



October  
2006  
Runaround

April Stevenson

# OCTOBER RUNAROUND 2006

## TED's Runaround Ramblings

This month's planned cross-country intro, plus personal recollection, has had to be carried over to next month due to shortage of space (thank goodness I hear you say!!). This issue contains articles written by no less than fourteen Horwich RMI Harriers. Thank you one and all. Apologies to April Stevenson for misspelling her name in previous reports. I feel sure she'll be appearing in quite a few more issues in future and correctly spelt! Proof of the correct spelling is on this issue's front cover. April had a terrific track season and recently received the award for the most promising U15 female in the Young Athletes combined Horwich and Bolton team (report of the Presentation evening is in the Junior & Track Section).

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Info can be sent via post, email or cd (sorry no floppy disk facility) and can include photos.

Photograph credits:

Front Cover – April Stevenson (Mark Power – Bolton United Harriers).

Murder Mile and Ed Swift (Norman Matthews).

View from Overdale Bridge looking back to Horwich (BMBC)

## COMING SOON

October	Event	Venue/Start Time	Contact
Sun 15 <sup>th</sup>	Green Drive 5 Mile Road Race (Incorporating the Lancashire AA Championships)	Lytham C of E Primary School (11.00am)	Emily Dennis 01772 792848
Sat 21 <sup>st</sup>	National 6 & 4 Stage Road Relays	Sutton Park, Birmingham	Road Captains
Sat 28 <sup>th</sup>	Red Rose XC	Bury (Chesham)	XC Captains
<b>November</b> 11 <sup>th</sup>	SE Lancs XC	East Cheshire (Broad Oak)	XC Captains
18 <sup>th</sup>	Red Rose XC	Hyndburn (Wilson Playing Fields)	XC Captains
<b>December</b> 2 <sup>nd</sup>	SE Lancs XC	Middleton (Heaton Park)	XC Captains
9 <sup>th</sup>	Senior Christmas Party	Horwich RMI Social Club	Colin Jones 01204 690013
10 <sup>th</sup>	Calderdale Way Relay	Old Rishworthians Rugby Union Club, Copley, near Halifax	Fell Captains
16 <sup>th</sup>	Red Rose XC	Rosendale (Marl Pitts)	XC Captains

## ROAD SECTION

Katie Takes Victory in Rufford 10K.

An outright win for Katie Ingram and a super second for Brendan Bolland were the highlights of the club's performances at this year's Rufford 10K Road

Race. Katie had to work hard to win the race as she swapped places several times with Kath Upton from Liverpool AC , but she finally pulled away to win by thirteen seconds. Sue Lever again ran well to take the Over 45 prize as did Karen Hutchinson in winning the Over 40 prize, but the ladies just missed out on the team prize on count back from Southport.

In the men's race it was an intriguing battle for second as Rick Hayman had made his intentions clear right from the start, as he opened up an early hundred metre gap, never to be challenged for first. James Kevan - growing in confidence after his England selection - made a mini break at the two mile mark to split up the chasing pack, this he did and whittled the group down to four with James, Brendan, Ali Murray and Malc Eadie from Blackpool all in contention. First to go off the pace was Ali round about the four mile mark - who to be fair had not been too well before the race. Brendan then made a long run for home which James was not able to stay with, giving Brendan second, James third, a fast finishing Paul Massey in fifth and Ali in seventh, to easily take the team award. Steve Duckworth ran well to take the first Over 45 and be inside the top ten.

Norman Matthews.

#### Rufford 10K Road Race (03/09/06).

1	R Hayman (Sale)	M	32.44
2	B Bolland	1 <sup>st</sup> M35	33.19
3	J Kevan	1 <sup>st</sup> JM	33.27
5	P Massey	2 <sup>nd</sup> M35	34.00
7	A Murray	M	34.39
9	S Duckworth	1 <sup>st</sup> M45	34.57
12	I Selby	M35	35.49
23	T Rowlands	M35	36.48
29	I Hope	M35	37.35
31	K Ingram	1 <sup>st</sup> L	38.09
38	G Chadderton	M40	38.49
53	S Lever	1 <sup>st</sup> L45	39.43
62	D Wagstaff	M40	40.58
65	P Bland	M55	41.03
70	K Hutchinson	1 <sup>st</sup> L40	41.34
93	B Allman	M50	44.18
114	G Stone	M50	47.45

Finishers 155

Men's Teams (4)

1 Horwich RMI 17

Ladies' Teams (3)

1 Southport 14

2 Horwich RMI 14

(TED – Good to see Tony Rowlands back in the results. You'll have to target some Masters events now Tony)

Murder Mile (06/09/06). The race at the front was a cracker. Nick Leigh set off in a very positive manner, to retain the trophy he won last year, and at the top of Old Rake it looked odds on that he had succeeded with a gap of at least 40

metres to Chris Heys. But Chris has now got a reputation to defend on these short uphill courses and true to form with 50 metres to go he powered past Nick to take a well deserved win. Janet Rashleigh was the only women racing but this did not detract from her time of 8.31 which was good enough for 5th, nice to her back in race mode once again. Norman Matthews.

1	C Heys	M	6.45
2	N Leigh (Altrincham)	M	6.57
3	P Boardman	M45	7.53
4	M Tickle	M	8.01
5	J Rashleigh	L45	8.31
6	P Hesketh (Unattached)	M	9.38
7	I Charters	M50	9.48



#### Muder Mile Experience.

The results are published above so I can concentrate on the important stuff – like what it is really like to be last in a race and last in a race where no one drops out, where no-one has a 'DNF' to their name. This wasn't, of course, my intention but after a couple of recent outings racing against only the clock (and getting beaten on one of those) I thought it was time to return to the 'real thing'. I had to find an opportunity that wasn't going to provide too great a challenge. For instance, on my last two serious outings I had navigators so that route-finding wasn't a problem – or, at least, it wasn't a problem for me! I also had people to carry the bare necessities of food and drink, spare clothing, etc and I wasn't sure I would be able to raise yet another support team. I needed to find an opportunity where route finding wouldn't be a problem and the duration wouldn't require food, drink, spare clothing, changes of shoes and socks and so on. Finally, I have had a lot of practice running up hills recently and so when I spied the Murder Mile on the website I really felt I had found what I was looking for – not far enough to need food or drink, a support team or a navigator because I was assured the race marshals wouldn't let me go astray. And, it is all uphill – what more could I want? A pint

of Holts bitter, I suspected, but even that is available at the Race Headquarters.

All seemed to be going well until just after stepping out of my car when I saw Chris Heys approaching. Chris is a veteran of both of my recent outings and so I expected some form of encouraging greeting and instead he asked with more incredulity in his voice than was really necessary, "You are not doing the Murder Mile, are you?" I mumbled some sort of, probably unconvincing, reply that indeed it was my intention. Already though, before even paying my entry fee, I was beginning to wonder about the wisdom of running the Murder Mile. I had also hoped for a reasonable sized field (to hide in) but, believe me, seven doesn't count as a reasonable sized field.

