

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

A hot day on Jura



This month's cover photo features Albert Sunter on his annual trip to compete in the Isle of Jura Fell Race, something he and former Club Treasurer (and former FRA Chairman), Tony Varley have been doing for as long as I can remember.

The still is from a short video of the race available on youtube.

You can also see Rob Green coming through at about 6:30 into the video.

Gordon

Two Lads Marshals - Thursday June 12th

Could anyone able to help at this years Two Lads race please contact

Colin Jones : colin@vapor-tek.co.uk

JUNE 2014



Race Diary



June 1st	YDL Upper Track League	Widnes	
June 1st	Edenfield Fell Race	Edenfield	Fell, M/L
June 7th	Ennerdale Fell Race	Ennerdale	Eng
June 7th	Turner Uphill Only		JF
June 7th	Northern Track League	Wigan (hosting)	
June 12th	Two Lads Fell Race	The Bridge Inn	CP
June 14th	GMSAA Champs	Stretford	
June 17th	Masters Road Relays	Birmingham	
June 18th	Jubilee Road Race	Rivington	CP, GP, M/L
June 21st	YDL Lower Track League	Wigan (hosting)	
June 25th	Eddie's Revenge	Shaw	Fell
June 21st	Clougha Pike	near Lancaster	JF
June 28th	Mid Lancs Track League	Lancaster	
June 29th	YDL Upper Track League	Hyndburn	
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 17th	Sedbergh Hills	Sedbergh	Eng, M/L
Aug 20th	Jubilee Road Race	Rivington	CP

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 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 - Thieveley Pike (AS)

XC

Best 4 from 6 Mid Lancs XC League Races.

Ali

Seniors - Tuesday Night Track Sessions

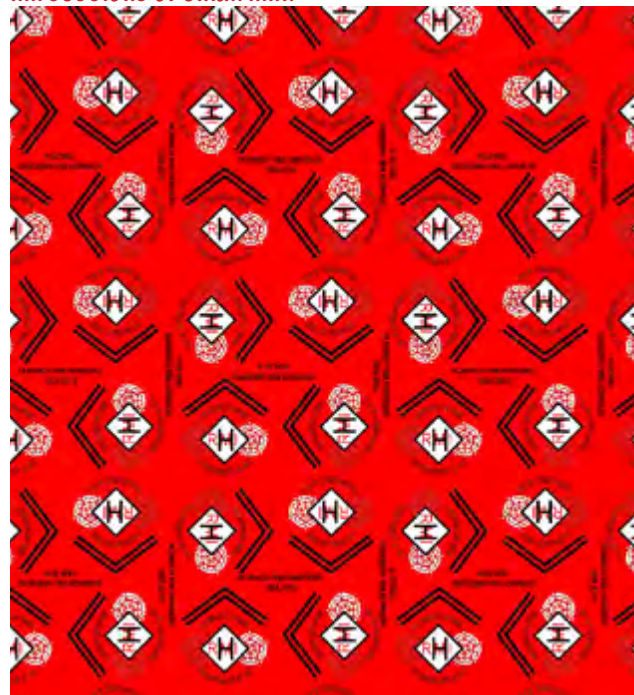
Every Tues 6.30 warm up 6.45 start. These are for **ALL ABILITIES**, whatever your pace, and any club member, including new members, can turn up. (A/B group)

June 3 Strength End 4 x 8 mins turnaround, 2 x rolling 150's
June 10 Strength End 8 x 1200m
June 17 Speed end 4 x 800 5x 600 6 x 400
June 24 Speed end 2 x 5 x 500 6 x 200
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)

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.



Anybody interested in competing middle distance in Northern T&F on 7th June at Wigan. Thomas Carson has taken one of the two place for the 5000m. Still availability for men's 3000m steeplechase and 1500m... women's 1500m and/or 3000m. Contact Andy Storey for more info..

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.

Jubilee Race - Wednesday 18 June, 7.30pm

It's a counter for the Grand Prix road race championships for local clubs and generally attracts over 200 runners. If you're not going to run it, perhaps you could consider marshalling?

