

ROAD

Colin Leads Team To Victory.

Colin Rigby, Russell Maddams and Andy Neary made the long trip down to Berkshire to race in the Bramley 20 Mile Road Race as preparation for the London Marathon in April. All three ran a superb race, bringing home the team prize in an event with 640 finishers. Colin's time of 1.54.54 and fifth place was a good solid performance. Russell finished in a terrific seventh place in a time of 1.56.21 and Andy was delighted with his time of 1.56.53 and ninth place.

Bramley 20 Mile Road Race (19/02/06).

1	J McFarlane (Thames Hare & Hounds)	M	1.46.16
5	C Rigby	M35	1.54.54
7	R Maddams	M	1.56.21
9	A Neary	M	1.56.53
	Finishers 640		
	Men's Teams (3)		
1	Horwich RMI	21	
2	Serpentine RC	37	

Lostock 6 Mile Road Race.

A super turn out of twenty five Horwich RMI Harriers made for a great start in the 2006 Central Lancs Grand Prix Series, at the Lostock 6 Mile Road Race. Darren Kay, running his second race of the weekend after finishing second in the Bleasdale Circle Fell Race the previous day, kept team mate Paul Massey company for most of the race before pulling away at the end to take second place. This was a great run by both men, and particularly for Paul who was back racing again after a period of injury problems. One of the best performers of the day was Steve Duckworth who completed the Horwich winning men's team in fifth and was first over 45. Ian Selby ran a great race, just a few seconds behind Steve, to finish sixth. For the ladies Lisa Heyes was Horwich's first counter in sixth. Sue Lever made a welcome return to racing and ran an excellent race to finish in eighth place and first Over 45. Karen Hutchinson was the ladies' team final counter, finishing in fourteenth place and second Over 40. This was a fine run by Karen who has had several injuries over the last year.

On the same day as the Lostock 6 Paul Muller finished in an excellent sixth place (first over 40 & 45) in the Great NW Half Marathon in Blackpool. Glyn Kay ran well to finish fourteenth, whilst Dennis Weir finished a terrific first over 65.

Lostock 6 Mile Road Race (26/02/06).

1	J Trollope (Birchfield)	MU17	32.08
2	D Kay	1 st M35	32.33
3	P Massey	2 nd M35	32.35
5	S Duckworth	1 st M45	32.49
6	I Selby	3 rd M35	32.52

12	D Massey	2 nd M40	33.27
13	A Murray	M	33.41
16	S Diaz	M	34.05
23	P Dewhurst	3 rd M40	34.31
27	G Heyes	M	34.41
33	A Hallahan	M	35.10
38	S Barlow	M45	35.31
47	D Mason	M	36.06
49	T Hesketh	M55	36.11
58	L Heyes	L	36.35
61	N White	M	36.48
62	P Reed	3 rd M50	36.51
63	G Chadderton	M40	36.56
72	A Gorman	M40	37.29
81	S Lever	1 st L45	38.07
83	R Baker	M	38.14
104	K Hutchinson	2 nd L40	39.51
125	B Allman	M45	41.13
126	D Tootle	M40	41.16
149	R Longlands	M	42.25
285	M Banks	M	51.11

Finishers 389

Men's Teams (3)

1	Horwich RMI	10
2	Chorley Harriers	46

Ladies' Teams (3)

1	Wigan P	18
2	Horwich RMI	28

Great NW Half Marathon (26/02/06).

1	M Proudlove (City of Stoke)	M	1.12.11
6	P Muller	1 st M45	1.14.55
14	G Kay	M	1.17.52
97	M Lysycia	M45	1.27.19
351	D Weir	1 st M65	1.41.12
425	M Whitehead	M60	1.43.55

Finishers 1110

Horwich Men Finish Second in Trafford 10K Road Race.

An early start and clear blue skies were the order of the day for this year's popular and fast Trafford 10K Road Race. A handful of Horwich RMI Harriers made the trip to see how their early road form was coming along. Tony Rowlands was Horwich's first counter in tenth, with Brendan Bolland next in fifteenth. This was an excellent run by Brendan considering he had competed in the first English Fell Championship race the previous day at Carding Mill. Completing the Horwich team was Phil Dewhurst in a very respectable time of 35.47. The team finished in an excellent second place behind Salford Harriers. Pete Bland ran really well to finish first Over 55.

