

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

One up on the Brownlee Brothers or Three siblings in the World Quadrathlon Championships



Photo courtesy of TWG Photos

My twin sister, brother and I entered the World Quadrathlon Championships held in Brigg, Lincolnshire on May 25th this year. It was the first time the world championships had been held in the UK and the British Quadrathlon Association were keen to see as many athletes as possible, across all age groups, on the podium. As British Vet 50 Champion last year my brother John Kavanagh was automatically selected to represent GB. My sister, Margaret Huyton and I were selected on our standard distance triathlon results in 2013 and experience in racing kayak events. The middle distance quadrathlon consisted of a 1500m river swim, 7km kayak, 36km bike ride and a 10km run. We had been informed that the flow on the River Ancholme was negligible, but torrential downpours on the day before the event produced a fast flow. John is a strong swimmer and accomplished kayaker and made good progress on these two stages. He held his own on the bike and produced a much –improved run to finish in 3 hours and 9 minutes, over 10 minutes faster than the previous year and 7th vet 50.

With wind and current against us, Margaret and I found the swimming tough on the outward leg, but we were glad of the benefit on the return. About 100 kayakers on the river caused quite a wash to add to the flow so we had to concentrate fully just to keep our K1 boats afloat. Once safely out of the water we felt more comfortable and cycling on the flat country roads of Lincolnshire was a pleasure. By the time we set off on the run we were both very tired, but relied on our strength and stamina to get to the finish. I was 1st vet 60 in 3 hours and 40 minutes and Margaret was 2nd in 4 hours and 46 minutes.

Mary White

JULY 2014



Race Diary



July 10th	Bull Hill Fell Race	Hawkshaw	Fell, M/L
July 13th	Wharfedale TTT	Kettlewell	JF
July 16th	Gargrave Show	Gargrave	JF
July 16th	Jubilee Road Race	Rivington	CP
July 20th	Kentmere Horseshoe (FULL)	Kentmere	Eng
July 20th	Holme Moss Fell Race	Holmfirth	Fell
Aug 6th	Chorley 4.4mile trail race	Astley Park, Chorley	M/L
Aug 10th	Blackpool Airshow 10k	Blackpool	GP
Aug 17th	Sedbergh Hills	Sedbergh	Eng, M/L
Aug 20th	Jubilee Road Race	Rivington	CP
Aug 31st	Pennington 5	Pennington Flash, Leigh	M/L
Sept 13th	Hodder Valley Show Fell Race	Dunsop Bridge	Eng
Sept 14th	Blackleach 5m trail		GP
Sept 4th	Downhill Race	Sotsman's Stump	CP
Sept 27th	Thievely Pike Fell Race	near Burnley	M/L
Sept 28th	Swinton 10	Swinton	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

2014 Fell Relays

Its that time of year again when our minds turn to the impending FRA Relays in four months time.

Last year we had fantastic results with the open team finishing 9th, the v40 team finishing 6th, and the v50 team finishing 8th, with a total of 4 teams running on the day, and a few non running supporters as well. What a day. This year I want to do better.

With an ever improving squad of runners, new additions, and some old hands making a reappearance

we can aim high, and target medals in all the above categories.

So I propose that with entries now we enter 2 open teams, a v40 team and a v50 team, as last year, with the addition of a ladies team.

Who's up for it? Let me know by reply if you're in. Don't worry about current state of fitness at this point - all I need is to know that you want to do it.

Alastair Murray, Fell Captain.

2014 Club Championships

For all categories, men's, ladies and vets, it is your best 10 races to count, and you must include at least one race from each of the three categories to complete the series. The cross country will be calculated using your best four scores from the six Mid Lancs fixtures.

The points system is as follows: 20 points for 1st down to 1 point for 20th.

Road

14th May - Haigh Hall
18th June - Jubilee
6th August - Chorley 4.4M
31st August - Pennington 5M

Fell

1st June - Edenfield (BM)
10th July - Bull Hill (BS)
17th August - Sedbergh Hills (AL)
27th September - Thievely Pike (AS)

XC

Best 4 from 6 Mid Lancs XC League Races.

