

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

## Katie Wins European Duathlon Championship



With Katie concentrating on her Triathlon and Duathlon exploits over the past few years, we may not see so much of her at local races, but it is great to see her returning to form to win the European Duathlon Championship at Weyer and Grossraming in Austria on August 24th.

**SEPTEMBER 2014**



# Race Diary



Sept 4th	Downhill Race	Scotsman's Stump	CP
Sept 11th	Fielden Cup	Jolly Crofters	CP
Sept 13th	Hodder Valley Show Fell Race	Dunsop Bridge	Eng
Sept 14th	Blackleach 5m trail		GP
Sept 20th	Northern 6 Stage/4 Stage Road Relays	Birchwood	
Sept 27th	Thievely Pike Fell Race	near Burnley	M/L
Sept 27th	Mid Lancs XC League	Wilson Playing Fields, Hyndburn	XC, M/L
Sept 27th	90th Anniversary Meal, Café Italian	Doffcocker Roundabout	CP
Sept 28th	Swinton 10	Swinton	GP
Oct 11th	Red Rose XC League	Leigh	
Oct 12th	Gin Pit 5	Tyldesley	GP
Oct 19th	FRA Relays	Middleton (near Sedbergh)	
Nov 8th	Red Rose XC League	Chorley	
Nov 15th	Mid Lancs XC League	Barrow	XC, M/L
Nov 29th	Mid Lancs XC League	Sefton Park, Liverpool	XC, M/L

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

## 90 Year Celebration Meal



27th September 7.30 at Cafe Italian, Doffcocker, Bolton. A choice of starter, main, and dessert - approx cost £17. Lets make this a success as we do not have many social events and this is the club's 90th birthday.

Please give names to Tony Hesketh Tel 01204 668183 ASAP due to the limit being 50.

There will be a Vegetarian option too.

## 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 - Thievely Pike (AS)

### XC

Best 4 from 6 Mid Lancs XC League Races.

Ali

## Fielden Cup

**Thursday. Sept 11th, 7.00pm**

**Venue - Jolly Crofters, Chorley Old Road**

The oldest race in the Horwich Calendar (older than the club dating back to 1897) with the most impressive trophy of them all. Registration in the back room at Ye Jolly Crofters on Chorley Old Road (BL6 6RE) from 6.15pm. Prizegiving afterwards and of course the bar will be open.

The race is held on a 2.2 mile route along Georges Lane from Matchmoor Lane to Pike Cottage and return. This is a handicap race so everyone has a chance to win. The handicap is based on recent form but it would be helpful to contact Gordon with your intention to run, especially if you've not raced recently so that an accurate handicap can be calculated.

**Free entry and there will be prizes so you having nothing to lose and every chance of winning**

## Helpers needed

The event needs so three or four members to officiate - 2 or 3 for timekeeping at the finish and one marshal at the turnaround point so please contact me if you can help on the night (01204 697845 or 07549 656441)

## Situation Wanted

I am looking for part time work, mornings/afternoons (preferably before 4pm to avoid conflict with my tutoring work). Highly numerate and literate, experienced in technical writing/publishing, service level management, PMO, wide ranging IT office skills - ITIL, CMMI and Project Management qualified. Email Gordon or tel/text 07549 656441.

## 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)

Sept 2nd Strength end 6 x 5 mins  
Sept 9th Time Trial 5 x 1000m 3 mins rec  
Sept 16th Strength end 5 x 2000m (60 secs)  
Sept 23rd Strength End 6 x 1600m (60 secs)  
Sept 30th Speed End 4 x 800 5 x 600 6 x 400  
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)

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.*

## 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 Reports

All reports by Gordon Stone unless stated otherwise

## Turnslack Fell Race, July 26th

On one of the hottest days of the year this 8 mile race attracted a smaller entry than usual with the heat putting a lot of runners off racing. The race was won by John Green of Preston in 1.20.41 after a number of runners went wrong in the latter stages although there was no problem with visibility. Tony Hesketh finished 12th in one of his favourite races in 1.29.55 remarkably second over sixty five. Michael Kay ran within himself and finished in 22nd in 1.35.45 and the final Horwich runner was David Barnes who recorded 2.15.21 for 56th place.

