

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

First Horwich Individual Ben Nevis Win and 2014 Queen of The Mountains

This month's cover photo, taken by Mark Birbeck, features Lindsey Brindle who became the first Horwich runner to win either the men's or women's title at the Ben Nevis Race. Lindsey is pictured here with her proud dad, Brent, who has also put in some fine performances at the Ben in his younger days. If you go through the annals of Horwich history, you will see we have come close in the past as Mike Short was runner-up for four consecutive years from 1975 to 1978. This followed her fine performance at the Snowdon International Race and then on September 20th, Lindsey had a fine second place at the Scafell Pike Fell Race. The combined performances at the these three races of the highest peaks in England, Wales and Scotland result in the crowning of the King and Queen of the Mountains. Lindsey's consistently high performance meant she eclipse her rivals to be crowned Queen of The Mountains.



AGM

**WEDNESDAY
OCTOBER 15TH
8P.M.
BOLTON ARENA
THIS IS YOUR CLUB
BE PART OF IT
HAVE YOUR SAY**

OCTOBER 2014



Race Diary



Oct 11th	Red Rose XC League	Leigh	
Oct 12th	Gin Pit 5	Tyldesley	GP
Oct 15th	Club AGM	Bolton Arena, 8pm	CP
Oct 19th	FRA Relays	Middleton (near Sedbergh)	
Oct 25th	Mid Lancs XC League	Wilson Playing Fields, Hyndburn	XC, M/L
Nov 8th	Red Rose XC League	Astley Park, Chorley	
Nov 15th	Mid Lancs XC League	Barrow	XC, M/L
Nov 29th	Mid Lancs XC League	Sefton Park, Liverpool	XC, M/L
Dec 6th	Red Rose XC League	Marl Pits, Rawtenstall	
Dec 18th	Hospital Run	Horwich Leisure Centre	CP
Jan 17th	SE Lancs XC League	Leigh Sports Village	
Jan 31st	SE Lancs XC League	Heaton Park, Manchester	
Feb 28th	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

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.



Horwich RMI Harriers Christmas Do

December 13th at Rivington Barn 7.30 til late

Tickets £39.50 Deposit £10 to secure place inc Top quality Buffet, Live Group, Disco, Rodeo Reindeer, Chocolate Fountain, Roulette Table, Blackjack Table.

For Tickets or Information see Brenda Hesketh
01204 668183 or 07552 657789

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

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)

Oct 7th	Strength End 4 x 8 mins (90 rec)
Oct 14th	Strength End 6 x 5 mins
Oct 21st	Time Trial 5 x 1000m 3 mins rec
Oct 28th	Strength End 4 x 8 mins (60 rec)
Nov 4th	Strength end 3 x 10 mins (60 rec)
Nov 11th	Speed End 3 x 3 x 1000m (2 mins)
Nov 18th	Speed End partner running x 800m
Nov 25th	Speed End 4 x 4 x 400 4 x 200

Track fee Seniors £2, (older) Juniors £1.50
Our Grade 4 Senior Coach, Steve Pearson, also takes Thursday hill sessions. In Winter, these normally start at the bottom of Foxholes Road at 6.30pm. If there any variations it will be on the club website, facebook & twitter at least 2 weeks before. Again for all abilities.

Long Distance Event Suggestions

Looking for a long distance challenge? Maybe you want to run next year's LDWA 100 which is being hosted by East Lancashire. Here are some suggestions for events which you can run.

- Oct 11th - Bottoms Up, from Hoghton, 22 miles, £8.50 (£10.50 OTD)
- Oct 18th - Round Rotherham 50, £13 (before Oct 13th)
- 30th Two Crosses Challenge Walk from Tottington, £9

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.

Central Lancs Grand Prix 2014

One race left : 12th Oct - Gin Pit 5

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Race Reports

All reports by Gordon Stone unless stated otherwise

Downhill Race, Sept 4th

A very pleasant evening for the annual running of the Downhill Race starting from Scots Man Stump, visiting the Pike and finally the RMI Club. This event, by the power of the Internet, even caused 'others' to enquire about it and turn up to run – fabulous.

Sixteen people selected computer plugs to determine their starting position and this was the first 'blood pressure rising' moment of the evening. Will I be off early? or late? Who's behind me? Who's just in front? Where is Albert? Ed Swift got the nod to be off first. Order selected and the start time rapidly approaching, shoes tied on safely, 'others' were discussing the route – "might take in the Pike cottage" – No reply from the stoney faced harrier! Thinking – if you go that way, you'll be behind me. "Go". Thirty seconds later, "go" again, as all 16 received their individual running start command. Albert and Tony were last to go.

The time keeper was aware that some of the early runners were a little 'speedy', so as the last ones went, we scurried down the mast road and back into Horwich.

