

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

## Magnificent Pike Race



*Final Climb to the Pike - Rivington Pike Race, 2014*

This year's Pike Race was a resounding success with a 20% increase in entries over last year's excellent level to 350 for the senior race. Hosting the opening round of the English Junior Fell Championships also meant those races had a huge entry with the cream of English youngsters including a number of youngsters from the Isle of Man. As well as numbers, the standard at the sharp end of the race was the best for many years as Rob Hope, whose skills were developed as a junior with Horwich, took his sixth title to draw level with the legendary Paul Dugdale who, now a V45, was back again in excellent form. My Bolton News report is included in the results section. Above is a screen capture from the youtube video taken by ChannelRun. Click the picture to play the video.

*Gordon*

**MAY 2014**



# Race Diary



May 1st	Fo Edge Fell Race	Waterfoot, Rossendale	Fell
May 3rd	Coniston Fell Race (FULL)	Coniston	Eng
May 3rd	YDL Lower Track League	Ashton-under-Lyne	
May 4th	Northern Track League	Oldham	
May 10th	Mid Lancs Track League	Preston	
May 17/18th	GMAA County Champs	Macclesfield	
May 14th	Haigh Hall 4 Mile Road Race	Haigh Hall (note new venue)	GP, M/L
May 24/25th	LAA County Champs	Blackpool	
May 21st	Jubilee Road Race	Rivington	CP
May 31st	West Nab	Meltham	JF
May 31st	YDL Lower Track League	Warrington	
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

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

## A bit thin ...

and a bit late! Apologies in that this month's Runaround is not as comprehensive as usual and also a few days later than usual in arriving - down to volume of work at the moment so I'm unable to devote the time I usually do. I'm also trying to get the mileage in (not very successfully) for a fairly long race in August. Next month's issue will also be a bit slim.

*Gordon*

## 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)

May 13	Speed end 4 x 4 x 400m
May 20	Varied Pace whistle x 15 secs , 6x4 mins (60 secs rec), 4 x 200
May 27	Time Trial 5 x 1000m 3 mins rec
June 3	Strength End 4 x 8 mins turn around 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

Track fee Seniors £2,  
(older) Juniors £1.50

Our Grade 4 Senior Coach, Steve Pearson, also takes Thursday hill sessions. In Winter, these normally start at the bottom of Foxholes Road at 6.30pm. If there any variations it will be on the club website, facebook & twitter at least 2 weeks before. Again for all abilities.

## Juniors Track Sessions

*Mondays - 6:30pm – 7:45pm  
(Yr 7 & above)*  
*Wednesdays - 6:00pm – 8:00pm  
(Yrs 3 to 8)*  
– **THIS SESSION IS FULL** –  
*Waiting list in operation.*  
*Thursdays - 6:30pm – 7:45pm  
(Yr 7 & above)*  
*Cost £2 per person per session.*

## 2014 FRA English Championship Races

### Pendle - Sat 5th April

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

### Coniston - Sat 3rd May

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

### Ennerdale Horseshoes - Sat 7th June

- (English & British counter)
- Category: AL
- Website: [cfra.co.uk](http://cfra.co.uk)
- Distance: 30.8km / 22.9m
- Climb: 2290m / 7513ft

### Kentmere - Sun 20th July

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

### Sedbergh Hills - Sun 17th August

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

### Hodder Valley Show - Sat 13th September

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

## BUPA London 10k

We have been allocated 12 FREE entries (6 men, 6 ladies) for this years 10k race on Sunday 25th May. If you would like to compete please let me know ASAP so I can gather specific entry information on you onto my entry list (ie: full postal address, DOB, Predicted Race Time, PB 10k Time, emergency contact )

[martyn.mercuryperformancecoaching@hotmail.co.uk](mailto:martyn.mercuryperformancecoaching@hotmail.co.uk)

This is open to all levels and abilities – the key thing is to enjoy the experience !

*Yours in Sport, Martyn Bell, Road Captain*

## 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.*

## Pendle Fell Race, April 5th

Held in wild and wet conditions, Horwich were out in force with 20 runners in the 340 field. Joe Mercer was in excellent form, following his second place at Heptonstall the previous week, and was the first Horwich finisher, with Chris Farrell and James Kevan close behind. The results of the club's first six puts Horwich in the top five clubs in the country. The club only had one entrant in the field of 140 in the women's race but Lindsey Brindle did the club proud, finishing seventh but also first in the Lancashire Fell Championship which was incorporated into the race. The men's Lancashire title also went to a runner, who like Lindsey, came through the Horwich junior ranks, Rob Hope, who finished second overall, with brother Danny finishing 33rd.

