

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

V50 honours for Suzanne at Skiddaw



It was success for the girls at Skiddaw this year as Lindsey took the overall win but was well supported by Suzanne taking first V50. Lindsey has been well featured on the cover of the Runaround so I thought it time to give Suzanne some of the limelight... but see Stop Press for news of Lindsey and the lads.

Photo by Frank Wood

JULY 2015



Race Diary



July 25th	Lingmell Dash	Wasdale Head	Eng Fell
July 25th	Coope's Dozen	Rivington Barn Car Park	
July 29th	Lee Mill	Rossendale	M/L, F
Aug 4th	Crow Hill Reverse	Mytholmroyd	F
Aug 5th	Chorley 4.4 Trail Race	Astley Park, Chorley	M/L, GP
Aug 10th	Seminar - "Your Racing Heart"	Crown Hotel, Horwich, 8pm	CP
Aug 16th	Sedbergh Hills	Sedbergh	M/L, F
Aug 19th	Jubilee Road Race	Rivington	CP
Aug 26th	Harrock Hill	Little Bispham	F
Aug 30th	Pennington Flash	Leigh	M/L, GP
Sept 6th	Guidborough 3 Tops	North York Moors	Eng Fell
Sept 13th	Blackleach 5 mile	Manchester	M/L, GP
Sept 19th	Three Shires	Lake District	F
Sept 26th	Thieveley Pike	near Burnley	F
Sept 27th	Swinton 10	Swinton	M/L, 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

2015 Club Championships (Mens, Womens, Vets)

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

Fell		
11th June	Two Lads	Details
20th June	Great Hill	Details
29th July	Lee Mill	Details
16th August	Sedbergh Hills	Details
Road		
17th June	Jubilee	Details
5th August	Chorley Trail	Details
30th August	Pennington Flash	Details
13th September	Blackleach 5M	
Cross Country		
tba	Manchester XC League 1	
tba	Manchester XC League 2	
tba	Manchester XC League 3	
tba	Manchester XC League 4	



Press Reports

Below are the press reports that went to the Bolton News last month.

June 10th

As can be expected with the race being on the club's doorstep, there was a strong Horwich presence amongst the 104 runners at the 6 mile Henderson's End Fell Race which includes 1000 feet of ascent from Rivington Barn to Winter Hill trig point via Rivington Pike and Two Lads. Last Thursday's race was won by ex-Horwich junior Gary Priestley with Joe Mercer and Nick Leigh making the podium places.

Alastair Murray had a fine run to take the V40 honours in 5th place whilst Lindsey Brindle took her second win in three days being supreme amongst the ladies. Sandra Kelly was the third lady home and also first veteran lady whilst Suzanne Budgett, Tony Hesketh and John Parker also won their categories.

2 Joe Mercer 46:38; 3 Nick Leigh 49:20; 5 Alastair Murray (V40) 50:19; 12 Lindsey Brindle (F) 53:16; 17 Andy Ford 55:26; 19 Garry Chadderton (V50) 55:46; 27 Chris Maher (V45) 57:43; 32 Nick Kelly (V45) 59:14; 36 Doug Fleming (V55) 60:11; 47 Tony Hesketh (V65) 61:47; 50 Sandra Kelly (F45) 62:20; 51 M Kelly (V40) 62:31; 56 Suzanne Budgett (F50) 64:10; 68 Mark Swindell (V45) 67:39; 84 John Parker (V70) 72:45; 88 David Barnes (V55) 75:04; 95 Tony Varley (V65) 80:24; 100 Colin Waterworth (V55) 85:30; 101 Ed Swift (V65) 86:56;

Paul Massey has recently returned to scintillating form which last Wednesday took him to 4th place and 2nd V45 (the race winner was also a V45) at the Astley Park 4.4 mile trail race. New member Anthony Hough placed 40th with Mark Seddon 65th and David Barnes 79th amongst the 105 finishers.

4 Paul Massey (V45) 25:26; 40 Anthony Hough 31:13; 65 Mark Seddon (V50) 34:10; 79 David Barnes (V55) 35:30.

Paul was bettered by son Luke who finished third in the junior trail race just ahead of Lewis Wilkes with Thomas Massey, Cian Healy and Luke Brindle also making the top ten and Nathan Lancaster and Robert Seddon not far behind to give Horwich seven in the first thirteen.

Luke and Thomas Massey, Cian Healy and Ella Pendlebury won their respective categories in this highly popular event which attracted 143 youngsters, 24 wearing the red and black.

