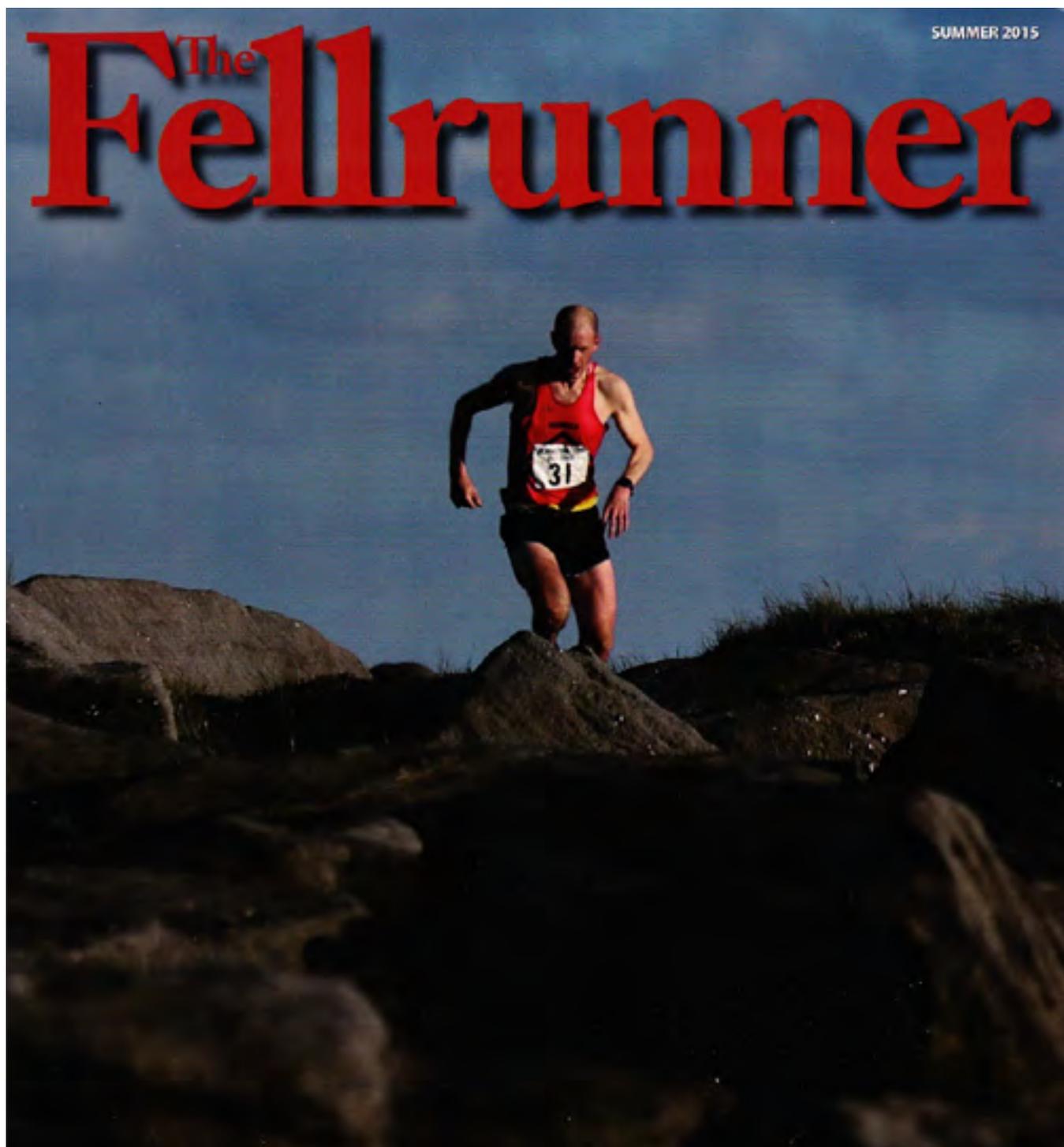


RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

Danny graces the cover of The Fellrunner



As Danny thought he had never been on the cover of the Runaround, I thought it time to be rectified to welcome him back to the club. Here is heading for victory at Blacksothe Edge Fell Race as on the cover of the current edition of The Fellrunner.

