k	Blackpool	GP
Aug 17th	Sedbergh Hills	Sedbergh	Eng, M/L
Aug 20th	Jubilee Road Race	Rivington	CP
Aug 31st	Pennington 5	Pennington Flash, Leigh	M/L
Sept 13th	Hodder Valley Show Fell Race	Dunsop Bridge	Eng
Sept 14th	Blackleach 5m trail		GP
Sept 4th	Downhill Race	Scotsman's Stump	CP
Sept 11th	Fielden Cup	Jolly Crofters	CP
Sept 20th	Northern 6 Stage/4 Stage Road Relays	Birchwood	
Sept 27th	Thievely Pike Fell Race	near Burnley	M/L
Sept 27th	Mid Lancs XC League	tbc	XC, M/L
Sept 28th	Swinton 10	Swinton	GP
Oct 11th	Red Rose XC League	Leigh	
Oct 12th	Gin Pit 5	Tyldesley	GP

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

## 2014 Fell Relays

Its that time of year again when our minds turn to the impending FRA Relays in four months time.

Last year we had fantastic results with the open team finishing 9th, the v40 team finishing 6th, and the v50 team finishing 8th, with a total of 4 teams running on the day, and a few non running supporters as well. What a day. This year I want to do better.

With an ever improving squad of runners, new additions, and some old hands making a reappearance

we can aim high, and target medals in all the above categories.

So I propose that with entries now we enter 2 open teams, a v40 team and a v50 team, as last year, with the addition of a ladies team.

Who's up for it? Let me know by reply if you're in. Don't worry about current state of fitness at this point - all I need is to know that you want to do it.

*Alastair Murray, Fell Captain.*

## 2014 Club Championships

For all categories, men's, ladies and vets, it is your best 10 races to count, and you must include at least one race from each of the three categories to complete the series. The cross country will be calculated using your best four scores from the six Mid Lancs fixtures.

The points system is as follows: 20 points for 1st down to 1 point for 20th.

### Road

14th May - Haigh Hall  
18th June - Jubilee  
6th August - Chorley 4.4M  
31st August - Pennington 5M

### Fell

1st June - Edenfield (BM)  
10th July - Bull Hill (BS)  
17th August - Sedbergh Hills (AL)  
27th September - Thieveley Pike (AS)

### XC

Best 4 from 6 Mid Lancs XC League Races.

*Ali*

## Seniors - Tuesday Night Track Sessions

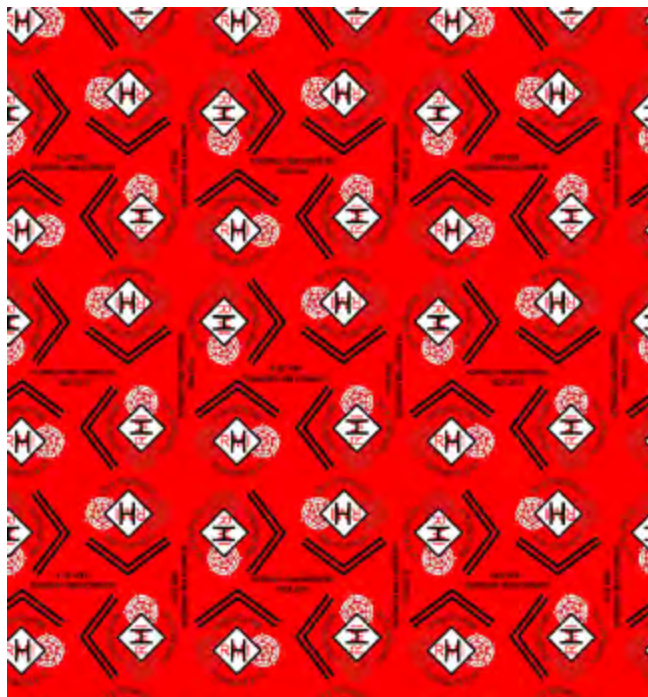
Every Tues 6.30 warm up 6.45 start. These are for **ALL ABILITIES**, whatever your pace, and any club member, including new members, can turn up. (A/B group)

Aug 5th Strength End 3 x 3 x 1000m  
Aug 12th Strength End 4 x 8 mins  
Aug 19th Strength End 3 x 10 mins  
Aug 26th Speed End 4 x 4 x 400 4 x 200  
Sept 2nd Strength end 6 x 5 mins  
Sept 9th Time Trial 5 x 1000m 3 mins rec  
Sept 16th Strength end 5 x 2000m (60 secs)  
Sept 23rd Strength End 6 x 1600m (60 secs)  
Sept 30th Speed End 4 x 800 5 x 600 6 x 400

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.