On the same day Paul Muller was seventh and first Over 45 in the Ultrafit Lytham Fire Station 10 Mile Road Race in a time of 55.58. The race, which had 361 finishers, was won by Preston's A.Sutton in 51.13.

Trafford 10K Road Race (05/03/06).

1	I Hudspith (Morpeth H)	M	29.49
10	T Rowlands	M	33.31
15	B Bolland	M35	33.51
39	P Dewhurst	M40	35.47
72	N White	M	38.37
104	P Bland	1 st M55	40.45
142	B Allman	M45	43.29

Finishers 308

Men's Teams (3)

1	Salford	31
2	Horwich RMI	59

FELL

Harriers Successful On The Hills.

Horwich RMI Harriers were out in large numbers in two local hill and fell races. Thirteen Harriers competed in the 36th annual 6.75 mile Parbold Hill Race. First for the Harriers was Rob Jackson in fourteenth place (second over 40). Next was Graham Schofield in an excellent 23rd place (first over 45), closely followed by Ian Selby in 26th, Paul Muller in 27th (second over 45) and Guy Heyes in 28th. Tony Hesketh put in a terrific performance to win the over 55 category, finishing in 45th place. Karen Smout had a great run to finish third lady, in 81st place overall.

On Sunday the 12th of February Horwich RMI Harriers staged their 24th annual Winter Hill Fell Race, an 11 mile event with 2750' of climbing that starts and finishes at Rivington Hall Barn. This year saw the biggest number of entries for some years, with 187 runners braving the damp, miserable conditions and some 27 Harriers completing the race. The tough race was won by local athlete Rob Hope of Pudsey and Bramley, with brother Danny finishing in third. Darren Kay was Horwich's first finisher in an excellent seventh place, closely followed by Brendan Bolland in eighth. Horwich's men's team of three was completed by Mark Seddon in fifteenth. Steve Barlow ran well to finish first over 40, as did Steve Jackson who won the over 55 category. Suzanne Budgett was a terrific third lady and first over 40. Race organiser Tony Varley was delighted with the way the race went and made a special point of thanking all the marshals, helpers and Bolton Mountain Rescue Team for helping the race run so smoothly.

Parbold Hill Race (11/02/06).

1	R Berry (Southport & Waterloo)	M	40.13
14	R Jackson	2 nd M40	42.48
23	G Schofield	1 st M45	44.43
26	I Selby	M35	45.02
27	P Muller	2 nd M45	45.09

28	G Heyes	M	45.18
45	T Hesketh	1 st M55	47.06
46	K Ward	M	47.08
57	D Mason	M	48.09
67	A Gorman	M40	49.01
81	K Smout	3 rd L	49.50
82	C Heys	M	49.51
106	L Heyes	L	51.18
304	A Blinkhorn	M55	1.03.47
323	S Baines	M40	1.05.11
	Finishers 458		

Winter Hill Fell Race (12/02/06).

	Men		
1	R Hope (Pudsey & Bramley)	M	1.37.23
7	D Kay	M35	1.45.08
8	B Bolland	M35	1.47.46
15	M Seddon	M40	1.55.57
16	S Barlow	1 st M45	1.56.33
17	P Dewhurst	M40	1.58.22
22	S Jackson	1 st M50	1.59.16
31	R Green	M40	2.06.07
35	S Kenyon	M35	2.07.07
36	M Tickle	M	2.07.15
49	A Sunter	M45	2.12.04
50	D Fleming	M45	2.13.34
51	D Massey	M40	2.13.34
52	A Hallahan	M	2.14.15
59	N White	M	2.16.14
65	K Ward	M	2.17.56
66	R Baker	M	2.17.57
67	C Heys	M	2.19.40
70	I Selby	M35	2.20.52
73	P Ellwood	M35	2.24.22
78	K Newall	M	2.24.58
80	J Foulds	M45	2.25.03
89	I Charters	M50	2.29.56
105	S Diaz	M	2.39.11
112	I Hepburn	M	2.41.38
129	R Whittaker	M	2.55.45
132	K Latham	M45	2.58.14
136	R Longlands	M	3.05.02
	Finishers 147		
	Men's Team (3)		
1	Pudsey & Bramley	8	
2	Horwich RMI	29	
	Ladies		
1	C Howard (Matlock)	L	2.02.34
3	S Budgett	1 st L40	2.16.48
	Finishers 15		

Bleasdale Circle Fell Race (25/02/06).

5 miles, 1250' ascent.