*Tony Hesketh*

## Borrowdale Fell Race, August 2nd

This is one of the Lake District's toughest races. Its 17 miles takes in ascents of Glaramara, Scafell Pike, Great Gable and Dale Head, a total of 6500 feet of climbing. This year the conditions were extremely difficult, especially on England's highest mountain, Scafell Pike, making it a real challenge for all competitors. Seven harriers started the race but three were amongst the 27 retirees. Dave Milliken was the highest place finisher in 3:52:06 followed by Steve Jackson in 4:32:35, Josie Greenhalgh in 4:40:34 and Albert Sunter in 4:46:18.

## Worsthorne Moor Fell Race, Aug 3rd

At the Worsthorne Moor Fell Race, of the three harriers competing, Suzanne Budgett was the most successful, taking the F50 prize and 41st overall in a time of 52:05 whilst Graham Schofield was 3rd V55 and 18th overall in a time of 46:23 and David Barnes 83rd in 60:09.

## Chorley 4.4 mile Trail Race, August 6th

In the absence of younger members of the club, it was the V50 runners who featured amongst the 233 finishers at the monthly 4.4 mile trail race through Astley Park in Chorley. The first harrier home was V50 Sean McMyler in 38th place and 4th V50, followed by Garry Chadderton, 6th V50 and Paul Boardman, 7th V50. Rudolf Maciejkowicz had his usual classy run to take the V60 prize.

Results:

38	Sean McMyler (V50)	27:55
47	Garry Chadderton (V50)	28:26
55	Paul Boardman (V50)	28:57

71	Rudolf Maciejkowicz (V60)	29:54
91	David Unsworth (V50)	30:58
115	Tony Hesketh (V65)	32:06
131	Gordon Stone (V55)	33:02
132	Mark Swindell (V45)	33:06
138	David Barnes (V55)	35:11
175	Christa Whatmough (FV35)	36:17
182	Lawrence Pinnell (V45)	37:00
197	Trevor Fishwick (V40)	38:35
221	Ed Swift (V65)	46:08

*Gordon Stone*

## Astley Park Junior Race, Chorley, August 6th,

Horwich Juniors showed strength in numbers to finish the 1 mile Astley Park Series. Back from Injury Nathan Townsend in his last year of eligibility won comfortably in a new course record of 4.54. This enabled Lewis Wilkes finishing in 3rd, a clear series win. Lewis, having finished in the top 3 all series, held off an ever improving Nathan Lancaster, Luke Brindle Thomas Massey & Matthew Flatters. Along with Luke Massey & Cian Healy meant Horwich had 8 runners in the top 10.

Penny Townsend was first Horwich girl, narrowly beating Kieran Kinealy and Toby Middleton, Ella Pendlebury being second female with Freya Whittle, Isaac Keating, Ellie Baker close behind. Finley Reid, Joshua Houghton, Lydia Johnson, Lara Goudge, Olivia Baker, Alice Goudge, Theo Middleton, Grace Pendlebury, Imogen Wrigley, Martha Kay and Abigail Wrigley bringing up the support.

These series of races have been a critical series for the juniors and their coaches helping develop Speed and endurance.

Andy Townsend, wish to thanks all parents and grandparents for some great support through the series a well deserved rest now until the finale of the Junior Jubilee Series Held at Rivington on the 20th. This will be the last of the series which will hopefully again bring some series success for the Horwich Juniors.

2	Lewis Wilkes	U14	5:41
3	Luke Brindle	U12	5:43
5	Nathan Lancaster	U12	5:52
6	Robert Seddon	U12	5:58
7	Cian Healy	U10	5:59
8	Matthew Flatters	U10	6:00
9	Penny Townsend	L12	6:06
10	Kieran Kinealy	U12	6:10
16	Ella Pendlebury	L10	6:20
17	Ellie Baker	L14	6:23
19	Toby Middleton	U12	6:27
29	Harriet Foley	L14	6:54
30	Isaac Simmonite	U12	6:56
32	Freya Whittle	L10	6:59
45	Olivia Baker	L10	7:35
47	Callum Mosley	U10	7:36
52	Livia Sutcliffe	L12	7:45
57	Joshua Houghton	U10	8:05
61	Alice Goudge	L10	8:13
65	Theo Middleton	U8	8:18
67	Jacob Simmonite	U8	8:21
71	Ellie Green	L8	8:38
72	Grace Pendlebury	L8	8:42
73	Lara Goudge	L8	8:43
74	Imogen Wrigley	L10	8:45
80	Abigail Wrigley	L10	9:31
81	Suzanna Simmonite	L8	9:32
85	Martha Kay	L8	10:21