The Horwich Buff - no not a new Saturday Sports Paper but the headgear of choice for 2014. Limited 90th anniversary edition of only 100 so get yours while stocks last. Only £10 (and these are original Buff™). Get yours from Steve Pearson down at the track or at hill sessions or email him.



## Fielden Cup

Sept 11th, 7.00pm

Venue - Jolly Crofters, Chorley Old Road

The oldest race in the Horwich Calendar with the most impressive trophy of them all. This is a handicap race so everyone has a chance to win. Please contact Gordon with your intention to run so that an accurate handicap can be calculated.

2.2 mile route along Georges Lane from Matchmoor Lane to Pike Cottage and return.

## 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.

## Downhill Race 2014

Sept 4th, 7.15pm

This annual Horwich tradition starts at Scotsman's Stump near Winter Hill mast. Runners depart at intervals (every 30 seconds I think) and select their route to finish at the RMI Club with one checkpoint at Rivington Pike.

Contact Alastair Murray for further details. As always we need a few helpers for timekeeping and marshalling.

## 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 Reports

## Chorley 4.4 Trail Race, July 2nd

Gareth Booth was Horwich's top finisher at the Chorley 4.4 mile trail race through Astley Park on Wednesday, taking the prize as top V40. Tony Hesketh is hitting fine form following retirement, taking yet another V65 victory. 3 Gareth Booth (V40) 25:17; 24 Paul Boardman (V50) 28:40; 30 Ian Hamer (V50) 29:39; 48 Tony Hesketh (V65) 31:26; 65 Erica Booth (F) 33:14; 67 Mark Swindell (V45) 33:37.

In the Junior Race, Horwich Juniors continued their great commitment to local races with 31 juniors competing in a field of 104. Lewis Wilkes took the overall honours as well as the U14 category whilst Luke Brindle and Nathan Lancaster, Matthew Flatters and Cian Healey took the first two positions in the U12 and U10 categories respectively to give Horwich four of the first six finishers overall. The juniors had a further prizewinner as Freya Whittle who was first U10 girl.

## Badger 10k, July 3rd

The second Badger 10k Trail Race of the summer from Bamber Bridge saw a repeat result of the June race as Richard Howarth was again the winner and Paul Muller repeated his fourth place finish. Rudolf Maciejkowicz also took the V60 category honours.

1 Richard Howarth (V40) 35:13; 4 Paul Muller (V55) 38:09; 16 Paul Boardman (V50) 41:37; 26 Rudolf Maciejkowicz (V60) 43:55; 80 David Barnes (V55) 50:43; 123 Julie Williamson (F55) 55:05.

## Bull Hill Fell Race, July 10th

This race was a Club Championship and also the first race in the Radcliffe 3 Day event and a large field of over 200 runners started the race on a very warm evening with a very classy front end. Chris Farrell who has just been selected to run for England won easily from new signing Nick Leigh who was a previous winner and set a new record time in the process. A good run from 7th placed Jonathan Bruton and Andy Lloyd 14th was good enough to take the team prize. In the ladies race Maria Lowe was our first finisher in fourth place despite having a nasty fall she was backed up by Sandra Kelly and Abigail Sunter for third place in the Ladies Team race.

## Radcliffe Summer XC Race 11th July

The second race in the 3 day event was won by Matthew Clark of Swinton R.C in a very speedy

30.10 our first finisher was Tony Hesketh in 19th and first 0/65 and Pete Heneghan was first 0/70 in 34th despite cycling to the race, David Barnes had a good race in 39th place.

