

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

The girls at Whinberry



Membership Subscription Reminder

2014/15 Membership Subs became due at the AGM. Click [here](#) to download the membership form.
The next Runaround will only be sent to those who have renewed.

JANUARY 2015



Race Diary



Jan 3rd	Lancs XC Champs	Witton Park, Blackburn	
Jan 3rd	Gtr Manchester XC Champs	Boggart Hole Clough	
Jan 4th	Manchester Indoor Open Meeting		
Jan 10th	Mid Lancs XC League	Towneley Park, Burnley	XC, M/L
Jan 17th	SE Lancs XC League	Leigh Sports Village	
Jan 24th	Northern XC Champs	Pontefract Racecourse	
Jan 31st	SE Lancs XC League	Heaton Park, Manchester	
Feb 1st	Manchester Indoor Open Meeting		
Feb 14th	Mid Lancs XC League	Lawsons Ground, Blackpool	XC, M/L
Feb 15th	Central Lancs 5k	Leverhulme Park, Bolton	GP
Feb 21st	National XC Champs,	Parliament Hill, London	
Feb 22nd	Lostock 6	Barnstormers, Lostock	
Feb 28th	SE Lancs XC League	Boggart Hole Clough, Manchester	
March 1st	Trotters Five	Smithills	GP
March 7th	Mid Lancs XC League	Lancaster	M/L
March 7th	Flower Scar Fell Race (pre-entry only)	Todmorden	Eng Fell Ch

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 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.



STOP PRESS

Horwich are Greater Manchester XC Champions
Chris takes Gold, Nick takes Silver, Team Gold
Report next month

English Fell Running Championship

- March 7th – Flower Scar – Short
- May 9th – Stretton Six Summits – Medium
- May 30th – Duddon Valley – Long
- July 11th – Bradda Niarbyl, Isle of Man - Long
- July 25th – Lingmell Dash – Short
- Sept 6th – Guisborough 3 Tops – Medium

2015 London Marathon

The club received three entries for the London Marathon. Priority is given to those who have applied and been rejected, which this year was Geoff Leech and David Crawford. The third place went to a draw of the three interested members and from the draw, Brenda Hesketh was the lucky winner. So now is the time to get the mileage in, Brenda!

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
Jan 6th Strength End 8 x 800m (60) rec
Jan 13th Strength End partner overlap 800's (60) rec x 6
Jan 20th Speed end 4 x 4 x 400m
Jan 27th Varied Pace whistle x 15 secs, 6x4 mins (60s rec)
4 x 200

Feb 3rd Time Trial 5 x 1000m 3 mins rec
Feb 10th Speed end 6 x 500 6 x 300, 60 secs + 2 mins
Feb 17th Strength End 8 x 1000m
Feb 24th Speed end 4 x 800, 5x 600 6 x 400

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)*

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

Free Adverts

If you wish to advertise items for sale or donation, please contact me at 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

Final Red Rose XC Series, Rossendale, Dec 7th

Parents and young athletes came wrapped up and ready for the final round of the Red Rose XC Series at Marl Pits Rossendale. Could this race define the Horwich Juniors as series winners of 3 age group categories. The course has a reputation of being Hard up the Hills with Mud as deep as your ankles, shins if you are on the larger laps, but a well prepared squad made sure they were to show strength in all the age groups. Weather was bitterly cold and wet which made choice of long sleeved tops & gloves a sensible choice.

The day started with the U11 Boys race. From the numbers of Horwich runners on the start line, things were looking good. A constant turn-out throughout the season has been the teams strength. A race having 75 runners was going to be busy, however the boys were not fazed and all had great starts.

Matthew Flatters had another outstanding race in 3rd place and also finishing 3rd overall closely followed by Cian Healy in 4th and 4th in series, Nathan Lancaster making the team up in 7th. Matthew Mair was next in 11th Just ahead of Toby Middleton and Finley Reid in 14th. Not to be outdone Isaac Simmonite claimed 19th with Isaac Keating in 13th, Joe Jackson 28th, Elliot Whittle 72nd and finally Jake Mayor in 73rd. Matthew, Cian & Nathan totalled only 14 pts to be clear winners with Leigh in second having 51. This gave the team the series win having a total of 39 pts over 4 races against Leigh Harriers having 115 - absolutely outstanding.

In the U11 Girls containing 85 runners, Ella Pendlebury took the race on and lead from the front. Liking the terrain Ella felt confident coming into the race with 3 out of 3. Ella didn't have it all her own way as Olivia Leigh from Chorley gave good chase. Eventually Ella held onto the front to give herself the final win she needed claiming 4 out of 4. Chloe Russle back from her county swimming managed 4th with Lydia Johnson in 15th. Olivia Bakers best run of the year got her 33rd and Freya Whittle running unwell holding onto 45th place. Milly Lever strong in 49th, Ellie Green 71st and Skye Nicholson 80th.

