

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

Horwich welcomes runners of all sizes



*Photo by Dave Woodhead*

© Woodentops

This month's cover shows that you don't have to be a race winner or a champion to appear on the cover of the Runaround. This month's cover features Mark Birbeck and his nephew Tom as a pair of Ninja warriors in their year's Auld Lang Syne race. Below is a link to Mark's short video of the race and photos of Joe and Lindsey who both had good results at this sell-out end-of-year event organised by former Horwich member Dave Woodhead. Click each of these links for more photos.



*Photo by Graham Weston*



*Photo by Dave Woodhead*

**JANUARY 2014**



# Race Diary



Jan 4th	Gtr Manchester XC Champs	Leigh Sports Village	
Jan 4th	Lancashire XC Champs	Witton Park, Blackburn	
Jan 5th	Manchester Indoor Meeting	SportCity	
Jan 11th	Mid Lancs XC	Barrow-in-Furness	M, L, XC
Jan 18th	SEL XC	Leigh Sports Village	
Jan 25th	Northern XC Champs	Knowsley Safari Park	
Feb 2nd	Witton Park Relays	Witton Park, Blackburn	
Feb 2nd	Manchester Indoor Meeting	SportCity	
Feb 8th	Mid Lancs XC	Lancaster University	M, L, XC
Feb 15th	SEL XC	Boggart Hole Clough, Manchester	
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		

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)

Jan 7	Speed End 4 x 4 x 400 (60) [3] 4 x 200 (45) 4 x 2 x 400 2 x 200
Jan 14	Strength End 6 x 5 mins 6 x 5 mins
Jan 21	Time Trial 5 x 1000m 3 mins rec 3 or 5
Jan 28	Strength End 5 x 2000m (60 secs), 5 x 1600
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 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 - 6:30pm – 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

### Northern & National Cross Country

Should you wish to run either or both of these races in Knowsley Safari Park and Nottingham respectively, let me know so that I can enter you.

The races are £6 each and must be made before the 6th Jan (Closing date 8th Jan)

Peter Ramsdale

### 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](http://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

### Coniston - Sat 3rd May

- Category: AM
- Website: [conistonfellrace.org.uk](http://conistonfellrace.org.uk)
- Distance: 14km / 8.7m
- Climb: 1065m / 3494ft

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

- Category: AL
- Website: [cfra.co.uk](http://cfra.co.uk)
- Distance: 36.8km / 22.9m
- Climb: 2290m / 7513ft

### Kentmere - Sun 20th July

- Category: AM
- Website: [peteblandsports.co.uk](http://peteblandsports.co.uk)
- Distance: 19.8km / 12.3m
- Climb: 1006m / 3300ft

### Sedbergh Hills - Sun 17th August

- Category: AL
- Website: [kendalac.co.uk](http://kendalac.co.uk)
- Distance: 22.5km / 14m
- Climb: 1830m / 6004ft

### Hodder Valley Show - Sat 13th September

- Category: AS
- Website: [bowlandfellrunners.org.uk](http://bowlandfellrunners.org.uk)
- Distance: 6.4km / 4m
- Climb: 470m / 1542ft

## Membership Renewals

Membership Renewals are now due. All rates remain as last year which includes your affiliation fee to English Athletics. Click here to download the membership form from the club website.

We have now introduced the option to pay by bank transfer. If you wish to use this facility please carefully follow the instructions on the form - particularly with the reference. Please also note that you must still complete a membership form for each person however you may scan and email this 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.



## Horwich Junior XC – Marl Pits, Rossendale, Dec 7th

Marl Pits Rossendale was the last in the Red Rose XC Series held on Saturday 7th Dec. Notorious for heavy mud and hard hills the Juniors put some inspiring runs in on this final race. The Series is of 4 races and it's best of 3 that count.

The U11 Boys team managed 3rd place with Thomas Massey in first with a very strong 3rd place. Improving Thomas Flatters second runner in 13th. Cian Healey 17th, Lucas Milliken 20th, Isaac Simmonite and Luke Brindle 22nd & 23rd respectively. Isaac Keating 32nd, Matthew Oldfield 36th, and Joshua Houghton in 53rd. This performance gave the lads a Series position of 2nd, the best the U11s have ever managed in this series.