Photo thanks to Nick Dawson - check out his website for more of his work.



AUGUST/SEPTEMBER 2015



Race Diary



Aug 30th	Pennington Flash	Leigh	M/L, GP
Sept 6th	Guisborough 3 Tops	North York Moors	Eng Fell
Sept 13th	Blackleach 5 mile	Manchester	M/L, GP
Sept 19th	Three Shires	Lake District	F
Sept 26th	Thieveley Pike	near Burnley	F
Sept 26th	Mid Lancs XC League	Astley Park, Chorley	
Sept 27th	Swinton 10	Swinton	M/L, GP
Oct 10th	Red Rose XC League	Pennington Flash, Leigh	
Oct 10th	Manchester XC League	Woodbank Park, Stockport	M/L
Oct 17th	FRA Relays	Barley	
Oct 24th	Mid Lancs XC League	Townley Park, Burnley	
Oct 31st	Halloween Party	Rivington Village Hall	

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

Halloween Party

Sat 31st October 2015

Halloween Party at Rivington Village Hall
6.30 to 9.30

all Junior Horwich RMI Harriers and Parents Tickets £3.50 Adults, Juniors £2.00 Games, Disco Fancy Dress and Brenda's famous Buffet.

Contact Brenda Hesketh for Tickets.

Christmas Do

12th December 2015

Christmas Do at Rivington Barn

12th December 2015 7.30 until 12.30

Live Band, Disco and a superb Buffet

Tickets £40.00

We only have 22 Tickets so a £10 Deposit secures your place.

Deposits to Brenda and Tony Hesketh.

2015 Club Championships (Mens, Womens, Vets)

Best 10 races to count - must include one from each category (fell, road, xc)

Fell		
11th June	Two Lads	Details
20th June	Great Hill	Details
29th July	Lee Mill	Details
16th August	Sedbergh Hills	Details
Road		
17th June	Jubilee	Details
5th August	Chorley Trail	Details
30th August	Pennington Flash	Details
13th September	Blackleach 5M	
Cross Country		
tba	Manchester XC League 1	
tba	Manchester XC League 2	
tba	Manchester XC League 3	
tba	Manchester XC League 4	

Press Reports

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

July 23rd

Horwich athletes in top form at Snowdon International

Four club members gained international vests in this prestigious mountain race which this year was able to be run with its full length from Llanberis to the peak of Snowdon and back. Ian Conroy, running for Ireland, had a very impressive climb reaching the summit in fourth place with just three Italians ahead of him. Alas Ian lost a number of places on the descent but still 20th place in such a high calibre event is an excellent result. Chris Farrell, more conservative on the climb, turned round in 12th place but had a brilliant descent to gain five places and finish a magnificent 7th, ahead of two of the England team and as first non-international, winning the open race. Killian Mooney reached the summit just behind Chris and held his position on the descent to finish 12th and first counter for the Republic of Ireland. The third Horwich member of the Ireland team, James Kevan, was less fortunate, suffering a heavy fall, but at least the television cameras showed him walking off the mountain. Lindsey Brindle was the club's sole female representative, gaining her first England vest. Although the cameras concentrated on two of her England teammates who were ahead of her

on the climb, Lindsey showed her devastating descending skills to reward the selectors' faith and finish first England counter and only beaten by defending champion, Ireland's Sarah McCormack.

The race entry totalled over 600 runners and a further five Horwich athletes featured strongly. Michael Cayton and Nick Leigh were close on Ian's heels, finishing 23rd and 26th. Paul Massey was an excellent 51st and 2nd V45. Ali Murray was 107th and Dave Massey 349th.

Horwich's presence was further enhanced with two who started out as Horwich Juniors - seven times Pike Race winner, Rob Hope, was fourth, running for his sponsors the international Team Salomon, whilst Gary Priestley, running for England, was ninth.

Effectively seven of the first 25 men and the second woman in this top international race are either members or have strong connections with Horwich RMI Harriers.