Simon first back, Suzie next – right then we'd better get organised. The rest of the runners arrived from a series of directions to complete the course. So the times and positions

1 Ali 19.07, 2 Simon 19.38, 3 Joe 20.01, 4 Albert 21.50, 5 Tony 21.59, 6 Suzie 22.53, 7 Nic 23.54, 8 Gareth 24.59, 9 Gary 26.37, 10 Josh and Dad 27.31, 11 Gordon 28.30, 12 Tim 29.06, 13 Steve B 31.11, 14 John 35.21, 15 Dave 36.21 and 16 Ed 38.58

Thanks to the sweepers (you know who you are) the time keepers (all three) and the pike marshal (wonderful job). Thanks to race organiser for the prizes and generally everything else he did – cheers Ali. Thanks to the generous contribution to race funds from one of the 'others' (brilliant – thank you).

Same routine again next year? Hope so. Thanks everyone.

Peter Ramsdale

Hades Hill, Sept 4th

87 Sandra Kelly F40 56:27
88 Nick Kelly V40 56:28

Grisedale Horseshoe, Sept 6th

81 Nick Kelly V40 2:44:08
91 Robert Green V50 2:49:26



Photo by Barry Allman

Fielden Cup, Sept 11th

Thursday night's Fielden Cup saw a close finish with Steve Thomasson taking the trophy, ahead of guest (former member and maybe rejoining) Steve Bottrill. Third place went to our evergreen vet 70, John Parker. Next came a battle of the girls with Suzanne Budgett managing to

keep some distance in front of Lindsey, who no doubt still had Ben Nevis in her legs. Just a few seconds adrift was Lindsey Brindle aiming to take her second big trophy in a week after the somewhat more demanding and illustrious triumph at Ben Nevis!

		Finish time	Handicap	Actual time
1	Steve Thomasson	21:05	5:00	16:05
2	Steve Bottrill (guest V55)	21:15	1:50	19:25
3	John Parker (V70)	21:23	3:50	17:33
4	Suzanne Budgett (L50)	21:43	6:40	15:03
5	Lindsey Brindle (L)	21:56	7:50	14:06
6	Maria Lowe (L)	22:22	7:20	15:02
7	Lawrence Pinnell (V45)	22:27	4:50	17:37
8	Brenda Hesketh (L55)	23:10	2:40	20:30
9	Eddie Swift (V65)	23:22	0:00	23:22
10	Wayne Holden (guest)	23:25	2:40	20:45

North West Counties Road Relays, Sept 13th

A fine Horwich team of Lindsey Brindle, Maria Lowe and Suzanne Budgett competed on Saturday at the North West Counties Road Relays, which also included the Lancashire Championships, finishing 9th overall and 2nd in the Lancashire Championship with Lindsey running the first 3.6Km lap in 13:20, the fastest time in the Lancashire Championship, handing over to Suzanne (14:55) and Maria for the final leg in 14:16.

Hodder Valley Fell Race, Sept 13th

Eight harriers competed at the short sharp fell race at The Hodder Valley Show on Saturday which was the final race in this year's FRA English Championship. The race manages to pack

470 metres (1800 feet) of ascent in only 4 miles. Joe Mercer was the first of the harriers home in 56th place in 40:35 with Dave Jackson not far behind, 74th in 41:41. Andy Lloyd was the club's highest placed veteran in 93rd in 43:07 with Garry Chadderton, the club's first V50, 119th in 45:02. Joe's previous results meant that he finished an excellent final position of 6th in his first year competing in the championship.

56	Joe Mercer	40:35
74	Dave Jackson	41:41
93	Andy Lloyd V40	43:07
119	Garry Chadderton V50	45:02
127	Brian Walton V60	45:46
156	Michael Crook V65	50:05
169	Steve Jackson V60	51:30
187	Pete Heneghan V70	56:15

World Mountain Running Championships, Casette di Massa , Italy, Sept 14th

Horwich athletes mix it with the world's best as the club's two Irish internationals, Ian Conroy and James Kevan both had highly respectable results at the World Mountain Running Championships held at Casette di Massa in the Tuscany region of Italy. With the 11.7km race of 155 runners dominated by East Africans, in particular Ugandans and Eritreans at the front, Ian recorded an excellent 58th in a time of 63:39 for the predominantly uphill course and James wasn't very far behind, finishing in 73rd in a time of 64:52.

Photos, thanks to Peter Kevan, of Ian on left and James on right.



Yorkshire 10k, Newby Hall, Sept 14th

Spending the weekend over at my daughters and her family in York, I decided to enter this race as a last minute thought and alternative to the previous day's Hodder Valley Fell Race. Starting off with my daughter, Diane (older members will remember her running for the club as a teenager), I soon realised that I ought to pick up the pace and move through the field to further up than I am used to. The course was enjoyable to run on - it was a glorious day and underfoot, three quarters was on grass. Eventually I finished 38th out of 262 runners and 2nd V55 in a time of 46:00.