*Tony Hesketh*

## Radcliffe A.C 5 Mile Trail Race, July 12th

The last day in the challenge saw Matthew Clark take the honours both in this race and the 3 Day too, Tony Hesketh in 23rd clinched the 0/65 award and finished 17th overall improving on last years time by almost 7 minutes and David Barnes was 32nd and beat his time from last year by 36 seconds. This 3 day event is certainly one to do as the organisation and courses are second to none.

*Tony Hesketh*

## English Junior Fell Championship, Kettlewell, July 13th

The final race in this years championship saw large entries in all the races the U/8 race saw Theo Middleton finish 14th after a good race and Grace Pendlebury 24th also ran well. In the U/10 race Cian Healy won the race and also the English Championship after a very tough race taking the lead with 400 metres to the finish and won by 7 seconds, Toby Middleton was fifth after easing off whilst in third place, for the girls Freya Whittle had a brilliant run on a tough course to finish 30th and Ella Pendlebury was 32nd and the Horwich team was completed by Lydia Johnson 40th who was making her debut on the fells. In the U/12 race Tom Massey sealed a top ten finish with a brave run closely followed in 12th place by Nathan Lancaster another runner getting better with each race. Harriet Foley was our only runner in the U/14 race and finished 41st in the 4k race. These results means that Horwich finish 15th in the team placings and seeing that most of the children were running on the fells for the first time it is a excellent first season.

*Tony Hesketh*

## Jubilee Road Race, July 16th

The latest Jubilee Road Race attracted 9 harriers to compete in the event which is also organised by the club, with the team of Peter Rice, Glynne Lever, Sean McMyler and Chris Essex-Crosby taking the team prize whilst Maria Lowe won the ladies prize. Other category winners included Peter Rice (V50), Glynne Lever

(V40) and Rudolf Maciejkowicz (V60).

5	Peter Rice (V50)	29:54
6	Glynne Lever (V40)	30:03
9	Sean McMyler (V50)	30:31
17	Chris Essex-Crosby	31:30
24	Andy Smalley (V45)	31:54
25	Maria Lowe (F)	31:55
33	Rudolf Maciejkowicz (V60)	33:27
64	Jason Middleton (V45)	37:38
105	Frank Wood (V70)	49:05

## Snowdon International Race, July 20th

Top horwich harrier Chris Farrell disrupted his family holiday at the weekend and jetted in from Spain to compete in the Snowdon International fell race. Chris had gained his first England vest and was not prepared to let his holiday get in the way. The 10 mile fell race with 3500 ft of ascent had to be reduced to 8 miles 2700 ft due to predicted thunderstorms on the summit. Chris was rewarded for his efforts with a cracking run finishing 7th overall, clearly showing no signs of jet lag and helping England to runners up spot behind a very strong Italian team. In the women's race, Lindsey Brindle continued in great form. Lindsey was forced to compete in the open race after missing out on selection for the England team following a tired run in the selection race at Coniston which came just a week after her competing in the arduous Three Peaks race, but her first England vest cannot be far away after beating all 3 girls who gained selection including current British champion, Helen Fines, finishing 2nd in the open race and 4th including all internationals.

*Brent Brindle*

## From Gordon's Bolton News column:

At the halfway point, there were three Horwich runners in the top ten, with Ian Conroy, 7th, James Kevan 8th, and Chris Farrell, 10th. However, it was Chris, who descended the finest, improving to 7th, and closing in on last year's winner Andi Jones, with only a second separating them. James Kevan representing Ireland was only 15 seconds further back, whilst fellow Horwich member, Ian Conroy, also running for Ireland, was 22nd.

At the turn Lindsey was the 5th placed woman but it was her descent which was peerless, faster than any other woman in the race. By the finish she had moved up to fourth place and was breathing down the neck of the Italian international in third and a mere six seconds adrift of second place, beating all three women selected



with this his third win. The Horwich contingent was completed by Mark Swindell in 105th. With the conditions being almost tropical it was an achievement to finish.