There were sufficient marshals and admins for the race last week, but they'll be over-stretched for next month's event. If you are able to help out please would you let Pete Ramsdale (p.ramsdale@ntlworld.com) know. If you've never marshalled or been involved in race admin before don't worry - no experience necessary, it's good fun, you get to feel all official in a bright yellow jacket, and will enjoy cheering on the club's runners.

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

Due to volume of work at the moment, I am unable to hunt the internet for additional race results so that results are a reproduction of my column in the Bolton News or those that you have sent to me.

Coniston Fell Race, May 3rd

The second English Championship fell race of the year, the Coniston Fell Race saw Joe Mercer as the leading harrier with an excellent sixth place finish amongst the best in the country. The 8 mile course with 3000 feet of ascent includes climbs of Wetherlam, Swirl How and Coniston Old Man in its route. Chris Farrell was next in and with five in the first sixty, and Mick Green 86th, the club fared well in the team championship, despite Jonathan Bruton having to limp in down the field after injuring his ankle in a fall descending off Coniston Old Man

6 Joe Mercer 1:10:32; 27 Chris Farrell 1:14:26; 48 James Kevan 1:17:51; 54 David Jackson (V40) 1:18:57; 58 Dave Milliken (V45) 1:18:57; 86 Mick Green (V50) 1:22:40; 119 Ali Murray 1:26:23; 136 Lindsey Brindle (F) 1:27:35; 223 Michael Kay (V40) 1:37:48; 239 Steve Jackson (V60) 1:40:04; 266 Brian Walton (V60) 1:44:09; 282 Michael Crook (V65) 1:47:47; 327 Peter Ramsdale (V55) 1:54:44; 354 Peter Heneghan (V70) 2:02:35; 374 Jonathan Bruton 2:08:49.
403 finishers

Pendle Cloughs, May 3rd

The small field of 32 finishers at the tough Pendle Cloughs Race from Downham included three harriers. Albert Sunter was first home in 8th place on this 14 mile race with near 5000 feet of ascent in a time of 2hrs 37:51 with Rob Green 14th in 2:52:24 and Andy Ford 19th in 3:15:08.

I retired at checkpoint 6, after over three hours. The day had tested my stamina and found it wanting but it was very much a worthwhile exercise. It may well be a race I'll return to, but it needs a recce to determine the best lines - even the locals struggle to find them.

Gordon

Great Hameldon Hill Race, May 3rd

At the six mile Great Hameldon Hill Race near Accrington, three of the club's long serving members had good runs on Sunday in the field of 255 runners with Graham Schofield taking the V55 prize, 30th overall, in 44:38 followed by Paul Boardman (V50), 76th in 49:38 and Tony Hesketh, 2nd V65 and 91st overall in 51:14.

Wray Caton Fell Race, May Day Monday

Wray Scarecrow Festival attracts thousands to the small village and one of the highlights is the Wray Caton Fell Race. Three harriers had good runs in the 6.5 mile race with 1100 feet of ascent with 175 finishers : 15 Paul Muller (V50) 47:30; 87 Suzanne Budgett (F50) 57:46; 127 Gordon Stone (V55) 64:50.

Gordon

Chorley 4.4 Trail Race & Junior Races, May 7th

The Junior section put out 28 athletes for the first Astley Park 1 mile race in Chorley. Having 8 juniors in the top 10 gave you some idea of how we performed. This middle distance squad is certainly taking shape with only 19 seconds between the top 8 runners. Several athletes came away with age group wins, Lewis Wilkes, Luke Brindle, Cain Healy, Penny Townsend, Ella Pendlebury all claiming victories. Results on race-results site.

Andy Townsend



Last Drop Loop Fell Race, May 10th

This is a six mile fell race from the Last Drop Village and is run alongside the annual Village fayre attracted over 120 runners in very muddy conditions with 5 from Horwich Dave Jackson led most of the way before being overtaken in the final mile by M Thompson of Southport he finished in third only eight seconds behind the winner. Gary Chadderton ran very well for 15th place and second over fifty, Michael Kay was only 20 seconds behind in 19th, Tony Hesketh was first over sixty in 38th, this was Tony's 76th race since turning 65. Suzanne Budgett returning from injury had an excellent race in 42nd and was rewarded with first O/50 lady and 4th place in the Ladies race.