3 Luke Massey (M16) 5:05; 4 Lewis Wilkes (M15) 5:12; 7 Thomas Massey (M13) 5:23; 8 Cian Healy (M11) 5:25; 9 Luke Brindle (M13) 5:26; 11 Nathan Lancaster (M13) 5:29; 13

Robert Seddon (M13) 5:31; 19 Kieran Kinealy (M13) 5:48; 20 Matthew Mair (M13) 5:49; 27 Lucas Millican (M13) 6:00; 31 Finlay Ried (M11) 6:06; 33 Ella Pendlebury (F11) 6:09; 54 Harriet Foley (F15) 6:37; 58 Freya Whittle (F11) 6:41; 65 Millie Bailey (F13) 6:47; 66 Lydia Johnson (F11) 6:48; 85 Callum Mosley (M11) 7:24; 86 Milly Lever (F13) 7:25; 89 Joshua Houghton (M11) 7:30; 91 Livia Sutcliffe (F13) 7:33; 106 Grace Pendlebury (F9) 7:49; 129 Skye Nicholson (F11) 8:35; 130 Lucy Seddon (F11) 8:38; Thomas Humphreys (M7) 9:13.

The previous evening Lindsey Brindle was the first woman home and 10th place overall in the Paddy's Pole Fell Race in a time of 32:40 for the four mile race with 1100 feet of ascent. Suzanne Budgett took the F50 honours in 40:49 and 58th overall whilst David Barnes was the sole Horwich man finishing 88th in 46:17.

Saturday's Bolton Hill Marathon saw Nick Kelly finish 28th in a time of 3:52:06 while his wife Sandra finished 2nd lady and 42nd overall in 4:02:24 and Julie Williamson was 107th in 4:47:33.

Further afield Tony Hesketh finished 68th out of 259 in 1:46:39 at the Coniston Trail Half Marathon on Sunday.

June 17th

Two young Horwich Harriers were selected to represent Bolton in the Greater Manchester Schools Junior Boys 1500 metres at Stretford on Saturday. Lewis Wilkes set an impressive pace to lead out a high quality field closely followed by Oldham athlete Marcus Dey to complete the first 400 metres in a blistering 65 seconds!

Lewis although dropping off the lead slightly was still putting the hammer down to show his determination by grinding out an impressive result to post an 8th position in 4.40.35. This fantastic result shows some excellent early season form knocking some 15 seconds off his previous personal best.

The youngest runner in the field, Thomas Massey, put in a gallant attempt to finish 14th just outside his illusive 5 minutes, posting an impressive 5.04.12.

This result, like Lewis, was a personal best for Thomas, knocking 19 seconds off his previous best.

Nick Leigh finished second at the Haigh Hall 4 mile race last Wednesday in a time of 22:17. David Barnes finished 51st of the 91 finishers

in 29:46.

In the first race of the Rochdale Three Day Event, the Norden Six Mile Road Race, Rob Jackson finished 4th in 36:19 with Paul Boardman 20th in 40:12, amongst 114 finishers on Friday evening. The second event on Saturday was the where Rob was 6th in 42:41 and Paul 22nd in 46:29 amongst 85 finishers. On Sunday's Knowl Hill Fell Race, which was also part of the Lancashire Fell Grand Prix attracted a bigger field with 191 competing in the six mile race with 1300 feet of ascent. Rob was 21st in 50:13, Garry Chadderton 29th in 51:38, Chris Maher 31st in 51:46, Paul 45th in 53:27, Nick Kelly 47th in 53:41, John Monks 58th and 1st V60 in 55:19, Sandra 84th and 1st FV45 in 58:52 and Lawrence Pinnell 148th in 69:47.

In the series Rob Jackson finished 5th and 2nd V45 and Paul Boardman was 14th and first V50.

Andy Ford finished an excellent 21st in the Passing Clouds Fell Race on Sunday completing the ten mile race with 1900 feet of ascent in 1:22:18.

Thursday's Two Lads Fell Race organised by Horwich RMI Harriers was subject to a last minute cancellation due to a fire having broken out on Winter Hill. Thirty minutes before race start the Chief Fire Officer of Lancashire deemed it would be unsafe for the runners.

June 24th

The June edition of Horwich RMI Harriers Jubilee Road Race was also in the Central Lancashire Grand Prix resulting in a bumper turnout of 291 runners on this scenic but not very flat course.

First Horwich runner was Gareth Booth taking the first vets prize and 7th overall. Rudolf Maciejkowicz was once again dominant in the V60 category.

7 Gareth Booth (V40) 28:40; 39 Chris Essex-Crosby 31:21; 60 Garry Chadderton (V50) 32:16; 62 Nick Kelly (V45) 32:18; 70 Rudolf Maciejkowicz (V60) 32:46; 147 Sandra Kelly (F45) 36:43; 174 Paul Lewis 38:16; 279 Lawrence Pinnell (V45) 50:26.

For the juniors, the one mile Street Race attracted 79 youngsters with Horwich continuing their domination of local races with a clean sweep of the first ten places and total of 45 runners representing the club.