4	Andy Lloyd (V40)	35:05
13	Lindsey Brindle (1st F)	38:03
37	Andy Ford	40:31
56	Tony Hesketh (1st V65)	42:36
73	Suzanne Budgett (F50)	44:05
105	Mark Swindell (V45)	47:20
116	Erica Booth (F)	48:32

*Tony Hesketh*

### Lakeland 50, July 26th

In the Ultra category of running, Chris Ingham and Julie Williamson completed the tough Lakeland 50 mile event with over 10,000 feet of ascent in soaring heat last Saturday. Of the 603 starters, 54 retired and Chris was 39th to finish in a time of 10:42:22 and Julie in 379th in 16:53:16.

See Julie's article on the event on page 7.

### Towneley Park 10k, Burnley, July 27th

At the Towneley Park 10k in Burnley, Debra Campbell finished third lady in a time of 40:32 and 28th overall amongst the 147 finishers. At the Turnslack Fell Race with 8 miles and over 2000ft of climbing, Tony Hesketh finished 12th overall, taking his second V65 prize of the week in a time of 1:29:55. Michael Kay was 22nd in 1:35:45 and David Barnes 56th in 2:15:21.

### Possible Park Run for Horwich?

Tentative plans are being drawn up for a park Run for Horwich. As with all Park Run events it will be every Saturday morning and I hope to get permission is being sought to hold it in Lever Park, Rivington.

About 5 people are needed to help on a regular basis. Email Gale Blackburn or phone 07906 283854 if you are able to help.

Click the image for the S4C programme of the race (available only until August 22nd)

for England.

Stuart Edmondson also competed in the open race and had a fine run to finish 55th overall of the 613 finishers.

The race highlights were shown on the Welsh language S4C channel on Sunday night: last year Channel 4 later broadcast a version in English.

1	Cesare Maestri (Italy)	47:20
7	Chris Farrell (Eng)	48:35
8	James Kevan (Ire)	48:52
22	Ian Conroy (Ire)	51:45
37	(1st F) Sarah McCormack (Ire)	55:20
55	(4th F) Lindsey Brindle	58:08
59	Stuart Edmondson	58:13

### Kentmere Horseshoe Fell Race, July 20th

Twelve Horwich harriers competed at Kentmere, the fourth race in this year's English Fell Championship.

The first hour after its 1pm start of climbing up to Ill Bell and then High Street was run by the 364 starters in searing heat before the clouds brought forth some relatively welcome light rain which then eased off only to return as torrential rain. Nick Leigh was the club's top finisher, completing the 12 mile race with 3000 feet of ascent in 1:37:50.

18	Nick Leigh	1:37:50
45	Dave Milliken (V45)	1:46:42
104	Andy Lloyd (V40)	1:55:58
147	Brian Walton (V60)	2:02:46
198	Steve Jackson (V60)	2:10:32
230	Michael Crook (V65)	2:14:26
247	Suzanne Budgett (F50)	2:18:25
313	Fran Walker (F40)	2:37:41
338	Gordon Stone (V55)	2:53:00

### Tockholes Fell Race, July 22nd

Last Wednesday evening saw "Horwich" athletes take the first two prizes at the Tockholes Evening Fell Race as Joe Mercer was the clear victor by over a minute and a half with

Horwich resident and former Horwich junior, Danny Hope taking second place. Jonathan Bruton was less than 30 seconds behind Danny in fourth place. The race of just under six miles with 1000 feet of ascent to Darwen Tower and back attracted six Horwich harriers.

1 Joe Mercer 36:21; 4 Jonathan Bruton 38:28; 16 Graham Schofield (V50) 42:38; 33 Nick Kelly (V40) 46:41; 53 Sandra Kelly (F40) 52:16; 67 Colin Waterworth (V50) 60:31; 75 Ed Swift (V60) 74:59.

### Harrock Hill, July 23rd

A field of almost 200 ran this the third race in the series with seven from Horwich. In form Lindsey Brindle had the run of the night finishing 13th overall and first lady by a long way. Suzanne Budgett was second over fifty and Erica Booth completed the Ladies team in 16th place. This gave Horwich second team behind Parbold Panthers. The mens race was won by Joe Johnstone of Rossendale with Andy Lloyd taking the first veteran award in a fine fourth place after a very good race. Andy Ford was 37th and ran a steady race. Tony Hesketh was first 0/65 in 56th place and clinched the series