Most of you will be reasonably familiar with the route, up Factory Hill and then along to the Mast Road and up as far as the first cattle grid – if you say it really quick it doesn't sound too bad, does it? As with many things the 'devil is in the details'. From the start line the first incline is just enough for most runners to get into their stride and once round the first corner the climbing really starts. More significantly, if you are at the back of the field the route straightens out enough for you to see everyone else sprinting (yes, sprinting) away from you. And you can watch them for several minutes before they go round the next bend and disappear from sight until the finish line. Luckily, I just managed to keep Paul Hesketh in sight until the really steep part (you know, just before the top where you begin to wonder what happened to all the oxygen you used to get in fresh air). I can't really say 'I stuck with him' on the final climb although Norman's long lens might suggest I wasn't far behind but I did get to the finish line still breathing, and probably to the immense relief of the organisers, before dark.

Thanks Tony, Ian and Gareth for organising it, congratulations to Chris Heys for winning it and if you weren't there – you should have been. The Murder Mile is a very particular form of (self-inflicted) punishment, not to be missed. Much like the Holts bitter afterwards.

Ian Charters.

(TED – Great to see you enjoyed it Ian, well at least the pint! As for organising the event, that's a great job done yet again by Tony Hesketh, both Ian Smith and I were just helpers – starting and registering)

Trafford 10K (10/09/06).

A handful of Harriers set out in search of PBs on this super fast 10k course and in general did OK. Brendan Bolland continued his excellent road form from Rufford to finish 8th in 33.00 dead, taking 51 seconds off his Rufford time. Not a PB but he was very pleased with his run. Next over the line was Ian Selby who paced the race well and finished strongly in 29th (35.03). Katie Ingram fresh from her Rufford victory had tougher opposition and had to settle for 5th lady, but considering she ran a PB of 36.37 - plus a minute and half quicker than Rufford - she too was happy with her run.

The old dual of Pete Bland versus Barry Allman resumed in earnest as Barry had the run of the day doing a PB and running 4min.06sec faster than a week ago at Rufford and an equally impressive 3.17 faster than his time on this same course in March. Even so Pete still kept his lead position with a sub forty time of 39.57, 66 seconds faster than Rufford and over a minute faster

than his Trafford time in March.

Two upset stomach casualties of the day were Chris Heys who ran at the last minute to see if his tummy would hold out, it did, but only at a jogging pace for Chris. Even more disappointed was Rachael Thompson who started very strongly and was going well to about 3 mile when her tummy problems started but this time bad enough to call a halt to her running for the day.

Norman Matthews.

(TED – Spotted Mel Walker finishing second Over 60. Well done Mel. I couldn't find Chris to list in the results, maybe just as well from the sound of Norman's report).

Trafford 10K (10/09/06).

1	S Heppies (Newham & Essex Beagles)	M	30.23
8	B Bolland	M35	33.00
29	I Selby	M35	35.03
50	K Ingram	L	36.37
118	P Bland	M55	39.57
126	B Allman	M50	40.12
153	M Walker	2 <sup>nd</sup> M60	41.37
	Finishers 395		
	Men's Teams (3)		
1	Altrincham	24	
5	Horwich RMI	122	

Kirkham 10K (10/09/06).

1	M Whyatt (Garstang)	M40	33.25
6	P Muller	2 <sup>nd</sup> M45	34.51
159	S Smallbone	L	48.40
	Finishers 279		

Lake Vyrnwy Half Marathon (10/09/06).

Colin Rigby and Russell Maddams made the long trip down to this popular half marathon in Wales to check out their current form and came back with 4th & 9th position. Colin's time of 72.32 - although outside his PB - made him first British finisher behind three Kenyans. Russell was pleased with his 75.12 after just returning from a short break from racing.

Norman Matthews.

(TED – Second in the race was Patrick Makau who was also second in the AAA 5K race at the Horwich Carnival Races back in June. Just behind Colin in fifth, in a time of 72.43, was Catherine Mutwa also second at Horwich)

Fielden Cup (14/09/06).

On a cool and cloudy evening (good conditions for running – a bit chilly for marshalling!!) twenty-two runners took part in the annual Fielden Cup at Rivington. This historic event was started in 1898 and whilst its route may have changed, the principle remains the same. The Fielden Cup is a handicap race that requires accurate handicapping according to recent form, and good pace judgement by the runners themselves as there is a tendency to set off too fast. Run over a course using the traditional two and a quarter mile

distance, Christine Sweatman set off first and Glyn Kay last ('Scratch runner'). The runners were handicapped according to recent form by organiser and handicapper Pete Bland. First to cross the line was guest runner D.Pearson, with the winner of the Fielden Cup (first Horwich RMI Harrier) being second placed Denis Mason. First lady was Gemma Jones making a rare but welcome outing.

<b>NAME</b>	<b>CAT</b>	<b>H/CAP</b>	<b>CLOCK TIME</b>	<b>ACTUAL TIME</b>
D Pearson	Guest	2:20	16:01	13:41
D Mason	M	4:10	16:05	11:55
M Tickle	M	4:10	16:14	12:04
C Snape	M45	2:50	16:16	13:26
G Jones	L	2:40	16:17	13:37
N White	M	4:00	16:26	12:26
D Kay	M60	2:20	16:39	14:19
P Boardman	M45	4:20	16:47	12:27
I Charters	M50	2:40	16:48	14:08
G Higson	L35	2:40	16:49	14:09
G Kay	M	5:20	16:52	11:32
S Kenyon	M35	4:50	16:55	12:05
A Sunter	M45	4:20	16:56	12:36
G Stone	M50	1:20	16:56	15:36
B Allman	M50	3:00	17:10	14:10
C Sweatman	L50	0:30	17:16	16:46
J Brown	M	5:10	17:19	12:09
K Makin	M55	2:20	17:28	15:08
J Abbott	L	2:00	17:33	15:33
R Stafford	M65	1:10	17:35	16:25
S Bottrill	M45	2:10	18:10	16:00
E Swift	M55	1:20	18:41	17:21

Northern 4 and 6 Stage Road Relays, Hartlepool (23/09/06).

This year's relays were quite a trek from last year's Blackpool venue, but heh, the sun was shining, the company was great and Chris Heys' chocolate coated flap jack was superb, so a good day was had by all.

This year through a variety of reasons we could only furnish one men's team, but we did manage two ladies teams. The course along the seafront esplanade was as flat as you could get, and was out and back, giving it the feel of a time trial. Without going into too much detail on the race results – which can be seen below – The ladies 'A' Team ran to an excellent 7th place (five places better than last year) with undoubtedly the run of the day that of Rachael Thompson, who clocked a super 12.47 for the 4K to give her 7th fastest time of the day. The 'B' Team ladies acquitted themselves very well finishing 18th team from 34 entered, with Karen Smout having the fastest time of 14.48. The men's team did what they went to do and that was to qualify for the National 6 Stage. With some of our big gun runners on other duties, the team gave 100% to keep within the 25 team limit set by the AAA's for entry into the National Road Relays at Sutton Park on the 21st October. All the lads ran great with Brendan keeping his new found road form in tact with the fastest time of the day, a 17.11. Well done to everyone who made the long trip

and thank you all for turning out for the club, with a special thank you to Paul Roby and Steve Barlow who stood in at the last minute when it had seemed on the Friday that we would not make a team.