Lake District Mountain Trial, Sept 14th

In the Lake District Mountain Trial of approximately 18 miles and 8000 feet of ascent, Mark Seddon finished 29th of 92 finishers (and 17 retirements) and 3rd V50 in a time 6:38:58. The "medium" race, 13 miles and 5000ft of ascent, saw Albert Sunter complete in a time of 6:03:36 for 45th position, Josie Greenhalgh in 6:43:23 (58th) and Tony Varley in 8:02:02 (63rd)

Scafell Pike Race, Sept 20th

15	Lindsey Brindle	2nd F	1:18:31
59	Suzanne Budgett	F50	1:42:32

Three Shires, Sept 20th

131	Andy Ford		2:51:57
161	Josie Greenhalgh	F40	3:01:56

Langdale Marathon, Sept 20th

2	Glyn Kay		3:11:55
112	Ed Swift (V65)		6:01:33

Langdale Half Marathon, Sept 20th

7	Paul Muller (1st V55)	1:24:26
39	Rudolf M (2nd V60)	1:36:45
55	Paul Boardman (V50)	1:42:43
99	Michael Kay (V40)	1:52:10
144	Derek Kay (2nd V70)	2:01:06

Northern Six Stage Road Relays, Sept 20th

On Saturday, Horwich RMI Harriers gave a solid showing at the Northern Six Stage Road Relays at Birchwood. With a slightly understrength team, their final placing of 25th was sufficient to gain a place in the National Relay Championships to be held in two weeks' time in Birmingham.

Chris Farrell got the ball rolling with a fine first leg completing the six kilometre course in 18:56 to put Horwich in 9th place. Nick Leigh, representing Horwich for the first time in the relays ran 20:16, followed by leading fellrunner and orienteer, Joe Mercer, in 20:05 on leg three. Two long-standing servants of the club and both now in the veteran age group, Gareth Booth and Martyn Bell finished in 21:14 and 21:42 with Martyn a last-minute call up for the A team having run the Leverhulme Park parkrun earlier in the day. Alastair Murray finished off the final leg in 21:10 for a final position of 25th out of 117 complete teams to guarantee a place in the Nationals. Chris Essex-Crosby and Dave Jackson ran in an incomplete B team clocking 22:26 and 23:48.



Photos by Pauline Charters

Yorkshireman Off Road Marathon, Sept 14th

91 Colin Wood V55 4:51:42

Yarrow Bridge 10K Trail Race, Sept 21st

54 Geoff Leech V45 55:32
 55 David Barnes V55 55:32
 58 Paul Sykes V40 55:53
 89 Trevor Fishwick V40 61:15
 96 David Crawford V60 62:06
 124 Gillian Smith F65 76:50
 147 finishers

Yarrow Bridge 5K Trail Race, Sept 21st

5 Harriet Foley F 26:11
 49 finishers

Yarrow Bridge Fun Run, Sept 21st

1 Tom Massey 6:08
 2 Lydia Johnson F 8:06
 9 Freya Whittle F 9:45
 25 finishers

Pendle Memorial Fell Race, Sept 21st

8 Graham Schofield 1st V55 24:09

Thievely Pike Fell Race, Sept 27th

Now in its 36th year, I travelled up to this short sharp fell race with Ian Conroy and his brother Patrick who had flown over from Dublin to support the club in this race and at the club's 90th birthday dinner in the evening. I also had the trophy, won by Joe Mercer last year, in the back of the car, hoping there may be a chance that it might come back with Ian.

As one of the club championship races, it attracted nine harriers in the field of 140, with Ian Conroy improving on last year's ninth position to finish third behind Mercia's Simon Bailey whose winning time was only 12 seconds short of Rob Hope's 2006 course record. Lindsey was an emphatic victor amongst the women, over four minutes ahead of her nearest rival with both Suzanne Budgett and Sandra Kelly amongst the prizes for F50 and F45 category wins respectively. The Horwich men's team came very close to taking the team title, second to host club Clayton-Le-Moors by just two points but the Horwich women with three of the first five resoundingly added the team prize to their individual successes.

In the junior races, Harriet Foley finished 5th in the U14/U16 race and Chloe Squires 3rd in the U10 race.

3 Ian Conroy 34:25
 10 Lindsey Brindle F 38:23
 16 Garry Chadderton V50 39:28
 24 Nick Kelly V45 41:56
 25 Dan Gilbert 42:05

39 Suzanne Budgett F50 44:19
 46 Sandra Kelly F45 45:06
 102 Gordon Stone V55 53:05
 111 Christa Whatmough F) 54:48

Orton Fair Fell Race, Sept 27th

1 Nick Leigh 40:57

Lancaster 5k, Sept 27th

In near perfect conditions at Lancaster Nathan Townsend decides to go for a quick run out. Many local runners know the Lancaster 5k is a very quick course. Nobody was prepared for how quick!