Ella, Chloe & Lydia totalled 20 points which was enough to win the race and also clean up in the U11 girls series.

With a 4 race total of 65 pts against Leigh hav-

Red Rose XC U13 Boys



ing 83 pts yet again proof Horwich are at their top of their game in this age group.

So what could the U13 Boys achieve? The pressure was on with one or two runners having colds coming into this last race. In the race it was the strong legs of Thomas Massey managing 1ST Horwich in 5th, closely followed by Lewis Wilkes in 7th. This was now very close on the points as Bury also had 2 runners in front of Lewis. It was where Luke Brindle could finish which would determine the teams success. Luke having fallen badly managed to scrape an 11th place which gave Horwich 23 pts and the race win. Next in was Robert Seddon in 15th and Kieran Kinealy in 19th. So this eventually gave Horwich a total of 63pts in the overall series ahead of Bury on 69pts, again another first in recent history for the club.

Other Individual runs also took pride in finishing really well in the Series. In the Under 15 girls Ellie Baker wrapped up her series with her best

performance of the series in taking 17th and giving her 18th overall in the series.

Under 15 boys had Robert Gibson continuing his strong performances of claiming higher places each time and having his strongest race yet in 17th and also giving him 17th in the series.

Overall the Club has seen enormous efforts from parents, grandparents, and of course the young athletes of Horwich to make this the best Red Rose season for the Horwich Club in its history. Club Chairman Pete Ramsdale has not seen such a constant success of results from the younger age group in XC for many a year. Horwich is indeed one of the smaller clubs in this league up against bigger clubs such as Blackburn, Bolton & Leigh. The efforts had been noted by other clubs coaches congratulating Tony & Brenda Hesketh for their successful series of races.

Andy Townsend

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Red Rose XC, Rossendale, Dec 7th

Senior Women

9	Suzanne Budgett	F50	22:29
36	Erica Booth	F35	24:57

Senior Men

2	Tom Carson		29:11
8	David Jackson	V40	30:56
94	Tony Hesketh	V65	37:50
96	Steve Jackson	V60	38:04
108	Chris Maher	V45	38:39
180	David Barnes	V55	46:31

Guys 10 Mile Road Race, Billsborrow near Preston, Dec 8th

Richard Howarth finished 3rd in a time of 55:20, followed by Paul Muller, 17th in 60:45, Nick Kelly 70th in 68:01 and Sandra Kelly, 118th in 74:33 amongst the 348 finishers.

Gravy Pud Fell Race, Dec 8th

Lindsey Brindle was the leading woman in a classy women's field and 18th overall at the Gravy Pud Fell Race from Tintwistle in a time of 40:29 for the five miles with 1000 feet of ascent. David Barnes was 118th in 56:30 out of the 155 finishers.

Lee Mills Relays, Rossendale, Dec 15th

Horwich teams took part amongst the 25 teams in this 4 x 10k fell relay, with the A team comprising Nick Leigh, Chris Farrell, Joe Mercer and Gareth Booth finishing an excellent second to Calder Valley Fell Runners who included former Horwich resident and club member James Logue on leg 2.

The B team of Ryan Stevenson, Tom Cowling, a second run from Chris Farrell, only 15 minutes after finishing his A team run, and Joe Miller finished in 7th place, just fending off Horwich RMI "Grinches" (Andy Ford, Tim Roe, Stu Edmondson and Mick Green). In 11th place were the Horwich RMI V50 team of Gary Chadderton, Steve Jackson, Brian Walton and Graham Schofield with a mixed team of Tony Hesketh, John Parker, Erica Booth and Andy Ford (his second run) in 18th.

Chris Farrell had the second fastest leg of all competitors (44:51) with Joe Mercer third fastest (44:56)

1	Calder Valley 'A'	3:04:07
2	Horwich RMI 'A'	3:09:26
7	Horwich RMI 'B'	3:46:35
8	Horwich RMI Grinches	3:50:48
11	Horwich RMI V50	4:02:36
18	Horwich RMI Mixed	4:49:51

Hurst Green Turkey Trot, Dec 15th

All I can say is... BEST RACE EVER!

Suzanne Budgett, Lindsey Brindle and I drove



Christa, Suzanne & Lindsey at the Turkey Trot - photo thanks to Suzanne

over to Hurst Green for this amazing fancy dress race. Suzanne had no outfit and so Lindsey kitted her out in her four year old daughter's nativity costume! Lindsey herself went as a Christmas turkey and insisted on wearing her turkey hat for the whole drive, much to Suzanne's embarrassment. I wore a sexy santa outfit but it didn't turn out quite so sexy as I wore my windproof under it because I was so cold and wet (wimp!).

