

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

*There's the winning line, Horwich.
Now one of you get there first!*



Photo by Chris Heys

Yet another dominant display by Horwich runners at the Witton Park Relays on February 2nd with Horwich RMI Red Army team taking the honours from “Nearly Horwich RMI” in second place with a host of other Horwich teams making such a big contribution to the event. Too much “Hot of The Press” to include a full report in this issue as I want to publish this evening, but no doubt, there will be a full report in next month’s issue and also in this week’s Bolton News.

FEBRUARY 2014



Race Diary



| | | | |
|----------------------|--|--|-------------|
| Feb 2nd | Witton Park Relays | Witton Park, Blackburn | |
| Feb 2nd | Manchester Indoor Meeting | SportCity | |
| Feb 8th | Mid Lancs XC | Witton Park, Blackburn (<i>venue change</i>) | M, L, XC |
| Feb 15th | SEL XC | Boggart Hole Clough, Manchester | |
| Feb 18th | An Evening with An Olympic Sports Psychologist, Bolton Arena | | CP |
| Feb 16th | Central Lancs 5k, | Leverhulme Park, Bolton | GP |
| Feb 22nd | National XC Champs | Nottingham | |
| Feb 23rd | Lostock 6 | Barnstormers, Lostock | |
| March 1st | Mid Lancs XC | Crooklands, Kendal | M, L, XC |
| March 2nd | Trotters 5 | Smithills Sports Centre | GP |
| March 2nd | Manchester Indoor Meeting | SportCity | |
| March 15th | Northern Mens 12 & Womens 6 Stage Road Relays, Heaton Park, Manchester | | |
| March 23rd | Manchester Indoor Meeting | SportCity | |
| March 22/23 or 29/30 | Training Weekend | | |
| April 5th | Pendle Fell Race | Barley | Eng & Lancs |
| April 10th | Fielden Cup (provisional date) | Jolly Crofters | CP |
| April 19th | Rivington Pike Race | Crown Hotel | CP |
| April 27th | Radcliffe 10k | Radcliffe | 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

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)

| | |
|--------|---|
| Feb 4 | Strength End 6 x 1600m (60 secs) 6 x 800 |
| Feb 11 | Speed End 4 x 4 x 400 4 x 2 x 400 |
| Feb 18 | Speed End 4 x 800 5 x 600 6 x 400 (45) [3] 2 x 800 3 x 600 3 x 400 |
| Feb 25 | Strength End 4 x 8 mins (90 rec) 4x8 mins |
| Mar 4 | Strength End 6 x 5 mins (90 rec) 6x5 mins |
| Mar 11 | Time Trial 5 x 1000m 3 mins rec 3 or 5 |
| Mar 18 | Strength End 4 x 8 mins (60 rec) 4x8 mins |
| Mar 25 | Strength End 3 x 10 mins (60 rec) 3x10 mins |

Track fee Seniors £2,
(older) Juniors £1.50

Our Grade 4 Senior Coach, Steve Pearson, also takes Thursday hill sessions. In Winter, these normally start at the bottom of Foxholes Road at 6.30pm. If there any variations it will be on the club website, facebook & twitter at least 2 weeks before. Again for all abilities. *See also details about the Informal Runners Group on page 8.*

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.

Wanted

Team of six women for Northern Road Relays at Heaton Park, Manchester on March 15th.
Get in touch with Suzanne or Christa and fly the Horwich flag!

There are two mens' teams (of 12 each) entered so plenty of competition for the 'A' team and opportunities to represent your club in the 'B' team for this prestigious event.

Contact Ali, Martyn or Steve

Looking forward to 2014 Key Priority Races

Following on from the article in last month's Runaround, here is the link to the six month calendar on the club website.

Horwich RMI Harriers Key Races Calendar 2014

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 5 - tbc |
| 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 |

2014 FRA English Championship Races

Pendle - Sat 5th April

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

Pendle entries now open - limit is 500 which is bound to be reached

Kentmere - Sun 20th July

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

Coniston - Sat 3rd May

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

Sedbergh Hills - Sun 17th August

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

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

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

Hodder Valley Show - Sat 13th September

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

Membership Renewals

If you have not yet paid your membership renewal, it is now long overdue and failure to renew will mean that you are no longer licenced to compete in English Athletics permitted races.