1 Luke Massey (U17) 5:07; 2 Lewis Wilkes

(U15) 5:15; 3 Cian Healy (U11) 5:27; 4 Luke Brindle (U13) 5:27; 5 Nathan Lancaster (U13) 5:29; 6 Matthew Flatters (U11) 5:30; 7 Thomas Massey (U13) 5:32; 8 Kieran Kinealy (U13) 5:41; 9 Jake Glendenning (U17) 5:46; 10 Matthew Mair (U13) 5:48; 12 Toby Middleton (U13) 5:51; 15 Ella Pendlebury (L13) 6:00; 17 Robert Gibson (U17) 6:08; 21 Eva Baldwin (L13) 6:19; 22 Freya Whittle (L13) 6:19; 23 Niamh Speakman (L15) 6:19; 27 Harriet Foley (L15) 6:33; 29 Isaac Keating (U11) 6:36; 31 Lydia Johnson (L11) 6:38; 37 Milly Lever (L13) 6:50; 38 Ellie Baker (L15) 6:58; 39 Alyssia Jackson (L13) 7:07; 40 Callum Mosley (U11) 7:08; 41 Joshua Houghton (U13) 7:10; 42 Max McLean (U11) 7:11; 44 Sam Speakman (U11) 7:17; 47 Lucy Baldwin (L15) 7:21; 48 Sam Slater (U11) 7:23; 49 Lena Wegrzyn (L11) 7:25; 50 Theo Middleton (U9) 7:25; 53 Ellie Green (L9) 7:28; 54 Grace Pendlebury (L9) 7:32; 55 Jess Glendinning (L15) 7:34; 56 Livia Sutcliffe (L13) 7:39; 58 Olivia Baker (L13) 7:45; 60 Isabella Keating (L15) 7:52; 62 Elliot Whittle (U9) 7:57; 63 Lucas Zarins (U11) 8:02; 67 Chloe Fitzgerald (L11) 8:26; 68 Ben Flatters (U9) 8:30; 70 Isabelle Walton (L9) 8:34; 71 Skye Nicholson (L13) 8:40; 74 Thomas Humphreys (U9) 9:21; 75 Isaac McLean (U13) 9:26; 77 Sam Nelson (U11) 9:28.

Recent Bob Graham inductee, Andy Ford, finished 36th out of 305 finishers in the 5 mile Tintwistle Round The Resers Trail Race in Longendale last Wednesday in a time of 31:58.

Thursday's Aggie's Staircase Fell Race on Darwen Moor attracted two Horwich athletes with Suzanne Budgett 62nd and 1st F50 in 39:28 and V65 Ed Swift 113th in 59:43. Sunday saw the elite of the country's veteran runners racing the streets of Horwich in the BVAF Road Race Championships. As veteran categories started at V35, it was amazing to see Michael Cayton who not so long ago was one of the country's top junior fellrunners, taking the gold medal category, running the 5k course in 15:47. Michael finished 3rd overall, headed by two V40 runners. Paul Massey finished in 26th and 4th V45 with V40 Alastair Murray, 37th in 17:33 and V70 John Parker 129th in 24:06.

Still in his 20s, Chris Farrell had to run the Joseph Holt Brewery 5k over the same course and Chris came out triumphant by nearly a minute in a high class local field. Junior Luke Massey, fresh from his win on Wednesday night placed an excellent 7th and first junior

whilst Lindsey Brindle was first woman, Debbie Campbell 3rd woman and 1st F45 and Suzanne Budgett 6th woman and first F50.

1 Chris Farrell 15:25; 7 Luke Massey (J) 17:56; 8 Lindsey Brindle (F) 17:59; 17 Debbie Campbell (F45) 20:18; 22 Suzanne Budgett (F50) 21:19; 36 Eric Booth (F35) 22:56; 44 Keith Laithwaite (V60) 24:16. The third race of the festival was a one mile fun run which unsurprisingly was dominated by Horwich juniors.

1 Luke Brindle (M13) 5:12; 2 Cian Healy (M11) 5:13; 3 Matthew Flatters (M11) 5:20; 4 Robert Seddon (M13) 5:41; 5 Matthew Mair (M13) 5:43; 8 Isaac Parker (M15) 5:59; 9 Harriet Foley (F15) 6:01; 10 Dara Ghosh (M13) 6:03; 11 Freya Whittle (F11) 6:05; 12 Isaac Battye (M11) 6:11; 16 Milly Lever (F13) 6:27; 18 Karol Wegrzyn (M11) 6:33; 19 Daniel Porter (M11) 6:39; 22 Abbie Andreasson (F13) 6:45; 25 Chloe Squires (F11) 6:56; 28 Lena Wegezyn (F9) 6:59; 31 Grace Porter (F9) 7:34; 43 Will Seddon (M11) 8:14; 46 James Kay (M13) 8:20; 52 Isabelle Walton (F9) 8:30; 54 Sam Nelson (M9) 8:35.