Ali

Seniors - Tuesday Night Track Sessions

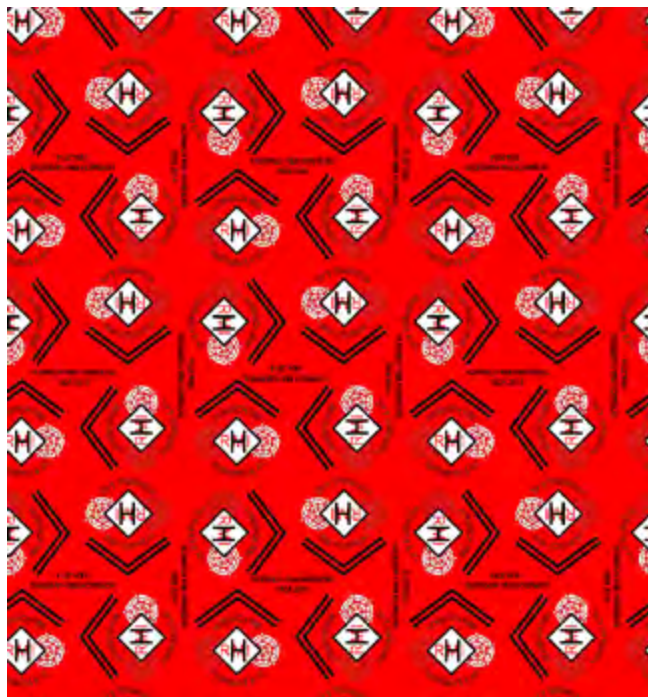
Every Tues 6.30 warm up 6.45 start. These are for **ALL ABILITIES**, whatever your pace, and any club member, including new members, can turn up. (A/B group)

July 1st Strength End 5 x 2000m
July 8th Strength End 6 x 5 mins
July 15th Time Trial 5 x 1000m 3 mins rec
July 22nd Speed end 3 x 6 x 300 jog rec (60)

July 29th Strength End 6 x 1600m (60 secs rec)
Aug 5th Strength End 3 x 3 x 1000m
Aug 12th Strength End 4 x 8 mins
Aug 19th Strength End 3 x 10 mins
Aug 26th Speed End 4 x 4 x 400 4 x 200

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.

The Horwich Buff - no not a new Saturday Sports Paper but the headgear of choice for 2014. Limited 90th anniversary edition of only 100 so get yours while stocks last. Only £10 (and these are original Buff™). Get yours from Steve Pearson down at the track or at hill sessions or email him.



Congratulations to Chris Farrell on gaining his first international vest. He will be competing in the England team this weekend at The Snowdon International Race

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.

Downhill Race 2014

Sept 4th, 7.15pm

This annual Horwich tradition starts at Scotsman's Stump near Winter Hill mast. Runners depart at intervals (every 30 seconds I think) and select their route to finish at the RMI Club with one checkpoint at Rivington Pike.

Contact Alastair Murray for further details. As always we need a few helpers for timekeeping and marshalling.

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 Jubilee 5
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

Race Results

I am still somewhat limited in time as I try to get some high volume training necessary for a lengthy challenge in late August. I aim to get the August issue produced by the turn of the month, allowing me to increase mileage in the first couple of weeks. Thanks for your patience. Gordon

Henderson's End Fell Race, June 7th

1-2-3 for Horwich at Henderson's End The Henderson's End Fell Race, organised by Lostock AC, provided an excellent evening's racing for 23 Horwich Harriers despite the enforced route change over Winter Hill thanks to United Utilities and Natural England's policies. The six mile route starts at Rivington Barn, taking in Rivington Pike and Two Lads on its way to summit at Winter Hill trig point.

Chris Farrell added yet another race victory to his list from Nick Leigh, making his debut in a Horwich vest, and the second top runner to move to the club this year and, completing a clean sweep of the podium, a fine run from David Jackson, who also took the prize for first V40. The honours in the women's race also went to Horwich, with Lindsey Brindle finishing 13th overall of the 86 finishers, whilst Garry Chadderton was first V50 and Josie Greenhalgh first F35, ensuring a very successful night for the club.