The U11 girls performances were just as credible with a magnificent run by Ella Pendlebury in 7th one of her best positions of the year and Olivia Baker a brilliant 44th, again much improved since the



beginning of the series. This gave the U11 girls a fabulous 3rd place in the series, again the best ever in the history of the club. Penny Townsend didn't run, having wrapped up the series win at Bolton.

Boys U13s consisted of Lewis Wilkes 12th and Kieran Kinealy 26th both having their best races of the series. Robert Seddon a strong 32nd and Daniel Rowe 41st again best of series.

Ellie Baker had the best sprint finish of the day giving her a great 26th place, a series finish of 23rd. This is exceptional for a girl who has achieved massive gains up the field since the start of the series.

Our U15 Boys Adam Roper came in 19th and Robert Gibson came in at 28th both felt the hardship that goes with XC in competition.

Down to our Last Junior Nathan Townsend. Up to this point Nathan had a 0,1,2 in the series, today he had to win to claim the series in his first year of U17's. Up against strong Fell Runners Nathan just had to do his best and hope he could race his race.

On the first lap spiked legs and tempers were flaring in order to gain positions. Finally just before the short steep hill climb on the second lap Nathan saw an opportunity on the 4.7km course to take control. He emerged from muddy course with an emphatic win giving him the series win.



*Andy Townsend*



# Horwich RMI Harriers – 2013 Winter Sports Hall Success

This Winter Horwich RMI Harriers were one of 13 athletics clubs from the Greater Manchester region that took part in the Manchester Sports Hall League at Sports City.

37 Junior Horwich athletes, in the age categories 9/U11 and U13, took part in the 3 competitions held in October, November and December and, as always, they did our club proud.

It was a pleasure to see the enthusiasm with which the athletes competed and the great team spirit and camaraderie they exhibited.

All athletes, both experienced and novice, contributed to the overall success of the team that led to both our 9/U11 boys and 9/U11 girls achieving 2<sup>nd</sup> place overall. For their consistently high performance across all three matches, the athletes identified below\* are particularly worthy of note having made outstanding contributions to the overall scores.

As a result of their success, the following U11 athletes have also been selected to represent Gtr Manchester in the North West Sports Hall County Championships, “Fun in Athletics”, at Sports City on January 26<sup>th</sup>: Niamh Bowen, Sally Caldwell, Penny Townsend, Sophie Walton, Zachary Blackwell, Niall Maloney and Richard Flanagan.

The U13 championship selections have yet to be made.

## Girls : Age Category - 9/U11 (Overall Result – 2<sup>nd</sup>)

Andreassen	Abbie
Baldwin	Eva
Bowen	Niamh*
Caldwell	Sally*
Clarkson	Molly
Donnelly	Cara
Flanagan	Helena
Harrison	Amy
Hulton	Chloe
Townsend	Penny*
Walton	Sophie*

## Girls : Age Category - U13 (Overall result – 9<sup>th</sup>)

Baldwin	Lucy
Barclay	Evie
Boydell	Gabby
Brandon	Ella
Flanagan	Annabel
Harper	Ella*

## Boys : Age Category - 9/U11 (Overall Result – 2<sup>nd</sup>)

Barlow	Sam
Blackwell	Zachery*
Brindle	Luke
Clarke	Toby
Flanagan	Richard
Gosh	Dara
Graham	Lewis
Howe	Jamie
Kay	James
Lee	Jonny
Lyons	Isaac
Maloney	Niall*
Rostanpour	Lewis
Walton	William

## Boys : Age Category - U13 (Overall Result – 4<sup>th</sup>)

Cole	Owen
Donnelly	Jude
Gordon	Callam
Parker	Isaac*
Crosby	Callum
Mewes	Callum*

*Photo of Xmas Party and report thanks to Rachel Collington*



# Race Results

## Guys 10 Mile Road Race, Dec 1st

Three Horwich RMI Harriers competed in the fast Guys 10 Mile Road Race from Billsborough near Garstang. Richard Howarth was the first harrier home, only headed by race winner, Preston's Gethin Butler (54:53) in 55:25 on the scenic course across the Fylde.

Paul Muller was next home in 9th place overall.

As expected, he won his V55 category: his time of 59:27 was the third fastest by any V55 in the country during 2013. Completing the trio, Chris Ingham placed 53rd of the 345 finishers in a time of 66:17.