On Saturday, Robert Jackson completed in the James Blakely Fell race for the 20th time, finishing 2nd overall and maintaining his record of a top three finish each time he has competed in it. Rob completed the 3.5 mile course with 500 feet of ascent.

This the final race in this years English Junior Championships, The Turner Uphill Race in the Lake District on Saturday, attracted runners from all over England trying to gain points and some medals. The courses were tough and in the wet conditions very difficult but all the Horwich runners acquitted themselves well to the courses. The first race the UB saw ever present Theo Middleton and Grace Pendlebury finish in 13th and 6th. In the U10 girls Freya Whittle had a superb race to finish 3rd and overall bronze medal in the championships. The U12 race saw Tom Massey second, his highest position and take bronze in the series, Lucas Milliken finished in 11th and Toby Middleton 17th for a top ten finish overall. In the girls race Ella Pendlebury finished 7th with Lydia Johnson 17th.

In Saturday's Last Drop Loop, Nick Leigh ran well for 3rd in 38.11 followed by first V50 Gary Chadderton in 10th in 44.14 with Graham Schofield 1st V55 in 44.30. John Monks won the V60 prize in 17th with a time of 45.37 and Tony Hesketh did the same in the V65 category in 24th in a time of 49.00, just ahead of Mark Seddon, 25th in 49.28.

Reigning British Queen of The Mountains, Lindsey Brindle, has finally been recognised to gain her first senior international vest. Lindsey has been selected to represent team GB in the Straffella 3 Rifugi relay race in Italy on August 16th. The three leg relay starts with a 5k ascent up to 800 ft followed by a 4k leg on the skyline. Lindsey, renowned for her fearless downhill running, will run the last 5k with 900 feet of descent.

June 30th

Last Thursday saw the Witton Park Trail Relay, which ever since its inception has been well supported by Horwich runners with a fair sprinkling of success, some might say domination. This year the club fielded three complete teams and one joint team, all finishing in the first eight of the 98 teams

As is the friendly nature of the event the teams often have creative names,

This year's winning trio went by the name of "Bolton's best runner and 2 hasbeens", a challenge in itself. Nick Leigh set the ball rolling, but finished trailing Barlick's Jimmy Craig and Bolton's Anthony Valentine by a few seconds. He handed over to Michael Cayton who ran a storming leg to turn the 13 second deficit into a 30 second lead to hand over to Chris Fazzamatazz, whoever he may be, who stretched the lead to nearly two minutes for the fastest time of the day.

Behind the winning time were The Special Ones from Barley and in third place "Two Reds and A Blue" comprising Anthony Valentine, handing over to Joe Mercer who handed over in second place to Nick Leigh, running his second leg of the day with less than 15 minutes rest.

On the fifth pace were the winning vets team comprising Horwich RMI Harriers Gareth Booth, Dave Jackson and Paul Massey. lastminute.com came in 8th led out by recent vet, Alastair Murray handing to Jonathan Bruton and glory leg for youngster Luke Massey, finishing just 38 seconds adrift of his dad.

1 Bolton's best runner and 2 hasbeens - Nick Leigh 14:57; Michael Cayton 14:29; Christopher Fazzamatazz (Farrell) 13:54 = 43:20;

3 Two Reds & a Blue - Anthony Valentine 14:48; Joe Mercer 15:08; Nick Leigh 15:47 = 45:43;

5 The Old Gits - Gareth Booth 15:07; Dave Jackson 15:38; Paul Massey 15:57 = 46:42;

8 lastminute.com - Alastair Murray 15:40; Jonathan Bruton 15:38; Luke Massey 16:16 = 47:34.

Sunday's Wigan Trail 10k saw Tony Hesketh take the V65 category in 45:50 in 52nd place and new member Peter Hamlett have a good run in 114th in 51:56 amongst the 235 finishers. The 2.5k fun run attracted a handful of Horwich juniors with Luke Brindle second overall and first U12 and Amelia Bailey second girl.

2 Luke Bailey (M12) 9:05; 7 Amelia Bailey (F11) 9:45; 13 Freya Whittle (F9) 10:12; 20 Grace Pendlebury (F9) 11:05; 39 Ella Pendlebury (F11) 17:35.

David Lee finished 214th of 419 finishers in last Wednesday's Sale Sizzler 5k race in a time of 21:28.

There was excellent support from the club for the White Near Way Challenge, a 21 or 10 mile event organised by Adlington Scout Group and I believe club members Glyn & Derek Kaye were heavily involved in the organisation.