*Andy Townsend*



### Whittle Pike, August 6th

Two harriers take part in the 5 mile Category A Whittle Pike Fell Race in Rossendale with Peter Heneghan victorious in the V70 category and 61st overall in a time of 62:39, followed by Colin Waterworth, 82nd in 68:34

### Badger 10k Trail, August 7th

Richard Howarth made it three wins out of three last Thursday in the Badger Trail 10k at Cuerden Valley Country Park in a field of 226 finishers. World FV60 Quadrathlon Champion Mary White also had a fine result, winning her category.

Results: 1 Richard Howarth 34:51; 18 Paul Boardman (V50) 41:43; 93 David Barnes (V55) 50:02; 156 Mary White (FV60) 55:42.

### Lowther Trail Race, 13 miles, Aug 10th

This race is connected to the Lowther Show near Penrith and is a tough trail race with rough terrain a river crossing and a alpine like climb, the race was won by Kieran Hodgson of Helm Hill 1.31.22 our first runner was Suzanne Budgett first lady in 1.46.13 in 20th after a brilliantly judged race and is certainly back in form, our only other runner was Tony Hesketh 38th in 1.55.19 and first 0/60 also.

*Tony Hesketh*

### Blackpool Airshow 10k, Bispham, August 10th

Tom Carson took the honours at the latest Central Grand Prix race, the Blackpool Airshow 10k on Sunday. In blustery conditions with winds sweeping in off the Irish Sea to the runners on the promenade, Tom had a close fought victory from Warrington's Nick Jones, winning by 16 seconds in 33:03. Horwich's only other runner on the day, Rudolf Maciejkowicz, had to settle for a rare second place in the V60 category in a time of 40:01.

### World Mountain Running Trials, Aug 9th

Fresh from his success at the Snowdon International race Chris Farrell once again produced a stunning performance to finish 15th in this very tough uphill race. On Sat 9th Aug the Trial Race for the GB Mountain Running team was held in the Howgills. The race started close to the start of the Sedbergh Hills race and wound it's way up Winder (twice), then to the impressive Arant Haw finishing off with the classic climb to the cairn near the summit of Bram Rigg a total of 10.6km uphill. As expected with a GB selection race all the top hill & fell runners were challenging for the GB vest's. So it was

no surprise to see that the race set off at a ferocious pace with Andrew Douglas (Scotland) leading from Nick Swinburn (England) along with runners of the calibre of Orlando Edwards, Tom Addison and Robb Jebb in the top 10.

Horwich RMI were well represented with Chris Farrell finishing 15th and Joe Mercer 18th.

Both athletes were happy with their performances at this top level of competition and said that it provided an excellent indicator to challenge for national honours and representative vests next year.

15 Chris Farrell 52:05  
18 Joe Mercer 54:56

*Steve Pearson*

### Welcome Tavern 10k, Aug 10th

11 Maria Lowe (1st L) 41:15  
12 Sean McMyler (V50) 41:16  
28 David Barnes (V55) 46:42  
36 Geoff Leech (V45) 48:05  
110 finishers

### Eccles Pike, August 13th

39 Andy Ford 27:43

### Pilgrims Cross, August 13th

108 Colin Waterworth (V55) 62:36

### Sedbergh Hills, August 17th,

English Championship Race, 14 miles, 6000ft ascent

4 Joe Mercer :2:09:59  
11 Chris Farrell 2:15:09  
21 Nick Leigh 2:20:00  
46 Ian Conroy 2:30:16  
54 Alastair Murray 2:32:57  
115 Andy Lloyd (V40) 2:52:31  
174 Steve Jackson (V60) 3:07:04  
186 Nick Kelly (V45) 3:12:45  
230 Sandra Kelly (LV45) 3:30:02  
238 Michael Crook (V65) 3:36:08

### Jubilee Road Race, August 20th

149 runners turned out for the summer's final Jubilee Race which the club organises. The race was won by Blackburn's Ben Fish in 24:46 with Richard Howarth, the club's leading runner in 4th place. It was great to see our ladies not just completing a team, but a team which totally dominated with a cumulative points total of only 7 compared to nearest opposition Wigan Harriers' 35. Lindsey Brindle, normally renowned for her exploits on the fells, took the Ladies prize with Debbie Campbell runner up and Maria Lowe 4th. Rudolf mac added yet another V60 win to his long list of category wins, also

beating all V55s.