## Red Rose XC, Marl Pits, Dec 7th

### U11 Boys

3	Thomas Massey	7:03
13	Matthew Flatters	7:42
17	Cian Healey	7:51
20	Lucas Milliken	8:01
22	Isaac Simmonite	8:06
23	Luke Brindle	8:07
24	Toby Middleton	8:09
32	Isaac Keating	8:26
36	Matthew Oldfield	8:39
38	Joe Jackson	8:42
54	Joshua Houghton	10:29

Series placings: 4th Tom Massey, 8th Luke Brindle, 12th Ben Flatters, 19th Lucas Milliken, 22nd Isaac Simmonite, 26th Toby Middleton, 33rd Matthew Oldfield, 39th Joe Jackson, 40th Isaac Keating, 57th Joshua Houghton

### U11 Girls

7	Ella Pendlebury	8:02
44	Olivia Baker	10:22

Series: 1 Penny Townsend, 7 Ella Pendlebury, 29 Jessica Glendenning, 49= Chloe Squires, 49= Olivia Baker,

### U13 Boys

12	Lewis Wilkes	10:20
27	Kieran Kinealy	11:16
33	Robert Seddon	11:44
42	Daniel Rowe	12:38

Series: 14th Lewis Wilkes, 27th Kieran Kinealy, 29th Robert Seddon, 32nd Jake Glendenning, 42nd Daniel Rowe

### U13 Girls

30	Ellie Baker	12:22
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Series: 25th Ellie Baker

### U15 Boys

19	Adam Roper	18:12
28	Robert Gibson	20:48

Series 27th Robert Gibson

### U15 Girls

(none at Marl Pits)  
Series: 17th Gemma Howe

### U17 Men

1	Nathan Townsend	19:01
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Series: 1st Nathan Townsend

In the Senior Race Chris Farrell continued his superb form. His fifth place was actually 2nd for league results, as those in front included three guest runners. Dave Milliken finished as 3rd vet on the day and 2nd V45 for the series.

The Horwich team was completed by Mick Kay, Doug Fleming, Tony Hesketh and Paul Murray with Tony and Paul taking the honours in the V65 and V70 categories. In the Ladies race, Debbie Campbell was the sole Horwich runner continuing a fine series for 6th on the day and 4th in the series with Lindsey Brindle 6th in the series.

5	Chris Farrell	28:45
21	Dave Milliken (V45)	32:30
57	Mick Kay (V40)	35:08
81	Doug Fleming (V50)	37:18
100	Tony Hesketh (1st V65)	38:31
147	Peter Ramsdale (V50)	42:21
168	Paul Murray (1st V70)	45:17
180	Peter Scott	48:07

Series: 16th Dave Milliken, 88th Colin Wood, 97th Tony Hesketh, 107th Peter Ramsdale, 120th Paul Murray, 127th Peter Scott

Vets - 4th Dave Milliken, 52nd Colin Wood, 58th (1st V65) Tony Hesketh, 71st Peter Ramsdale, 80th (1st V70) Paul Murray, 85th (2nd V65) Peter Scott

### Ladies

6	Debbie Campbell	22:04
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Series: 4th Debbie Campbell, 6th Lindsey Brindle

## Longridge 7 Mile Road Race, Dec 8th

194	Rachel Merino (FV40)	66:02
220	Ed Swift (V65)	68:25

Mid Lancs XC, Hyndburn, Dec 14th

The senior men showed a big improvement over the first two fixtures. The senior men, having climbed to the top division in recent years, need

four good results from the six races to prevent relegation back to Division 2 in the strongest league in the North West which attracts clubs located as far apart as North Manchester, Liverpool and the Scottish borders. The three lap woodland course at Wilson Playing fields in Hyndburn was a real test of stamina with very little respite from the clinging mud underfoot and tree roots inflicting falls for numerous competitors.

The club were missing regular top three finisher, Chris Farrell, who became a dad at the weekend, but did have the excellent James Kevan in fine form, finishing 9th in a race won by former Horwich member, Gary Priestley. Fellow Irish international fellrunner, Ian Conroy, was next to cross the finish line in 19th. James and Ian were well supported by Jonathan Bruton, Andy Lloyd, Gareth Booth and Danny Kevan to complete as fourth team on the day.