Norman Matthews.

#### NoEAA Women's 4 Stage Road Relay Championships (23/09/06).

Leg	Ladies A Team	Gain		
1	K Ingram	0	13.29	6 <sup>th</sup> fastest
2	R Thompson	+2	12.57	3 <sup>rd</sup> fastest
3	L Heyes	-2	14.04	8 <sup>th</sup> fastest
4	J Rashleigh	-1	14.10	7 <sup>th</sup> fastest
	B Team			
1	J Haworth	0	15.00	
2	D Wakefield	+2	16.19	
3	C McKenna	+4	15.50	
4	K Smout	+4	14.48	
	Ladies' Teams			
1	Chester-Le-Street		50.50	
7	Horwich RMI A		54.40	
18	Horwich RMI B		61.57	
	Finishers 26			

#### NoEAA Men's 6 Stage Road Relay Championships

Leg				
1	J Kevan	0	17.18	
2	G Heyes	-3	18.18	
3	B Bolland	+11	17.11	
4	S Barlow	-2	19.00	
5	P Roby	-1	18.13	
6	A Murray	+4	17.43	
	Men's Teams			
1	Morpeth Harriers		1.37.27	
27	Horwich RMI		1.47.43	
	Finishers 71			

#### Swinton Half Marathon (24/09/06).

Nine Horwich RMI Harriers took part in the last Central Lancs Grand Prix race for 2006, the Swinton Half Marathon. Colin Rigby was attempting to win the race after being second for the last two years, but once again his attempt was thwarted, this time by John Brown from Salford. Even so, Colin ran a faster time than last year by over a minute and was pleased with his time. Rob Jackson, who was competing in the event for the twentieth consecutive time, started well in the chasing group but faded for a while and was left in no mans land to battle alone, but he still managed to finish in ninth place. Third team counter was Paul Massey, who ran well to finish just behind Rob in tenth place.

#### Swinton Half Marathon (24/09/06).

1	J Brown (Salford)	M45	1.11.11
2	C Rigby	M35	1.12.26
9	R Jackson	2 <sup>nd</sup> M40	1.17.26

10	P Massey	M35	1.18.30
15	I Selby	M35	1.21.28
27	N White	M	1.25.33
41	G Chadderton	M40	1.28.58
54	A Gorman	M40	1.32.33
81	B Allman	M50	1.37.50
99	I Hepburn	M	1.40.36
	Finishers 240		
	Men's Teams (3)		
1	Salford	13	
2	Horwich RMI	21	

The spectacular Langdale Half Marathon (24/09/06).

After spending a leisurely evening at Brendan's Lake District retreat on Saturday night and quaffing a small quantity of Black Sheep ales in the local hostelry, we set off early on Sunday morning to the start of the Langdale Half Marathon. After studying the contours of the route on Brendan's map I was happy that my decision to watch and not compete was a good one.

We had four runners competing in the half marathon, Brendan, Paul Muller, Denis Mason and Paul Boardman. Ian Charters and his wife Pauline were competing in the Marathon. Brendan and Paul ran together for the first 8 miles and at this point Brendan began to create a gap on Paul which he held onto until the finish to win the race in 79.00. Considering his performance the day before in the six stage relay, I think he had an exceptional run. Paul finished second in 80.05. Denis went through the first few miles in the top ten but struggled on the last long descent into Langdale and finished a creditable 15th in approx 90.00. Paul Boardman was disappointed with his run but still managed to run about 93 minutes in what must be one of the hardest half marathons in the calendar. I am not sure what time Ian and Pauline ran in the marathon as we had to leave for home before they had finished because it was going dark – sorry Ian.

Although this is a tough event, I think it is one worth a try. The scenery is spectacular and it makes a nice change from running through housing estates. I ran about 11 miles of the route and may have a go next year – anybody fancy it ?? - Pete Bland

Great Langdale Half Marathon (24/09/06).

1	B Bolland	1 <sup>st</sup> M35	1.19.00
2	P Muller	1 <sup>st</sup> M45	1.20.05
15	D Mason	M	1.31.18
18	P Boardman	M45	1.32.31

Finishers 385  
 Great Langdale Marathon  
 1 K Beattie (Stockport) M 2.57.30  
 29 I Charters M50 3.55.20  
 53 P Charters (Unattached) 1<sup>st</sup> L45 4.41.55  
 Finishers 77

(TED – We need to sign up Pauline!!!)

Anglesey Marathon (24/09/06).

Having done my 1st marathon last year in Anglesey, all the family went down again and stopped at Trearrdur Bay for the week. My dad [Derek] ran the 10k and finished a brilliant 15<sup>th</sup> (41.59) out of 231 runners.

For me, this year's approach was much more laid back, 12-16wks of 55-65miles with some road races thrown in and a few long runs. My plan was to set off easy and 'see how it goes'. This was only my second marathon and one of the most undulating courses I've attempted. It was good to see a fellow Horwich RMI runner and marathon veteran there in John Foulds. My target time based on six and a half minute miling would hopefully give me a time of two hours 50mins with an easy top five position. At mile thirteen everything was going to plan, I was running and chatting with a group of guys in about 10-15th position, 1hr 26 and morale all round was great. By mile seventeen I upped the pace a little and pulled away into sixth position. For each mile thereafter my old adversary (the cramp!) was setting in fast and I had to pull up to stretch at least every mile (So much for the Big Plan!). My old foe the cramp remained with me throughout the final five (Uphill!) miles and I finally got my second wind in mile twenty five, where I completed my last mile in under six minutes. One place and 10seconds down on last year finishing in 7th place at 3hrs 2mins. John looked to come in very easy at 3hrs 28mins, giving him a good warm up for Snowdon!

Glyn Kay

1 J Carr (Lancaster & Morecambe AC) M40 2.44.42  
 7 G Kay M 3.02.30  
 33 J Foulds M45 3.28.24  
 Finishers 196

## FELL SECTION

Fell Championship Successes For Horwich

Horwich RMI Harrier Darren Kay had a great run to finish sixth in the recent 14 miles, 6000' ascent Sedbergh Hills Fell Race. This was an impressive performance competing against top quality opposition in this British and English Fell Championship race. Brendan Bolland was the next counter for Horwich having a superb run to finish in twentieth. Chris Heys judged the pace well and had enough left for a strong finish to finish in forty-eighth. Brian Walton ran well to finish third Over 50 in sixty-third place, as did Phil Dewhurst, Steve Kenyon and Mike Crook. Mary White was the club's only lady competitor having an excellent run to finish second Over 55. On the same day as the Sedbergh Hills Fell Race U14 April Stevenson won her first

fell race at Pendle, in the English Junior Fell Championship Races and now goes into the last round of the U14 English Fell Championships in second place, with team mate Bethan Faulkner lying in fifth place in the U16 Girls.

