

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

King of Auld Lang Syne



Chris Farrell finishes the year in fine style, winning the Auld Lang Syne Fell Race. His face will adorn the label on the bottle of Daleside Leg Over presented to all participants in next year's race, replacing last year's winner and current Olympic Triathlon champion, Alistair Brownlee.

Horwich dominated the team race with Killian Mooney third and Michael Cayton 9th amongst the 413 finishers.

Photo thanks to Dave Woodhead

DECEMBER 2015 & JANUARY 2016



Race Diary



Jan 9th	Lancs XC Champs	Witton Park, Blackburn	
Jan 9th	Gtr Manchester XC Champs	Leverhulme Park, Bolton	
Jan 16th	Manchester XC League	Heaton Park, Manchester	M/L
Jan 16th	Mid Lancs XC League	Wilson Playing Fields, Hyndburn	
Jan 23rd	SE Lancs XC League	Tandle Hill, Oldham	
Jan 30th	Northern XC Champs	Witton Park, Blackburn	
Feb 13th	Manchester XC League	Wyhenshawe Park, Manchester	M/L
Feb 13th	Mid Lancs XC League	Rossall School, Cleveleys	
Feb 20th	SE Lancs XC League	Boggart Hole Clough, Manchester	
Feb 27th	National XC Champs	Donnington Park, Leicestershire	
Feb 28th	Lostock 6	Barnstormers, Lostock Lane	
March 5th	Mid Lancs XC League	Worden Park, Leyland	
March 26th	Rivington Pike Fell Race	Crown Hotel, Horwich	CP

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

Third Time Lucky to complete the four fell races in the 2015 Club Championship. The race chosen which will hopefully not get cancelled and is likely to attract a sprinkling of club members is the

Ashurst Beacon Fell Race - Jan 23rd

Prince William Inn, Dalton, nr Skelmersdale, WN8 7RU
6 miles, 950ft climb, £4 on the day

2015 Club Championships (Mens, Womens, Vets)

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

Fell		
26th Dec	Whinberry Naze Dash	
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		
10th October	Manchester XC League 1	
7th November	Manchester XC League 2	
12th December	Manchester XC League 3	
16th January	Manchester XC League 4	

As many of you will know, this is my final Runaround. I hope to be able to spend a little more time with some running targets now that I have moved out of the supervet category! Thank you being patient with me over the past few years. I am glad to say that David Barnes has offered to take over the mantle, and produce the newsletter every couple of months. It will help immensely if he can be provided with content to include in the magazine.

David's email is davidbarnes.david@gmail.com

Press Reports

Below are the press reports produced by David Barnes that went to the Bolton News last month.

Dec 2nd

HORWICH'S under-15 girls team won the team prize at the Mid Lancs Cross Country League meeting in Liverpool.

Faye Ireland, Lucy Miller and Jessica Cook made up the team that put in a stand-out display.

In the senior men's race Chris Farrell also gained a fine third place in a field of 276 runners, while John Parker was first home in the V70 category.

Results: U15 girls – Faye Ireland 11:02; Lucy Miller 11:18; Jessica Cook 11:23; Emma Gordon 11:49; U15 boys – Lewis Wilkes 11:29; U17 men – Luke Massey 19:27; Ladies 018 – Debbie Campbell 34:52; Senior Men – Chris Farrell 32:21; Paul Massey 36:23; Gordon Stone 51:17; John Parker 54:05.

On the international front, Ian Conroy was awarded Mountain Runner of the Year at the National Athletic Awards in Ireland last week.

The Horwich RMI Harrier was Ireland's leading runner at the World Mountain Running Championships in 2015.

Meanwhile, at parkrun, the honours went to Phoebe Howe who, running in the 15-17 age category at Bolton, was the fourth overall female home in 24mins 29secs.

At the first parkrun at Lytham Park, Paul Muller, in the 55-59 age category, clocked 18:44, easily achieving the best age grading there of more than 84 per cent.

On Sunday on Darwen Moors in the David Staff Memorial fell race, Horwich's Simon Pymm was second overall in 30:29 and Lindsey Brindle 13th and first female in 32:49 out of a field of 128 runners.

Results: Simon Pymm 30:29; Lindsey Brindle 32:49; Dan Gilbert 36:57; Richard Marlton 37:33; Erica Booth 38:21; Brent Brindle 42:47.

In similar conditions in Swinton, Suzanne Budgett came in seventh in 35:38 at the City of Salford Womens 5.25 mile road race from a field of 228 runners.

Results: Suzanne Budgett 35:38; Julie Williamson 48:57.

Dec 10th

IT was a big cross country weekend for Horwich with the senior men's 'A' team finishing second in Division One at Boggart Hole Clough in the Manchester League while the under-13 boys won their team race and took the team series

prize in the Red Rose League at Rossendale.

