

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

## Our goldrush of young juniors



The future of cross-country running for Horwich is in good hands if these youngsters continue their great performances and team spirit in the coming years.

U11 Boys - Winners of the Red Rose League (by a massive margin)

U11 Girls - Winners of the Red Rose League



U13 Boys - Winners of the Red Rose League

**DECEMBER 2014**



# Race Diary



Dec 6th Red Rose XC League  
 Dec 14th Lee Mills Relay (4 teams entered)  
 Dec 18th Hospital Run  
 Jan 3rd Lancs XC Champs  
 Jan 3rd Gtr Manchester XC Champs  
 Jan 4th Manchester Indoor Open Meeting  
 Jan 10th Mid Lancs XC League  
 Jan 17th SE Lancs XC League  
 Jan 24th Northern XC Champs  
 Jan 31st SE Lancs XC League  
 Feb 1st Manchester Indoor Open Meeting  
 Feb 14th Mid Lancs XC League  
 Feb 15th Central Lancs 5k  
 Feb 21st National XC Champs,  
 Feb 22nd Lostock 6  
 Feb 28th SE Lancs XC League

Marl Pits, Rawtenstall  
 Rossendale  
 Horwich Leisure Centre CP  
 Witton Park, Blackburn  
 Boggart Hole Clough  
 Towneley Park, Burnley XC, M/L  
 Leigh Sports Village  
 Pontefract Racecourse  
 Heaton Park, Manchester  
 Lawsons Ground, Blackpool XC, M/L  
 Leverhulme Park, Bolton GP  
 Parliament Hill, London  
 Barnstormers, Lostock  
 Boggart Hole Clough, Manchester

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 Christmas 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.*



## Horwich RMI Harriers Christmas Do

*December 13th at Rivington Barn 7.30 til late*

Tickets £39.50 Deposit £10 to secure place inc Top quality Buffet, Live Group, Disco, Rodeo Reindeer, Chocolate Fountain, Roulette Table, Blackjack Table.

For Tickets or Information see Brenda Hesketh 01204 668183 or 07552 657789

## 2015 London Marathon

The club receives three entries for the London Marathon (but you still have to pay!) Priority goes to those with a rejection slip. If you haven't already done so, inform Club Secretary, Alison of your interest - [alison@velden.co.uk](mailto:alison@velden.co.uk)

*Do it now - the draw will be made on Dec 8th*

## 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)

Dec 2nd Time Trial 5 x 1000m 3 mins rec

Dec 9th Strength End 5 x 8 mins (90 rec)

Training over Xmas :

At the arena training will stop from the 16th because the Arena closes at 6.00 over Christmas & New Year.

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!).

Feb 14th - Anglezarke Amble, £8 (by Feb 7th)

Feb 15th - Beacon Bash, £8 (by Feb 9th)

March 30th Two Crosses Challenge Walk from Tootington, £9

## 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.*

## 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.

# Race Reports

All reports by Gordon Stone  
unless stated otherwise

## Shepherds Skyline Race, Nov 1st

Six junior fell runners from Horwich RMI Harriers travelled to Yorkshire to compete in the races in Todmorden and the courses had some tough climbs but remarkably everyone gained a podium position. In the U/10 race Cian Healy English Fell Champion won after being boxed in at the start but worked his way through the field and with a sprint finish won by 2 seconds from a Clayton runner. The U/10 girls race saw in form Freya Whittle lead from gun to tape to take a superb victory, our second counter was the ever improving Lydia Johnson in second place, despite taking a nasty fall on the descent. In the boys U/8 race Theo Middleton had a good race working his way through the field to finish second.

In the boys U/12 race we had two boys who are on top form at the moment the brilliant Tom Massey won after leading for most of the race and broke the course record too with team mate Toby Middleton only three seconds behind and he had broken the previous record also. These were tremendous results by the young Fell Runners of Horwich and bears well for the future.