#### Sedbergh Hills Fell Race (20/08/06).

1	R Jebb (Bingley)	M	1.59.41
6	D Kay	M35	2.09.46
20	B Bolland	M35	2.14.50
48	C Heys	M	2.25.32
63	B Walton	3 <sup>rd</sup> M50	2.30.15
110	P Dewhurst	M45	2.40.41
153	S Kenyon	M35	2.54.25
178	M Crook	M55	3.02.35
284	M White	2 <sup>nd</sup> L55	3.31.24
Finishers 329			

#### Round Lattrigg Fell Race (5.5miles, 800' ascent, 23/08/06).

1	R Lightfoot (Ellenborough RC)	M	31.20
24	M Kay	M	38.12
Male Finishers 121			

#### Darren Pushes All The Way In Final Harrock Hill Race.

Darren Kay had another great run in this popular event, finishing second behind local athlete Nick Leigh. With Paul Massey finishing in an excellent fourth place, Brendan Bolland in sixth and Chris Heys close behind in seventh Horwich easily won the men's team prize.

#### Harrock Hill Fell Race (23/08/06).

1	N Leigh (Pudsey & Bramley)	M	30.28
2	D Kay	1 <sup>st</sup> M35	30.58
4	P Massey	2 <sup>nd</sup> M35	31.59
6	B Bolland	3 <sup>rd</sup> M35	33.12
7	C Heys	M	33.34
19	S Kenyon	M	35.36
20	S Jackson	2 <sup>nd</sup> M50	35.47
25	P Boardman	M40	36.35
38	A Gorman	M45	37.36
52	J Foulds	M45	39.36
63	B Allman	M50	40.54
94	S Gorman	L	44.38
Finishers 141			

#### Downhill Race (31/08/06).

A big thank you to the nine brave souls who appeared out of the mist on top of Winter Hill to take part in our annual Downhill race, the weather being made up of wind, rain and very thick mist. The results are as follows:

1	P Freary	18.24
2	R Green	19.42

3	A Sunter	19.45
4	W Brindle	19.56
5	C Snape	22.30
6	M Crook	23.07
7	T Varley	23.52
8	E Swift	32.20
9	G Stone	35.50

As you can see, it was a very close run race between 2nd and 4th, Rob in fact taking the Downhill Trophy for the 2nd year running. Paul unable to with the event being an 'in-house' Horwich race and he of course does not YET run for Horwich.

S.Barlow

Lads Leap Junior Fell Championships (02/09/06).

On a very wet and windy day I took four juniors and their parents to this the sixth and final round of the English Junior Fell Championships in the club mini bus. We arrived at Crowden and parked on the campsite. After registering at the near by youth hostel we walked some of the course. For Tom Carson and Jamie Crompton this was their first attempt at a fell race. April Stevenson and Bethan Faulkner being the other two athletes. Tom, April and Jamie are under 14's and Bethan is an under 16. After telling Tom and Jamie to take it easy from the start, as it was their first fell race and not wanting them to blow up half way up the hill, I made my way up the hill to give them some encouragement on the climb. As they came into view Tom was leading and Jamie was second with April in second place in the girls' race. Tom was still leading as the runners started to come past me with Jamie dropping down to third. April was right behind the leading girl as she came past me. After a little while the leaders came into view. At the beginning of the descent Tom Doyle of Kendal was leading, with Tom dropping down to third and Jamie a little way behind. April having a great descent was leading now. Tom finished in third place with Jamie in seventh. Well done lads. April won her race and finished in second place overall in the championships. The next race was the under 16s. Bethan, lying in fifth place overall going into this race, was determined to finish in a good position and she fought hard. She finished in seventh position and overall she finished in joint sixth place. I would like to thank every one who has been on the fells this year. We would hope to see more juniors out next year to see how much fun fell running is.

Ian Smith.

Grisedale Horseshoe Fell Race (Derek Price Memorial Race), 10 Miles, 5000' ascent (02/09/06).

Torrential rain, gale force winds! Three hardy Harriers enjoyed a good day out! There was so much rain the river crossing at Grisedale Beck was impassable for the first time in 11 years. Good food and tea at the finish which was much appreciated by all.

1<sup>st</sup> John Bland (Borrowdale) 1.55.12

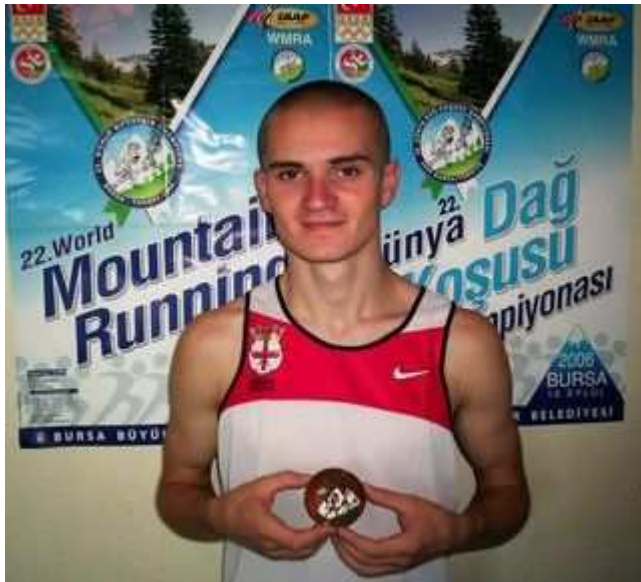
28<sup>th</sup> Rob Green V40 2.17.02

66<sup>th</sup> Pete Walkington 1<sup>st</sup> V60 2.37.34

95<sup>th</sup> Mick Crook V55 2.51.53

Rob Green.

WORLD MOUNTAIN RUNNING CHAMPIONSHIP, Bursa Turkey (10/09/06).



On the 7th of September (2.15 am) I set off to the airport to meet up with the England fell running team to compete in Bursa Turkey for the world champs. We eventually arrived at our hotel at 6.30am on the 8th of September. The location of the hotel was excellent which spectacular views in most directions. The hotel itself was very well presented and put on a wide array of foods. On the Friday we arrived most of the team walked the last 3.5km of the course which was the JW course, which was very well routed and looked to be a very good course for myself due to a lot of it being steep enough to race walk. The only off putting part was the wild dogs roaming around the mountain. On the Saturday, the day before the race we went down into the town for the opening ceremony which was a 1km walk through the town which took all the countries to a seated area where the championships were introduced and officially

opened/started. After all the talking there were men in traditional Turkish dress with swords and shields dancing. On the way back to the hotel we took the cable car which was about 30mins quicker than the bus, however it did look as though it had been there a very long time, and the odd flat patches of trees directly below didn't make me feel too comfortable. The race went well for most of the runners with England having team positions of 5th, 5th, 7th, 7th, a bit lower than expected but I think everyone enjoyed it. I was not pleased with my performance as I was well down in 49th and was hoping for a top 20 finish. It was a bit strange to run up a mountain with army men in camo dotted around in the trees with massive guns. The leaving party/dinner was good with almost everyone, including Bashir, crammed onto the smallest dance floor I've ever seen. Overall it was a great experience to compete for England at international level, meeting all the different people from all over the world.