1 Emanuele Manzi (Italy) 1:10:18; 4 Rob Hope (Team Salomon) 1:13:08; 7 Chris Farrell 1:14:37; 9 Gary Priestley (England) 1:15:10; 12 Killian Mooney (Ireland) 1:15:51; 20 Ian Conroy (Ireland) 1:17:53; 23 Michael Cayton 1:18:21; 26 Nick Leigh 1:18:52; 40 Lindsey Brindle (England), 2nd F 1:24:13; 51 Paul Massey (V45) 1:25:58; 107 Alastair Murray (V40) 1:33:58; 345 Dave Massey (V45) 1:53:15.

July Jubilee

The club was well represented at the third Jubilee Road Race of the summer. This scenic and challenging race has been organised by Horwich RMI Harriers for nearly 40 years and those representing the club showed that it is a club for all levels of runners. First harrier to finish was Chris Essex-Crosby in 14th place whilst Rudolf Maciejkowicz showed many half his age a clean pair of heels for another V60 victory and 27th overall.

14 Chris Essex-Crosby 31:31; 27 Rudolf Maciejkowicz (V60) 33:14; 42 Paul Lewis 35:29; 43 David Unsworth (V50) 35:31; 44 Paul Sykes (V40) 35:33; 89 Bernadette Unsworth (F50) 42:36; 92 Julie Williamson (F45) 43:35; 101 Martin Hammond 48:15; 102 Emma Renshaw (F40) 48:19; 105 Lynn Smith 58:38; 106 Lesley Davidson (F60) 59:55.

Held 30 minutes before the Jubilee Race, the Street Race was yet another demonstration of the quality and commitment of Horwich Juniors who made up 47 of the 79 runners with some exceedingly fast times at the front.

2 Luke Massey (U17) 5:41; 3 Lewis Wilkes (U15) 5:57; 4 Cian Healy (U11) 6:24; 5 Luke Brindle (U13) 6:26; 6 Matthew Flatters (U11) 6:29; 8 Nathan Lancaster (U13) 6:49; 9 Jake Glendenning (U15) 6:50; 12 Toby Middleton

Horwich Beer Festival



Horwich Rotary Club have made a very big donation to the club this year. In return we help them out with the Horwich Beer Festival. We still need a few volunteers for Friday/Saturday Sept 11th/12th.

Contact Andy Townsend on 07980 302124 to offer your help

(U13) 6:53; 16 Ella Pendlebury (F13) 6:59; 18 Robert Gibson (U17) 7:03; 20 Finley Reid (U11) 7:12; 21 Niamh Speakman (F13) 7:16; 24 Harriet Foley (F15) 7:22; 25 Isaac Keating (U11) 7:25; 28 Ellie Baker (F15) 7:32; 29 Isaac Battye (U11) 7:32; 30 Freya Whittle (F11) 7:34; 31 Milly Lever (F13) 7:36; 32 Matthew Hill (U13) 7:37; 34 Charlie Darbyshire (U9) 7:39; 35 Harrison Stokes (U9) 7:40; 36 Max McLean (U11) 7:40; 37 Lydia Johnson (F11) 7:41; 40 Callum Mosley (U11) 7:50; 41 Joshua Houghton (U13) 7:52; 43 Lucas Zarins (U11) 8:03; 46 Jess Jackson (F11) 8:12; 47 Sam Slater (U11) 8:15; 48 Samuel Speakman (U9) 8:16; 49 Livia Sutcliffe (F13) 8:18; 51 Molly Clarkson (F11) 8:22; 53 Elliot Whittle (U9) 8:27; 54 Theo Middleton (U9) 8:28; 55 Jess Glendinning (F15) 8:31; 57 Olivia Baker (F13) 8:36; 60 Grace Pendlebury (F9) 8:48; 61 Ellie Green (F9) 8:49; 63 Isabella Keating (F15) 8:52; 64 Ben Flatters (U9) 8:57; 69 Skye Nicholson (F13) 9:15; 70 Isaac McLean (U13) 9:43; 72 Jessica Parker (F9) 9:49; 75 Isabelle Walton (F9) 10:18; 77 Thomas Humphreys (U9) 10:36; 78 Sam Nelson (U11) 12:01; 79 Leah Stokes (F7) 13:43.

UK Ironman (July 19th)

501 Ian Hamer	12:40:00
1483 Albert Sunter	15:31:09
1563 Julie Williamson	15:50:41
1577 Lawrence Pinnell	15:54:15

See Julie's report later in this issue.