## Ironman 70.3, Exmoor, 15 June 2014

This is an event that I entered last year and was timed out after the bike stage by 5:08 minutes, it's a half Ironman covering 70.3 miles. I was back again this year with better training and knowing what to expect. The weather was totally different and with the warmer water temperatures I was able to get straight into the swim and completed the 1.2 miles in 44:04, 6 minutes quicker than last year, after the run to transition I was off on the bike leg in 54:07. The 56 miles has 1190m/3,904ft of climb - no really big hills like Sheephouse Lane but many small steep ascents on the two lap course. The weather got better and the sun shone unlike the torrential rain of last year. I completed the bike course well within the time with a total time of 4' 57' 56". The run was 13.1 miles with 405m/1,323 ft of climb, I was thankful for the water/food stations on the three laps as the temperatures continued to climb. I finished in 7'41'46" in 1116th place or 123rd in my age group but I was happy to just to complete it. The certificate says Ironman on it but as it's only a half Ironman I feel more like a rusty one!

*Lawrence Pinnell*

# !!!!!!! Project Gold 2014 !!!!!!!

*just in case you missed it earlier!*

British Athletics Fell & Hill Relay Championship 2014

Sunday 19 October 2014, 10am – Middleton Fells, East Cumbria

I'm just about to do the entry for these relays and I want to double check numbers to make sure I enter the right number of teams. I've had 28(edit) positive responses so far, listed below. If you could all confirm. Anyone not listed, please get in touch. If last year is anything to go by, this is going to be a fantastic day out.

Last year we had fantastic results with the open team finishing 9th, the v40 team finishing 6th, and the v50 team finishing 8th, with a total of 4 teams running on the day, and a few non running supporters as well.

This year I want to do better.

With an ever improving squad of runners, new additions, and some old hands making a reappearance we can aim high, and target medals in all the above categories.

So I propose that with entries now we enter 2 open teams, a v40 team and a v50 team, as last year, with the addition of a ladies team. (not heard from any ladies yet!)

Let me know asap if you're in. Don't worry about current state of fitness at this point (you have time) - all I need is to know that you want to do it.

If there's anyone missing of the below list, please give them a nudge, and ask them to get in touch.

*Ali. Fell Captain*

## The List

(1) David Jackson	(8) Pete Ramsdale	(15) Stuart Edmondson	(22) Mark Birbeck
(2) Colin Jones	(9) Steve Jackson	(16) Nick Leigh	(23) Brendan Bolland
(3) Chris Heys	(10) Brian Walton	(17) Andy Lloyd	(24) Mick Green
(4) Joe Mercer	(11) Mick Crook	(18) James Kevan	(25) Gordon Stone
(5) Martyn Bell	(12) Jonathan Bruton	(19) Alastair Murray	(26) Tony Hesketh
(6) Andy Ford	(13) Ian Conroy	(20) Gary Chadderton	(27) Gareth Booth
(7) Chris Farrell	(14) Alex Fowler	(21) Doug Fleming	(28) Colin Wood

## Eddie hangs up his racing shoes

After a year and a half of one injury after another I decided that at 76 the time had come to bring to an end my racing days. Determined not to let injury finish me off I decided to end on my terms and chose to do a race in my old favourite New York. The Firecracker 5K was held on Governors Island on Independence Day in New York harbour.

Because of the injury problems my fitness was not what I would have liked but I was determined to do my best. The course was almost flat (it is only a little island) and I finished in 31m 36s, good enough to win the 70-79 award (I beat the local 74 year old favourite by 11 secs, he was not happy.) At the presentation the guy on the mike did his best with the club name but it still came out Horwich.

So to paraphrase Mark Twain "Rumours of my retirement may have been exaggerated".