The course name "Boggart" was aptly named in that "Bog" and "mud" were the order of the day. The club was well represented with six counters in Mike Cayton (fourth), Joe Mercer (sixth), Jonathan Bruton (14th) Gareth Booth (18th), Simon Pymm (31st). Paul Massey continues to improve and only narrowly missed being a six counter by nine places.

There were also some excellent performances by the Horwich ladies at Boggart Hole Clough where Debbie Campbell finished an excellent eighth in the 20-34 age group.

In the vets 50-54, Suzanne Budgett showed her class by dominating this age group by more than 90 secs and Anna Keightley backed her up in 12th position.

The final race in the Red Rose Cross Country League saw some superb performances by the Horwich RMI Juniors. In the under-11 boys' race Cian Healy ran the race of his life to record a superb victory to scoop the series title by one point with three wins and a second.

In the u11s girls' race Freya Whittle led her team with a great run to finish in seventh place and with Lydia Johnson (34th) and Ellie Green (63rd) also having good runs they finished as the fifth team.

The u13 boys ran in atrocious conditions and seemed to revel in the mud with Tom Massey outstanding for a second-placed finish on the day, which clinched third place in the overall standings.

Robert Seddon ran his best race for sixth and Nathan Lancaster likewise in 10th as Horwich claimed the league title.

Other notable runs came from Luke Brindle (14th), Matthew Flatters (20th), Lucas Milliken (24th) and Toby Middleton (25th).

Horwich's only representative in the u13s girls' race was Milly Lever who had a storming run to finish 21st – her best position in the league this season.

Luke Massey finished third for the u17s boys, a result which also clinched third place in the league standings.

The senior race had only two RMI seniors taking part with Dave Milliken 31st and second over-45 and Chris Essex Crosby just behind in 39th.

Results: Red Rose XC – Marl Pits, Rossendale: U-11 boys Cian Healy 1st – 6:33; Isaac Keating 16th – 7:43; Ethan Isaacs 32nd –

8:09; Theo Middleton 59th – 9:22; Aaron Isaacs 60th – 9:26; U-11 girls Freya Whittle 7th – 7:31; Lydia Johnson 34th – 8:26; Ellie Green 63rd – 9:53; U-13 boys Thomas Massey 2nd – 9:26; Robert Seddon 6th – 9:50; Nathan Lancaster 10th – 9:57; Luke Brindle 14th – 10:02; Matthew Flatters 20th – 10:25; Lucas Milliken 24th – 10:31; Toby Middleton 25th – 10:33; U-13 girls Milly Lever 21st – 11:55; U-15 girls Harriet Foley 17th – 20:15; U-17 men Luke Massey 3rd – 18:59; Senior men David Milliken 31st – 34:28; Chris Essex-Crosby 39th – 34:50.

Manchester XC – Boggart Hole Clough: Senior women Debbie Campbell 20th – 36:44; Suzanne Budgett 22nd – 36:58; Anna Keightley 143rd – 51:39; Senior men Mike Cayton 4th – 36:39; Joe Mercer 6th – 36:52; Jonathan Bruton 14th – 38:10; Gareth Booth 18th – 38:38; Simon Pymm 32nd – 39:25; Danny Hope 34th – 39:32; Paul Massey 40th – 39:45; Martyn Bell 50th – 40:45; Ali Murray 70th – 42:01; David Jackson 90th – 43:14; Gary Chadderton 146th – 46:29; Doug Fleming 160th – 47:28; David Barnes 218th – 52:11; Gordon Stone 257th – 57:23; Lawrence Pinnell 264th – 59:10; John Parker 272nd – 60:25

Dec 17th

IN a race with a real festive feel, Nick Leigh took first prize in the annual Santa Dash on Sunday morning, with Nick Kelly narrowly beaten into third place.

Promoted by Mad Bull Events, the run is a popular local four-mile race for Horwich RMI athletes, many of whom joined in the festive fun with characterful costumes, not least Anna Dagnall and Leanne Roberts as two of Santa's reindeer.

Meanwhile others took it a little more seriously on a bright sunny morning heading up to Two Lads in tricky underfoot conditions which the various Santas, elves and Christmas trees negotiated with panache and a great deal of humour.

Sandra Kelly was the first female home in seventh place but the weekend's honours went to Keith Lewthwaite when he finished as first MV60 in the Santa Dash and looking every bit a proper Santa only 25 hours after completing his 100th parkrun at Bolton.

First three at Auld Lang Syne

(l-r 2nd Tom Adams (Ilkley Harriers), 1st Chris Farrell and 3rd Killian Mooney)



Also at Bolton parkrun, RMI's Joe Mercer and Paul Massey, in second and third place, chased home Anthony Valentine for Bolton United Harriers.