*Tony Hesketh*

## Horwich Junior XC, Astley Park, Chorley, Nov 8th

Horwich Juniors continue their winning streak by taking 3 team first places in the second round of the Red Rose XC series. The U 11 Boys team managed another 1st place in this competitive XC series. Leading the team in was Matthew Flatters in 3rd, closely followed by Fell Champion Cian Healy. Toby Middleton was the 3rd counter just in front of Matthew Mair making it 4 runners in the top 8. New member Finley Ried strong in 15th with Isaac Keating best run yet in 17th. Lucas Milliken took 21st and Joe Jackson's outstanding run making 23rd. Callum Mosley having a strong performance in 56th of the 10 runners who have certainly made this the best ever U 11's team. The teams points for the first 3 was 13, second place Leigh only managed 42! Without being outdone the U 11 Girls also showed the boys they could do just as good. Ella Pendlebury taking the lead from the front made the race look easy with her second win of the Series. Strong finish from Chloe Russle in 8th and Freya Whittle in 17th gave the Girls

1st Team Place Again. Ever Improving Lydia Johnson in 25th, Pip Nuttall 37th, close from Jess Glendenning 58th and Olivia Baker 59th. Milly Lever 66th, Caitlin Nuttall 79th, Ellie Green 83rd, Skye Nicholson 91st and Lucy Seddon 98th.

Still not content with that the U13 Boys thought they would add another Team 1st with outstanding runs from Lewis Wilkes 4th and Thomas Massey in 5th. Next counter Luke Brindle managed 14th to seal the victory. Robert Seddon was in 16th closely followed by Kieran Kinealy in 20th. Jacob Glendenning with his best race of the season in 2nd place. Our U13 Girls had Livia Sutcliffe who managed 51st in her race.

The U15 Boys solo runner Robert Gibson keeps improving and climbed up to 16th bettering his 30th position last time out.

In the U15 Girls Horwich had Harrier Foley again making great progress in 16th better her last time out and Ellie Baker in 22nd.

Solo U17 boys Nathan Townsend managing a testing 5th coming back from injury.

*Andy Townsend*

Seniors:

Horwich RMI harriers came away from last Saturday's Red Rose Cross Country at Astley Park in Chorley with some great performances. On a deceptively tough undulating course with three stream crossings per lap, Tom Carson continued his purple patch with yet another victory in the three lap Senior Men's 10k race.

Suzanne Budgett took the F50 honours in the senior women's race and John Parker made it two wins from two in the V70 category. Senior Ladies: 9 Suzanne Budgett (L50) 20:05; 56 Erica Booth (L35) 23:16; 67 Nadine Morris (L40) 23:52;

Senior Men: 1 Thomas Carson 35:23; 15 David Jackson (V40) 38:50; 21 Andy Lloyd (V40) 39:25; 29 Alistair Murray 40:08; 57 Glyn Kay (V40) 42:28; 90 Glynne Lever 44:48; 165 Tony Hesketh (V65) 50:12; 197 Gordon Stone (V55) 53:08; 217 John Parker (V70) 56:58; 232 Peter Scott (V65) 64:20.

Windmill 10k, Lytham St. Annes

The race attracted nearly 700 runners. Paul Muller was first V55 and 8th overall in a time of 35:34 with Geoff Leech 124th in 44:45, Shona Roscoe 522nd in 60:57, Martin Hammond 579th in 64:19, Lesley Davidson 582nd in 64:25 and Lynn Smith 584th in 64:33.

## Mid Lancs XC League, Barrow, Nov 15th

Horwich had sufficient representation on the long 170 mile round trip to the second Mid Lancs Cross Country League fixture at Barrow-in-Furness to ensure a team finish, securing second placed team of the top division of the league, only beaten by host club Barrow.

Individually, Chris Farrell maintained the club's record of having the individual winner of all this season's cross country races in which the club competes following Tom Carson's victories in the initial race and at both Red Rose fixtures. Chris achieved this in fine style, beating James Douglas of Border Harriers who has an overall UK ranking some 150 places higher than Chris. For the juniors the U 11 girls put in an excellent team effort, accumulating the second best points total.

U 11 Girls - 6 Ella Pendlebury 7:24; 11 Freya Whittle 7:34; 17 Lydia Johnson 7:54; 34 Olivia Baker 8:35.

Senior Women - 67 Christa Whatmough 27:08  
Senior Men - 1 Chris Farrell 29:22; 21 Alastair Murray 32:29; 23 David Jackson (V40) 32:36; 25 Andy Lloyd (V40) 32:38; 63 Glynne Lever (V40) 36:16; 44 Stuart Edmondson 35:10; 118 Tony Hesketh (V60) 40:04.  
At the Preston 10 Mile Road race, Richard Howarth finished seventh of the 431 finishers in a time of 54:34.