If renewing by bank transfer, please remember to complete a membership form (for each runner if family membership). You scan the form and email to Andrew Storey.

Recognising the high cost of post you may also hand your completed form and payment to your coach or any member of the committee.

An Evening With An Olympian - Stuart Stokes

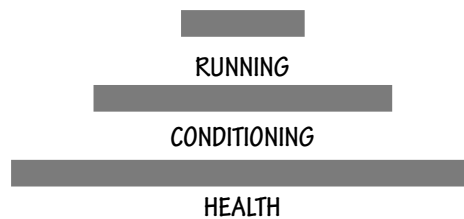
Click here for Stuart's wikipedia entry and if you check the power of ten site you will see that Stuart's pb of 8:23:66 has been bettered and only marginally, by only one other British athlete during the past 20 years - a fine achievement in itself. the power of ten site

The club enjoyed an evening with Stuart Stokes who represented GB at a number of major track championships, notably at the London Olympics in the 3000m steeplechase.

Stuart talked briefly about his early days in athletics and how he progressed to international level.

Tested early by physiologists, Stuart was told he had the talent to achieve 9m 00secs for the 3k steeplechase - only by seeking the best possible advice from the best nutritionists, coaches, physiologists globally, together with sheer hard work was he able to challenge that time and compete on the international stage by going sub 8m 30 seconds.

The training model consisted of 3 key stages, all working together and consisted of:



The critical/foundation stage was to become "healthy" - radical practices were adopted to eliminate toxins in the body (fillings replaced, reverse osmosis (http://en.wikipedia.org/wiki/Reverse_osmosis), cooking utensils, creams, washing and cleaning products, adopting perfect nutrition, body composition, correct fuelling pre/during/post workouts. The benefit being heightened "recovery" between sessions and feeling at "optimum" energy levels during training.

- Conditioning - to become strong in 3 critical areas - hamstrings, glutes and lower back
- Running - sample sessions and routes were discussed.

Stuart has been kind enough to respond to specific questions from members and currently responses are being prepared but will be made available in next month's Runaround.

Martyn Bell

An Evening With An Olympic Sports Psychologist

Venue: Bolton arena (where we have regular committee meetings)

Date: Tuesday 18th February (7.45pm start)- Session 90-120 mins

Olympic Sports Psychologist – Duncan Richards

The club are once again delighted to have a second visit from Duncan who has been working with individuals and teams for over fifteen years. Duncan is a Sports Psychologist, with an MSc in Applied Sports Psychology. He is a member of the British Olympic Association Psychology Advisory Group and is currently psychologist on the British Swimming World Class Performance Programme. As well as coaching elite performers from sport, he has worked at board level in a variety of organisations, including Royal Bank of Scotland, Fujitsu, Coca Cola, the Rugby Football Union and UK Coal.

He is keen to ensure the transfer of leading-edge thinking and practice in high performance between business and sport in order to maximise performance in both arenas. It is anticipated that Duncan will talk about "MENTAL TOUGHNESS" for 45-60 minutes before doing some practical sessions and a Q & A session.

Once again, the demand will be high for this event so to confirm a guaranteed seat please confirm your intent to :-
martyn.mercuryperformancecoaching@hotmail.co.uk

Bronze Medal for Men

Gtr Manchester XC County Championships, Jan 4th

For county championships, Horwich RMI Harriers have the extra challenge of being spread across two counties: Greater Manchester and Lancashire. However, this year, following the excellent showing at the Fell Relay Championships, the club produced ten runners to start at the Greater Manchester Championships, the second highest entry in the field of 120 and with great runs from Chris Farrell, Joe Mercer, Martyn Bell and Dave Milliken, secured the bronze medals behind Salford Harriers and Sale Harriers Manchester, the best men's xc result since winning the Lancashire title in 1991.

On the 3 lap 11km course from Leigh Sports Village mixing gravel tracks and the parkland of Pennington Flash, those four were well supported by Alastair Murray, Dave Jackson, Tony Hesketh, Peter Ramsdale, Gordon Stone and John Parker.