Photo by Andy Townsend

Having been injured with a serious sprain since January, Nathan's Track season was well and truly trashed with only slow running all year. Under the supervision of Duncan Mason, physio to Mo Farah in major competitions, Duncan's recommendations was to give up running any form of competition until Autumn, this was back in March. Depressed was not the word, more Furious and Fed up was the order. Spending time in the gym was the closest Nathan got to breaking out in a sweat. Working on legs and core, 8 min miling on the treadmill was just not productive, or so he thought. The last of the Lancaster 5k series was the benchmark of whether or not he was good enough to defend his XC titles over the Winter period. What Nathan needed was someone to take him on, thankfully Matthew Sheen of Vale Royal and James Bowness of Trafford, a 1.48/800m runner was on hand to push Nathan. Last year Nathan enjoyed a 16:43 on this course and would have settled today for anything around 16:15, and that was very optimistic.

Leading the small field out of the track Nathan was motoring taking the lead with Matthew on his shoulder, Nathan recalls "maybe I'm going

too quick", the first mile cover in less than 5 minutes. It was then James and Matthew turned their experience and Summer training on. Not prepared to go down without a fight Nathan took them on and all 3 were flying. Nathan was now covering 2 miles in 10:12. Within the last mile James broke away and made some distance between Mathew and Nathan.

However it was Nathan's track training than came into the fore when finishing, the last 300m seemed to be just like a track session as he closed the gap on Matthew. Finishing 3rd &

Recalling his time last year, Nathan could not believe finishing in 15:46, the 4th fastest U17 time in the UK this year.

Afterwards all three runners cooling down congratulated each other, as all three had knocked around 1 minute off their personal bests.

Nathan at 16 was too young to accept alcohol as a prize so claimed 2 free entries for next year's series and a bag of Haribos.

The Moral of the Story! Never Give Up!

Andy Townsend

Swinton 10, Sept 28th

Tom Carson continued his winning streak with his third victory of the month, this time over 10 miles at Sunday's Swinton 10 on a course which gets harder in the second half for the 263 finishers. All four harriers had fine runs with Rudolf Maciejkowicz taking the V60 prize and Maria Lowe second woman, only 48 seconds adrift of Wigan Phoenix's Charlotte Finch.

1 Tom Carson 55:14
 37 Sean McMyler V50 63:37
 56 Rudolf Maciejkowicz V60 66:55
 68 Maria Lowe F 67:14

Race2Remember, Sept 28th

At the Race2Remember 8km trail race at Scorton in the Forest of Bowland on Sunday, Paul Muller finished 5th and first V55 in a time of 36:34 whilst Tony Hesketh took the V65 prize and 22nd overall in 43:23, followed by Brenda Hesketh (F55) 95th in 58:04 and Gillian Smith (1st F65) 111th in 62:17.

This race takes place in a very scenic area in the Trough of Bowland and comes with a real sting in its tail with a very steep climb at 4 miles and is not for the faint-hearted. The race was

won by Sam Harrison of Bowland in 34.51 with our first counter Paul Muller in a brilliant 5th despite a toilet stop and won the O/55 award. I was next in 22nd, a minute slower than last year but won the O/65. Brenda Hesketh was 24th lady and was well pleased to complete the race. Gill Smith, despite a cold, won the F0/60 award and enjoyed the race.

5	Paul Muller (V55)	36:34
22	Tony Hesketh (V65)	43:23
95	Brenda Hesketh (F55)	58:04
111	Gillian Smith (F65)	62:17

Race2Remember 2k Junior Trail Race

We had four juniors competing in this race and all ran excellent races with 10 year old Nathan Lancaster winning outright in 8.57 leading from gun to tape with Cian Healy 23 seconds adrift in second place after a typical gutsy run. For the girls Freya Whittle had a fantastic race fourth overall and first girl despite stopping when a horse darted in front of her. Lydia Johnson had her best run in Horwich colours and was rewarded with a second place and seventh overall.

More photos - Hodder Valley Show Fell Race



Joe Morzer



Pauline Charters



Steve Jackson



W.Charters



Dave Jackson

Michael Crook

Brian Walton

Charters



Andy Ford & Garry Chadderton

Photos by Ian & Pauline Charters

More photos - NW Counties Road Relay and Fielden Cup



*Lancashire Silver Medallists -
Lindsey, Maria & Suzanne*



*Steve Thomasson,
John Parker and
Suzanne Budgett
Photos by Barry Allman*

HOSPITAL RUN - Thursday 18th Dec

The Hospital Run this year will take place on Thursday 18th December 2014 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

Three more photos from Hodder Valley Show Fell Race



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.