## Tour of Pendle Fell Race, Nov 16th

Six Horwich athletes were amongst the 372 finishers at the 17 mile Tour of Pendle Fell race which includes nearly 5000 feet of ascent. Results : 31 Brendan Bolland (V45) 2:47:21; 86 Albert Sunter (V55) 3:02:37; 90 Andy Ford 3:03:25; 135 Chris Ingham 3:14:36; 171 Josie Greenhalgh (FV40) 3:22:29; 199 Suzanne Budgett (FV50) 3:28:47.

## Red Rose XC, Leverhulme Park, Bolton, Nov 22nd

The Quest continued on Saturday for the Horwich Juniors to continue their Dominance of the Red Rose XC Series.

In the U 11 Boys Horwich had 5 in the top 10 finishers. First In was Matthew Flatters with yet another 3rd place, closely followed by Cian Healy in 6th. Nathan Lancaster, Toby Middleton and Matthew Mair 8, 9 & 10. Finley Reid continuing his new season with 16th with Isaac Keating in 27th, Joe Jackson 39th & Isaac Simmonite 39th & 40th. Callum Mosley came

in 66th, Elliot Whittle 77th & Jake Mayor 88th. This gave the Boys 1st team with 17 pts their closest rival Leigh had 45!

Once again not to be outdone the U11 Girls also had just as good a day. Ella Pendlebury ran from the front and easily claimed her 3rd Victory. Again Freya Whittle having another ace run with 10th place with Lydia Johnson in 14th. Pip Nuttall a superb 29th closely followed by Jessica Glendenning and Olivia Baker 34th & 36th. Milly Lever, Ellie Green & Lucy Seddon 59th, 68th & 86th respectively, again retaining their First Team Status with a total of only 25 pts, again Leigh having 41!

The U13 Boys was somewhat closer racing with some having forsaken football matches in the morning to run this for the team. Lewis Wilkes first home in 4th closely followed by Thomas Massey 5th & Luke Massey 9th. Robert Seddon was 15th with Kieran Kinealy and Jake Glendenning 18th & 21st.

The team once again managed 1st with a total of 18 pts.

In the U13 girls Naimh Speakman came 23rd & Livia Sutcliffe 54th. The U15 Girls Harriet Foley continues her improved running to claim 14th & Ellie Baker manages 19th.

Robert Gibson continues his strong season with 4 mins improvements over last years course claiming 22nd. In the U17 Boys Nathan Townsend continues his recovery in the season to claim a well earned 4th place.

### Andy Townsend

Seniors:

The third of the four race Red Rose Cross Country League series saw three Horwich runners secure overall title victories with still one race to go. Tom Carson easily retained his senior men's title with an emphatic victory over the challenging 9.7km course at Leverhulme Park. At the other end of the senior scale, John Parker made it three wins from three in the V70 category. David Jackson, 2nd V40 on the day, Steve Jackson, 1st V60 and Suzanne Budgett, 2nd FV50, are both still in with a good chance of medalling in the V40 and V60 categories.

The third to be sure of a series victory was U11 girl Ella Pendlebury.

Senior Women – 3 Lindsey Brindle 21:47; 10 Suzanne Budgett (FV50) 23:06; Erica Booth (FV35) 26:03; 65 Nadine Morris (FV40) 27:33.

Senior Men - 1 Thomas Carson 34:47; 18 David Jackson (V40) 38:26; 23 Gareth Booth (V40) 39:04; 58 Graham Schofield (V55) 42:21; 68 Chris Essex-Crosby 42:44; 124

Chris Maher (V45) 46:42; 146 Steve Jackson (V60) 48:02; 194 Gordon Stone (V55) 51:34; 223 John Parker (V70) 56:37.

### Mid Lancs XC League, Sefton Park, Liverpool, Nov 29th

Fourteen senior men and nine juniors travelled across to Liverpool Sefton Park to compete in the weekend's big cross country event which combined the European Trials with the both the Mid Lancs League and the Merseyside League with the combined start for the final race of the day totalling over 500 runners. The course was ideally suited for fast running with the men's 10k course as fast as a road course and the perfect weather for racing. Chris Farrell made it to the start line but a chest infection meant that he had to retire on the first lap so it was left to Joe Mercer to lead the red and black vests home.

U11 Girls - 3 Ella Pendlebury 7:58; 13 Freya Whittle 8:26; 22 Lydia Johnson 8:50.