Results: 1 Andi Jones (Stockport) 34:23; 9 Chris Farrell 36:38; 15 Joe Mercer 37:46; 24 Martyn Bell 38:49; 28 Dave Milliken 39:14; 33 Alastair Murray 39:33; 48 Dave Jackson 41:59; 86 Tony Hesketh 47:38; 109 Peter Ramsdale 50:07; 113 Gordon Stone 55:26; 116 John Parker 58:45.

Horwich also had representation in the 3km U13 boys with Lewis Wilkes, Kieren Kinealy and Jake Glendenning completing a team:

Results: 15 Lewis Wilkes 10:12; 34 Kieren Kinealy 11:19; 39 Jake Glendenning 12:08.

Lancashire XC

Champs, Jan 4th

Over at Witton Park in Blackburn, Nathan Townsend finished an excellent 5th in his first year in the U17 race of the Lancashire County Championships whilst at the more mature end, Paul Murray had another fine run to finish as 2nd V70 and 115th overall in the senior race.



Photo by R Marchant

Dominance at Barrow

Mid Lancs XC League, Barrow, Jan 11th

Before the race, Horwich RMI Harriers men occupied one of the relegation places in the top division of the Mid Lancs Cross Country League. Something obviously had to be done so the club pulled together and saved their best performance for the 170 mile round trip to Barrow where they eclipsed every other club in the division.

A repeat performance at the remaining two fixtures at

Blackburn and Kendal could see the club lift the title.

In dry weather but on a muddy course, Chris Farrell and Joe Mercer led the team home in 3rd and 4th places and then the packing of Dave Jackson, Ali Murray and Jonathan Bruton in 20th, 21st and 22nd with Andy Townsend in 49th made the difference to win the senior

men team event. Doug Fleming in 83rd with Pete Bland in 144th aided Andy in the Vets team whilst Gordon Stone, 149th was the final counter for the V50 team with double English FRA V70 champion, John Parker, getting back to fitness, in 171st.

In the Ladies race, Christa Whatmough was the club's sole representative, finishing 41st with a solid run.

The juniors were represented by Olivia and Ellie Baker in the U11 and U13 girls' races.

Results:

U11 Girls

| | | |
|----|--------------|------|
| 22 | Olivia Baker | 9:47 |
|----|--------------|------|

U13 Girls

| | | |
|----|-------------|-------|
| 13 | Ellie Baker | 10:48 |
|----|-------------|-------|

Senior Women

| | | |
|----|-------------------------|-------|
| 42 | Christa Whatmough (L35) | 24:35 |
|----|-------------------------|-------|

Senior Men

| | | |
|-----|---------------------|-------|
| 4 | Chris Farrell | 30:46 |
| 5 | Joe Mercer | 31:25 |
| 21 | David Jackson | 33:21 |
| 22 | Alastair Murray | 33:23 |
| 23 | Jonathon Bruton | 33:23 |
| 49 | Andy Townsend (V40) | 36:24 |
| 83 | Doug Fleming (V50) | 38:28 |
| 144 | Pete Bland (V60) | 46:07 |
| 149 | Gordon Stone (V50) | 47:40 |
| 171 | John Parker (V70) | 51:37 |

Race Results

Central Lancashire Half Marathon, near Preston, Jan 5th

| | | |
|-----|-----------------------|---------|
| 3 | Paul Muller (1st V55) | 1:18:50 |
| 189 | Geoff Leech (V45) | 1:47:54 |

418 finishers

Garstang 10k, Jan 11th

| | | |
|-----|-------------------------|-------|
| 12 | Paul Muller (1st V55) | 35:50 |
| 16 | Peter Rice (V50) | 36:25 |
| 48 | Chris Ingham | 38:31 |
| 60 | Maria Lowe (4th F) | 39:22 |
| 66 | Lindsey Brindle (5th F) | 39:39 |
| 319 | Rachel Merino (F40) | 53:12 |
| 357 | Hazel Banks (F45) | 55:08 |

453 finishers

SE Lancs XC, Leigh, Jan 18th

At Pennington Flash in good running conditions, the performance of the day went to U13 Penny Townsend who took victory in a hotly contested Girls U13 race. The U11 Boys showed great team spirit with seven of them taking second team spot behind host club Leigh Harriers.