*Eddie Corley*

## Dear Running Clubs

*I've attached an entry form for the 2014 "Bottoms Up" event, a challenge walk which always welcomes runners and is this year on Sat. October 11th, with 2 routes on offer, one of 13 miles and one of nearly 23 miles. Both routes start and end at Hoghton Village Hall (very close to Hoghton Tower historic house) on the A675 between Preston and Blackburn. There are 4 checkpoints where drinks and food are available on the long route and 2 on the short route. Hot food and drinks are available at the finish, along with certificates for all completers (all included in the prices).*

*Please could you pass details on to any members who might be interested. Although not a race, the event is a good opportunity to take part in a longer-distance supported run. There is a mass start for both runners and walkers at 8.30am. There are more details about the event and route at <http://www.ldwa.org.uk/WestLancashire/W/1846/bottoms-up-challenge-2014.html>*

*Many thanks and best wishes,*

*Sue Allonby (sec. West Lanes LDWA)*

## Lakeland 50 - July 26th

This was to be my longest run so far, my 2014 big challenge. Arriving in Coniston the afternoon before to pitch the tent and get through kit check I was feeling fairly confident as although I'd had a few niggles in the two preceding weeks these had subsided and I knew I'd done a fair amount of training utilising local marathons including Hell of a Hill 5 in 5, Bolton Hill double, Gin Pit double and a few others. The Lakeland 50 is a combined event with the Lakeland 100 so after attending the kit check and weigh in (your weight is written on your number for all to see!) we lined the street

ready to cheer the 100 mile runners off at 1800hrs. It was at this point my nerves set in. Seeing the trepidation on the faces of some of those runners set my nerves jangling as although I'd done a few ultras I hadn't gone quite to the 50 mark and certainly not on such hilly terrain.

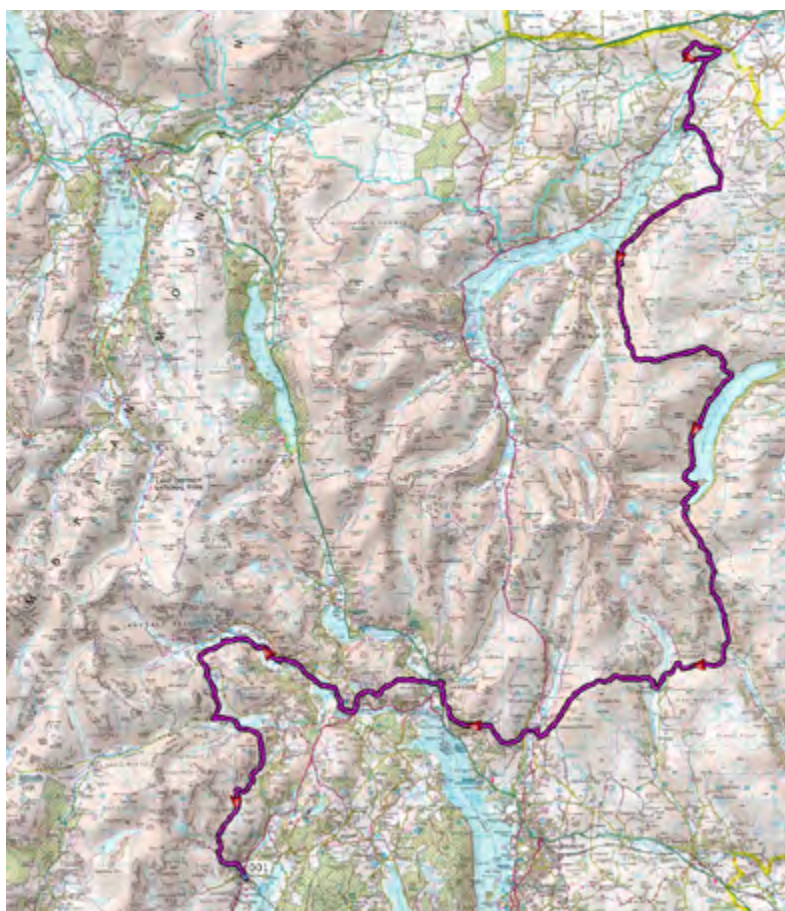
The next morning before we set off in the coach to Dalemain we had the obligatory briefing but also a bit of an inspirational pep talk by Marc Laithwaite the organiser of the event. This did the trick for me and I knew for certain at that point I'd get through. The start at Dalemain was at 1130hrs and the temperature was already soaring and this wasn't forecast to change until late evening much to my dismay as I'm not a fair-weather runner. The first leg consists of a 4 mile loop around Dalemain estate then heading out through Pooley Bridge to Howtown the 1st checkpoint where we refuelled and rehydrated in anticipation of the