1	L Taggert (Dark Peak)	M	35.44
2	D Kay	1 st M35	37.51
7	M Tickle	M	41.14
14	R Green	M40	42.12
23	D Hayes	M40	44.44
37	C Jones	M40	46.52
51	E Lorimer	M	49.05
85	E Swift	M55	58.44

Finishers 99

Carding Mill Canter (04/03/06).

4miles, 1800' ascent.

Carding Mill, Church Stretton.

1	T Davies (Mercia)	M	42.33
24	B Bolland	M35	48.29
41	D Massey	M40	50.05
64	S Jackson	M50	51.40
99	T Hesketh	2 nd M55	54.03

Finishers 232

MUTI-TERRAIN & TRI

Horwich Win Men's Team Awards.

There was a good turn out of Horwich RMI Harriers competing in the Standish Hall 10K Trail Race. The weather was fine and sunny and the trails dry enough for the runners to enjoy this rural, undulating course around the fields of Standish. Brendan Bolland was Horwich's first finisher, coming in a terrific sixth place. Running one of his first races after an enforced injury absence, Alastair Murray finished not far behind in eighth place. This was a great run by Alastair considering he had only just resumed running after a long period of recuperation. Katie Ingram, who was also returning to racing after a long period of absence through injury, finished a well deserved first lady. The Horwich men's team, led by Brendan Bolland, won the team award with Stephen Diaz in fourteenth completing the winning trio. Tony Hesketh was first Over 55 and Pete Bland a well deserved third in the same category.

Standish Hall 10K Trail Race (18/02/06).

1	A Peers (Liverpool H)	M	35.43
6	B Bolland	M35	36.23
8	A Murray	M	38.10
14	S Diaz	M	39.39
21	T Hesketh	1 st M55	40.20
22	K Ingram	1 st L	40.28
30	G Chadderton	M40	42.15
31	K Newall	M	42.18

34	J Foulds	M45	42.35
56	P Bland	3 rd M55	44.59
61	M Lysycia	M45	45.38
99	I Smith	M50	49.28
Finishers 211			

Rob Jackson finished in a great fourth place (1.13.52, second over 40) in the Radcliffe 12 Mile Trail Race, behind the winner G.Patten of Ambleside in 1.13.52. The event had 189 finishers.

Mark Leyland Victorious in the Cirencester Off-Road Duathlon.

The event consisting of a 2 mile cross country run, 10 mile mountain bike course, then a final 2 mile run attracted around 300 competitors.

Mark was lying in 8th place after the first run, then after a slow transition (changing shoes, putting make up on, etc!) he overhauled the leaders on the 4 lap mountain bike section to go into the second run with a lead of around 1km in distance. There are more duathlons on the calendar for Mark over the coming months, at Worcester, Ashbourne and Hereford, as well as a first attempt at Triathlon (get the water wings ready!) at Stratford-upon-Avon.

JUNIORS & TRACK

Bruce Makes National Indoor Final.

Following on from their successes at the North of England Indoor Championships three Horwich RMI Harrier athletes travelled to the National Indoor Arena in Birmingham to compete in the National Championships. The most outstanding performance came from Bruce Pilkington in the U 17 400m. Bruce easily qualified from his heat to move into the semi-finals where he then smashed his personal best to ensure he made his first National Final. Lining up against the top 400m runners in the country, including both the Scottish and Welsh champions, Bruce was well in contention at the bell. Unfortunately he was then unlucky enough to have an athlete in front of him fall, forcing him to go wide. Nevertheless he still finished in a fantastic fifth place in a National final with an excellent effort and his semi-final time now ranks him fourth in England and sixth in Britain for this year. U17 Jack Thomas also performed brilliantly, recording a personal best of 24.34 in his 200m race and running close to his best ever time over 60m. Becky Norris set a terrific personal best at 60m H of 10.06. The trio all performed incredibly well and have certainly put the club on the map in terms of national track and field athletics.

National Indoor Championships (04 & 05/03/06).

U 17 Men

Bruce Pilkington	400m	52.06 ht
		51.48 Semi-Final
		53.30 Final 5 th
Jack Thomas	60 m	7.61
	200m	24.34

U 17 Women
Becky Norris 60 m 8.50
 60m H10.06

Harriers Reward Achievements.