U11 Boys

| | | |
|----|------------------|-------|
| 3 | Thomas Massey | 8:03 |
| 6 | Cian Healey | 8:48 |
| 9 | Alfie Holmes | 8:57 |
| 12 | Lucas Millican | 9:12 |
| 14 | Nathan Lancaster | 9:25 |
| 15 | Matthew Oldfield | 9:28 |
| 21 | Joshua Houghton | 11:16 |

U11 Girls

| | | |
|----|-----------------|-------|
| 1 | Penny Townsend | 8:14 |
| 6 | Ella Pendlebury | 8:56 |
| 18 | Olivia Baker | 11:02 |

U13 Boys

| | | |
|----|--------------|-------|
| 10 | Lewis Wilkes | 10:36 |
|----|--------------|-------|

Senior Men

| | | |
|-----|-----------------------|-------|
| 68 | Tony Hesketh (V65) | 45:07 |
| 93 | Peter Ramsdale (V55) | 46:55 |
| 89 | Mark Swindell (V45) | 47:54 |
| 103 | Gordon Stone (V55) | 49:54 |
| 117 | Paul Murray (1st V70) | 52:17 |

Curly Wurly Junior Fell Races, Penistone

Hill Country Park, Jan 19th

Horwich youngsters were continuing the fell-running tradition of the club, competing in the Curly Wurly Quarry Run from Penistone Hill Country Park near Haworth whilst two of their parents had good runs in the senior race, the 7 mile Stanbury Splash, including a fine 3rd placed lady for Lindsey Brindle amongst the 437 finishers.

Results: U10/U12/U14 race

| | | |
|-----|------------------------|-------|
| 59 | Toby Middleton (BU/10) | 9:04 |
| 89 | Harry Jackson (BU/10) | 9:51 |
| 134 | Chloe Squires (GU/10) | 11:36 |

Stanbury Splash

| | | |
|-----|---------------------|-------|
| 65 | Lindsey Brindle (L) | 55:30 |
| 114 | Paul Jackson (V40) | 59:40 |

The Hebden LDWA Challenge Event, 22 miles, Jan 19th

The Hebden saw four harriers in the Hebden long distance event over the moors near Mytholmroyd competing with Andy Ford 20th in 3hrs 55, Albert Sunter 27th in 4hrs 02 followed by Josie Greenhalgh 39th in 4hrs 12 and Tony Varley 135th in 5hrs 31 amongst the 181 finishers.

Inskip Half Marathon, nr Preston, Jan 19th

| | | |
|----|-------------------------------|---------|
| 52 | Chris Ingham | 1:24:54 |
| 96 | Rudolf Maciejkowicz (1st V60) | 1:30:24 |

Ashurst Beacon Fell Race, Jan 19th

| | | | |
|-----|------------------|---------|-------|
| 6 | Andy Lloyd | 2nd M40 | 41:24 |
| 14 | Ian Hepburn | M | 44:47 |
| 21 | Gary Chadderton | M50 | 45:32 |
| 23 | Graham Schofield | M55 | 45:57 |
| 24 | Doug Fleming | M50 | 46:06 |
| 26 | Paul Boardman | M50 | 46:17 |
| 53 | Alan Ashley | M50 | 49:27 |
| 76 | Michael Crook | 1st M65 | 52:35 |
| 101 | Pete Bland | 2nd M65 | 55:45 |

Gordon

Helpers Wanted

Manchester 10k - May 18th

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

Christa

Top Ten finish in the Northerns

Northern Cross Country Championships, Saturday 25th January 2014, Knowsley Safari Park
Mud, gusting winds, and torrential downpours – and that was just around the tents before the race. (*must wear wellies next time) The race was certainly going to be a muddy affair on a good undulating course, and 12k to run, it was a day for the strong runners. The men's race was 3 laps of every type of mud on the menu : sloppy mud, sticky mud, deep sucking mud, wet puddly mud, uphill mud and downhill mud. (The only good running was a couple of bits of woodchip)

As is usually the case the start was crazy. 600 plus runners toed the 100 metre wide line, among them a tremendous turnout of 10 Horwich RMI Harriers, waiting for the starters gun. On the gun began the mad dash for the 10 metre wide gap only a couple of hundred metres away up a bit of a (did I mention muddy) hill. Everybody goes off too fast, and only a few minutes into the race you are gasping for air and trying to settle down to a more realistic pace.