The race was a mixed bag of mud (LOTS of mud), VERY deep puddles (coming up over the knees) and fallen trees to scramble under. I don't think I've ever taken part in a race before where you can hear multiple screams up ahead, it was a bit like being on a ghost train.

I enjoyed every minute of this fancy dress race and couldn't stop smiling. There was such a fun atmosphere and everybody seemed to be

having a really good time - including a bunch of men wearing nothing but santa mankinis and running shoes! They proved very motivational as everybody wanted to run faster just to get past them so they didn't have to put up with the view.

The prize giving was also really good fun with loads of category prizes, fancy dress prizes and spot prizes and even some gambling revolving around One Direction pencil cases! Lindsey came second and Suzanne was first vet 50 but unfortunately we didn't win the ladies team but came a respectable second.

Out of 197 runners (85 ladies) we came:

Lindsey 8th (2nd lady)

Suzanne 32nd (6th lady)

Christa 87th (15th lady)

Christa Whatmough

Suzanne writes:

Lindsey, Me & Christa took part, had an absolute ball of a time, thoroughly enjoyed the 5 mile trail race. What a laugh, good fun & great time at presentation in pub after. We are already planning our costumes for next years event and thoroughly recommend it. Virtually every entrant was in fancy dress, some less dressed than others (mankinis worn by the brave few).

SE Lancs XC, Tandle Hill near Oldham, Dec 21st

The opening fixture of the South East Lancs Cross Country League saw Horwich's U11 girls in devastating form. With no Horwich boys in the U11 race, the three girls not only took the girls section by storm but also beat all the boys in the race with the Red Rose champion Ella Pendlebury triumphant overall.

The club's one boy competing on Saturday was Luke Brindle in the U13 boys' race and he also took the victory.

No older juniors or women competed for Horwich Sadly the men's race never happened as a serious injury in the U17 race caused it to be cancelled so that the air ambulance could have the necessary access and with daylight soon disappearing there would have been insufficient time to hold the race.

U11 Girls:

1	Ella Pendlebury	11:33
2	Freya Whittle	11:54
3	Lydia Johnson	11:56

U13 Boys

1	Luke Brindle	16:40
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Podium 5k, Barrowford, Dec 14th

Chris Farrell had a very successful weekend. On Saturday he broke through the 15 minute barrier on a windy course at the Podium 5k at Barrowford, narrowly missing victory by just 3 seconds behind Liverpool's James McNally and Preston's Chris Livesey. Nick and Sandra Kelly also ran on this fast course run on a cycle track, according to runbritain rankings, achieving PB's.

3	Chris Farrell	14:58
51	Nick Kelly	V45 19:33
58	Sandra Kelly	F45 22:03

Santa Dash Trail Run, Dec 21st

Chris took a clear victory as Horwich dominated the podium at the four mile Santa Dash Trail Run from Curley's Fisheries on Wallsuches with Nick Leigh second and Michael Cayton third.

Sean McMyler in fifth place took the V50 prize while Maria Lowe, Sandra Kelly, Tony Hesketh and Gillian Smith took the honours in the F35, F45, V65 and F65 categories.



Erica & Suzanne at Whinberry Naze - photo thanks to Suzanne

It was particularly pleasing to see many names in the results that are new to me and I don't often see racing. It doesn't matter if you are back at the field and not up there with the likes of Chris, Tom, Nick, Ian, Michael, Joe, Richard, Paul and Lindsey competing for the win - let's see Horwich dominate at all standards in 2015 - look out for club championship races.

1	Chris Farrell	23:37
2	Nick Leigh	24:40
3	Michael Cayton	25:22
5	Sean McMyler (V50)	29:10
9	Paul Boardman (V50)	30:19
10	Nick Kelly (V45)	30:36
11	Maria Lowe (F35)	31:38
13	Tony Hesketh (V65)	32:50
16	Sandra Kelly (F45)	34:24
24	David Barnes (V55)	37:36
29	Paul Styles (V40)	38:06
36	David Crawford (V60)	42:38
62	Emma Renshaw (F40)	52:16
64	Anna Dagnall (F)	52:46
65	Leanne Roberts (F)	52:48
72	Gillian Smith (F65)	59:06
78	Amanda Gilbert (F45)	73:14
79	Michael Gilbert (V45)	73:15

Boxing Day 10k, Leyland

3	Nick Leigh	33:55
6	Richard Howarth	V40 34:29
10	Ali Murray	35:31

44	Nick Kelly	V45	40:32
75	Ian Hamer	V50	43:35
98	Sandra Kelly	F45	45:39
314 finishers			

Whinberry Naze Fell Race, Boxing Day

This ever popular Boxing Day race had almost all runners partaking in fancy dress. A successful day for Horwich with Graham, Josie and Suzie in the prizes.