Nick Leigh and Alastair Murray complete the 21 miles in 3hrs 2 minutes, Paul Boardman in 4hrs 41, Christa Whatmough in 4hrs 56 and Ed Swift in 6hrs 37.

Glyn and Derek Kaye ran the ten mile course, finishing in 1 hr 38.

Two members walked the event, Keith Lewthwaite completed the 10 mile walk in 3hrs 35 minutes whilst Gordon Stone completed the 2.1 mile event in 6 hrs 18.

July 7th

Sunday's Skiddaw Fell Race saw an emphatic victory in the women's section for Lindsey Brindle whilst Suzanne Budgett also had a clear victory amongst the highly competitive FV50 category of the 115 runners.

17 Lindsey Brindle (F) 1:21:02; 33 Brian Walton (V60) 1:30:34; 74 Suzanne Budgett (FV50) 1:40:00.

Last Wednesday's Chorley 4.4 Trail Race in Astley Park saw two of the club's top veterans competing at the sharp end of the race with Gareth Booth taking the V40 honours and fourth place overall just 13 seconds ahead of Paul Massey who took the V45 honours. The other two harriers competing in the field of 86 were also vets.

4 Gareth Booth (V40) 25:15; 5 Paul Massey (V45) 25:28; 21 Glynne Lever (V40) 30:11; 68 David Barnes (V55) 35:21.

There was a strong turnout of Horwich Juniors in the associated junior trail race with Luke Massey second over the line and category wins for Lewis Wilkes, Cian Healy and Luke Brindle.

2 Luke Massey (U17) 4:56; 3 Lewis Wilkes (U15) 5:02; 6 Cian Healy (U11) 5:21; 7

Thomas Massey (U15) 5:23; 9 Matthew Flatters (U11) 5:56; 5:25; 11 Luke Brindle (U13) 5:27; 12 Nathan Lancaster (U13) 5:30; 17 Kieran Kinealy (U13) 5:40; 39 Harriet Foley (U15G) 6:19; 46 Lydia Johnson (U11G) 6:34; 57 Callum Mosley (U13) 6:52; 60 Milly Lever (U13G) 6:55; 61 Joshua Houghton (U11) 6:56; Livia Sutcliffe (U13G) 7:57; 106 Skye Nicholson (U11G) 8:23; 123 Thomas Humphreys (U7) 10:19.

With one race to go in the series, Lewis Wilkes, Cian Healy, Nathan Lancaster and Luke Brindle occupy four of the top five places with Lewis in striking distance of the series title whilst the team title has already been wrapped up by Horwich with a trio of victories.

Thursday's Badger Trail 10k produced a customary V55 category win for Paul Muller and V60 win for Rudolf Maciejkowicz with Paul Boardman winning the V50 category.

7 Paul Muller (V55) 40:28; 9 Paul Boardman (V50) 41:49; 15 Rudolf Maciejkowicz (V60) 42:12; 61 David Barnes (V55) 50:39.

A group of the youngsters who have been so successful in the local street and trail races competed in the Mid Lancs Track and Field League at Lancaster on Saturday. In the U15 800m races, Lewis Wilkes raced to a PB of 2:19.7 whilst Kieren Kinealy also scored a PB with 2:33.3. Luke Brindle had a fine third place in the U13 800m in 2:26.7. Luke Massey also set a PB in the U17 1500m with a time of 4:43.7 whilst in the U13 1500m, Matthew Flatters and Thomas Massey finished 2nd and 3rd in 5:08.1 and 5:14.4, a new PB for Matthew.

In the sprints distances, James Lovell finished 2nd in the A race in 11.3 with Noah Saunders, 3rd in the C race in 12.2. James then won the 400m A race in 52.6 with Noah 3rd in the 200m B race in 25.1. Daniel Lavin won the U15 boys 100m A race in 12.0 whilst Christopher Ash won the B race in 12.6, a time only bettered by Daniel. In the same race, Isaac Parker finished 5th in 13.5. In the 200m Daniel won the A race in 24.5 with Christopher 2nd in the B race in 27.1 and Isaac 5th in 27.7.

The Senior Women's 100m saw Sophie Williams 4th in 13.30 and win the 200m in 27.6.

Sophie also competed in long jump finishing 2nd with 4.49m with Nadine Merrick 6th with 4.09m. Nadine had a fine shot putt to finish 2nd with 8.38m and 4th in the javelin with 17.92. Sophie Walton won heat 5 of the U13 girls in a time of 14.0, the third fastest in all five races and then finished 2nd of 27 in the U13 girls

long jump. Grace Lavin finished 5th in heat 4 of the U13 girls 200m and placed 9th in the U13 girls high jump with 1m15.