Chris Farrell and James Kevan made the strongest start for the harriers. Chris had a fantastic run to finish 34th in his first Northern Cross Country. James was next to finish for the harriers in 62nd. Anywhere in the top 100 is an excellent result at this level, so very well done to Chris and James. In the team race it's 6 to count for the senior men, and the next 4 for the harriers had a close race, pushing each other along, (not literally) and battling each other throughout. (Non contact) Next in was Alastair Murray, happy to turn the tables on some club mates from previous results (woohoo) and feeling strong. Dave Jackson finished a massive 40 seconds behind

Alastair (big grin) adding another great run to recent form. Dave was closely followed by Jonathan Bruton, valiantly running despite a week off nursing a sore achilles, and putting in a fabulous effort for the team. (What a guy) Jonathan just got the better of Dave Milliken in the finally sprint for the line. This completed the 6 that would land Horwich 9th team in the Northern Athletics Cross Country Championship 2014, our best result for many years. (Yeah!)

The first 6 were ably supported by runs from Andy Townsend, Karl Ward, Danny Kevan and Pete Ramsdale, (Well done lads) and from the course side by Aga Kevan, Pete Kevan and Pete Bland. (That I noticed)

In the ladies race we sadly only had one counter but nonetheless Debbie Campbell had a great run finishing 65th.

Earlier on in the day in the U17 boys, Nathan Townsend finished 39th in his first year at this age group. Watch this space.

What a great day out for the club (big thanks to Capt. Peter Ramsdale) and another great result in 2014.

| | | |
|---------|-----------------|-------|
| 34 | Chris Farrell | 44:24 |
| 62 | James Kevan | 46:15 |
| 113 | Alastair Murray | 48:47 |
| 130 | David Jackson | 49:24 |
| 141 | Jonathan Bruton | 49:39 |
| 143 | Dave Milliken | 49:43 |
| 297 | Andy Townsend | 54:27 |
| 488 | Karl Ward | 64:14 |
| 536 | Peter Ramsdale | 67:35 |
| Women | | |
| 65 | Debbie Campbell | 36:54 |
| U17 Men | | |
| 39 | Nathan Townsend | 21:53 |

Ali

Full results on NoEAA website

**Any results
missing?**

**Let me know and I'll
include next month
Gordon**

Secretary's In-Box

Alison (some from Martyn) has received many race promotions in her in-box.

Here are some:

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

Winter Warmer 10k, Blackburn - Feb 9th

Lostock 6 - Sunday February 23rd

Two Crosses LDWA Challenge Event (open to runners) - Sunday March 23rd

3 Bridges 10k, Lancaster - Sunday, April 6th



Book Review

“Joss” by Keith Richardson

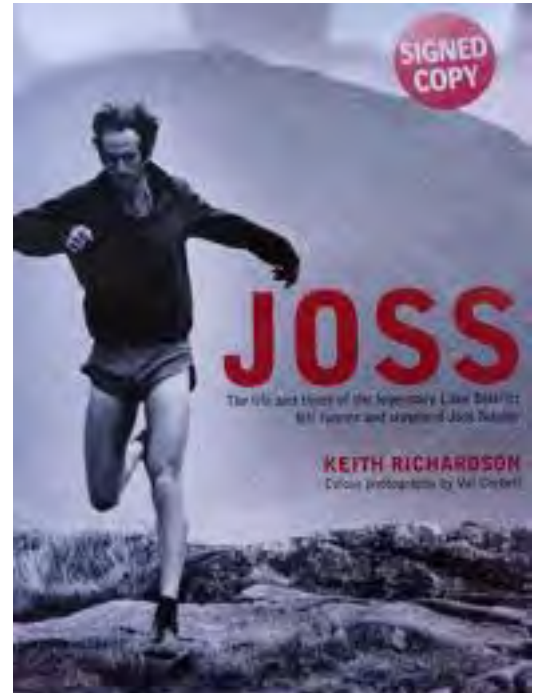
I received this book as a Christmas present and what a wonderful surprise it was. It is an immaculate large format book chronicling the life and times of the man described by Olympic Gold Medallist and London Marathon founder, Chris Brasher, as the greatest ever runner.