24	Graham Schofield	V55	28:42
40	Paul Boardman	V50	29:39
45	Andy Ford		30:16
78	Josie Greenhalgh	F40	32:55
87	Suzanne Budgett	F50	33:16
111	Erica Booth	F	35:40
226 finishers			

Ribble Valley 10k, Clitheroe, Dec 28th

9	Chris Farrell	30:55
23	Joe Mercer	32:06
441	Alan Ashley	V50 44:06
517	Steve Thomasson	45:50
619	Geoff Leech	V45 47:12
1080	Martin Hammond	V40 66:47
1105 finishers		

Festive Disorientation 12k, Dec 28th

27	Josie Grenhalgh	F40	1:19:25
34	Michelle Sunter	F50	1:30:39
35	Albert Sunter	V55	1:30:39

Lancaster Festive 4k, December 27th

I-r: Matthew Flatters, Finley Reid,
Nathan Townsend, Kieran Kinealy,
Luke Brindle, Lewis Wilkes



A few Juniors went up to Lancaster to run the annual Festive 4k. The weather had a bearing on the race with temperatures at 2°C for this quick race. This race was a good fast race prior to the Cross Country Qualifiers on the 3rd January.

With a great start from all the juniors a once round the Lancaster running track all 6 athletes were well placed in a race containing 214 runners. Out the the circuit first was Nathan Townsend closely followed by Senior runner Jason Parker from Preston Harriers.

The pace settled down and all boys settled into their training race. Lewis Wilkes heading up the youngsters' charge through what was mostly a senior race. Next Matthew Flatters toiling with much larger runners at this pace must have felt daunting. Matthew was being shadowed by Luke Brindle whilst Kieron Kinealy was also tussling with Finley Reid. This gem of a race is similar to the Lancaster race series where runners take in the footpaths of the Lune and take a turn just before the bridge.

On the turn Nathan now had Jason on his shoulder so both pressed each other for the lead, Lewis was having his own race but on his own as he had turned in 12th position with clear space behind himself. Matthew had company with seniors from Illkley and Rossendale, and similarly, Matthew tucking in behind larger men with Luke close behind. Keiron, having Luke only metres away, was finding it hard and fast to keep in touch, meanwhile Finley was closing the gap on

his team-mates with each passing minute.

So the runners have to run 300m on the track before they get to the finish line, and here's where the race picked up, with several shouting for Jason and just the same for Nathan, it made a nail-biting finish along the home straight with Jason just outpacing Nathan to pip him to the post. Not really disappointed, Nathan's time of 12:24 was exactly a minute faster than last year. Next in Horwich had Lewis Wilkes in 12th place with an outstanding 14:30, a significant improvement in his fast pace racing. Matthew Flatters cheered on by all the family including grandmother showed his proud parents what he is capable of coming a fabulous 22nd in 15:02,

with Luke Brindle's family shouting him into 29th with a time of 15:47. Kieron Kinealy in 15:50 also ran his fastest road race this year taking 32nd. Having the strongest sprint was Finley Reid taking 3 runners and finishing in 33rd in a time of 15:57.

Without doubt all agreed this was hard and very fast. Hence the pleased parents and athletes returned back to Horwich to rejoin the festive partying and download their latest Christmas gift results to much amusement of their coach, who each reminded them, back to training on Mondays lads!

Andy Townsend

2015 Central Lancs Grand Prix

15th February	Central Lancashire 5k (Bolton)
1st March:	The Trotters 5 (Burnden)
12th April:	Radcliffe 10km
13rd May:	Haigh Hall 4 mile (Wigan Phoenix)
17th June:	Horwich 5
5th August:	Chorley 4.4 Trail
30th August:	Pennington Flash 5 mile trail race (Leigh H.)
13th September:	Blackleach 5 mile trail race (Mcr YMCA)
27th September:	Swinton 10 *
11th October:	Gin Pit 5 (A&T)

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Yours truly is your questionmaster for the night

Gordon



COME ALONG AND PIT YOUR WITS AGAINST OTHERS AT OUR

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IN AID OF

Alzheimer's Society  & 

FRIDAY 23RD JANUARY 2015
7.30PM FOR 8PM START

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Julie Stone 07787 725323
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Alzheimer's Society Charity Registration No. 296645.
Guide Dogs Charity Registration in England & Wales No. 200611; in Scotland, SC018870.

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,
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