Eleven club members took part with the other fine run of the weekend coming from Luke Brindle. The under-14s runner finished in ninth place at Bolton.

Another venue proving popular is Haigh Woodland parkrun where six Harriers took part.

Meanwhile at the Really Wild Boar fell race in the Yorkshire Dales on Saturday, Danny Hope, striving for full fitness, finished 33rd and Suzanne Budgett 104th in the five-mile race featuring more than 1,400 feet of ascent.

Also in Yorkshire, Dave Milliken was the first Harrier home in the Stoop fell race in 53rd place (in a field of 342) with a time of 38mins 54secs.

The winner was Danny's brother Rob, an ex-RMI athlete who recently entertained club members with an illustrated talk about his running career which has featured a string of successes at the highest level in fell running.

In the junior Stoop race Theo Middleton ran very well to finish 13th out of 51.

Results: Santa Dash (Curley's Restaurant and Fisheries, Horwich): Seniors – 1, Nick Leigh, 26:33; 3, Nick Kelly, 30:22; 7, Sandra Kelly, 34:34; 10, Layne Mercer, 35:46; 17, Rachel Merino, 43:15; 24, Keith Lewthwaite, 44:49; 32, David Crawford, 46:53; 33, Anna Keightley, 48:00; 61, Leanne Roberts, 56:56; 62, Anna Dagnall, 56:56; 72, Gillian Smith, 63:08.

Really Wild Boar fell race: 33, Danny Hope, 49:37; 104, Suzanne Budgett, 64:00.

Auld Lang Syne Results, Dec 31st

1	Chris Farrell	41:19
3	Killian Mooney	42:55
9	Michael Cayton	44:40
119	Paul Boardman (V50)	57:28
146	Steve Jackson (V60)	58:48
209	Tony Hesketh (V60)	63:42
314	Jason Middleton (V40)	71:25
413 finishers		

Northern and National XC Champs

The Northern XC 2016 is at Blackburn. The opportunity to run in this quality of race so close to home is an opportunity not to be missed.

If you fancy it please let Peter Ramsdale know before 13th January. The cost is just £7. The Nationals this year are on 27th February and are at Donnington Park, Leicestershire. Anyone fancy this? Again let me (Peter Ramsdale) know asap and before 11th January.

There is already big interest on Facebook for these champs - the best I have seen in years. Why not be proud of your club and take part in these two major events. The Northern is on the doorstep and the National is the nearest it has been in years.

Be Proud Be Horwich



Horwich RMI Harriers & Athletic Club



MEMBERSHIP APPLICATION 2016

Membership is open to all groups of the community, irrespective of race, gender, ethnicity, religious beliefs, sexuality, disability or social/economic status. Minimum age requirement is 8 years.

All Competitive Fees include the EA Affiliation Fee (Currently £13) NEW MEMBER MEMBERSHIP RENEWAL

Membership Renewals:

Seniors (aged over 18)	<input type="checkbox"/> £20.00	Juniors (aged 8-18)	<input type="checkbox"/> £25.00
Senior – (non-competitor)	<input type="checkbox"/> £10.00	Family (including spouse/children living at same address)*	<input type="checkbox"/> £80.00
Senior – (Full time Students/unwaged or overseas)	<input type="checkbox"/> £20.00	<small>*Please complete a separate form for each member.</small>	

Full membership renewal form will be sent with your Runaround

Run The Moors

December saw the completion of the Run The Moors area grand prix, an inter-club championship between seven local clubs, including RMI.

Horwich were well-represented in the final positions. For the men, Gary Chadderton

won V50 and was 3rd in the overall men's championship. John Monks won the V60, Doug Fleming was 2nd in the V55 and Nick Kelly was 3rd in the V45. For the women, Sandra Kelly won the overall women's championship and the V45.

Overall, a pretty good performance. It would be great to see more Horwich runners in the 2016 competition.

Nick Kelly



Doug Fleming receiving his 2nd V55 award for the Run The Moors Grand Prix

Runners are most welcome

Click for entry form

31st TWO CROSSES CIRCUIT

A 25/17 mile event for walkers and runners via the Western Pennine reservoirs and moors organised by the East Lancs LDWA on SUNDAY 20th MARCH 2016. MASS START AT 8.00AM.

