

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

Out and about at The Tour of Pendle



Top - first Horwich RMI Harrier at Tour of Pendle, Andy Ford

Left - English FRA bronze V60 for Steve Jackson, right recent Joss Naylor Challenge completer, Michelle Sunter

Photos by Albert Sunter

NOVEMBER 2015



Race Diary



Dec 5th	Red Rose XC League	Marl Pits, Rawtenstall	
Dec 5th	Manchester XC League	Boggart Hole Clough, Manchester	M/L
Dec 12th	SE Lancs XC League	Oldham	
Dec 12th	Christmas "Do" (fully booked)	Rivington Barn	
Dec 26th	Whinberry Naze Dash Fell Race	Marl Pits, Rawtenstall	M/L
Jan 9th	Lancs XC Champs	Witton Park, Blackburn	
Jan 9th	GM XC Champs	Leverhulme Park, Bolton	
Jan 16th	Manchester XC League	Heaton Park, Manchester	M/L
Jan 16th	Mid Lancs XC League	Wilson Playing Fields, Hyndburn	
Jan 23rd	SE Lancs XC League	Tandle Hill, Oldham	
Jan 30th	Northern XC Champs	Witton Park, Blackburn	
Feb 13th	Manchester XC League	Wyhenshawe Park, Manchester	M/L
Feb 13th	Mid Lancs XC League	Rossall School, Cleveleys	
Feb 20th	SE Lancs XC League	Boggart Hole Clough, Manchester	

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

Rob Hope Masterclass Thursday, Dec 3rd Horwich RMI Club, 8pm

Rob Hope (Multiple British Fell Champion) talk this Thursday, Horwich RMI Club, 8pm

If you are serious about your training and racing and want to expand your thinking then get down to the RMI Club this Thursday.

Cheers, Uncle M

Replacement Fell Race for Club Championship

Whinberry Naze Dash, Boxing Day
from Marl Pits Sports Centre, Rawtenstall
Great festive race - most wear fancy dress

2015 Club Championships (Mens, Womens, Vets)

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

Fell		
26th Dec	Whinberry Naze Dash	
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		
10th October	Manchester XC League 1	
7th November	Manchester XC League 2	
12th December	Manchester XC League 3	
16th January	Manchester XC League 4	

Press Reports

Below are the press reports produced by David Barnes that went to the Bolton News last month.

Nov 19th

The first fixture in the South East Lancs Cross Country League was a successful one for Horwich and, in particular, the Massey family.

On a very muddy course at Leigh Sports Village, Tom Massey won the under-13s boys' race and his brother Luke won the u17s race with a great final lap.

Their dad Paul then finished seventh overall, winning the veterans' over-45s category in the men's race.

The first race of the afternoon saw Lydia Johnson start brightly and finish 16th with team-mate Skye Nicholson 33rd at u11s.

In the u13s boys' race, Luke Brindle claimed second behind Tom Massey with a superb finishing sprint. And with Matthew Mair finishing sixth the team award was never in doubt.

The u13s girls' race saw Amelia Bailey have her best run to date to place fourth with Milly Lever 30 seconds behind in eighth.

In the u15s race, Lewis Wilkes finished a superb fourth, only 13 seconds behind the winner.

In the senior men's race, newcomer Dave Purnell ran well for 47th in 42mins 31secs for 60th place.

Tony Hesketh won the V65 category in 44:22, John Parker was first V70 home in 50:56 and Dave Barnes completed the RMI field in 80th clocking 46:02.

With 16 RMI runners in six parkrun events on Saturday, the highlight was Cian Healey's run which gave him an all-time fourth place in the JM10 age category at Bolton.

Mary White put in a strong performance as she was first home in the V65-69 category in 26:43.

At the Preston 10-mile road race in wet and blustery conditions on Sunday, Maria Lowe finished 110th overall in 1:09:16 – third in the FV35 category – and Sean McMyler was 69th overall and 11th in a competitive MV50 category in 1:06:21.

Horwich's trio was made up by Christine Boardman who finished 270th out of 416 runners in 1:25:26.