U11 Boys - 5 Matthew Flatters 7:28; 10 Toby Middleton 7:53.

U13 Boys - 8 Tom Massey 11:43; 19 Kieran Kinealy 12:36;

U15 Boys - 29 Robert Gibson 12:09

U17 Men - 8 Nathan Townsend 19:04

Senior Men - 8 Joe Mercer 32:48; 28 Alastair Murray 35:03; 39 Andy Lloyd (V40) 35:35;

60 Ryan Stevenson 36:59; 79 Tom Cowling 38:00; 87 Chris Essex-Crosby 38:39; 98 Tim Roe 39:09; 133 Garry Chadderton (V50)

40:32; 152 Ian Hepburn 41:35; 185 Tony Hesketh (V65) 43:45; 194 Gordon Stone (V55) 44:40; Doug Fleming (V50) 46:02; 242 John Parker (V70) 54:47

### Salford Women's 5.25 mile run, Nov 30th

The race attracted 112 women on Sunday and at the finish it was the club's supervet, Suzanne Budgett who not only won her category but was the outright winner in a time of 34:21. Julie Williamson (F45) finished 39th in a time of 44:09.

### David Staff Memorial Fell Race, Nov 30th

Seven Horwich Harriers competed in Sunday's with Michael Cayton continuing his fine comeback to racing to finish second amongst the field of 162 finishers in the five mile race with 1200 feet of ascent from Sunnyhurst Woods near Darwen.

2 Michael Cayton 27:49; 20 Nick Kelly (V40) 32:55; 21 Paul Boardman (V50) 33:07; 63 Sandra Kelly (F40) 37:08; 107 David Barnes (V50) 41:03; 114 Peter Heneghan (V70) 41:29; 117 John Parker (V70) 42:08.

## The (pride) and joys of running in Club colours

This is an egotistical report mostly about me but I hope it will encourage others. This weekend I have run two races. On Saturday at 2.15pm I ran the 7.5km Red Rose cross country league event at Marl Pits near Rawtenstall. This was my first ever winter cross country race and I was blown away by two aspects. First the amount of mud, knee deep in places and with steep drops (not uncommonly negotiated on the bum). Second the large number of young people running in their age groups; I hope this augurs well for the future of our sport.

I also noticed the strong sense of club competition with the club tents pitched around the periphery of the start/finish of the race. This was obviously about running for the team, I worked out quickly (for me anyway!) And here I was in the team of six for the Harriers on my first appearance. Sadly I did nothing for the cause, coming in at 180th out of 191. For those who don't know, the team score is a compilation of the places the runners come in at and the team with the lowest score wins. We had the second placed runner, Thomas Carson and the 8th placed David Jackson so that is only 10 points and then the three other RMI runners had good finishing places. So I let the side down there. However I gained a lot of pride (see I said this was about my ego) having my name in the team result.

On Sunday having recovered ok over night I entered the 5 mile Gravy Pud fell race at Tintwistle. Here I thought I was the only RMI runner but it was gratifying afterwards that I had finished ok and a long way from last this time. But also as I walked back to the Bulls Head, the hosting hostelry, I heard a voice behind me say 'well done Horwich' and it was Lindsey Brindle who was first Lady home in the race so I could bask in reflected glory as the 'only other RMI runner' in the race.

Having in 2013 re-started running races after a gap of 25 years and ending that year with a broken leg (sustained in a downhill section of a fell race) I am well-chuffed to have finished 30 races this year plus many parkruns. But I am now a lot more wary running downhill and if I have to come down on my bum, so be it even if it does nothing for the team result! I hasten to add that everyone associated with the club at the cross country event was very supportive and I look forward to doing better next time, if I get the chance of course.