Entry fee of £9 includes tea & toast at start, lashings of food en route plus meal at finish

Fellrunning 2016 - Key Dates

English Championships 2016

Medium	Black Combe		12 th Mar
Short	Up the Nab		7 th May
Short	Sedbergh Sports		9 th July
Long	Borrowdale		6 th Aug
Medium	Pendle 3 Peaks		20 th Aug
Long	Langdale Horseshoe		8 th Oct

British Championships 2016

Medium	Irish Race	Ireland	9 th Apr
Long	Pedol Cwm Pennant	Wales	11 th June
Short	Sedbergh Sports	England	9 th July
Long	The Merrick	Scotland	17 th Sept

British Relay Championship 2016

Westerlands Running Club,	Luss, Loch Lomond	15 th Oct
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International Mountain Running Events 2016

GB Team:

World Long Distance Mountain Running Championships, Gorski Maraton 4 Obcin, Slovenia	18 th June
European Mountain Running Championships, Arco, Italy	2 nd July
World Mountain Running Championships, Sapareva Banya, Bulgaria	4 th Sept

Home Countries Team:

International Youth Cup, Janské Lázně, Czech Republic	25 th June
International Snowdon Race, Llanberis, Wales	16 th July
Senior Home International, Keswick, England	30 th or 31 st July
British & Irish Junior Mountain Running Championships incorporating Home Countries International, Keswick, England	17 th Sept

World Masters Mountain Running Championships
(open to any runner) Susa, Italy

27th - 28th Aug

MANCHESTER AND DISTRICT CROSS COUNTRY LEAGUE

MATCH 1 : SATURDAY 10TH OCTOBER 2015* [not for U11's]

Woodbank Park, Stockport . Host Club : Stockport Harriers & A.C.

MATCH 2 : SATURDAY 7TH NOVEMBER 2015

Sherdley Park, St Helens. Host Club : St Helens Sutton

MATCH 3 : SATURDAY 5TH DECEMBER 2015

Boggart Hole Clough, Manchester . Host Club : Salford Harriers & A.C.

MATCH 4 : SATURDAY 16TH JANUARY 2016

Heaton Park, Manchester Host Club : Manchester Harriers & A.C.

MATCH 5 : SATURDAY 13TH FEBRUARY 2016

Wythenshawe Park, Manchester Host Club : Sale Harriers Manchester AC.

Prediction Race 30th December 2015

Despite the bad weather 16 Horwich juniors braved the elements to run a 2k course just below the Pigeon Tower.

Runners had to predict what time they would record with the nearest winning a prize. Lewis Wilkes won the race in a brilliant time of 8.14 and was second in the predictions with Theo Middleton guessing to within 4 seconds for the prize. U/11 star Cian Healy was second in 8.38 after a typical gutsy run and third in the predictions.

In the girls race Ella Pendlebury ran well to finish first girl holding off a fast finishing Niamh Speakman with U/11 Grace Pendlebury finishing third after a good race.

Result
 1 Lewis Wilkes 8.14
 2 Cian Healy 8.38
 3 Tom Masssey 8.47
 4 Toby Middleton 9.10
 5 Robert Seddon 9.38
 6 Ella Pendlebury 9.45
 7 Niamh Speakman 10.22
 8 Finlay Hayes 10.24
 9 Calum Moseley 11.30
 10 Josh Houghton 11.52
 11 Grace Pendlebury 12.00
 12 Theo Middleton 12.04
 13 Sam Speakman 12.07

14 Harry? 12.15
 15 Ellie Green 13.20
 16 Lydia Johnson 14.00

The senior race of 4 miles had only 3 runners with runners running up to Rivingon Pike and back but predictions were remarkably accurate with Paul Lewis winning the race in 38.00 and predicting his time to the second. Mark Seddon was second in 38.30 with his prediction being 90 seconds out with O/G5 Derek Kay finishing in 42.01 and only 4 seconds outside his predicted time.

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)

Jan 12 Time Trial 5 x 1000m 3 mins rec 3 or 5
 Jan 19 [A] Strength end 5 x 2000m (60 secs) [B] 5 x 1600
 Jan 26 [A] Strength End 6 x 1600m (60 secs) [B] 6 x 800
 Feb 2 [A] Speed End 4 x 4 x 400 [B] 4 x 2 x 400
 Feb 9 [A] Speed End 4x800 5x600 6x400 (45)
 [B] 2 x 800, 3 x 600, 3 x 400
 Feb 16 Strength End 4 x 8 mins (90 rec)
 Feb 23 Strength End 6 x 5 mins (90)
 Mar 1 Time Trial 5 x 1000m 3 mins rec 3 or 5
 Mar 8 Strength End 4 x 8 mins (60 rec)
 Mar 15 Strength end 3 x 10 mins (60 rec)
 Mar 22 [A] Speed End 3 x 3 x 1000m (60) [B] 3 x 2 x 1k

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.

available from Steve Pearson



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 invitation only
 Cost £2 per person per session.*

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1/16

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