James Kevan

**An account of a successful Bob Graham Round by an average runner, surrounded by fantastic support (Friday June 16th and Saturday June 17<sup>th</sup>, 2006).**

In 2003 I had made an unsuccessful attempt at the BG. I didn't deserve to get around on the day as I had not done the work in training and had conned myself into the belief that if I dug deep enough all would be OK. I dug deep and as I found to my cost and embarrassment it is not enough nor should it be, out of respect for all the people who have put the work in and succeeded. 3 years later virtually to the day I am sat in front of the Moot Hall in Keswick very nervous and feeling almost unwell. The tension had been building all week. I was sure I had done enough this time and all my club mates at Horwich had said the same. Still there is always an element of the unknown with such a long day ahead.

At 10.00pm we set off. Ian Charters and Steve Jackson, both Horwich lads, were my support for the first leg. I could not believe the feeling of relief as I ran away from a small band of well wishers at the Moot Hall. At last the adventure had begun. The weather was perfect for running, some cloud on the very top of Skiddaw was visible as we all settled into a nice steady pace. Run the flats, run the downs and walk the ups, this became my mantra, steady as she goes Mark. Skiddaw came and went more or less on schedule, down the back on the faint trod, drinking and taking small amounts of food. We found ourselves wading through heather going up Great Calva. How we missed the little path, after some kind person had even put reflective tape on the posts, I do not know. Going wrong on the second hill, get a grip Davies do not panic, plenty of time for that later in the day.

Blencathra our next target and we were losing more time, too low on the final climb to the top. I was starting to get worried. On the way down Halls Fell in the dark I ran off and left Ian and Steve. I couldn't afford to lose any more

time. All that had happened 3 years earlier came back to haunt me, it was all going pear shaped on the first leg and I had trained so much harder this time. Failure was not an option.

I arrived at Threlkeld 15 minutes down on schedule and not happy. I had a quick drink and something to eat, a change of socks, shoes and T-shirt and off I went with very little thought or consideration for my support team Derek and Steve. I now realise that when you ask somebody to meet you in a dark lane in the middle of the night and then run off into the night without even telling them, that those actions may just cause a few problems. Well I did not need to have got myself and the lads into such a state. With a very determined effort by all the team members and a lot of drink and food we all arrived at Dunmail Raise only 10 minutes down on schedule and I was feeling a lot better about the whole situation.

So far the weather had been just right, cool with reasonable visibility on the tops. It was great just to sit down and have my very able road crew feed and water me. Like most people who have a go at the BG I was subjected to all kinds of advice from eat jam butties, they are the best thing on the hill, to don't sit down for too long you will cramp up. I must say I really enjoyed the parts of the day when I was sat down and everybody was either taking it easy after helping on a leg or getting ready to start the next leg. Ian and Andrew, my road support, performed their job with a shambolic efficiency that I was most impressed with. No task too difficult or done without a smile on their faces. Enough rest taken and the next leg to be completed, I thought a more steady approach was needed on this leg. The schedule was a little kinder with regards to the split times. On this leg, as with my first attempt, Trevor Dibben and Neil Wrigley were navigating. I do not think I have ever seen anybody more at home on the Lakeland fells when they are covered in cloud than Trevor. What a majestic sight Trevor and Neil were, striding effortlessly over the hills. Albert Sunter and Tony Varley were also supporting. I was very happy with the whole situation and though I had run this leg several times Trevor took some lines when I wondered where we were going but every time we reduced the times between most of the summits. Fantastic navigation and route-finding.

The weather cleared as we headed towards the Langdale Pikes and that's how it stayed for the rest of the day, perfect. As our merry band of runners made our way through the high fells the support continued to do just that, support me all the way with drink, food and words of encouragement which were perhaps the most valuable. As we approached Scafell Tony peeled off down Hollow Stones. We were now 4 and headed towards the summit of Scafell via Foxes Tarn. Down to Wasdale via the scree run, that in my opinion was an excellent way down. My legs were a little wobbly but moral was high, at no stage on my way down Scafell did I look at Yewbarrow and it was a conscious decision. I always naively thought that if you got to the top of Yewbarrow you had cracked the BG, I now know better.

The Horwich boys had done me proud and were rewarded with cups of tea and bacon butties. I had reached this point before but this time it was different. Though the geography of the place was exactly the same, I was not in the same place, I felt completely different. This time I was up on the 23 hour schedule by 20 minutes or so. This had always been my plan. As I sat and relaxed, taking in the whole situation in, I looked around at all the people who

had turned out to run with me or support. It was a great feeling, but all the time I always felt that it would be unwise to assume we had nearly done it. As much as I was very happy to sit and soak up the atmosphere I thought it wise to get up and go, so that is what I did not using my full scheduled rest time. On this leg it was more of the same, Colin Jones, Rob Green and Steve Barlow all from Horwich who provided the support. I must not forget Colin's two dogs who I feel sure know the route better than anybody.

As I struggled, wandered and wobbled my way up Yewbarrow I cannot really express how hard I found the ordeal. If I was ever going to jack it in, this was the place. But with kind words and the ever present Mr Barlow I made it and as Colin sat on the summit of Yewbarrow looking down on me I even managed a wave and a smile. Up Red Pike, with fantastic views across most of the Lakes and a lot of the coast. The hills passed. I don't mean in a happy go lucky kind of way but in a I hope I don't fall or twist my ankle or blow my brains out kind of way. Keep rolling along Davies I must be doing OK even Colin and Rob said so. Praise indeed and much appreciated. As we headed up towards Kirk Fell, Steve reminded me this was the spot I stopped last time having run out of time, energy and the will to keep suffering. Not this time though, failure not being an option.

As we all rolled over the top of Green Gable Steve said "Look over your shoulder you've been over those hills." I did look and couldn't quite take it all in. Even now writing about the experience it seems a little odd. As we headed towards Honister, Rob came along side me and explained that I would be quite emotional when I arrived at Honister because family and friends would be waiting, so get a lot to drink and some food and complete the job. How right he was. I found it very difficult to articulate any of my feelings at the time but just sat in a trance-like state with everything going on around me and I was happy to let it all happen. Even Sophie our daughter said "Daddy wasn't very nice he didn't say thank you to those men for helping him." From the mouths of babes, how right she was.

Nearly there, only a little over 3 hours to go as Eddie and John Swift escorted me up Dale Head walking on either side of me. I put my arms around both of them and said what I was unable to do so at Honister which was "Take me to Keswick boys." I felt OK and though the task had not been completed as yet, I dared to think I could do it. I was still going up the hills well but coming down was another story. 3 hills to go, but why count? On the summit of Robinson all I wanted to do was go to Keswick. Down we went towards Newlands on a clear still evening, each step bringing us nearer our destination. I changed into my road shoes, they felt like slippers. All 3 of us chatted as we ran along the lanes talking about everything and nothing like you do when you are running with friends. Of all the day I have got to say this was one of my favourite parts for many reasons, I was relaxed, I kind of knew I had nearly done the whole route I could and would have crawled from this point. Three years earlier it was Eddie and John that I had to explain to that I had failed, as I arrived at Honister, but not this time. Failure was still not an option.