Nov 26th

Luke Massey built on his recent form with a win in the under-17s men's race at the Red Rose Cross Country meeting at Leverhulme Park.

The youngster was one of several juniors putting in fine displays for Horwich RMI Harriers in Bolton when he held off the chasing field in style.

Cian Healey beat a field of 76 runners to win the U11s and was ably supported by Isaac Keating and Callum Purnell to earn sixth place in the team competition.

Horwich also had another trio of finishers in this category – Joshua Houghton, Elliot Whittle and Theo Middleton.

The U11 girls team of Lydia Johnson, Freya Whittle and Ellie Green gained tenth team place with Skye Nicholson just outside the team placings.

In the U13s boys, Horwich won the team event with Thomas Massey, Luke Brindle and Robert Seddon given a run for their places by Matthew Flatters, Matthew Mair, Toby Middleton and Lucas Milliken.

Milly Lever, the sole RMI girl in the U13s had a run to be proud of finishing 24th out of 67.

In the U15s Lewis Wilkes in sixth place and Harriet Foley (20th) did the club proud.

Paul Massey, Tony Hesketh and John Parker all won their Vets categories and the senior team of Nick Leigh, Paul Massey, Alistair Murray, David Milliken, David Purnell and Hesketh finished sixth, with the Vets team finishing fifth out of 15.

Elsewhere, as the English and British fell racing championships drew to a close for the year, Steve Jackson clinched a third-place medal for the Vet 60 category in both championships.

He has set the challenge for the club's fell runners to do even better in 2016.

Meanwhile, more results from the Tour of Pendle recently saw Erica Booth finish in 203rd place in a time of 2hrs 34mins 38secs closely followed by Josie Greenhalgh in 2:36:40..

In parkrun last weekend the honours for RMI went to Lindsey Brindle who was first female home at Haigh Woodlands and to Suzanne Budgett for doing the same at Worsley Woods, while Tom Lucas continues to notch up top-five finishes at Bolton.

Geoff Leech made a great comeback after injury to do the Conwy half marathon in under 1hr 42mins, and on a similar note, Jason Middleton made a welcome return to racing at the cross country at Leverhulme Park.

Six hardy Horwich runners also took on the testing Tour of Pendle fell race on the same day with Andy Ford leading them home in 81st place out of nearly 500 runners.

Tour of Pendle, 14th Nov, 14 miles, 2700ft ascent

81	Andy Ford	2:16:13
116	Steve Jackson (V60)	2:21:10
203	Erica Booth (F)	2:34:38
221	Josie Greenhalgh (F40)	2:36:40
395	Michele Sunter (F55)	3:15:22
400	Michael Crook (V60)	3:21:42

Shepherds Skyline Fell Race Todmorden Nov 7th, 6 miles

Despite the poor weather making conditions underfoot treacherous over 200 runners competed in this popular race on the moors above Todmorden in Yorkshire England International easily won in a very fast time 41.20, Horwich RMI's first counter was Graham Schofield in 54th place in 54.57 closely followed by four places behind in 55.26. In the O/65 category Tony Hesketh was third in 63.39 with John Monks 5th in the O/60 just 14 seconds behind after he had his shoe fall apart, the final finisher for Horwich was Lawrence Pinnell in 192nd place.

Shepherds Skyline Junior Race

A tough two lap course greeted the Junior fell Runners from Horwich with just two making the trip over the Pennines to race, in the U/10 Race Ellie Green ran well for 5th place in 11.41. In the next race for the U/12 Freya Whittle had a super race leading all the way and winning it and also breaking the course record in 8.10 this was the second time she has won this race and a hat trick is on the cards for next year.