Results: 1 Chris Farrell 44:59; 2 Nick Leigh 46:27; 3 David Jackson (V40) 49:23; 11 Michael Kay (V40) 55:34; 13 Lindsey Brindle (F) 55:45; 23 Paul Boardman (V50) 58:08; 25 Albert Sunter (V50) 58:17; 33 Doug Fleming (V50) 59:56; 37 Nick Kelly (V40) 60:52; 41 Josie Greenhalgh (F35) 61:32; 46 Thomas Stevens (U18) 63:58; 50 Mark Swindell (V40) 65:13; 52 Peter Ramsdale (V50) 65:44; 55 David Unsworth (V50); 58 Mark Birbeck (V40) 67:45; 61 Sandra Kelly (F45) 68:45; 65 Cherry Collinson (F35) 69:36; 68 Mary White (F60) 70:04; 69 Abigail Sunter (F) 71:47; 71 Gordon Stone (V50) 72:09; 75 Tony Varley (V60) 73:46; 78 John Parker (V70) 76:19; 81 Colin Waterworth (V50) 77:14.

Badger 10k Trail Race, June 7th

On the same night as the club's success at Henderson's End, Richard Howarth was victorious in a field of 242 finishers at the Badger 10k Trail Race near Bamber Bridge. Not

far behind was Paul Muller, 4th overall and first V55.

Results: 1 Richard Howarth (V40) 35:45; 4 Paul Muller (V55) 38:17; 130 David Barnes (V55) 52:28.

Ennerdale Horseshoe, June 9th

12	Joe Mercer	2:59:41
45	Alastair Murray	3:20:35
58	Dave Milliken (V40)	3:24:15
199	Michael Crook (V65)	4:17:50
219	Steve Jackson (V60)	4:27:42
238	Brian Walton (V60)	4:40:25
275 finishers		

Northern League Track & Field, Wigan, June 7th

Horwich hosted the second Northern League Track & Field held at Robin Park. Despite very wet conditions a superb team performance was given by everyone resulting in a joint 2nd place. As well as officiating, announcing and administrating the day, most athletes competed in multiple events on both the track & field. The weather prevented few personal bests, however the 4x100m men's relay team comprising James Lovell, Mike Houghton, Noah Saunders and Nathan walker won their event breaking the club record by approximately 1.5 seconds.

Two Lads Fell Race, June 13th

A great turnout of 32 club members competed in the biggest field in recent memory with 195 finishers completing the challenging 5 miles with 900 feet of climb. Joe Mercer was again in sparkling form to take the trophy, ten seconds clear of Nick Leigh, making it two second places from his first two races in a Horwich vest. Lindsey Brindle took the honours in the ladies' race, a good minute clear of her nearest challenger, whilst there were also age category victories for Garry Chadderton (V50), Mike Crook (V65), Mary White (F60) and John Parker (V70).

Results : 1 Joe Mercer 32:51; 2 Nick Leigh 33:01; 6 David Jackson (V40) 34:51; 9 Alastair Murray 35:14; 34 Lindsey Brindle (F) 38:40; 36 Christopher Heys 39:20; 37 Gary Chadderton (V50) 39:28; 42 Sean McMyler (V50) 39:58; 43 Andy Ford 40:00; 46 Albert Sunter (V50) 40:27; 66 Paul Boardman (V50) 41:33; 70 Paul Jackson (V45) 41:50; 71

Doug Fleming (V50) 41:54; 73 Robert Green (V50) 42:10; 80 Nick Kelly (V45) 43:09; 95 Maria Lowe (F) 44:03; 100 Josie Greenhalgh (F40) 44:38; 101 Layne Mercer (V45) 44:44; 102 Michael Crook (V65) 44:45; 116 David Unsworth (V50) 45:31; 128 Peter Ramsdale (V55) 47:06; 139 Sandra Kelly (F45) 48:32; 140 Mark Birbeck (V45) 48:41; 149 Mary White (F60) 49:49; 153 Abigail Sunter (F) 50:24; 158 Gordon Stone (V55) 51:47; 160 Clare McKenna (F40) 51:52; 161 John Parker (V70) 51:57; 170 Michele Sunter (F50) 53:31; 173 Tony Varley (V65) 54:19; 182 Allan Blinkhorn (V60) 58:21.