**Results: Men's race :** 11 Joe Mercer 35:12; 21 Chris Farrell 35:58; 23 James Kevan 36:04; 59 David Jackson (V40) 38:18; 63 Dave Milliken (V40) 38:28; 92 Danny Kevan 40:27; 110 Andy Lloyd (V40) 41:21; 169 Gary Chadderton (V50) 43:41; 193 Christopher Heys 45:16; 207 Karl Ward (V40) 46:07; 222 Tony Hesketh (V60) 46:49; 231 Brian Walton (V60) 47:19; 239 Michael Green (V50) 48:16; 241 Tim Roe 48:30; 254 Steve Jackson (V50) 49:54; 274 Michael Crook (V60) 51:03; 283 Mark Swindell (V40) 52:09; 293 Peter Ramsdale (V50) 53:02; 305 Peter Heneghan (V70) 54:04; 325 Pete Bland (V60) 57:53.

**Women's race :** 7 Lindsey Brindle 41:55.

At the **Pendle Junior Fell Races**, the club was well represented with thirteen juniors taking to the fells.

U8: 17 Theo Middleton 3:30; 27 Grace Pendlebury 3:57; 28 Ellie Green 4:00  
U10: 8 Toby Middleton 5:14; 11 Matthew Oldfield 5:22; 26 Ella Pendlebury 5:41; Joseph

Mitchell 6:00; 50 Freya Erin Whittle 6:21  
U12: 12 Thomas Massey 16:15; 28 Robert Seddon 17:09; 37 Lucas Milliken 17:47; 41 Alfie Holmes 18:33  
U14: 62 Harriet Foley 27:10.

## Manchester Marathon, April 6th

This was run in a great atmosphere with massive support for the runners. Of the 5902 finishers, Ali Murray finished an excellent 21st in his first marathon for 15 years. His time was a massive PB, some 83 minutes faster than his previous outing and was run at a good steady pace, finishing within seconds of his target.

**Results :** 21 Ali Murray 2:38:16; 557 Glynne Lever 3:15:01; 1408 David Unsworth 3:38:05; 3281 Geoff Leech 4:13:35; 4838 Lawrence Pinnell 4:48:53.

## Blackpool Marathon, April 6th

Two runners who compete in marathons as frequently as most run 10ks were adding another finish to their long list: Colin Wood completed in 3:37:44 and Julie Williamson in 4:04:02, just behind newcomer Warren Kozera in 3:59:31

Horwich also had a representative in the **Brighton Marathon** where David Crawford completed the challenging course in 4:09:32.

## London Marathon, April 13th

Four harriers competed in the London Marathon. Richard Howarth, in the V40 category, finished in an excellent 2:55:01, 872nd overall of the 35,767 finishers and 185th in his category. Not far behind was long-time member, Rob Jackson, 1626th and 209th in the V45 category in a time of 3:03:13. Andy Smalley completed in 3:34:29 and Martin Hammond in 5:55:07.

## Fleetwood 10k, April 13th

Paul Muller had his customary V55 category victory : his time of 36:59 placing him 4th overall in the 195 finishers. Two harriers achieved new personal bests, Geoff Leech, 45:54 for 35th place and Lynn Smith 67:23 for 176th place whilst Gillian Smith won

the F55 category in a time of 56:06, 121st overall.

## Garstang Gallop 10k April 12th

Stuart Edmondson finished 4th in a time of 37:34 amongst the 96 finishers.

## Rivington Pike Race, April 19th

The previous Sunday may have hosted the country's leading marathon but last Saturday had a race of equal stature. The Rivington Pike Race is one of the two oldest races in fellrunning, dating back to 1894, and a classic long-bursting, eyeballs out, three miles up and down from Lever Park gates to the famous monument which on a glorious day, as it was, can be seen for scores of miles. The conditions were excellent which made for fast times and large crowds to support the event all the way along the course.