But it is so much more than a biography of a fellrunning legend. It is an excellent read for the non-runner, describing Cumbrian Life now and going back for much of the last century. Much of the dialogue is written as it is spok! For some it will be like learning a new language. Here's a nice little sentence from the chapter on Joss and his dogs “*I had a laal white dog when I fust started and another cawd Gyp.*” The book is full of Cumbrian dialect and is also full of magnificent photography.

The givers of the present had no idea that I plan to tackle the Joss Naylor Traverse in 2016 (the summer after reaching a significant age) - this gives me even greater incentive.

The best way to purchase is probably from one of the bookshops around the Lake District although it can also be ordered by post from the author's website. Not exactly a budget book but well worth every penny.

Gordon



Would you like to review a book? It doesn't have to be a new book - it will be new to someone. Email your review to Gordon.

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@horwichrmiharriers.co.uk for further details.

There is also an active facebook group - click to find it

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. Decathlon do not give club discount as prices are already discounted for everyone, with a philosophy to encourage sport for everyone, effectively the same as a club discount.



Hope you don't mind this small piece of publicity.

One event that Decathlon have organised is the Decathlon Bolton on April 13th from the Wilton Arms. I'll include more details next month or call into the Bolton store for more information.

Gordon

Kendal Winter League 2014

For those of you who like low key fell races in the Winter - equivalent of BOFRA series, Mark Birbeck has provided a link to the Kendal Winter League with race listings as below. Click the image of the race-list for hyperlinks of the individual races

Points are given to senior competitors for their best 7 of the 12 scoring races. (Juniors best 5 from 11). Prizes will be awarded at the end of the season following the Arant Haw race.
 Please share cars where you can, as parking is limited at all races.
 Due to requests from landowners, dogs are **not** permitted at any of the races.
Entries are taken on the day: Seniors £3, Juniors £1.

| Date | Junior races start from 12:00. Senior race starts after 13:00 once junior races completed. Last registration 12:45. | Grid ref. and link to map |
|----------------------|---|-----------------------------|
| 5 th Jan | 1 - Scout Scar , Brigsteer Road, Kendal | Scout Scar |
| 12 th Jan | 2 - Firbank Fell , M6 junction 37 | Firbank |
| 19 th Jan | 3 - Giggleswick School , Giggleswick nr Settle | Giggleswick |
| 26 th Jan | 4 - Whitestone , Staveley-in-Cartmel | Whitestone |
| 2 nd Feb | 5 - Birkrigg Common , Ulverston | Birkrigg |
| 9 th Feb | 6 - Fairmile , Howgill, Sedbergh (**Seniors Only**) | Fairmile |
| 16 th Feb | 7 - Barbondale , Barbon to Dent road | Barbon |
| 23 rd Feb | 8 - Sedbergh School , Sedbergh | Sedbergh |
| 2 nd Mar | 9 - Cautley Spout , Sedbergh | Cautley |
| 9 th Mar | 10 - Cunswick , Boundary Bank, Kendal | Cunswick |
| 16 th Mar | 11 - Helm Hill , Oxenholme | Helm |
| TBC | 12 - Elterwater Common , Langdale | Elterwater |
| 6 th Apr | Yarlside Downhill , Cautley, Sedbergh (Not a points race) ***Seniors only*** See Helm Hill Runners website for details. | Yarlside |
| 27 th Apr | Arant Haw , Peoples' Hall, Sedbergh (Not a points race) Prize presentation will be held after this race. | Arant Haw |

All competitors run in the age group they are in on the 1st of January 2014 and stay in that group for all of the races. Categories are boys and girls in each group: Under 12, Under 14 & Under 17.
 Senior men and women. Vet 40, 50 & 60 men.

In competing in any race you accept the hazards involved in fell running and run at your own risk. The organisers accept no liability for any loss or damage of any nature to yourself or property.

NEW FOR 2014 – Kit requirements – ALL runners need to bring kit to the fixtures and be prepared to carry it. Seniors – full waterproof body cover, hat & gloves. Juniors – waterproof jacket, hat & gloves.

For further information www.helmhillrunners.co.uk
 or to volunteer contact on email: helmhillrunners@aol.com