I was on holiday for the July 30th and August th issue but Tony Hesketh, kindly covered for me. Here is what Bolton News published on their website:

A small group of athletes from Horwich RMI travelled to Stalybridge to take part in the tough Millbrook Monster 10k and Junior Monster 4k trail races.

There were more than 220 runners in the senior race in which Andy Ford finished 14th in 42mins 13secs, an improvement by almost two minutes from last year. A few runners went off course and were disqualified. In the veteran category, Tony Hesketh won the over-65s category beating all the o60s runners to finish 44th in 49:19.

In the junior race some juniors also went off course but nevertheless Horwich still had prize-winners. Ten-year-old Cian Healy continued his good form to finish second, only six seconds behind the winner.

Nathan Lancaster and Toby Middleton finished eighth and ninth, respectively, after going off

course when lying fifth and sixth.

In the girls' race, Freya Whittle was third after a typically gutsy run, and Molly Clarkson ran well for sixth place with Ellie Green having a good race in eighth.

Horwich Junior Fell Championships' Burnley event, the Worthsthorpe Moor Fell Race, produced two excellent races.

In the boys' race Nathan Lancaster won the mile-and-a-half race, beating all the u14s despite a sore ankle and was closely followed by Toby Middleton in third.

In the junior girls' race Lydia Johnson had her best run in Horwich colours and recorded her first ever win.

In the seven-mile senior race newcomer Aaron Hargreave led five Horwich runners home in 31st place in 49:27. Next Horwich runner was in-form Tony Hesketh who won the o65s category in 52nd overall in a time of 52:15. Prolific racer David Barnes was next in 79th in 57:01, Anna Keighley was 132nd in 69:48 and Colin Waterworth 139th in 72:06.

August 13th

Joe Mercer had a fine win last Wednesday at the Whittle Pike Fell Race, some 90 seconds clear of Clayton's Jacob Boyle in second place. He was pressed to the line by Nick Leigh with Danny Hope making it three in four for Horwich on the night and very easy for the organisers to calculate the team prize. Dan Gilbert and Michael Crook made it a good night for Horwich amongst the 108 runners with Michael taking the V65 prize in the 5 mile race with 1600 feet of ascent.

1 Joe Mercer 40:17; 3 Nick Leigh 41:55; 4 Danny Hope 43:51; 30 Dan Gilbert (V40) 54:07; 50 Michael Crook (V65) 58:34. David Jackson was Horwich's leading runner at on the same night's Chorley 4.4 mile trail race. In excellent conditions, David finished 2nd V45 and 17th overall in a time of 27:06. The men's team was completed by Garry Chadderton (V50), 53rd in 29:28, Richard Marlton (V45), 65th in 30:10 and Gordon Stone (V55), 156th un 35:09. Erica Booth was the club's only female representative, 3rd FV35 and 112th overall in 32:19 with Lawrence Pinnell, the final harrier, 173rd in 36:12 in a field of 244.

Although only have a dozen seniors ran in the main race, sixteen juniors completed the one mile race for juniors including seven of the first nine amongst the field of 115.

2 Luke Massey (U17) 4:55; 4 Lewis Wilkes (U15) 5:10; 5 Nathan Lancaster (U13) 5:17; 6 Thomas Massey (U15) 5:20; 7 Cian

Healey (U11) 5:20; 8 Luke Brindle (U13) 5:20; 9 Matthew Flatters (U11) 5:24; 18 Toby Middleton (U13) 5:51; 24 Finley Reid (U11) 5:59; 39 Freya Whittle (F11) 6:28; 48 Lydia Johnson (F11) 6:40; 61 Livia Sutcliffe (F13) 7:10; 64 Theo Middleton (U9) 7:14; 66 Joshua Houghton (U11) 7:16; 94 Skye Nicholson (F11) 8:37; 108 Thomas Humphreys (U7) 10:00.

Over the series, Horwich youngsters occupied seven of the top eight with Luke Massey narrowly missing out on the title to Clayton's Curtis Holt despite beating him in the final two races.