In the U15 boys long jump, Isaac Parker placed 8th with 4.40m whilst Niall Maloney was victorious in the U13 boys long jump with 4.50m, supported by Thomas Massey, 11th with 3.62m and Matthew Flatters 13th with 3.57m in a big field of 27 jumpers. Niall finished 5th in the U13 Boys Javelin with 21.08m Trevor Williams placed 7th in the Men's Hammer with 18.14m

July 14th

The Radcliffe Three Day Event kicked off with Thursday's Bull Hill Fell Race which saw a good turnout from Horwich RMI Harriers.

A large entry of over 230 runners for this popular mid week race saw fast times posted with conditions ideal for racing, The Harriers' first counter was Andy Lloyd in 11th and second vet on the night in 38.57. The consistent Gary Chadderton was 31st with a time of 41.24. Nick Kelly warming up for Wasdale was 50th in 43.34, John Monks ran well for 67th third V60 in 45.22. Doug Fleming just got the better of Tony Hesketh (second V65) by three seconds in 80 and 81st. Sandra Kelly was the club's only lady running and finished fourth lady in 47.19 and 91st overall after a great run, Dave Barnes in 140th was the final counter in a time of 53.28.

The second event was Friday's Giants Seat 5 mile Cross Country which attracted over 60 runners on a very hilly cross country. With good conditions underfoot Tony Hesketh finished in 19th place with a time of 41.18 and first V65. The prolific Dave Barnes finished in 45th place in 51.00.

The final event was the VLA Events Radcliffe 5 mile Trail Race on Saturday which saw 84 runners take to the trails around Radcliffe with Rob Jackson having a great run for second place only 35 seconds behind Swinton's Mark Whittingham and first V45 in 30.56, Tony Hesketh was 34th in 37.44 and was second V65 and 17th overall in the Challenge. Dave Barnes in 54th in 41.17 just held off Pete Heneghan who was first V70 in 41.36. Dave Barnes finished 37th overall of the 55 who completed the 3 Day Challenge.

On the roads, two Harriers ran in Thursday's Sale Sizzler 5 with Gareth Booth in a fine 9th place in 16:09 and David Lee 194th in 21:04 amongst the 398 finishers.

Stop Press

Massive Horwich Success at Snowdon International Race

It is way past my deadline for getting the Runaround out but I had to include a quick report on the great success for Horwich athletes and a couple who have in the past (and maybe in the future) worn the Horwich vest with pride. Four club members gained international vests in this prestigious mountain race which this year was able to be run with its full length from Llanberis to the peak of Snowdon and back.

Ian Conroy, running for Ireland, had a very impressive climb reaching the summit in fourth place with just three Italians ahead of him. Alas Ian lost a number of places on the descent but still 20th place is an excellent result.

Chris Farrell, more conservative on the climb, turned round in 12th place but had a brilliant descent to gain five places and finish a magnificent 7th, ahead of two of the England team. Killian Mooney reached the summit just behind Chris and held his position on the descent to finish 12th and first counter for the Republic of Ireland. The third Horwich member of the Ireland team, James Kevan, was less fortunate, suffering a heavy fall, but at least the television cameras showed him walking off the mountain.

Lindsey was the club's sole female representative, gaining her first England vest. Although the cameras concentrated on two of her England teammates who were ahead of her on the climb, Lindsey showed her devastating descending skills to reward the selectors faith to finish first England counter and only beaten by defending champion, Ireland's Sarah McCormack.

The race entry totalled over 600 runners and a further five Horwich athletes featured strongly, Michael Cayton and Nick Leigh were close on Ian's heels, finishing 23rd and 25th. Paul Massey was an excellent 51st and 2nd V45. Ali Murray was 107th and Dave Massey 349th (and when was the last time Dave raced?).

Horwich's presence was further enhanced with two who started out as Horwich Juniors - seven times Pike Race winner, Rob Hope, was fourth, running for his sponsors Team Salomon, whilst Gary Priestley, running for England, was ninth.

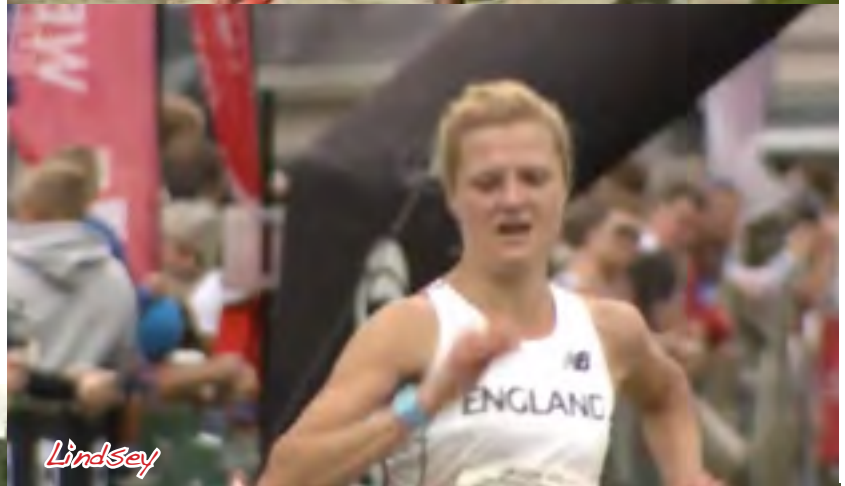
Effectively seven of the first 25 men and the second woman in this top international race are either members or have strong connections with this club.