The last part of the route was the only section I had not spent any time on. The thinking was that I would only do this section once, which would be on the actual day, and the plan had worked. Here I was on a June evening running along a flat path towards Keswick with 2 great friends feeling tired but happy and in a strange way feeling better by the moment. Ian, one of the road

support team, was sat in the grass taking pictures as we ran past. One more right turn and I was on the main road heading towards the Moot Hall. I heard John say to Eddie "Drop back let him go," too late boys I was gone. I started to go faster and faster as I approached the town square. I saw a large party of people and heard them cheering. I thought it was a stag party or hen party out on the town, then I realised it was family and friends who had turned out to cheer me home.

It was nearly over, the last hundred metres I felt like I was floating and could have run around the course again. 22 hours and 37 minutes after starting I was again back at the Moot Hall. It was over. I couldn't believe it.

### Conclusion

For 24 years the Bob Graham has been rattling around in my head, and now I have done it. One failed attempt, which on reflection was the right thing to happen. If the BG was easy it wouldn't be worth doing and the whole adventure would be devalued. I use the term adventure, because that's what I think the BG is. There are no guarantees, a lot of preparation is required and a little luck needed and I got the weather. Fitter more able runners have failed because of poor weather.

I cannot say that I enjoyed the day. For the most part it was very hard work, with a lot of pain from cramp to sore feet, but during the day there were moments of pure magic, moments shared with friends and family, views of stunning beauty and an overall feeling of being part of something very special. I would like to thank everybody who turned out to help me get round the Bob Graham that June weekend. I can say without doubt it was one of the most emotional events of my life. There were times during the experience when I really struggled to control my emotions. As time has passed I still cannot believe I have done it, I keep smiling to myself. I was overwhelmed by the support I received before, during and after. To share the whole experience with such a group of good kind people was a true privilege.

If anyone ever asks you why you run up hills be assured they have never done it, because if they had ever stood on top of Green Gable on a June evening with friends they would realise how pointless the question is.

Thanks to each and everyone Mark Davies (10/7/2006)

### **Tripping around the Jos Naylor Challenge**

The Jos Naylor challenge is reputed to be 45-48 miles long and involves 16,500 feet of climbing. It starts at Pooley Bridge at the north end of Ullswater and initially heads south to come out at the Kirkstone Pass Inn on the Kirkstone Pass(A592) having traversed 12 peaks. From here it heads west traversing another 4 peaks to Dunmail Raise on the A591. After Dunmail Raise no other roads are crossed and the route continues generally west until turning south at Haycock, the 28<sup>th</sup> peak, before the final 2 peaks of the 30 take you to the finish at Greendale Bridge close to Wast Water in Wasdale. The challenge is open to people aged 50 years or over with varying time limits for different age groups. For instance, those aged 50-54 are allowed 12 hours, whilst at the other end of the scale, those aged 65 and over, are allowed 24 hours.

The original date for my Jos Naylor attempt was May 27<sup>th</sup> but a clumsy fall whilst getting some timings going up Stony Cove Pike meant I had to

postpone it. After 6 weeks out I recommenced training and in July decided to get a support team together for another date. At short notice this was easier said than done but eventually I got one for the Saturday 26<sup>th</sup> August. Even then on the Tuesday prior to the attempt Paul Murray had to drop out through injury and Mary Whites' participation was in doubt through illness. After much frantic ringing round it was 9 pm on the Wednesday before I knew I had a team in place. By then I was worn out. As Steve Kenyon said, "Sometimes it's harder organizing the attempt than doing it". I'll vouch for that! As you have to supply food for these events, the Friday night was spent making a vast quantity of sandwiches just in case all of England turned up. It didn't. I'm now well acquainted with the taste of Ham and Tomato and Cheese and Onion sandwiches.

With a Sixteen-and-a-half hour schedule I started out from Pooley Bridge at 3 am with John Swift and Mary White on a clear night. As my model of the Petzl head-torch is that one named "Pathetic", my brother-in-law Edwin Coope lent me his. This is a splendid model which, if floated in space, would make the sun redundant. The first two-and-a-half hours were in the dark (nothing new for me, I've spent my whole life there) and John and Mary steered me with great accuracy to all of the peaks starting with the first one, Arthur's Pike, until we hit the seventh, Kidsty Pike, by which time I was 12 minutes behind schedule. Eventually coming off Kidsty Pike we were able to take off our head torches and start to run in near-perfect conditions. Though 13 minutes behind schedule at the tenth peak, Thornthwaite Beacon, we recovered the time over the next 2 summits to reach the Kirkstone Pass Inn right on schedule. Mary virtually got off her sick bed to support me and with a rucksack full of food and drinks, kept up with me all the way to Kirkstone. What a tough lady!

Rice Pudding was gulped down but a prolonged stop (No, it wasn't to drag Ed Swift out of the pub) meant we set off five minutes behind schedule. Mary's husband, Andy, took over from her and set off at such a cracking pace up Red Screes that I remarked to Ed, who had taken over from brother John at Kirkstone, that perhaps he should be doing the challenge rather than me. I think Ed felt that anyone should be doing the challenge rather than me. Ed proved a man of many parts, escorting my wife to Kirkstone in the early morning and then helping her provide road support (anyone for sandwiches?), before providing running support. Such was Andy's knowledge of the area and route choice that we arrived at Dunmail, having added Red Screes, Hart Crag, Fairfield and Seat Sandal to the list of peaks completed, 13 minutes up on schedule. An 18 minute gain over that relatively short section.

At Dunmail, where I had slurped some more Rice Pudding down, road support (anyone for sandwiches?) was again provided by my ever-loyal and supportive wife Christina along with her brother Edwin. He did a superb job of managing me both here and at Sty Head, helping me change clothing and preparing me mentally for the next section.

Frank Wood, who usually sees me through the final stages of the Borrowdale with some success provided support on the Dunmail to Styhead section, having already played a crucial part in enabling me to recruit Denis Lucas as a last-minute replacement for the injured Paul Murray. Denis brought along two running colleagues Malcolm Bird and John Armstrong who were enjoyable company. Also on that section was the ever reliable Steve Kenyon who, though I'd never met him, was always available for any proposed dates

for the challenge and on the day carried my food and drink. Having climbed Steel Fell, which I think is the steepest on the challenge, we then did the mind-numbing trek to High Raise before setting off for Rosset Pike. Tripping is something I really excel at and during this phase I fell flat on my face in bog, which resulted in the appearance of a skull-cap of mud on my head, to the obvious glee of the others. Apart from this everything went fine and the good conditions remained until the mist descended just before Rosset Pike. At Bowfell I was 58 minutes up on my schedule but the intermittent rain, not a problem in itself, started to take its effect on the rocky terrain, making it slippery. Denis navigated superbly through the poor visibility, but from Bowfell onwards I found descending difficult on the wet rock. Whilst the others took the slippery descent off Great End down the Band in their stride, so to speak, I whimped my way down. Though I had slowed down after Bowfell we had pulled up another 17 minutes on the section to arrive at Sty Head 30 minutes up on schedule with 22 peaks attained.