Horwich RMI Harriers & AC held their annual Awards Presentation Evening at the Horwich RMI Social and Recreation Club. This is one of the highlights in the club's calendar and an important celebration of achievements from the previous year. Many of the members' achievements were recognised with special awards. Included in these was the award for Junior of the Year, presented to the most outstanding junior of the year across all disciplines. This was deservedly won by April Stevenson. April started the year as a complete novice but through hard work and determination had steadily progressed to become one of the County's finest distance runners. Amongst her achievements April is the club's U15 3000m record holder in her first year in this age group. She recently finished third in the North of England Schools' Cross Country Championships and is representing Greater Manchester Schools at the English Schools' Cross Country Championships in March. The Under 17 Men Outstanding Performer of the Year award typified the tough decisions involved in choosing the recipient. Both Joe Christopher and Adam Farrell had set new club records at 1500m and Javelin respectively. However, the award in this age group deservedly went to Bruce Pilkington, who is currently Club Record Holder for 60m, 200m and 400m, a County Schools' Champion and who was a semi-finalist in the National Indoor Championships. The whole evening was enjoyed by all, with winners and runners up rightly receiving the accolades and plaudits.

Horwich RMI Harriers & AC Awards Presentation Evening for 2005 Horwich RMI Social Club Friday 24th February 2006

Men

Road Champion (T Hesketh Shield)

Alastair Murray and Colin Rigby

Overall Cross-Country Club Champion (M Jackson Shield)

Stephen Diaz

Overall Cross-Country Vets Champion (Stanley Cup)

Dave Massey

Club Cross-Country Champion (W Mangham Cup)

Rob Haworth

Club Cross-Country Vets Champion (L Pollard Trophy)

Rob Haworth

Highest placed finisher in SE Lancs League (J Prescott Trophy)

Rob Haworth

Fell Championship (D Hurst Shield)

Darren Kay

Highest placed finisher in the British Fell Championship (M Short Cup)

Steve Jackson

Overall Club Fell Champion (D Vickers Cup)

Darren Kay

Overall Club Vet Fell Champion (N Matthews Cup)

Tony Hesketh

Outstanding Track & Field Performance

4 x 100m team - Duncan Crompton, Andy Gorman, Alastair Murray, Trevor Pilkington

Club Man of the Year (Sweatshop Shield)

Gareth Hughes

Ladies

Road Champion (M McGovern Cup)

Gaynor Higson

Overall Cross-Country Club Champion (Horwich Shield)

Christine Sweatman

Overall Cross-Country Vets Champion (Horwich Cup)

Christine Sweatman

Club Cross-Country Champion (NV Troup Trophy)

Angela Allen

Club Cross-Country Vets Champion (Rivington Camping Trophy)

Angela Allen

Fell Championship (B Horrobin Shield)

Suzanne Budgett

Overall Club Fell Champion (J Knight Cup)

Suzanne Budgett

Outstanding Performer in Track & Field

Jane Bland

Club Lady of the Year (Sweatshop Shield)

Karen Smout

Juniors

Sportshall (members of teams that finished in the top 3 in the league)

Under 11 Boys - Silver

Nicholas Bradley, George Burton, Josh Dudley, Joseph Howe, Peter Jordan, Andrew Keats, Oscar Kay, Shaun Palmer, Joe Roberts, Harry Spragg

Under 13's Boys - Silver

Liam Crouch, Daniel Fairclough, Zac Howe, Ben Massey, Jack Massey, Rachel Pearson, Chris Tomlinson

Under 13 Girls – Bronze

Vicky Bates, Rebecca Buchanan, Lexi Cochrane, Tiffany Dacre, Katie Hamblett Sangeerththa Kingston, Beth Pilkington, Amy Philpotts

Best U11 Boy

Shaun Palmer

Best U11 Girl

Anna Charnley

Outstanding Achievement

Josh Dudley

Track and Field

U13 Girls Best Performance

Lexi Cochrane

U 13 Girls All-Rounder

Rebecca Buchanan

U 13 Boys Best Performance

Simon Rashleigh

U13 Boys All-Rounder

Ben Massey

Under 15 Girls Best Performance

Becky Murphy – Bates

Under 15 Girls All-rounder

Rebecca Crompton

Under 15 Boys Best performance

Sam Gough

Under 15 Boys All-Rounder

Patrick Leatham

Under 17 Women Best Performance

Lauren Ashton

Under 17 Women All-Rounder

Paula Bateson

Under 17 Men Outstanding Performer

Bruce Pilkington

Under 17 All-Rounder

Jack Thomas

Track & Field Champions (L Myers Shields)

Becky Norris

Louis Higginson

Junior of the Year

April Stevenson

Gareth.