This year the event really was a classic with a high class field at the sharp end and over 350 runners in the Senior race. The race was won by local lad, three-time British champion, Rob Hope, who now runs for Pudsey & Bramley, but often trains with the Horwich group and achieved his first national title as a junior in Horwich colours. His time of 17:18 was his second fastest ever to take his sixth Pike race title, 23 seconds ahead of Tom Cornthwaite who was going for his fifth title. Third place went to winner of the Moel Y Ci race in Snowdonia, Matthew Roberts, just head of the first harrier home, Chris Farrell. Joe Mercer had another excellent race to finish 6th, whilst Irish international Ian Conroy, improved on last year's time to finish 13th. The team prize went to the wire with Horwich taking it by one point from Pudsey & Bramley, thanks to Dave Milliken in 32nd place.

Further down the field, the race still attracts athletics legends such as six-time winner, Paul Dugdale in 19th, taking the V45 title, four-time winner Craig Roberts in 11th taking the V50 title, and two in the V75 category,

multi-ultra record holder Dennis Weir and Britain's greatest ever marathon runner and also three-time Pike Race winner, Ron Hill.

Lindsey Brindle improved by nearly two minutes to finish in second place of the 68 women in the race whilst Dave Milliken, Gareth Booth and Rob Jackson had a one point advantage over Kendal AC to take the veteran's team title.

**Results:** 1 Rob Hope (Pudsey & Bramley AC) 17:18; 2 Tom Cornthwaite (Northumberland Fell Runners) 17:41; 3 Matthew Roberts (Eryri Harriers) 17:50; 4 Chris Farrell 17:58; 6 Joe Mercer 18:03; 13 Ian Conroy 18:36; 33 Dave Milliken (V45) 20:04; 53 Gareth Booth (V40) 21:02; 60 Rob Jackson (V45) 21:16; 63 Lindsey Brindle (L) 21:27; 87 Paul Boardman (V50) 22:19; 94 Chris Ingham 22:30; 113 Tim Roe 23:01; 117 Mark Gibson (V45) 23:11; 164 Tony Hesketh (V65) 24:26; 178 Michael Crook (V65) 25:06; 189 Mark Swindell (V45) 25:26; 199 Peter Ramsdale (V55) 25:44; 215 Richard Pendlebury (V45) 26:15; 228 Mark Birbeck (V45) 26:45; 236 Christine Boardman (L) 27:04; 237 Nadine Merrick (L40) 27:05; 273 Lawrence Pinnell (V45) 28:53; 277 Gordon Stone (V55) 28:57; 281 Brent Brindle (V55) 29:13; 295 Rachel Merino (L45) 30:11; 315 Ed Swift (V65) 32:13; 321 Allan Blinkhorn (V60) 32:43; 327 Dennis Weir (V75) 33:29; 347 Peter Scott (V65) 35:57.

### **Fleming Trophy, April 16th**

The club's Junior handicap race for the Fleming Trophy took place with 34 juniors competing on the course from Bolton Arena. First to finish was Isaac Keating, finding a terrific sprint to overtake guest runner Tom Howe in the final 50 metres, Calum Moseley was third and Gemma Howe just held off a fast finishing Nathan Lancaster for fourth place. Lewis Wilkes justified his scratch start by running the fastest time in 8.42 and 9 year old Freya Whittle demonstrated her outstanding ability with the fastest time recorded by a girl (10:13). Full results are available on the website (also see report on page 8).

### **Bunny Run Relays, Haworth, April 22nd**

At the Bunny Run Relays near Haworth, Horwich fielded two teams.

Uniquely both teams consisted of pensioners all aged over 65 with the OAP 'A' team, comprising Tony Hesketh, Jim Leyland and Pete Bland finishing a highly creditable 66th of the 104 teams contesting the relay. The OAP 'B' team comprising Peter Scott, Alan Blinkhorn and Ed Swift finished 101st.

### **Radcliffe 10k Trail Race, April 27th**

Tom Carson took victory at Sunday's Radcliffe 10k trail race with well over a minute separating him from the rest of the field on the undulating course to the east of Radcliffe. Rudolf Maciejkowicz took the V60 prize whilst Dave Jackson was the second V40, Graham Schofield, second V55 and Tony Hesketh second V65 in the large field of 382 runners

**Results:** 1 Tom Carson 34:08; 10 David Jackson (M40) 36:40; 21 Andy Townsend (M45) 38:20; 32 Sean McMyler (M50) 38:59; 50 Graham Schofield (M55) 40:38; 58 Rudolf Maciejkowicz (M60) 41:04; 120 Tony Hesketh (M65) 44:55; 169 Colin Wood (M55) 47:37; 345 Brenda Hesketh (F55) 62:13.