The ladies were represented by Debbie Campbell in 8th and Christa Whatmough in 92nd. Four juniors had good runs with Olivia Baker in the U11 Girls, Toby Middleton in the Boys U11, Ellie Baker in the Girls U13 and Nathan Townsend a fine third place in the U17 race.

### Girls U11

39	Olivia Baker	12:35
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### Boys U11

32	Toby Middleton	9:49
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### Girls U13

36	Ellie Baker	12:26
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### U17 Men

3	Nathan Townsend	23:03
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### Senior Men

8	James Kevan	37:25
19	Ian Conroy	38:49
30	Jonathan Bruton	40:29
42	Andy Lloyd (V40)	41:27
47	Gareth Booth (V40)	42:15
58	Danny Kevan	43:02
139	Doug Fleming (V50)	48:15
185	Peter Ramsdale (V50)	52:56
196	Colin Wood (V50)	54:13
231	Gordon Stone (V50)	62:08

### Ladies

8	Debbie Campbell	26:31
92	Christa Whatmough (L35)	37:14

### Hurst Green Turkey Trot, Dec 15th

17 Paul Muller (2nd V55)	33:27
62 Tony Hesketh (1st V65)	38:52
144 Trevor Fishwick (V)	48:59
236 finishers	

### Rudolf's Red Nose Race, Blackpool, Dec 22nd

7 Paul Muller (1st V55)	30:03
45 Tony Hesketh (1st V65)	36:22
111 Gillian Smith (F60)	45:48
153 finishers	

### Boxing Day 10k, Leyland

26 Chris Ingham	38:46
293 finishers	

### Whinberry Naze Fell Race, Boxing Day

The festive Whinberry Naze Fell Race in Rosendale is always popular on Boxing Day and this year continued the trend attracting 210 runners. The race was won by former Horwich resident and harrier, James Logue, who now resides in Calderdale and runs for Calder Valley in a time of 24:35. First Horwich runner was Paul Boardman, 44th in 29:27. Josie Greenhalgh was 7th lady in 32:31 (69th overall) while Peter Heneghan was 1st M70 in 36:42 (118th overall). The finish times in the 4 mile race with 750ft of ascent are often misleading as the majority of runners run in fancy dress which has varying impact on their ability to run fast, especially if wet or windy.

### Ribble Valley 10k, Clitheroe, Dec 29th

113 Andy Townsend	35:32
441 Alan Ashley (V45)	43:44
1032 Geoff Leech (V45)	62:33
1087 finishers	

### Auld Lang Syne Fell Race, Dec 31st

Half a dozen harriers made the trip over to the Brontë Country to take part in this sell-out fell race which this year saw the entry limit reached in November after only six days. The weather was quite demanding with a strong wind and rain against you on the outward run. Crossing the river took some care, generally up to mid-calf height (I believe last year it was much higher!) and then a good solid climb up to Top Withins where the route climbed a little more in a Northerly direction before returning to the Pennine Way. Results can be deceptive as so many runners compete in fancy dress. As you can see from the photo of Mark on the front page, this does not always make for the fastest of speed. Mick Green was one of the fancy dress winners but I've not yet received a photo of him (next month's RaR?). Joe Mercer had a great run to finish 4th in a high class field.

4 Joe Mercer	43:20
90 Lindsey Brindle (7th F)	54:49
98 Paul Boardman (V50)	55:33
176 Mick Green (V50)	60:15
346 Gordon Stone (V50)	73:45
404 Mark Birbeck (V40)	84:01

### Hospital Run - Thursday 19th Dec

This year's Hospital Run and the Alternative (to the Pike) Run proved very popular with a big turnout at Leisure Centre on a good clear night, where the frost made only a slight impression over the top of Chorley New Road.

I hear a good time was then had at the newly opened Ale House (formerly The Brown Cow)

*Gordon*

### Prediction Race Sat 21st Dec

This year's Prediction Race had a poor turnout with just four competitors - Chris Farrell, Mick Kay, Doug Fleming and Gary Chadderton. Personally I suspect the date of the race, being the Saturday before Christmas meant that many had other engagements. I am sure Tony would be grateful for feedback on how to improve the participation.

*Gordon*

**Any 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](#)

Lostock 6 - Sunday February 23rd

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



## GSPP IT Services

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Also Maths & ICT Tutoring for GCSE, AS and A level.