The Two Towers Fell Race, Holcombe Brook, June 11th

The race saw three Horwich runners compete with Mick Green taking the V50 prize, 16th overall, in 38:54 followed by Paul Boardman, 35th in 43:47 and Mark Swindell, 60th in 49:32 in a field of 87. The race was won by former member Darren Kay.

Knowl Hill Fell Race, June 15th

11	Rob Jackson (V45)	51:30
27	Paul Boardman (V50)	54:57
95	Peter Heneghan (V70)	66:35
109	John Parker (V70)	69:51
143 finishers		

British Masters 5k, Horwich, June 16th

Held in the centre of Horwich as part of the Horwich Festival of Racing, two Horwich RMI Harriers competed with the best veteran road runners in the country with Glyn Kay finishing 4th V40 in a time of 16:34 and Tony Hesketh, 7th V65 in 21:03.

Bolton at Home 5k, Horwich, June 16th

The Bolton at Home 5k, held the same afternoon on the same course, produced a fine victory for Debbie Campbell, first lady in 19:12. with a further five harriers in the field of 52, including category wins for Suzanne Budgett and Keith Lewthwaite.

Results : 13 Debbie Campbell (F) 19:12; 16 Nick Kelly (V45) 19:50; 18 Luke Massey (U20) 20:17; 20 Suzanne Budgett (F50) 20:41; 24 Steve Thomasson 21:39; 34 Keith Lewthwaite (V60) 22:41; 35 Sandra Kelly (F45) 23:17.

Horwich Fun Run, June 16th

The third event in the Horwich Festival of Racing was the one mile fun run which, unsurprisingly, was dominated by young Horwich RMI athletes with 17 of the 103 runners and six of the first ten, including the overall winner, Lewis Wilkes (U13) in a time of 5:12.

Full results for the Junior race here.

European Championship Trials, Whinlatter near Keswick, June 14th

Chris Farrell had a fine run to finish 12th amongst the country's best fell runners in an event which also included a home international. In finishing 12th, Chris beat four of the English team as well as all the Welsh and Northern Ireland team.

Jubilee Road Race, Rivington, June 18th

The second race in this year's Jubilee Series yielded a big field of 274 finishers and a very high class one at the front with many of the first ten sporting race victories this year. Victory on the night went to Blackburn's Ben Fish ahead of Horwich's prolific race winners, Chris Farrell in second, Tom Carson in third and Richard Howarth in fifth. Ali Murray completed the top ten to ensure a team victory for the men in red and black. Lindsey Brindle was second lady, with Maria Lowe third whilst Richard was first V40 and Rudolf Maciejkowicz first V60.

Results: 2 Chris Farrell 25:24; 3 Thomas Carson 26:04; 5 Richard Howarth (M40) 27:02; 10 Alastair Murray 27:40; 18 Gareth Booth (M40) 28:35; 21 Peter Rice (M50) 28:53; 32 Glynne Lever (M40) 30:13; 34 Sean McMyler (M50) 30:24; 48 Lindsey Brindle (F) 31:16; 64 Paul Boardman (M50) 32:17; 76 Maria Lowe (F) 32:54; 77 Ian Hamer (M50) 32:56; 80 Doug Fleming (M50) 33:06; 90 Rudolf Maciejkowicz (M60) 33:33; 96 Andy Smalley (M45) 33:40; 105 Dave Unsworth (M50) 34:06; 108 Nick Kelly (M45) 34:23; 121 Andy Briffa 35:24; 156 Geoff Leech (M45) 37:48; 160 Sandra Kelly (F45) 38:08; 180 Erica Booth (F) 38:50; 191 Jason Middleton (M45) 39:17; 240 Julie Williamson (F45) 43:08; 270 Frank Wood (M70) 49:53.