At Sty Head, I had some pasta, a change of top and shoes, and a final pep-talk from "The Manager". Peter Ferris and Dave Powell-Thompson took over for the final leg which sadistically is the section with the most climbing. Going up the first of the climbs, Great Gable, Peter noticed me wobbling a few times and told me later that he'd wondered how I was going to cope. In fact, it was just my usual awful balancing. Wayne needn't lose any sleep over me. The visibility varied between poor on the tops, especially at Haycock, and reasonable on the lower ground, and the intermittent rain remained. Again the navigation was superb and the two Wasdale lads did a great job ensuring I took care on the descents, particularly coming off Great Gable and Kirkfell(more whimpering). After descending out of the mists off Haycock we made the penultimate climb up the steep, sting-in-the-tail Seatallen, before ascending the final peak Middle Fell. Jos and Mary Naylor, Andy and Mary White and Christina were amongst those who greeted my arrival at Greendale Bridge at 18.56 pm, 34 minutes ahead of schedule. Only then did I realise I'd run all the way in my bi-focals instead of the usual long-distance glasses I use for running! You too, could have a mind like mine. So be careful.

My support team, both running and road, were tremendous, ensuring that I had a great day on the fells, and they must take a great deal of the credit for my completion of the challenge. Thanks also to brother-in-law John Coope and Paul Murray who could not be there on the day. Paul recced a lot of the route with me giving me sound advice along the way. John it was, who suggested I attempt the challenge(should I give him a good kicking?) and provided me with the initial advice and information.

When Edwin a long-time RMI Harrier, who has the fastest time for the 60 – 64 age-group, learned of my time, 15 hours 56 minutes, he informed me that it was the fastest time for the 65 and over age-group. The previous fastest time had been held for 10 years but I don't expect mine to hold for 10 weeks. This is because a real fell-runner, as opposed to me a fall-runner, is attempting the challenge at the beginning of October.

Anyone for sandwiches?

Ray Stafford

### Call to Arms

As senior vice fell captain I would love to see Horwich better represented in what I would term traditional Fell races (ones that retain a rugged character of terrain). For that reason might I suggest that if anyone has a favourite race that he/she would like to get more Horwich runners to turn out for, please write in and hopefully we can turn out in greater numbers. So to try and kick the idea off might I suggest two races in November. They are:

Sunday Nov 5<sup>th</sup> Clwydian Hills AM 11.00am (10miles/3100ft) from Cilcain (GR SJ177653) £4.00 on the day only. Tel: 07711390624 [www.newsar.org.uk](http://www.newsar.org.uk)

Saturday Nov 11<sup>th</sup> Dunnerdale Fell Race AS (5miles/1800ft) from the Blacksmiths Arms, Broughton Mills, Cumbria (GR 223905) £4.50 on the day includes food. Tel: 01229 831359 [www.bcrunners.org.uk](http://www.bcrunners.org.uk)

**NOTE** Parking is difficult and congested, might I suggest using the minibus if available.

**Let me know if you are interested.**

**Colin Jones (01204 690013)**

## **MULTI-TERRAIN & TRIATHLON**

Horwich RMI Harriers Triathlon.

The last Sunday in August saw the successful staging of the annual Horwich RMI Harriers Triathlon, an event involving an 800m swim, 42K bike ride and 10K run. Three Horwich RMI Harriers completed the event, including organiser Tony Hesketh who finished a terrific second Over 55 in a time of 2.32.52. Chris Horridge did well in his first ever triathlon and Ed Swift was a terrific first Over 60.

Horwich RMI Harriers Triathlon (27/08/06).

		800m Swim	42K Bike	10K Run	Total
1	M Elliston (Chorley Tri)	12.11 (5)	1.07.14 (1)	39.04 (4)	1.58.29
37	T Hesketh (2 <sup>nd</sup> M55)	15.13 (30)	1.31.34 (43)	46.05 (28)	2.32.52
54	C Horridge	16.08 (40)	1.40.54 (50)	59.59 (55)	2.57.01
56	E Swift (1 <sup>st</sup> M60) Finishers 57	21.10 (570)	1.54.17 (56)	56.14 953)	3.11.41

Puma Trailfox Lakeland Trails 2006 - Derwentwater Trail

The popularity of trail races continues to gather pace as 300 runners contested this 13k scenic run around Derwentwater. Heavily sponsored by Puma with £1000 of kit plus the excellent cash prizes for the front runners and 'T' Shirts and medals for everyone else ensured an excellent turnout for this inaugural race. Lisa Heyes – who is sponsored by Puma took hubby Guy along for the day out and finished a super 4th in 70.03. Guy who is going through a purple patch at the moment finished 6th overall in 60.49 and just

over 30 seconds short of picking up 3rd place - which was won by ex-Horwich Harrier Paul Dugdale. The race was won by Andi Jones of Salford in 52.22 with Nick Leigh 2nd in 56.29. Gaynor Higson, who is determined to master the rough terrain races, took on the race as another challenge which it proved to be, as partner Keith took 4 minutes out of her time and was obviously delighted to be back in front again – even though it may only be till the next race!

Norman Matthews.

#### Derwentwater Trail Race (02/09/06).

1	A Jones (Salford)	M	52.22
7	G Heyes	M	1.00.49
21	R Roberts	3 <sup>rd</sup> M40	1.05.50
36	L Heyes	4 <sup>th</sup> L	1.10.03
160	K Makin	M55	1.24.34
194	G Higson	L35	1.28.53
Finishers 297			

#### Blackpool Beach 10K (03/09/06).

From Central Pier to North Pier, down to South Pier and half a mile beyond to the half way point (shortened by 1 mile due to standing water!!). Paul Muller finished second in this race in August 2005 in a time of 35.18, and his time of ..... on this occasion showed he's either getting faster in his old age or that the course was definitely short.

#### Ryder Run 5K Multi-Terrain Race (10/09/06).

1	R Hayman (Sale)	M	15.53
9	P Boardman	1 <sup>st</sup> M45	18.54
Finishers 72			

#### Yorkshireman Off Road Marathon (10/09/06).

Carmen Anthony had a super run when finishing first lady in this long distance event and more impressively 18th overall from a field of 106. Her time of 4.13.37 was made all the harder as the second lady Carole Fryer from Halifax made it the closest of finishes, with Carmen just edging her out to win.

Norman Matthews.

1	C Stubbs (Idle AC)	M	3.27.04
18	C Anthony	1 <sup>st</sup> L	4.13.37
Finishers 106			

#### Boggart Chase 10K (17/09/06).

1	C Fitzpatrick (Manchester H)	M	33.23
23	P Boardman	M45	38.03
Finishers 148			

# JUNIOR & TRACK SECTION

Pendle Open Day Medal Meeting (03/09/06).

Five young Horwich athletes braved the weather and competed in the Pendle Open Day Medal Meeting, winning four golds, one silver and one bronze medal. U15 Matthew Storey won two gold medals, with very impressive performances, winning the 100m in 12.10 and the 200m in 24.90. U11 Sam Mercer won the 800m in 3.17.90 and U10 Natassia Dacre won the Cricket ball throwing event with a distance of 24.83m. The other medallists were U13 Hannah Storey third in the 100m (14.70) and U11 Sam Mercer second in the 75m (12.10). Hannah Storey also made the final of the 200m sprint with a time of 30.90 in the first heat and finished impressively with fourth place in the final. The bravest performances of the day were perhaps the two young U10 girls, Alex Brown and Natassia Dacre, who ran through the terrible conditions to complete their first ever 800m races in times of 3.34.50 3.53.90 respectively. Alex also competed in the 75m with a time of 14.10. Natassia also attempted the High Jump for the very first time (0.85m).