Results 3 David Jackson (V40) 40:00; 15 Garry Chadderton (V50) 45:02; 19 Michael Kay (V40) 45:22; 26 Phillip Dewhirst (V50) 46:55; 38 Tony Hesketh (V60) 51:15; 42 Suzanne Budgett (F50) 51:41.

Tony Hesketh

Coiners Junior Fell Races, May 5th

14 Horwich juniors competed in the latest round of the English Junior Fell Champs at the Coiners Fell Race near Mytholmroyd in West In the Under 10s race, Cian Healey had the run of the day finishing 2nd in only his second fell race with support from Toby Middleton in 6th and Matthew Oldfield in 10th to give Horwich the team prize.

For the girls Ella Pendlebury and Freya Whittle were 7th and 8th with only 30 seconds separating them at the finish. In the U/12 race Nathan Lancaster improved on his runs at Pendle and Rivington to lead the Horwich boys home with good backing from Robert Seddon, Lucas Milliken and Alfie Holmes. Our only representative in the U/14 was Harriet Foley and she had her best run in Horwich colours finishing 16th girl an improvement of 10 places on her Pendle race.

U/8 - 6 Calum Moseley 5.45; 27 Theo Middleton 6.40; 42 Grace Pendlebury 7.22

U/10 - 2 Cian Healey 5.45; 6 Toby Middleton 10.13; 10 Matthew Oldfield 10.16; 16 Joe Mitchell 10.27; 34 Ella Pendlebury 11.26; 40 Freya Whittle 11.56.

U/12 - 12 Nathan Lancaster 12.49; 28 Robert Seddon 14.03; 38 Lucas Milliken 15.00; 40 Alfie Holmes 15.04.

U/14 - 57 Harriet Foley (16th girl) 24.47

BUPA Manchester 10k, May 18th

We had at least three runners for this 10k the biggest in Europe with over 27000 runners all our runners did well in the heat and headwind. Tom Carson had a brilliant race finishing 26th in a superb time of 31.15 taking the scalp of Andi Jones too, Rob Jackson was third O/45 in a good time of 36.33 and the Horwich team was completed by Tony Hesketh in 43.50 winning the over sixty five category by over three minutes.

Tony Hesketh

Ian Hesketh Memorial Duathlon, May 24th

A capacity entry of 83 athletes started our annual Duathlon in ideal conditions with the predicted rain keeping away until all had finished. Our own Tom Carson led from the off and was never headed to win in a new record of 1.13.28 with the fastest times on the two 5k runs and the second fastest cycle time. Suzanne Budgett was part of the winning relay team finishing in 12th place and is getting back to form. Paul Boardman taking a break from doing the event on his mountain bike and finished

38th in 1.37.07 and new member Jason Middleton was 3 minutes adrift in 46th with a time of 1.40.12, and regular Duathlete Lawrence Pinnell was our final finisher in 54th place in a time of 1.43.14. A special thanks to all our Marshals who made the event such a success.

Tony Hesketh

Haigh Hall 4 Mile Road race, May 14th

Tom Carson continued his excellent form since joining Horwich RMI Harriers with an emphatic victory at the Haigh Hall 4 mile Road Race. Andy Townsend was also amongst the winners taking the V45 category whilst Glyn Kay was 2nd V40.

This is the fourth of the ten race Central Lancashire Grand Prix and so attracted a strong turnout from local clubs with 17 Horwich runners competing amongst the 258 finishers.

Results : Tom Carson 20:31; 8 Ali Murray 21:48; 14 Glyn Kay (V40) 22:30; 20 Andy Townsend (V45) 22:47; 21 David Jackson 22:51; 36 Sean McMyler (V50) 23:59; 52 Chris Essex-Crosby 24:47; 71 Paul Boardman (V50) 25:29; 88 David Unsworth (V50) 26:12; 124 Steve Jackson (V60) 27:57; 126 Mark Swindell (V45) 28:00; 132 Suzanne Budgett (F50) 28:14; 163 Peter Ramsdale (V55) 30:05; 186 Lawrence Pinnell 31:12; 216 Bernie Unsworth (F45) 33:43.