In the Junior one mile "Street Race" along the The Street adjacent to Upper Rivington Reservoir, Horwich Juniors comprised over half the 55 finishers. Of the 35 Horwich juniors, Lewis Wilkes was the first to cross the finish

line in a winning time of 5:39 followed by fellow U13, Luke Brindle in 5:44 and first U11, Nathan Lancaster in 5:46. There were also category wins for Luke Massey (U17), Robert Gordon (U15), Harriet Foley (U15 girls), Freya Whittle (U9 girls) and Harrison Stokes (U7). Full junior results here.

Aggies Staircase, Darwen Moor, June 19th

1	Joe Mercer	28:17
3	Jonathan Bruton	30:25
35	Andy Ford	35:26
63	Josie Greenhalgh (F40)	39:01
71	Suzanne Budgett (F50)	39:44
145 finishers		

Great Hill Fell Race, Brinscall, June 21st

The club dominated this race with four of the first five places. James Kevan equalled the course record which has stood for 18 years to win from fellow Ireland international Ian Conroy. Alastair Murray took 4th place ahead of first V40, David Jackson, whilst Andy Ford had his best result since joining Horwich, in 10th, just ahead of first V55, Graham Schofield. Emphasising Horwich's dominance in this race of almost six miles with 1500 feet of ascent, Paul Boardman took the V50 prize and Michael Crook the V65 prize amongst the 77 finishers.

Results: 1 James Kevan 34:35; 2 Ian Conroy 36:24; 4 Alastair Murray 37:09; 5 David Jackson (V40) 37:58; 10 Andy Ford 41:56; 11 Graham Schofield (V55) 42:28; 15 Paul Boardman (V50); 34 Michael Crook (V65) 46:18; 50 Peter Ramsdale (V55) 50:22.

Winning team at Clougha Pike, photo by Dave Woodhead



Clougha Pike Quernmore Nr Lancaster, June 21st

The penultimate race in the Junior Fell Championships took place on Saturday with ten juniors from Horwich RMI taking part. In the U/8 race Theo Middleton finished in 12th place and Josh Houghton 21st. In the U/10 race Cian Healy ran a superb race taking the lead in the final half mile to record a famous victory and this consolidated his position as first in the overall championship with one race to go, the next runner for Horwich was Toby Middleton in third with another great run after working his way through the field, Matthew Oldfield had his best run to date finishing in ninth and this was enough to clinch the team award for Horwich. The U/12 race saw Nathan Lancaster lead the Horwich lads home in 11th place closely followed by Robert Seddon 14th and Lucas Milliken completed the team in 21st place giving Horwich third place. Our only runner in the U/14 was Harriet Foley and with her best run on the fells she was rewarded with 11th place again an improvement on her last fell race.

In the U/10 girls race our only runner was Freya Whittle who had a very good run to finish 7th. Considering that she is only 8 years old this was a tremendous result..

In the senior race Horwich only had 3 runners with Tony Hesketh retaining his O/60 Trophy for the fourth year in 27th place overall in 49.04, closely followed by Doug Fleming 29th in 50.32 and Pete Heneghan was third O/70 in 59.04.

Tony Hesketh

White Bear Way, June 21st

This 21 mile LDWA challenge event is organised by Adlington Scout Group and again attracted a number of harriers for both the 21 mile and 10 mile routes. Albert Sunter and Josie Greenhalgh were the first finishers in the 21 mile route in a time of 3hrs 10 mins with Michael and Glyn Kay completing in 3:36 and Gordon Stone in 4:14. Derek Kay completed the 10 mile event in 1hr 36 mins.

Freckleton Half Marathon, June 22nd

Paul Muller finished 10th and first V55 in a time of 1:19:49 followed by Trevor Fishwick, 507th in 2:16:36.

Clougha Pike Fell races, June 22nd

At the penultimate English Junior Fell Championship race at Clougha Pike on Saturday, Theo Middleton finished 12th and Josh Houghton 21st in the U8 race. U10 Cian Healy ran a superb race taking the lead in the final half mile, a victory consolidating his lead in this year's championship, whilst 8 year old Freya Whittle finished 7th in the U10 girls race. Toby Middleton worked through the field for an excellent third place, and with Matthew Oldfield ninth, Horwich clinched the team honours. With Nathan Lancaster 11th, Robert Seddon, 14th and Lucas Milliken, 21st, Horwich were third team in the U12 race. In the U14 race, the ever-improving Harriet Foley was 11th.