In the series results, Sean McMyler took the Vets prize whilst Maria Lowe was victorious in the Ladies' section, rewarding their consistency and commitment to the series.

As always a big thank you must go out to the organisation of the series, to the marshals and timekeepers. The race series doesn't run itself, it needs input from volunteers and those volunteers are you, so pencil those dates into your diary for next summer, usually the third Wednesday of the month.

4 Richard Howarth (V40) 26:41  
17 Glynne Lever (V40) 29:38  
27 Sean McMyler (V50) 30:33  
32 Lindsey Brindle (F) 31:00  
39 Debbie Campbell (F) 31:26  
42 Maria Lowe (F) 31:41  
46 Paul Boardman (V50) 31:55  
50 Rudolf Maciejkowicz (V60) 32:40  
51 David Unsworth (V50) 32:41  
69 Paul Wilcockson (V40) 34:04  
127 Colin Waterworth (V55) 40:38

### Jubilee Junior "Street" Race, Aug 20th

1 Nathan Townsend U17 5:01  
2 Lewis Wilkes U13 5:32  
4 Matthew Flatters U11 5:38  
5 Nathan Lancaster U11 5:41  
6 Luke Brindle U13 5:45  
7 Penny Townsend L13 5:46  
8 Kieran Kinealy U13 5:56  
9 Jacob Glendenning U13 5:58  
10 Toby Middleton U11 5:58  
12 Robert Gibson U15 6:08  
13 Robert Seddon U13 6:10  
15 Harriet Foley L15 6:17  
16 Ella Pendlebury L11 6:18  
18 Fin Reid U11 6:32  
19 Isaac Simmonite U11 6:35  
20 Joe Jackson U11 6:43  
21 Isaac Keating U11 6:45  
22 Ellie Baker L15 6:46  
24 Freya Whittle L9 6:52  
26 Katie Lever L15 7:07  
27 Jessica Glendenning L11 7:10  
31 Isabella Keating L15 7:34  
32 Lydia Johnson L11 7:36  
33 Olivia Baker L11 7:42  
34 Callum Mosley U9 7:43  
35 Joshua Houghton U9 7:43  
37 Chloe Squires L11 7:59  
38 Theo Middleton U9 8:00  
41 Lucy Seddon L9 8:14  
42 Grace Pendlebury L7 8:30  
45 Luke Bellew U13 9:08



### Golf Ball Race, August 20th

24	Graham Schofield (V55)	45:00
91	Peter Heneghan (V70)	56:44
94	David Barnes (V55)	57:00

### Chipping Show, August 23rd

19	Josie Greenhalgh (LV40)	1:23:47
41	Tony Varley (V65)	1:53:24

### Birchwood 10k, August 24th

Debbie Campbell finished 5th lady and 10th overall in 40:35 whilst in the one mile fun run, ten year old Matthew Flatters was the outright winner of the 44 finishers in a time of 7:49.



### Harrock Hill Race, August 27th

Lindsey Brindle continued her winning ways with a decisive victory in the final Harrock Hill race of the summer.

Tony Hesketh was also among the club's category winners, taking the V65 category, two minutes ahead of clubmate Michael Crook, whilst also beating all the V60s in the race.

Andy Ford had his best result yet in a Horwich vest to be the first Horwich man home.