Thursday night saw four harriers take part in the Badger 10k trail race near Preston with Richard Howarth finishing second overall and first V40 in 35:41, Paul Boardman 16th and 2nd V50 in 41:24, Rudolf Maciejkowic, 22nd overall and first V60 in 43:00 and V55 David Barnes, 63rd in 49:09 amongst the 188 finishers.

On the fells Josie Greenhalgh is demonstrating a fine return to form after injury finishing 53rd overall in the Turner Landscape Fell Race on Sunday, completing the 10.6 mile race with 3000 feet of ascent in 2:11:53.

At Sunday's Blackpool Airshow 10k, Gillian Smith completed the race in 61:56.

August 20th

Horwich RMI Harrier Lindsey Brindle anchored Team GB to victory in the 53rd running of the Staffetta 3 Rifugi international mountain race in Italy last weekend. The race consists of three legs run in the Dolomites. Emma Collins, based in Italy got the team off to a great start on leg one covering the 4.5 km with 2400 ft of ascent in 36:22, handing over to Holly Page with a lead of 3 minutes. Holly of Alexander Park Harriers increased the lead running the second leg of 5km over the tricky skyline ridges in 33.51, leaving the final leg in the capable legs of of Horwich's fearless descender Lindsey Brindle who made light work of the 4km, 2700ft of descent and despite a tumble in wet conditions, recorded the 4th fastest time ever on the final leg bringing the team home in a new women's course record time of 1:29:42.

There were double victories for Horwich athletes at the Podium 5k at Barrowford on Friday night. Because of its fast course, this events athletes of the highest calibre but Chris Farrell, beat them all including Westbury Harriers' Chris Steele and Blackburn's Ben Fish to win in 14:58. Michael Cayton also did himself proud for 5th place, only 10 seconds

behind Chris in 15:08. Luke Massey finished 20th in 17:17 whilst David Lee finished 31st in the "B" race in 21:13.

In the Junior 5k, Lewis Wilkes was all-conquering, with a very emphatic victory by two minutes to win in 18:09.

Nick Leigh had a fine win at the Haigh Hall 4 mile road race last Wednesday in a time of 21:28. He was supported by V55s, David Barnes, 61st in 29:43 and Gordon Stone, 69th in 30:59 amongst the 100 runners.

On the same evening, Danny Hope finished third in the Pilgrim's Cross Fell Rae, completing the six mile race with 1100 feet of ascent in 40:52. Nick Kelly finished 42nd in 48:41, Dan Gilbert 54th in 49:54 and Michael Crook 90th and first V65 in 53:58.

Saturday's good weather attracted a large entry of 142 runners to the Darwen Gala Fell Race last Saturday. Jonathan Bruton had a great run to finish third in 32:37 only twelve seconds behind second place. Graham Schofield was 19th and third V50 in a time of 36:55 after a steady race. Tony Hesketh came home in 30th and second V60 in 40:30 with the first four V60s being separated by just 36 seconds.

The Horwich squad was completed by David Barnes in 51st place in 41:48 after his best run of the year.

Sunday's Sedbergh Hills race attracted three Horwich harriers to this Category A Long fell race which has a total climb in excess of 5000ft over its 15 miles in the Howgills (FRA handbook has always listed it as 14 miles with 6000feet - that's from my garmin and even with taking perfect lines, it must be well over 14.5 miles yet its climb is less than advertised, although it doesn't feel like it!). Rudolf Maciejkowicz completed the demanding course in 3 hrs 12 mins, with Gordon Stone in 4 hrs 54 mins and Lawrence Pinnell in 5 hrs 02 mins.

Vernon's 5k Race

My aim for entering this series of 5k races was to see how much improvement I could gain through hard training and the plan was to get progressively faster throughout the series, however it didn't quite go to plan.

At the first race back in April, I was joined by Gareth Booth and David Barnes. Gareth came 10th in a time of 17:15, David 44th in 22:29 and me 52nd in 23:21. This was a minute off my 5k PB so I was over the moon. I didn't expect to get to a time like this until the last race.