[Click here to watch the race](#)
(available until Aug 24th)



Ian



Lindsey



Nick



Paul

Coope's Dozen 2015

The annual running of the Coope's Dozen will take place this Saturday, July 25th.

This is not a race although somewhere in the annals, records are kept of the fastest completions.

It is run in two or three groups according to the group consensus of how well you are running.

The start is 9 am from the car park near Rivington Barn (please avoid the one directly outside the building in case they have a function later in the day).

The route was devised by John Coope some years ago and encompasses the twelve summits around Winter Hill : Noon Hill, Rivington Pike, Two Lads, Whimberry Hill, Egg Hillock, Counting Hill, Winter Hill, Old Adam, Spittler's Edge, Great Hill, Round Loaf and Healey Nab.

As traditionally arranged there will be a support car at the start of the event (9.00am at the Top Barn) carrying drinks and other refreshments to support points at Hordern Stoops (GR 655159) and at the top end of Anglezarke reservoir near to Waterman's Cottage (GR 616179). Anyone wishing to have their particular concoction or kit transported to a support point can hand it over before the start. If anyone wishes to complete only half the distance transport can be arranged to or from Hordern Stoops which is about the half distance point. The full distance is about 18 miles.

If you need anymore info, contact Ed Swift on 078951 82623



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.

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)

July 21st Speed End 3 x 3 x 1000m (2 mins)

4th Aug Speed End 4 x 4 x 400 4 x 200

11th Aug Time Trial 5 x 1000m 3 mins rec

18th Aug Strength End 5 x 8 mins (90 rec)

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.

Hyperlinks

Remember that where there is a web page for more information or video, etc, just hover over the text and click the link to take you there.

Juniors Track Sessions

Mondays - 6:00pm - 7:30pm

(Yr 7 & above)

Wednesdays - 6:00pm - 8:00pm (Yrs 3 to 8)

Induction session Tuesdays - 6:00pm - 6:45pm

(Yr 7 & above)

Fridays Under 8s by invitation only

Cost £2 per person per session.

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.

Best 7 from 15 to count - must include one from each category (short, medium, long)

Senior Fell Championships 2015		
Date	Category	Race
24/05/15	AL	Helvellyn & Dodds*
31/05/15	AS	Coniston Gullies (BOFRA)
11/06/15	BS	Two Lads
14/06/15	BS	Knowl Hill*
20/06/15	AS	Great Hill
09/07/15	BS	Bull Hill
19/07/15	AM	Kentmere
29/07/15	BM	Lee Mill*
04/08/15	BS	Crow Hill*
16/08/15	AL	Sedbergh Hills
26/08/15	BS	Harrock Hill
19/09/15	AL	3 Shires*
26/09/15	AS	Thieveley Pike
11/10/15	BM	Withins*
07/11/15	BS	Shepherds Skyline*

Forward Planning

Some of you may know that Peter Ramsdale is stepping down as Club Chairman at next October's AGM, so he is looking for someone to take over the reins. If you think you have the skills for this rewarding role, don't wait until the AGM but please sound out Peter for advice. He will continue to help to make it an easy transition and would be happy to continue as Vice-Chairman.

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1/16

More Forward Planning

Two Lads Fell Race

Colin Jones has indicated that he wishes to retire from being the Race Organiser for this highly thought of fell race. Therefore, the club is looking for a new Race Organiser from 2017. Due to the cancellation of the 2015 event, Colin has agreed to organise the 2016 event. It would be ideal if they could shadow Colin for the 2016 event. If interested, please contact Colin or Peter in the first instance.

Mobile Foot Health Practitioner

Diane Pickup - MCFHP / MAFHP

Services include

- Toenail trimming / cutting
- Corn or callus removal
- Management of ingrowing toenails
- Hard skin treatment and removal
- Verruca treatment
- Thickened nail reduction
- Fungal nail treatment
- Diabetic foot treatment also available

10% reduction for groups of 3 people or more

Contact 07784 760 942 or 01204 668 790



6/15

Summer Track & Field Leagues

MID LANCS, YDL Lower & Upper Leagues, NORTHERN LEAGUE, OPEN MEETINGS FOR 2015.