In the senior race, Tony Hesketh retained his M60 Trophy, 27th overall in 49:04, closely followed by Doug Fleming, 29th in 50:32 and Pete Heneghan, 3rd M70 in 59:04.

Settle Hills Fell Race, June 29th

Lindsey Brindle made it three victories in five days at the Settle Hills Race on Sunday following wins at Harrock Hill and The Witton Park Trail Relays. Lindsey covered the 11km course with 400 metres of climb in 61:37, some 3 minutes clear of her nearest rival, Chorley's Lynn Clough and 7th overall of the 103 finishers. Suzanne Budgett collected the prize of first LV50 in 44th overall and a time of 74:00 whilst V40 Nick Kelly had a good run, 34th in 70:20.

Harrock Hill Fell Race, June 25th

A warm evening and dry underfoot made for fast times with over 170 runners competing former Horwich runner Darren Kay won easily, our star on the night was Andy Lloyd who improved on last months race to finish 3rd and lead Horwich to a team victory, Paul Muller defied the years

to win the O/55 award finishing in 7th place and with a very good run Michael Kay in 20th the team prize was ours. Sean Mcmyler was first O/50 in a fine 21st chasing Michael home. The O/65 prize once again went to Tony Hesketh in 56th place. The ladies race saw Lindsey Brindle dominate the race to win by over two minutes with a brilliant run finishing 12th overall.

3	Andy Lloyd (V40)	35:09
7	Paul Muller (V55)	35:49

12	Lindsey Brindle (L)	37:34
20	Michael Kay (V40)	38:56
21	Sean McMyler (V50)	39:01
24	Paul Boardman (V50)	39:16
56	Tony Hesketh (V65)	42:39
105	Erica Booth (L)	47:24
118	David Barnes (V55)	49:56
167	Ed Swift (V65)	69:04

Tony Hesketh

Ali's take on The Great Hill Fell Race



Andy Ford, Ian Conroy, James Kevan, Alastair Murray and David Jackson

One of the top races of the local fell calendar (*cough*) saw a display of shock and awe dominance with a stellar lineup of (some of) RMI's finest.

Leading us home was local favourite (judging by the passionate speech given by the RO at the presentation) James Kevan in a record equaling time of 34:35. The record has stood for 18 years, so this was some performance. James – do some training!

In second place was Irish raider Ian Conroy. Ian was disappointed to let his compatriot get the better of him, but on little sleep and jet lag from the trip over, he was happy enough, and felt the can of Carlsberg and a new pair of shorts was well worth the trip.

Letting the side down somewhat, but never the less completing the winning team, Alastair Murray came 4th, allowing some bloke from Swinton to beat him, and so missing out on a Horwich 1 2 3. Alastair will now have to stop taunting Ian about never having actually beaten him in a race, and how his Pike Race time is quite poor.

Rounding out the top 5, David Jackson did well to finish having ridden the Tour De France only two days previously. Disappointed that Alastair had finally got the better of him on the fells this year, Dave was quick to remind Alastair of the 8 minute margin of victory at Coniston, rendering him silent once more.

Rounding out the top 10 was fast improving Andy Ford, edging out Graham Schofield, who had decided to make the race tougher by running in his Walshes. Paul Boardman was 15th, having an easier week after last weeks 5 races in five days. Mick Crook took first V65, and Chairman Pete Ramsdale rounded out the club representation, turning up to find out what all the fuss on Facebook was about.

Alastair Murray

Eddie's Revenge Fell Race, June 25th

On the same night as Harrock Hill, five harriers competed in the 6km Eddie's Revenge race with over 300m climb from Shaw near Oldham with Gary Chadderton missing out on first V50 by a mere six seconds.

11 Garry Chadderton (V50) 28:46; 32 Doug Fleming (V50) 31:04; 45 Nick Kelly (V45) 31:58; 57 Peter Ramsdale (V55) 33:58; 109 Colin Waterworth (V55) 40:42.