David Barnes

## In the Cause of Science

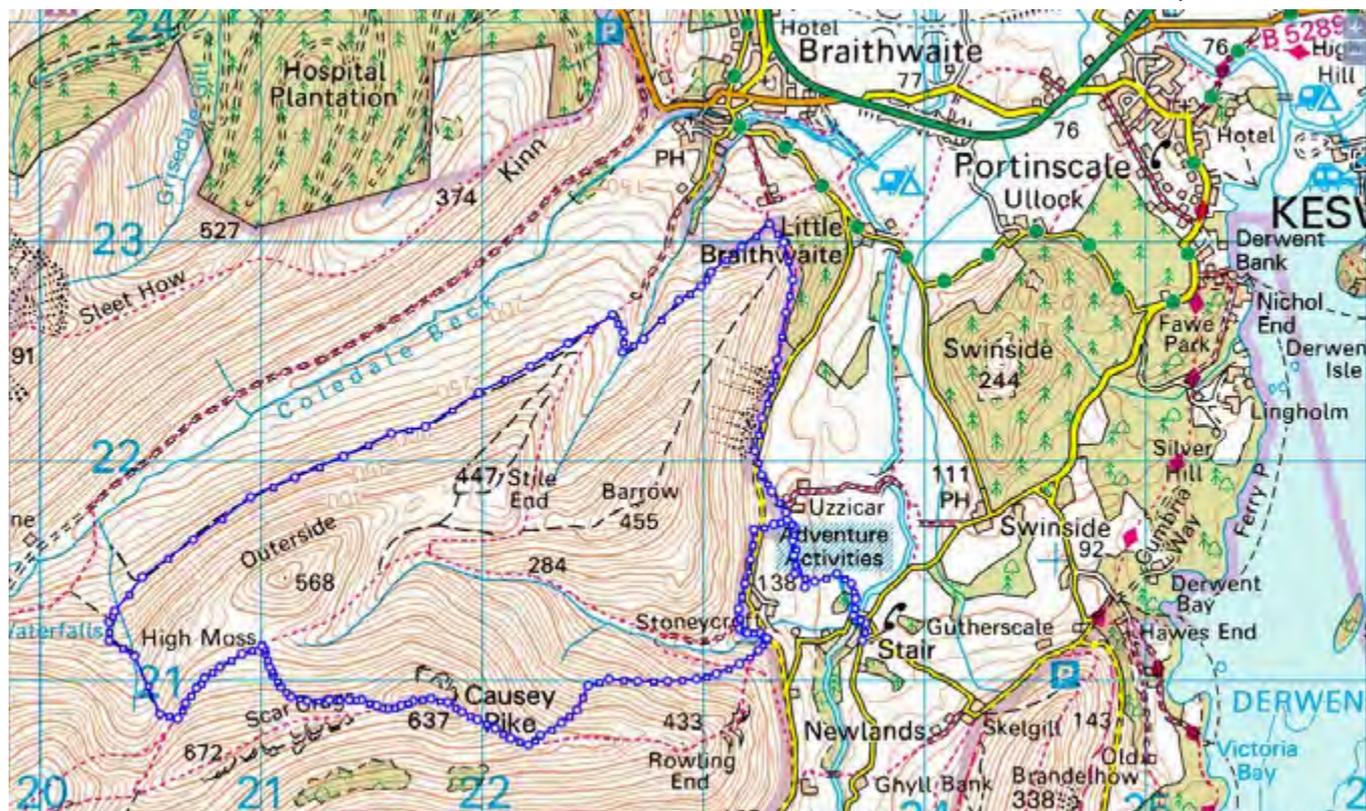
In late October I was perusing the Ultrarunning Community group on facebook and I came across a request for participants in a nutritional trial. The pre-requisites were that you were current running and had experience of running an ultra. You needed to be able to run for up to 16 hours. Probably against my better judgement I made further enquiries thinking I would be too old and decrepit to be of any use but I'm afraid I was lassoed into the grips of the trial. At the time of expressing my interest I was also not working full-time so did have a little more time on my hands.

on the floor of the village hall before arising at 4.15 to make some porridge and await our induction at 5a.m.

After explanations regarding the testing process and then our first set of tests (blood samples, weighing and recording various state of health/feeling, the dozen participants were ready to embark on our first lap at about 5.50a.m.. On agreeing to take part, I was not the oldest participant, however, by the day, that honour had passed on to me. Off we went in the dark with fully charged head torches, taking care in the dark. Before long

decided to pack in after an hour so I only have an estimate of my time at the moment of about 2hrs 55 - somewhere I have a print from the dibber but I'll get the full data when all the data has been analysed.