Saturday	11th April	MID LANCS	BLACKPOOL	U13's to SENIORS
Sunday	12th April	WIGAN OPEN	WIGAN	U13's to SENIORS
Saturday	18th April	YDL Upper	WARRINGTON	U17's and U20's
Saturday	02nd May	YDL Lower	BLACKBURN	U13's and U15's
Sunday	03rd May	N LEAGUE	PRESTON	U20's to SENIORS
Saturday	09th May	MID LANCS	LITTLERLAND	U13's to SENIORS
Sat/Sun	23rd/24th May	GMAA County Champs	TRAFFORD	U13's to SENIORS
		LAA Lancashire County Champs	BLACKPOOL	U13'S to SENIORS
Saturday	16th May	YDL UPPER	WARRINGTON	U17's and U20's
Saturday	30th May	YDL Lower	BLACKBURN	U13's and U15's
Saturday	06th June	N LEAGUE	HYNDBURN	U20's to SENIORS
Saturday	14th June	GMSAA	STRETFORD	U13's to U20's
Saturday	20th June	YDL Lower	MACCLESFIELD	U13's and U15's
Saturday	04th July	MID LANCS	LANCASTER	U13's to SENIORS
Sat/Sun		ESAA English Schools	BIRMINGHAM	
Sunday	12th July	N LEAGUE	TBA	U20's to SENIORS
Saturday	18th July	YDL Lower	EAST CHESHIRE	U13's and U15's
Sunday	26th July	YDL Upper	SALFORD	U17's and U20's
Saturday	01st August	MID LANCS	HYNDBURN	U13's to SENIORS
Sat/Sun		NORTHERN CHAMPS	TBA	U15's / U17's
Saturday	08th August	N LEAGUE	OLDHAM	U20's to SENIORS
Saturday	29th August	MID LANCS	WIGAN	U13's to SENIORS

These are the 4 main meetings for all our athletes this season.

The Mid Lancs meetings are free to enter meetings and we would like as many athletes as possible to enter these. The athletes turn up on the day and Paul will register them. They can then choose up to any 3 events for the day, if there are enough athletes in their age group a relay team will be chosen later in the day.

The last Mid Lancs meeting on 29th August is at Wigan and is a medal meeting and will incur an entry fee.

The YDL lower and upper leagues along with the Northern League meetings are also free to enter meetings, 2 athletes are allowed in each event, (i.e.) 100 metres, 800 metres, long jump, shot etc, for each age group, these will be selected by the team managers for those leagues. They are Trevor Williams, Kelly Laughton and Andrew Storey.

There are also various open meetings, during the season at wigan, Blackpool and Trafford to mention a few, if you go onto their websites you will find the details for entering. There are also the county championships which athletes can enter, all of these competitions will incur an entry fee and the entry forms will be posted on the notice boards in the hut and corridor and also on the horwich website, when we find out all the venues and dates.

For primary school years 4 to 6, there are the primary league meetings at the Robin Park stadium, Wigan on Friday nights - these will be posted as above as soon as we find out the dates.

If you require any information about these meetings or what events you should do, please contact your coach or team managers, who will gladly help.

All the coaches wish their athletes and all other athletes at the club the very best for the coming 2015 season.

Team Managers

Northern League

Andrew Storey

Trevor Williams

Kelly Laughton

YDL

Trevor Williams

Kelly Laughton

Mid Lancs

Paul Wibberley

Club kit

Price List



Sprint Tights, Junior: Age 9/10, 11/12	£18.00
Black Junior Sprint Shorts: Ages 9/10, 11/12	£12.00
Black Running Shorts, Junior: XX/S, X/S	£10.99
Black Running Shorts, Senior: S, M, L, XL	£11.99
Running Vests, Junior: 24, 26, 28, 30, 32	£13.50
Running Vests, Ladies: 8, 10, 12, 14	£14.99
Running Vests, Men's: S, M, L, XL	£14.99
Long sleeved tops: XS, S, M, L, XL	£22.00
Tracksters, Adult	£15.00
Tracksters, Junior: Age 3/4, 5/6, 7/8, 9/10, 11/12	£13.00
Tracksuits:	
Junior, 26/28, 28/30, 30/32	£30.00
Senior, 32/34, 34/36, 38/40, 42/44, 46/48	£34.00
Personal Initials (left sleeve and right leg front hip)	£3.00
Tracksuit Separates:	
Top Adult	£21.00
Top Junior	£19.00
Pants Adult	£13.00
Pants Junior	£11.00



The club kit items illustrated are supplied by Tobutt Sports,
508 Blackburn Road, Bolton,
BL1 8NW,
Tel 01204 308506