Witton Park Trail Relays, June 26th

Thursday night saw Horwich dominate the Witton Park Trail Relays with a clean sweep of first men's club team, first Vets team and first Ladies team. The first team over the line was a mixed team comprising Salford's Simon Bruton, Horwich's Nick Leigh and Bolton's Anthony Valentine, just six seconds ahead of the all Horwich team of Jonathan Bruton, Alastair Murray and Joe Mercer. In 6th place were the Horwich Supervets team of David Jackson, Gareth Booth and Martyn Bell, three minutes clear of the next vets team whilst the Ladies team of Lindsey Brindle, Suzanne Budgett and Maria Lowe were clear winners in their category.

Results : 1 "One Man From Belmonti" 44:12; 2 Horwich RMI A 44:38; 6 Horwich Super Vets 46:53; 25 Horwich RMI Ladies 55:00.

Settle Hills Fell Race, June 29th

7	Lindsey Brindle (1st F)	61:37
34	Nick Kelly (V40)	70:20
44	Suzanne Budgett (1st F50)	74:00

103 finishers

More Action Photos Witton Park Relays



Jonathan Bruton



David Jackson



Lindsey Brindle

YOUR CLUB

NEEDS YOU

Horwich RMI Harriers has over 200 adult members. If every member committed to helping at just one event per year, then all our events would run more smoothly.

Are you doing your bit for club and country?

Witton Park Relays



Alastair Murray



Gareth Booth



Maria Lowe



Clare McKenna

*Photos by
George S Davies*

*Skiddaw Fell
Race*



Nick Kelly



Lindsey Brindle

*Photos by
Frank Wood*

Run The Moors Grand Prix Races 2014

Date	Race	Venue	Category	Distance/height	Price	Comments
Feb 16 th Sunday 11.30am	Windy Hill	Littleborough Rugby Club OL15 0AP	BM	14.5km/390m	£5.50 pre-entry £6.50 on day	New local event
March 16 th Sunday 11.00am	Lads Leap	Crowden Campsite SK13 1HZ	AS	9.5km/518m	£5.00	Back again to this little toughie!
April 12 th Saturday 2.00pm	Wardle Skyline	Wardle Square Wardle Village	BM	11.3km/381m	£5.00	New organiser but same great race!!
May 1 st Thursday 7.30pm	Fo Edge	Cowpe Village Hall BB4 7EA	BS	6.6km/300m	£3.50	Another new Rossendale race
June 1 st Sunday 10.30am	Edenfield	Edenfield Cricket Club BL0 0JW	BM	10.3km/477m	£4.00	Bite and a pint after and maybe see the cricket match
June 25 th Wednesday 7.30pm	Eddies Revenge	St Saviours Church - Shaw OL2 8NB	AS	6.1km/323m	£4.00	Loads of prizes and cake!
July 10 th Thursday 7.30pm	Bull Hill	Wagon & Horses Hawkshaw BL8 4JL	BS	8.8km/335m	£4.00	First race of 3 day event. Long walk to start!!
July 20 th Sunday 11.00am	Holme Moss	Cartworth Moor Cricket Club HD9 2TU	AL	25.5km/1285m	£6.00 pre-entry £7.00 on day	Don't underestimate this one.
August 31 st Sunday 11.00am	Crowden Horseshoe	Crowden Campsite SK13 1HZ	BM	12.9km/518m	£5.00 pre-entry £6.00 on day	Back to Woodhead and up the Pennine Way
September 27 th Saturday 11.00am	Thieveley Pike	St. John's Church hall. Holme. BB10 4SU	AS	7km/400m	£5.00	Not so long but a couple of steep bits
October 11 th Saturday 11.00am	Langdale Horseshoe	Old Dungeon Ghyll. Langdale	AL	21.1km/1450m	£8.00 Pre-entry only by Oct 4th	Great Lakeland classic. (especially if it's not misty!)

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@horwichmiharriers.co.uk for further details.

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. Sign up for the free decathlon card and when you use it, on top of your rewards (it's like Tesco ClubCard but has additional benefits, the club also can generate income through the Decathlon Team Card.



Currently some astounding offers on running shoes at Decathlon

For more info, email me or Barry or check out the website www.decathlon.co.uk.

Gordon