Fusedale climb which was next. I had struggled with this on the recce and again in this heat I had to take several little 30 second stops just to let my heart rate settle down. It seemed to go on and on. At the top however there is a nice little flat top bit before the

descent to Haweswater and around to the second checkpoint. Here at the Mardale Head checkpoint I forced a sandwich and some soup down (I always struggle initially to eat on the run) and took a bag of crisps with me en route up Gatesgarth Pass. I could only manage a couple of crisps at a time but it was getting easier as I carried on munching and by the time we reached the top their benefit was realised. I had a surge of energy and found the run down to Kentmere exhilarating and thankfully this feeling continued for the remainder of the race with the exception of one section heading to Tilberthwaite where in the dark I was convinced we were heading the wrong way. I arrived at Ambleside having been cheered on by spectators and people enjoying a glass of the amber nectar grinning like an idiot as the rain had arrived and although still warm it was delightfully refreshing.

The next stop was Chapel Stile where beside a marquee there was a nice wood burner which we sat by and tucked into the delicious stew on offer and had a cup of tea before carrying on to Tilberthwaite and the jam butties on offer there prior to the final ascent up towards Coniston and then back down to the finish at John Ruskin School. At the finish having collected my t shirt and medal as a matter of interest I stepped on the scales wondering how dehydrated I would be. I found I had put on weight rather than losing any! The event itself is very well organised and seeing some of the 100 mile runners out there and still going strong is awe inspiring. This is definitely one to do if you haven't already and like a challenge. For those interested I believe entries open on 1st September but be quick they sell out fast.



*Julie Williamson*

# Run The Moors Grand Prix Races 2014

Date	Race	Venue	Category	Distance/height	Price	Comments
Feb 16 <sup>th</sup> Sunday 11.30am	Windy Hill	Littleborough Rugby Club OL15 0AP	BM	14.5km/390m	£5.50 pre-entry £6.50 on day	New local event
March 16 <sup>th</sup> Sunday 11.00am	Lads Leap	Crowden Campsite SK13 1HZ	AS	9.5km/518m	£5.00	Back again to this little toughie!
April 12 <sup>th</sup> Saturday 2.00pm	Wardle Skyline	Wardle Square Wardle Village	BM	11.3km/381m	£5.00	New organiser but same great race!!
May 1 <sup>st</sup> Thursday 7.30pm	Fo Edge	Cowpe Village Hall BB4 7EA	BS	6.6km/300m	£3.50	Another new Rossendale race
June 1 <sup>st</sup> Sunday 10.30am	Edenfield	Edenfield Cricket Club BL0 0JW	BM	10.3km/477m	£4.00	Bite and a pint after and maybe see the cricket match
June 25 <sup>th</sup> Wednesday 7.30pm	Eddies Revenge	St Saviours Church - Shaw OL2 8NB	AS	6.1km/323m	£4.00	Loads of prizes and cake!
July 10 <sup>th</sup> Thursday 7.30pm	Bull Hill	Wagon & Horses Hawkshaw BL8 4JL	BS	8.8km/335m	£4.00	First race of 3 day event. Long walk to start!!
July 20 <sup>th</sup> Sunday 11.00am	Holme Moss	Cartworth Moor Cricket Club HD9 2TU	AL	25.5km/1285m	£6.00 pre-entry £7.00 on day	Don't underestimate this one.
August 31 <sup>st</sup> Sunday 11.00am	Crowden Horseshoe	Crowden Campsite SK13 1HZ	BM	12.9km/518m	£5.00 pre-entry £6.00 on day	Back to Woodhead and up the Pennine Way
September 27 <sup>th</sup> Saturday 11.00am	Thieveley Pike	St. John's Church hall. Holme. BB10 4SU	AS	7km/400m	£5.00	Not so long but a couple of steep bits
October 11 <sup>th</sup> Saturday 11.00am	Langdale Horseshoe	Old Dungeon Ghyll. Langdale	AL	21.1km/1450m	£8.00 Pre-entry only by Oct 4th	Great Lakeland classic. (especially if it's not misty!)

## 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.



Currently some astounding offers on running shoes at Decathlon

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

*Gordon*