British Masters Road Relay Champs, Birmingham, May 17th

At the British Masters Road Relay Championship at Sutton Park in Birmingham, the squad of Ali Murray (16:20), Richard Howarth (16:06), Glyn Kay (16:40), Andy Townsend (17:04), Gareth Booth (17:20) and late call-up Tony Rowlands (19:24) achieved a brilliant eighth place on the undulating course of a little over three miles per lap.

Inter-Counties Fell Championships, Witton Park, Blackburn, May 18th

Having run in the British Masters on Saturday, Ali then swapped road shoes for fell shoes on Sunday as six harriers, four wearing county vests, competed in the Inter-Counties Fell Championships at Witton Park,

Blackburn, a venue more familiar for cross-country events and certainly favouring the short race specialists. Lindsey Brindle representing Lancashire was the first home for the county in 20th place in the ladies race. In the men's race Chris Farrell and Ali Murray, representing Greater Manchester, were 23rd and 34th. Joe Mercer, representing Yorkshire was 49th followed by Graham Schofield and Michael Kay competing in club colours in 73rd and 84th.

Results: 23 Chris Farrell 58:41; 34 Ali Murray 61:07; 49 Joe Mercer 64:07; 73 Graham Schofield (2nd V55) 69:43; 84 Michael Kay (V40) 76:15.

Horwich Jubilee Race, May 21st

A number of new members enjoyed the scenic course of the first Horwich Jubilee race of the summer with the first four performing well enough to take the men's team prize to add to the first V50 honours for Peter Rice and first lady prize for Maria Lowe. Steve Jackson is now returning to the form which brought him national titles by taking the first V60 prize.

Results : 7 Glyn Kay (V40) 28:20; 8 Peter Rice (V50) 28:21; 23 Sean McMyler (V50) 30:31; 28 Andy Smalley (V45) 31:35; 30 Maria Lowe (L) 31:43; 33 Paul Boardman (V50) 32:00; 72 Steve Jackson (V60) 35:15; 93 Jason Middleton (V45) 38:03; 118 David Barnes (V55) 42:01.

Horwich Junior Street Race, May 21st

The Junior "Street Race" held earlier in the evening was won by Lewis Wilkes with Luke Brindle in second place. The race was dominated by Horwich Juniors with 42 competing in the field of 67. The full results can be found on the www.race-results.co.uk site.

Hutton Roof Cragg Fell Races, May 24th

In Saturday's Hutton Roof Cragg Junior Fell Race, Harriet Foley finished 18th overall and third U14 girl in the U16 race held over 1.7 miles. In the senior race with its steep climb that overlooks the M6 just south of the Lake District junction, Andy Ford finished 63rd in a field of 241.

Edenfield Fell Race, May 25th

At the Edenfield Fell Race run from Edenfield Cricket Club. Joe Mercer had a solid victory on the West Pennine Moors over six and a half miles with 1600 feet of climb. The race was well supported by Horwich runners with a further eight completing the race in a field of 174.

Results 1 Joe Mercer 44:03; 23 Michael Kay (V40) 54:03; 28 Garry Chadderton (V50) 54:28; 32 Mick Green (V50) 54:48; 52 Doug Fleming 59:02; 55 Nick Kelly (V45) 59:19; 111 Peter Ramsdale (V50) 68:05; 120 Sandra Kelly (F45) 69:01; 131 Colin Waterworth (V55) 72:18.

Harrock Hill Fell Race, May 28th

The midweek race run over 5.2 miles with 900 feet of ascent from the Farmers Arms at Bispham Green, near Mawdesley, always attracts its fair share of red and black vests. This, the first of the summer attracted eleven enjoying the evening's racing amongst the 183 finishers with category victories for Andy Lloyd, Paul Muller and Tony Hesketh. Was there a Vets 65 team prize?