### **Belle Vue House 10k, Ormskirk,**

#### **April 27th**

Stuart Edmondson was the club's first finisher at the Belle Vue House 10k from Edge Hill University, finishing 5th amongst the 367 finishers.

**Results:** 5 Stuart Edmondson 37:18; 16 Mark Gibson (M45) 39:52; 98 Geoff Leech (M45) 47:37; 119 Martin Hammond 48:41; 239 Anna Keightley (F50) 57:19; 253 Gillian Smith (F60) 58:26.

### **Coniston Fell Race, May 3rd**

The second English Championship fell race of the year, the Coniston Fell Race on Saturday saw Joe Mercer as the leading Horwich RMI 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 Fell Race, 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 2hrs 52:24 and Andy Ford 19th in 3hrs 15:08.

### **Great Hameldon Hill Race, May 4th**

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 5th**

Bank Holiday Monday's 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.  
11 Paul Muller (V50) 48:38;  
87 Suzanne Budgett (F50) 57:46;  
127 Gordon Stone (V55) 64:50.

### **Coiners Junior Fell Races, May 5th Report by Tony Hesketh**

An excellent turnout of 14 juniors travelled to Yorkshire to compete in the latest English Junior

*continued on page 7*

# Men's Overall Club Championship - Final Table 2013

	Radcliffe 10k	Jubilee 5	Chorley A.A Trail	Penningt on Flash	Knowl Hill	Bull Hill	Kentmere	Good Shepherd	Md Lancs XC best	Md Lancs 2nd best	Md Lancs 3rd best	Md Lancs 4th best	TOTAL
Chris Farrell		19	20		20			20	20	20	20		159
Doug Fleming	9		12	15	18	15	15	16	17	16	14	13	151
Gary Chadderton	7			14	19	14		17	16	15	12	11	125
Dave Jackson	16		18	19					18	18	16	14	119
Andy Townsend		15	17	18					19	18	15	15	117
Martyn Bell	20	17	19	20					19	18			113
Colin Wood	5		8	12	16	12	12	14	14	11			104
Andy Lloyd						17	17		20	17	16	14	101
Alastair Murray	19						19		18	17	17		90
Jonathan Bruton					19	18		18	18	16			89
Mick Green							13	19	17	13	12		74
Gordon Stone			3		13	7			15	12	12	10	72
Tony Hesketh	3		9	11		14			13	9			59
Pete Ramsdale	2		6		17	11			12	10			58
Gareth Booth		20							19	16			55
Rob Jackson	15				20	18							53
Dave Milliken							20		17	15			52
Glynn Lever		16	16	17									49
Sean McMyler	14	14	15										43
Nick Isherwood	8	9	11	13									41
Chris Ingham	11	12		16									39
Graham Finch	13	11	14										38
Joe Mercer									19	19			38
Richard Howarth	18	18											36
Pete Bland	1	4	5	10					13				33
Albert Sunter					13	16							29
David Barnes		2	4		14	9							29
John Parker					15				11				26
William Martin	12	13											25
David Unsworth	4	6	10										20
James Kevan									20				20
Ian Conroy									19				19
Glyn Kay	17												17
Marc Ward					16								16
Rob Howarth								15					15
Danny Kevan									15				15
Layne Mercer	6	7											13
Brendan Bolland			13										13
Steve Thomasson									11				11
Andy Porter	10												10
Mick Kay		10											10
Tony Varley						10							10
Trevor Fishwick	2					8							10
R.Maciejkoicz		8											8
Mark Swindell			7										7
Frank Wood						6							6
Mark Seddon		5											5
David Wagstaff		3											3
Lawrence Pinnell			2										2

# Women's Overall Club Championship - Final Table 2013

	Radcliffe 10k	Jubilee 5	Chorley 4.4 Trail	Pennington Flash	Knowl Hill	Bull Hill	Kentmere	Good Shepherd	Md Lancs XC best	Md Lancs 2nd best	Md Lancs 3rd best	Md Lancs 4th best	TOTAL
Christa Whatmough	17		19			18	17		20	20	19	19	149
Suzanne Budgett	20	19	20			19	19						97
Debbie Campbell									20	20	20	20	80
Christina Wright	18	16	18										52
Josie Greenhaulgh						20	20						40
Susan Flatters	19	18											37
Lindsay Brindle		20											20
Gemma Stokes				20									20
Janet Rashleigh									19				19
Fran Walker							18						18
Kate Porter		17											17
Julie Williamson			17										17



Championship Fell series and were rewarded with some excellent performances. In the U/8 a brilliant run by Calum Moseley brought him home in 6th place out of a large field of 90 runners, in the U/10 Cian Healey had the run of the day finishing in 2nd place after leading up to the half way point this was brilliant as it was only his second ever fell race. Toby Middleton in 6th had his best championship race and with a solid run from Matthew Oldfield in 10th we were first team. 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 improving 10 places from Pendle.