13	Lindsey Brindle (F)	38:15
20	Andy Ford	38:55
25	Sean McMyler (V50)	39:17
31	Paul Boardman (V50)	40:00
51	Alan Unsworth (V50)	42:16
59	Nick Kelly (V45)	42:57
70	Tony Hesketh (V65)	43:27
100	Michael Crook (V65)	46:15
116	Erica Booth (F)	47:48
117	Sandra Kelly (F45)	47:48
132	David Barnes (V55)	49:10

The series results provided a great overall second place and top veteran prize for Andy Lloyd. With 77 runners counting in the series, Lindsey Brindle finished an amazing sixth overall, the leading woman by a country mile. Andy Ford finished 17th and Paul Boardman, 18th, whilst Tony Hesketh, 27th overall, dominated the V65 category. Erica Booth finished 52nd (7th lady) and David Barnes 60th.

### Fleetwood Half Marathon, Aug 31st

I only decided to do this race the day before and in some respects I wish I had not £20 entry fee and no Veteran 0/65 award still it is a good flat course ideal for fast times and well organised. With over 500 runners you were never short of company on the two lap course, the race was won by Matthew Lalor of Barlick in 1.11.19 in his first Half Marathon 5 minutes ahead of second. Our first counter was Paul Muller on home turf and just returning from honeymoon with a splendid run in 13th position first 0/55 in a time of 1.21.09 second counter was yours truly in 1.36.53 and happy with the time and 100th place our final finisher was Geoff Leach 253rd in 1.52.50 all in all not a bad day for Horwich.

*Tony Hesketh*

### Pennington Flash 5 Mile Trail, Aug 31st

There was a very disappointing turnout at the latest Central Lancs Grand Prix fixture, the Pennington Flash 5 Mile Trail Race, but at least we had Tom Carson battling for victory but for once he had to settle for runner-up behind Liverpool's Ben Russell. Sean McMyler and Lawrence Pinnell were the club's other representatives.

2	Tom Carson	26:13
23	Sean McMyler (V50)	31:08
128	Lawrence Pinnell (V45)	41:02
170 finishers		

**Any results missing?**  
Let me know and I'll include  
next month  
Gordon

### 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.

- Sept 20th - In Pendle's Shadow, from Barley Village Hall, 20 miles, £7 (£9 OTD)
- Sept 27th - Four Lakeland Passes, from Rosthwaite, 18 miles, £10 (No EOTD)
- Oct 5th - 'Ell and Back from Greetland, near Halifax, 20 miles, £10
- Oct 11th - Bottoms Up, from Hoghton, 22 miles, £8.50 (£10.50 OTD)
- Oct 18th - Round Rotherham 50, £13 (before Oct 13th)

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# Horwich RMI Harriers Racing in Europe

## Sierre-Zinal, August 9th

Two Horwich athletes competed in the classic Sierre-Zinal race in Switzerland. The 31 km (19 miles) race has 2200 metres (about 7,300ft) of climb but only 800 metres of descent. Ali was 209th of 1048 finishers in 3:41:19 and won by the for time World Skyrunning champion, Killian Jornet, a bit ahead of Ali. Lindsey was 22nd woman, third British woman behind internationals Victoria Wilkinson and Tessa Hill.