On race 2 I was full of a cold and had a bad back so my time was incredibly poor compared to the first one and I came in at 24:27, over a minute

slower! No other Horwich RMI were at this race. Vernons 5k,

For race 3 in June I was joined by Erica and Gareth Booth. Gareth came third in 16.46 with Erica fourth lady in 22.29. I had another poor run but had no real excuse for this one. My time was slightly better than last month but still a lot worse than the first race at 24.14. Erica joined me again for race 4 and there was another Horwich Harrier there, Eddie Simpson, who ran in a time of 18.46. Erica was second lady in 21.54 (winning a bottle of wine) and I had a much better run tonight coming in at 23.47. It was still a little slower than my first race but I was pleased with it as I had measured the distance a little further this time so my average pace was pretty much the same as the first race. I wasn't too disappointed with the fact that I hadn't got faster though, despite the hard training, as I know I could have done better. I felt quite comfortable throughout the race but was too scared to push faster in case I burned out and ended up slowing right down. Hindsight says I should have just gone for it. At the presentation after the race (where we were provided with free pie and peas!) I won a trophy for being third lady overall for the series so I was really pleased with that. And before anybody asks, no there weren't only three ladies who ran the entire series!!!

Christa

Ironman Bolton UK

The week leading up to Ironman my training plan involved 1 small session for each of the disciplines. Monday was a swim at Pennington Flash. The wind was up making swimming difficult with waves bobbing up into my face and my goggles had begun to fog up every 200yds or so. This would be awkward on race day if I had to keep stopping to defog as I'd end up being swum over. After googling defoggers it was apparent baby shampoo was one of the best so baby shampoo was applied to the lenses in preparation. Wednesday was the Horwich 5 race. I thought I'd best do a bit of running as recently I'd felt like I had neglected this, but having the Lakeland 50 looming closer the weekend after I thought I'd best get some done. So 5 miles it was done and dusted. Friday morning cycling home from a night shift I took the longer route home via red rock aiming to go up the hill a couple of times. It soon became apparent that this was not feasible as the gears were crunching away and the pedals

jumping as a result. Slight panic set in as I realised I couldn't get into the lowest gear which to me was the most important if I was to have a chance at Sheephouse and Hunters. I handed the bike to my partner who had a little tinker and thankfully fixed it Last minute training now completed.

Having racked my bike and handed bags over to transition I was starting to feel a bit calmer and started contemplating the day ahead. How bad was my cycling? I scrutinised garmin connect and strava for my stats on the last few long bike rides average speed 11.8mph. Hmmm! Then I saw that average moving speed was 13.6mph there was a possibility that with the road closures I may just scrape through that bike cut off time. A little bit of positivity was beginning to set in.

The day itself arrived. I caught the bus to Pennington Flash and found myself in the 1:10 swim time pen, whoops! I quickly scuttled back to a more reasonable pace took some deep breaths and we were off. The rolling start was excellent. Although there were a couple of times attempts were made to swim on me a few sharp kicks saved the day. The baby shampoo worked wonders I didn't have to defog once! Swim completed in 1:28:50. On target although I had felt like I was doing better than that.

A quick change and I got to my bike there didn't seem many others about which concerned me so I took a quick bite of the butty I had tied to my handlebars and set off promising to finish it after Sheephouse. I ran with my bike to the mount line, luckily the team from Invictus were there to point it out as I didn't see it and would have run further. Legs were initially a bit heavy so I kept in a lightish gear until things improved. Ray McGloin from Tri Rivington was out on the bike route cheering us all on on our way to Rivington. Sheephouse was completed and butty consumed. Every 10 miles I treated myself to a little something to eat to get me through. Approaching Hunters Hill I saw the TES team at the beginning of the incline so I knew I couldn't for shame get off and walk. So I pedalled up and as I approached the white house a friend came running alongside me cheering me on. Rounding the corner and over to the pub the Invictus team was there again shouting their support. It felt amazing and gave me a real boost. I sped off (well as fast as I can speed on a bike) off for the next loop. This time up Sheephouse there was support from the Gill, Neil and Andrew were there to cheer me on from Horwich runners. Heading back to Mawdesley again I became fixated on cut off