Tony Hesketh

More of Albert's photos from Tour of Pendle

Josie Greenhalgh



Michael Crook

Erica Booth



HOSPITAL RUN THURSDAY 17th DECEMBER 2015

The Hospital Run this year will take place on Thursday 17th December 2015 and consist of the normal 10.5 mile route. For anyone unfamiliar with this traditional club training run it takes a route from Horwich Leisure Centre down to the Crown Hotel and along Chorley New Road to the junction with Chorley Old Road in Bolton, where the former Royal Bolton Hospital used to stand (approx. 5.9 miles). Hence the title Hospital Run. The run to this point is at a very, very steady pace. From here the run starts in earnest and is done at near to race pace along Chorley Old Road to finish back at the Leisure Centre (approx. 4.6 miles). Again this year there will be four groups starting from the Leisure Centre, at 7.00 p.m. for the slowest group and then at 5 minute intervals with the fastest group setting off at 7.15 p.m. This is to ensure that all runners arrive at the Hospital at about the same time. Only when all runners have assembled at the Hospital will the run for home begin.

Please assemble in the foyer of the Leisure Centre.

Note: Lockers are available in the Leisure Centre, as are showers for a small fee.

ALL CLUB MEMBERS WITH GUESTS ARE WELCOME

PLEASE TELL AS MANY MEMBERS AS POSSIBLE THE DATE OF THIS YEARS RUN

FOR SAFETY REASONS PLEASE WEAR A RUN-A-BRITE OR BRIGHT COLOURED TOP.

PLEASE NOTE THAT A DRINK AND ENJOYABLE SOCIAL CHAT IS TO BE HAD IN A LOCAL HOSTELRY AFTERWARDS.

Questions please email ste-jackson@supanet.com or telephone 01942706506 or 07747838772

Steve Jackson

An Evening with Matt Barnes

An evening with Matt Barnes (International Track, Road and Xc) - For those attending Rob Hope talk I should have a date for you which will be in January 2016 otherwise I will post an update on facebook.

The aim is to understand how a "middle distance" specialist thinks, trains and performs. Matt's PB's include: -

Personal Bests * 1500 meters track 3.42 * 1 miles track 3.59 * 5 KM track 13.58 * 10 KM road 29.32 * Half Marathon 67.32 Career Highlights * Sub 4 minute mile in 2007 * AAA's finalist at 1500m in 2007 * Northern 1500m Champion 2004 and 2007 * English 5k road Champion 2010 * 3rd Northern Cross Country Championships 2007 * 14 team medals with Altrincham at National and Northern Road/Cross Country Championships * Leg 1 winner at National 12 stage 2010 * GB international, Ekiden relays, 2006

MANCHESTER AND
DISTRICT CROSS
COUNTRY LEAGUE

MATCH 1 : SATURDAY 10TH OCTOBER 2015* [not for U11's]

Woodbank Park, Stockport . Host Club : Stockport Harriers & A.C.

MATCH 2 : SATURDAY 7TH NOVEMBER 2015

Sherdley Park, St Helens. Host Club : St Helens Sutton

MATCH 3 : SATURDAY 5TH DECEMBER 2015

Boggart Hole Clough, Manchester . Host Club : Salford Harriers & A.C.

MATCH 4 : SATURDAY 16TH JANUARY 2016

Heaton Park, Manchester Host Club : Manchester Harriers & A.C.

MATCH 5 : SATURDAY 13TH FEBRUARY 2016

Wythenshawe Park, Manchester Host Club : Sale Harriers Manchester AC.

Seniors - Tuesday Night Track Sessions

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

- Dec 1 Speed end 4x4x400m 4x200m, 4x2x400, 2x200
Dec 8 Strength End 4 x 8 mins fast bend 200/300, 90 secs rec, 4 x 8 mins
Dec 15 Strength End 3x10 mins fast bend 200/300, 90 secs rec, 3 x 10 mins
Dec 22 Speed End 4x4x400 (60) [3] 4x200(45), 4x2x400 2x200
Dec 28 Northern 10k Champs
Jan 5 Strength end 6 x 5 mins 6 x 5 mins
Jan 12 Time Trial 5 x 1000m 3 mins rec 3 or 5
Jan 19 Strength end 5 x 2000m (60 secs) 5 x 1600
Jan 26 Strength End 6 x 1600m (60 secs) 6 x 800
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.

available from Steve Pearson



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.

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1/16

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

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