Results : 5 Andy Lloyd (1st V40) 36:03; 9 Paul Muller (1st V55) 37:01; 29 Andy Ford 39:51; 42 Paul Boardman (V50) 41:12; 56 Tony Hesketh (1st V65) 43:08; 81 Mark Swindell (V45) 45:36; Michael Crook (2nd V65) 48:12; 123 Pete Bland (3rd V65) 50:53; 136 David Barnes (V55) 52:55; 152 Michele Sunter (F50) 56:24; 153 Albert Sunter (V50) 56:26

West Nab Fell Race, Meltham, Yorkshire, May 31st

The races at Meltham near Huddersfield included English Championship status for the junior events. Horwich had an excellent turnout with eleven juniors racing on a difficult and technical course. In the U10 girls' race Ella Pendlebury had a breathtaking run to take the gold medal with only eight boys in front of her and the other 25 girls trailing behind her.

In the U10 boys' race Cian Healey again showed a clean pair of heels to most of the field to finish third despite a nasty fall. Other good runs came from Ellie Green in the U8 race with

a 7th place and Freya Whittle 10th in the U10 race.

The U12 boys' race was very competitive with Tom Massey leading home the Horwich team in 7th place with good backing from Nathan Lancaster and Robert Seddon.

In the U14 race Harriet Foley had her highest placing this season in 12th. The Senior Race had just one Horwich runner as Tony Hesketh continues his quest in completing 65 races in the year following his 65th birthday. Yet again Tony Hesketh took the V65 honours.

Duddon Fell Races, May 31st

Saturday's gruelling (Long) Duddon Fell Race saw just one Horwich competitor with Andy Ford finishing 94th of the 111 finishers completing the 18 mile course with over 6000 feet of ascent in a time of 4:47:27.

In the Short Duddon Fell Race, a mere 9 miles and 3000 feet of ascent, Mark Birbeck finished 26th of 36 in a time of 2:22:55.

U10 Boys Bronze Cian Healey, coach and V65 winner, Tony Hesketh, U10 Girls Gold Ella Pendlebury



more photos from West Nab



*More photos
from West Nab
Fell Races
Photos thanks to
Dave Woodhead*



*click here
for more
photos
of all the
races*





Secretary's In-Box

Alison has received many race promotions in her in-box.
Here are some:



From the race organiser on behalf of Congleton Harriers for this years Passing Clouds Race. This year the race is being held on 15 June, not in October.
Can you please circulate this email to your club members so that they are aware of the race and change in the time of year when it is being held. Full details of the race appear below.
Many thanks for your assistance and hope to see some of you on the day.

Kind regards.

Andy Roberts, Congleton Harriers

www.congleton-harriers.co.uk
e: ar_bert90@yahoo.co.uk

PASSING CLOUDS RACE 2014
Sunday 15 June 2014 at 11am
ENTRY ON THE DAY ONLY
Distance 9.8 miles, ascent of 1854 feet (BM)
Organised by CONGLETON HARRIERS under FRA rules
Entry £6 (min age 18) plus parking
Well marshalled and partially marked course
Fast course, mainly on footpaths

Hello,

Hope you're well? I work for the charity Royal National Institute of Blind People (RNIB) in the Events team and had a query about guide running.

I recently had a query come my way. I was approached by Elyas Buzruk, who is visually impaired and is looking for a volunteer guide runner in the Bolton area. He loves running but due to his sight loss he is keen on finding someone who can run with him. To my knowledge, he isn't training for any event particular but just wants someone to run with him occasionally.

I would love to help Elyas and fingers crossed I can help him find a guide runner. If you are interested or know of anyone who would be, please do drop me a line.

Look forward to hearing back from you.

Best wishes

Evana Choudhury
Challenge Events Fundraiser
105 Judd St
London
WC1H 9NE

0845 345 0054

2014 FRA English Championship Races

Pendle - Sat 5th April

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

Coniston - Sat 3rd May

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

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

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

Kentmere - Sun 20th July

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

Sedbergh Hills - Sun 17th August

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

Hodder Valley Show - Sat 13th September

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

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.



Kalenji running shoes and clothing at
Decathlon

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

Gordon