#### Results 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 7th girl 11.26  
40 Freya Whittle 8th girl 11.56  
U/12  
12 Nathan Lancaster 12.49  
28 Robert Seddon 14.03  
38 Lucas Miliken 15.00  
40 Alfie Holmes 15.04  
U/14  
57 Harriet Foley 16th girl 24.47

## Fleming Trophy, 16th April 1.8k Photos from around the world

We had 34 juniors running in this years race with many doing it for the first time and they all put in a great deal of effort with the first six finishing within a minute. First to finish was Isaac Keating finding a terrific sprint to overtake guest runner Tom Howe in the final 50 metres, Calum Moseley was third and Gemma Howe just held off a fast finishing Nathan Lancaster for fourth place. Lewis Wilkes justified his scratch start by running the fastest time in 8.42 for the girls Freya Whittle surprised everyone apart from her coach Brenda with the fastest time recorded by a girl and she is only 9 years of age!!! All the runners received a medal and the winners got trophies and all seemed to enjoy the race.

	H/Cap time	Actual Time	Time	Position
1	Isaac Keating	12.12	11.12	17
2	T Howe (Guest)	12.16	12.16	21
3	C Moseley	12.26	11.26	16
4	G Howe (G)	12.34	10.34	14
5	N Lancaster	12.58	8.53	5
6	A Holmes	13.02	9.22	10
7	C Healey	13.15	8.45	3
8	J Howe	13.20	10.20	12
9	I Keating	13.22	12.22	20
10	F Whittle	13.23	10.13	11
11	L Brindle	13.24	8.44	2
12	M Flatters	13.28	8.48	4
13	R Seddon	13.29	8.59	7
14	L Massey	13.36	9.06	8
15	C Squires (G)	13.37	11.37	18
16	L Wilkes	13.39	8.42	1
17	T Massey	13.48	8.58	6
18	K Kinealy	13.58	9.08	9
19	H Foley (G)	14.02	10.32	13
20	D Rowe	14.15	10.55	15=
21	I Simmonite	14.25	11.05	16
22	C Fordham (G)	14.35	10.55	15=
23	D Carter	14.48	14.48	31
24	I Wrigley (G)	14.51	12.51	23
25	E Green G	14.52	12.52	24
26	L Sutcliffe (G)	14.53	11.43	19
27	J Houghton	15.05	12.05	20
28	L Seddon (Guest)	15.09	12.39	22
29	S Platt	15.25	12.55	25
30	M Kay (G)	15.33	15.03	32
31	J Simmonite	15.40	12.30	21
32	A Wrigley (G)	15.43	15.13	33
33	L Gouge (G)	15.48	12.48	23
34	S Simmonite (G)	18.12	15.42	34

Tony Hesketh



David Crawford after completing Brighton marathon



Mark Birbeck enjoying the pain of the Berglaufpur in Germany



One of many photos featuring Horwich youngsters at Pendle Junior Fell Races on the Woodentops site



# Run The Moors Grand Prix Races 2014

Date	Race	Venue	Category	Distance/height	Price	Comments
Feb 16 <sup>th</sup> 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 <sup>th</sup> Sunday 11.00am	Lads Leap	Crowden Campsite SK13 1HZ	AS	9.5km/518m	£5.00	Back again to this little toughie!
April 12 <sup>th</sup> Saturday 2.00pm	Wardle Skyline	Wardle Square Wardle Village	BM	11.3km/381m	£5.00	New organiser but same great race!!
May 1 <sup>st</sup> Thursday 7.30pm	Fo Edge	Cowpe Village Hall BB4 7EA	BS	6.6km/300m	£3.50	Another new Rossendale race
June 1 <sup>st</sup> 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 <sup>th</sup> Wednesday 7.30pm	Eddies Revenge	St Saviours Church - Shaw OL2 8NB	AS	6.1km/323m	£4.00	Loads of prizes and cake!
July 10 <sup>th</sup> 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 <sup>th</sup> 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 <sup>st</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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](mailto: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](http://www.decathlon.co.uk).

Gordon