points and found out at the first one just before hunters I was ahead by 15 mins. There was a possibility I was going to make it. I now had to plan for a run I hadn't bargained for having convinced myself I wouldn't get past the bike stage. This time at Hunters I got off and walked in an attempt to save my legs although I think it may have hurt more walking in those shoes uphill than cycling would have done. Got back on the bike and again cycled past the Invictus crew. Boom! Another boost of energy. Focus Julie Focus. Onto Rivington still on target I couldn't believe it. I don't think I have ever pedalled as hard as I did from this point to Middlebrook. As I got there, there were people screaming you've got four minutes. Really? This confused me as I thought I had more but didn't want to risk it. I quickly put my shorts on and running shoes didn't feel I had time to change tops so ran in my cycling top. Well walk ran anyway. I decided to run downhill and walk any inclines this then changed once on the loops to run four cones walk two. The run course was great seeing so many others I knew on the course knowing we were all going to make it. I got a bit choked up on the 2nd lap when I realised I was going to make it, but there was still a niggling doubt if I'd got out of Middlebrook in time. I began pondering the Lakeland 50 as I hadn't really contemplated this run and my legs were hurting now. One foot in front of the other keep at it and then the red carpet was in sight. There was a man stopped dead in front of me. I ran past if only I'd have waited. He was being told he was an ironman and although I got the medal and T Shirt I didn't get to hear those words. Does this mean I have to do it again?

Julie Williamson

Darwen Gala Fell Race, 15th Aug, 5 k

This race starts in the centre of Darwen and climbs to the Jubilee Tower and back and with good weather attracted a large entry of 142 runners. The race was won by Ross Campbell of Highland Hill Runners in 30.30 well clear of second place. Jonathan Bruton of Horwich had a great run to finish third in 32.37 only twelve seconds behind second place. Graham Schofield was 19th and third 0/50 in a time of 36.55 after steady race Tony Hesketh came home in 30th and second 0/60 in 40.30 with the first four 0/60s being separated by just 36 seconds. The Horwich squad was completed by David Barnes in 51st place in 41.48 after his best run of the year.

Tony Hesketh

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)

- Sep 1 Strength Endurance 8 x 1000m (60) : B 6 x 800
- Sep 8 Speed End A 4x4x400m, 45 rec : B 4 x 2 x 400
- Sep 15 Varied Pace whistle x 15secs x 5 ...10x4 mins
- Sep 22 Time Trial A 5 x 1000m 3 mins rec : B 3 or 5
- Sep 29 Strength End 5 x 8 mins
- Oct 6 Strength End A 8 x 1500m : B 8 x 1200
- Oct 13 Speed end A 4x800, 5x600, 6x400 : B 2x8, 3x6, 3x4
- Oct 20 Speed end A 2x5x500, 6x200, B 2x3x500, 3x200
- Oct 27 Strength End A 5 x 2000m, B 5 x 1600

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.

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.

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 for further details.

Best 7 from 15 to count - must include one from each category (short, medium, long)

Senior Fell Championships 2015		
Date	Category	Race
24/05/15	AL	Helvellyn & Dodds*
31/05/15	AS	Coniston Gullies (BOFRA)
11/06/15	BS	Two Lads
14/06/15	BS	Knowl Hill*
20/06/15	AS	Great Hill
09/07/15	BS	Bull Hill
19/07/15	AM	Kentmere
29/07/15	BM	Lee Mill*
04/08/15	BS	Crow Hill*
16/08/15	AL	Sedbergh Hills
26/08/15	BS	Harrock Hill
19/09/15	AL	3 Shires*
26/09/15	AS	Thieveley Pike
11/10/15	BM	Withins*
07/11/15	BS	Shepherds Skyline*

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.

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1/16

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 2017. Due to the cancellation of the 2015 event, Colin has agreed to organise the 2016 event. It would be ideal if they could shadow Colin for the 2016 event. If interested, please contact Colin or Peter in the first instance.

Mobile Foot Health Practitioner

Diane Pickup - MCFHP / MAFHP

Services include

- Toenail trimming / cutting
- Corn or callus removal
- Management of ingrowing toenails
- Hard skin treatment and removal
- Verruca treatment
- Thickened nail reduction
- Fungal nail treatment
- Diabetic foot treatment also available

10% reduction for groups of 3 people or more

Contact 07784 760 942 or 01204 668 790



6/15

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
Tracksuits:	
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
Tracksuit Separates:	
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