After my testing and a brew I was away on my second run, which was much quicker at 2hrs 27 (from my stopwatch, leaving my garmin to recharge. The day was brightening up and walkers were getting out on the hills. On the third lap I decided it would be my last. I had plenty of stamina but decided it was far too great a risk to scramble up onto Causey Pike



By the time of the trial I had of course gone back into full-time work plus my extras, and travelling to Salford's Media City every day. I had been selected for one of three groups - the nutrition for my group would be a combination of High Five drink from powder, gels and energy bars with a target of consuming between 40g and 60g per hour. We had all been delivered stocks to test out in advance so the Sunday of the preceding weekend, I took a combination with me on an 18 mile there and back run from Wilderswood to Darwen Tower via Winter Hill, Belmont and Catherine Edge. Thus after work on Friday and a quick tea, finishing my packing including mattress, sleeping bag and a load of kit, I set off at about 8.30 to drive up to Stair near Keswick. Arriving at about 10.30, I got very little sleep

our head torches were glowing up the slope of Causey Pike. I've never previously ascended Causey Pike and it was fine for me although near the top it was getting quite challenging. The final bit, however, took a great deal of care in the dark and on wet rock as it was no longer running but scrambling with a rather precipitous drop. There were four of us in a group at the back and once we started descend on the other side I drifted to the back. Route finding was no problem as the route was very well marked. The second half of the route was reasonably flat but much of the track was muddy on a strong camber so it was often easier to run on the rough ground. It was all very wet underfoot. The route was clockwise on the map with a run out and back to Stair. My garmin had been on charge all day but still

and risk serious injury. Having recharged my garmin, I completed in 2hrs 34 including some relatively fast pace towards the end. Overall including breaks, My trial lasted for nearly 9 hours with over 8 hours of running and my 3 laps totalling 22 miles with 5,700ft of ascent will give useful data. I realised that I don't like gels, especially the feel of the foil: I only used one on my first lap and stuck to the drink and energy bars for the rest of the time. It was very worthwhile. The drive back was tiring and would have been even more so had I completed the 16 hours - probably would have stayed over.

Gordon

# Sports Hall Athletics

Horwich RMI Harriers Junior Athletes Compete in the Greater Manchester Sports Hall Athletics League 2014-2015

On September 28th the Horwich RMI Harriers U11 and U13 Juniors embarked on their 3rd season in the Greater Manchester Sports Hall League Competition with further events on November 9th and December 14th

During the autumn/winter months the athletes, who continue to train outside on the track during the week, come indoors to have some fun competing in the indoor sports hall competitions at the excellent Manchester Sports City Indoor Regional Arena.

Events include variations on traditional events such as sprints, long jump, triple jump and javelin but also include sports hall competition favourites such as obstacle relay, speed bounce and vertical jump.

The first two of these fun and challenging competitions saw 20 junior Horwich RMI athletes turn out to compete for their club bringing along with them their very supportive parents, grandparents and siblings.

The competitions are tough with 13 clubs from all over Greater Manchester competing for the honours but our athletes made



their mark against clubs such as Sale, Wigan, Cheshire and Bolton.

In both the first two matches our Horwich Junior athletes competed with pride in their red and black vests resulting in some great individual and team performances.

The team results for each match were:

## Match 1 Results – 28th September

U11 Girls - 2nd  
U13 Girls – 10th  
U11 Boys – 9th  
U13 Boys – 1st

## Match 2 Results – November 9th

U11 Girls – 2nd  
U13 Girls – 13th  
U11 Boys – 5th  
U13 Boys – 4th

The representative athletes for each group were:

### U11 Girls

Abbie Andreassen	Amy Harrison
Eva Baldwin	Jessica Jackson
Niamh Bowen	Eleanor Kay
Cara Donnelly	Sophie Walton

### U13 Girls

Lucy Baldwin

### U11 Boys

Alistair Gent	James Kay
Dara Ghosh	Finley Reid
Lewis Graham	William Walton
Jamie Howe	

### U13 Boys

Zac Blackwell  
Isaac Parker  
Luke Brindle  
Niall Maloney

Particularly worthy of note, for outstanding performances in their 3 individual events, are: Isaac Parker (U13 boys) Sophie Walton and Niamh Bowen (U11 girls). A big shout out too for Lucy Baldwin for being the sole representative of the U13 girls.

Following the 3 league matches competitors will be invited to attend an individual medal event competition, to be held in 2015. From this and the preceding matches a few athletes may also be selected to represent their county at the North-West, Inter-county, Sports Hall games.

*Rachel Collington*  
*Junior Athletics Coach*



## More photos



*Juniors at Mid Lancs XC, Liverpool  
Photo by Janet Middleton*

*Juniors at Red Rose XC  
Photo by Andy Townsend*