## World Mountain Running World Cup Series

### Asitzgipfelberglauf Race, August 31st

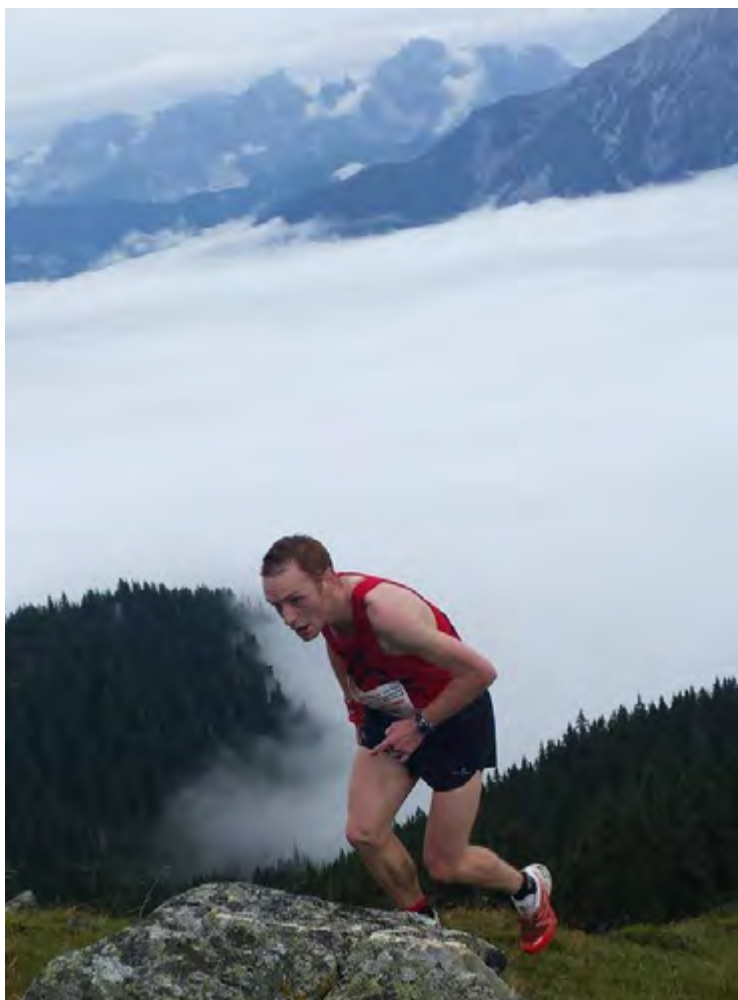
Irish international, Ian Conroy, finished a fine 18th of 105 finishers in the fourth round of the World Mountain Running World Cup Series, the Asitzgipfelberglauf Race at Leogang near Salzburg in Austria, completing the 8km race with 1100 metres (nearly 4000 ft) of ascent in 52:48.

## Grand Raid des Pyrenees, Aug 23rd

### Ultra Grand Raid des Pyrenees, Aug 22nd/23rd

Albert and Michelle Sunter along with your correspondent, Gordon Stone, took part in the gruelling Grand Raid des Pyrenees (Ultra for Albert) from Vielle Aure in the French Pyrenees. Albert completed the 160km ultra with 10,000 metres (33,000 feet) of climb in a magnificent 38:39:55, starting at 5am on the Friday morning to finish still in daylight on Saturday. This placed Albert 154th of the 404 finishers with a further 254 starting but failing to complete.

Right - Ian at Asitzgipfelberglauf, Start of GRP80, en route on GRP 80. Below - Gordon proudly wearing the Horwich Buff, shortly after sunrise





A selection of photos which have just been uploaded to this site - I may well go back and purchase the DVD.





The remainder of the 1050 entry fail to even make the start line, such is demanding nature of the course. Weather conditions for the 5am start of Saturday's 80km with 5000 metres (16,500 feet) of ascent were damp and mild before transforming into mid-morning heat and then the 5,700 feet ascent from Artigues of the 9.500ft Pic du Midi where it was quite chilly before the rocky return over Hourquette Nere to the finish at Vielle Aure.

Michelle, in her second attempt at the 80km race, succeeded in completing the course in a time of 22:13:48 and 728th place. Your correspondent, Gordon Stone, making his debut in the race, completed in 20:39:20 and 658th place of the 937 starters. As with the

160km race, there is much attrition and a high drop-out rate with only 790 completing the full 80km within the 26 hour time limit. The races are extremely well organised with clear markings throughout virtually eradicating the chance being lost and supported by a mass of volunteers with copious supplies of food (ham, cheese, bananas and other fruit, bread, cakes, energy bars, pasta, tea, coffee, coke, water at each of the refreshment points along the routes. The 80km route took in the Col de Portet (2215m above sea level), then followed the GR10C via Lac de Gréziolles to Artigues (1190m) before the very steep climb by the Cascades d'Arizes and the six mile climb up to Pic du Midi (2876m). The return from Pic

du Midi initially retraces your steps to the Col de Sencours, descending to Superbarèges and some fast running (if you are up for it) to Tournaboup before the rocky route via Ayges Cluses, Hourquette Nère (2465m) and Lac de L'Oule to Col de Portet and onto the finish using a more direct but also more treacherous route than the out route.

Albert's 100 mile route followed the same course to Pic du Midi and Col de Sencours before visiting Col d'Aoube (2369m), Hautacam, Cabalirros (2334m), the town of Cauterets, Col de Riou (1945m), Grust and Sazos near Luz St Saviour (684m) before rejoining the 80km (50 miles) route at Tornaboup.

Gordon

## 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 for further details.