Pendle Open Day Medal Meeting (03/09/06).

Medalists:

U15 Boys - Matthew Storey 100m (12.10) & 200m (24.90)

U11 Boys - Sam Mercer 800m (3m17.90)

U10 Girls - Natassia Dacre Cricket ball throw (24.83m)

Medalists

U13 Girls - Hannah Storey 3<sup>rd</sup>, 100m (14.70)

U11 Boys - Sam Mercer 2<sup>nd</sup>, 75m (12.10)

Mark Dacre.

## GREAT NEWS!

The Rotary Club of Horwich have kindly donated valuable Indoor Sportshall Equipment to our club worth almost £ 3,800.



The type of equipment involved includes Reversaboard, Mini Hurdles, Soft Javelins, Shot Putt, Hammer, Standing Long Jumps, Standing Triple Jump, Vertical Jump, Balance Beams, High Steppers and much more!

We will be aiming to recruit new young members from the local Horwich Area to join our club and strengthen our squads.

## INDOOR SEASON Years 3 to 7

From **Monday 25<sup>th</sup> September 2006**, we will be Training Indoors only for all children Yrs 3 to 7 at Bolton Arena

**Training for members will be between the hours of 6:00pm - 7:00pm on**

**MONDAYS & WEDNESDAYS**

Contacts for this are Mark Dacre (07739 181487) and Rob Burton (01942 833266).

The dates of training up to Christmas are as follows :-

Sept	25 <sup>th</sup>	27 <sup>th</sup>				
Oct	2 <sup>nd</sup>	4 <sup>th</sup>	9 <sup>th</sup>	11 <sup>th</sup>	16 <sup>th</sup>	18 <sup>th</sup>
	30 <sup>th</sup>					
Nov	1 <sup>st</sup>	6 <sup>th</sup>	8 <sup>th</sup>	13 <sup>th</sup>	15 <sup>th</sup>	20 <sup>th</sup>



**AUGUST 2006**  
**Congratulations to Athletes of the**  
**Month**  
**Grace Bridges and Sam Mercer**

22<sup>nd</sup> 27<sup>th</sup> 29<sup>th</sup>  
Dec 4<sup>th</sup> 6<sup>th</sup> 11<sup>th</sup> 13<sup>th</sup> 18<sup>th</sup>



**CHRISTMAS BREAK**

Event training 6.30pm - 8.00pm  
Mondays and Thursdays covers all  
track and field events. Contacts for  
this are Steve Pearson (01204  
303295) and Carl Foster (01204  
667674). Each coach does run a  
number of additional sessions but  
these are event based and therefore  
should be discussed with the coach  
in advance. If a new athlete joins  
and it is appropriate for them to  
attend an additional session then  
the coach will invite.

**JUNIOR MEMBERSHIP**

We are now having to make sure all our Athletes are full members of the Horwich RMI Harriers. It does only cost £10.00 per annum per child and we urgently ask Parents or Guardians to complete the relevant membership form etc. Please ask for a form if you are not already a full member from any of the Coaches or download a form from the Website [www.horwichrmiharriers.co.uk](http://www.horwichrmiharriers.co.uk)  
A BIG THANK YOU from the Coaches to all those Parents that have helped us with the Outside Track Training in Spring & Summer of 2006.  
*Mark Dacre Horwich RMI Coach (0773 9181487).*

Young Athletes League Presentation Evening (08/09/06)  
Bolton and Horwich combined Young Athletes League team celebrated its successful season with an awards evening at the Victory Reform Club on Friday 8<sup>th</sup> September. Guest of honour was GB International Steeplechaser Stuart Stokes who gave an inspirational speech to the audience of over one hundred people before presenting awards in each age group. Awards were given to athletes from both clubs at U13, U15 and U17 level. The evening culminated with trophies being presented to the most outstanding Male and Female athletes of the season, 400m Hurdler Stephen Sangwa and Javelin Thrower Rebecca Makin. The athletes then finished with a pasty and peas supper and disco.

**Boys Awards**

U17	Best Track	Paul Cryer & Jack Thomas
	Best Field	Michael O'Donnell
	Best All Rounder	Lewis Coulton
	Most Promising	Bruce Pilkington
U15	Best Track	Josh Boaler
	Best Field	Kyle Crossley
	Best All Rounder	Patrick Leatham
	Most Promising	Matt Storey

U13 Best Track Jonathon Kay  
 Best Field Matt Axford  
 Best All Rounder Josh Sabery  
 Most Promising Tom Higgins  
 Team Manager Award Robert Makin  
 Overall male athlete of the year Steven Sangwa

**Girls Awards**

U17 Best Track Becky Murphy-Bates  
 Best Field Olivia McGreavy  
 Best All Rounder Hannah Darby  
 Most Promising Becky Norris  
 U15 Best Track Rebecca Kay  
 Best Field Rebecca Keating & Megan Christopher  
 Best All Rounder Charlotte Gaffney  
 Most Promising April Stevenson  
 U13 Best Track Amy Philpotts  
 Best Field Lucy Darby  
 Best All Rounder Charlotte Darby & Bryony Mutton  
 Most Promising Tiffany Dacre  
 Team Manager Award Rachel Pearson  
 Overall female athlete of the year Rebecca Makin



Olympic steeple chaser Stuart Stokes, centre, with the award winners at the combined Bolton and Horwich team awards evening. Photo by Peter Harbour, Newsquest (Bolton) Ltd., Friday September 8, 2006.

Ryder Run 2.5K Fun Run (10/09/06).

Sam Boardman competed well in the Ryder Run 2.5K Fun Run at Cuerden Valley. The winner of the race was Chorley's J.Bretherton who was runner up in our U17's Junior Fun Run Tour back in June.

1 J Bretherton (Chorley Harriers) 8.48  
 15 S Boardman 7<sup>th</sup> M 11.22  
 Finishers 58

**JUNIOR PERSONAL BESTS as at 3<sup>rd</sup> September 2006**

GIRLS	YR	50m	75m	150m	200m	600m	800m	LJ (m)	HJ (m)	Soft Javelin (m)	Shot (m)
Grace	3&		13.00	28.0		2.43.4		2.79			3.07

Bridges	4										
Alexandra Brown	3&4		13.10	28.5		2.27.6	3.34.5	2.06		7.26	2.95
Ellie Dacre	3&4	10.2	15.10	31.3				2.23		5.67	
Natassia Dacre	3&4		14.20	27.6		2.23.0	3.53.9	2.55	0.85	10.00	3.29
Katrina Jarrett	3&4		11.80	26.7		3.00.0		1.87		5.34	2.56
Megan John	3&4		13.30	30.6		2.55.0				5.90	
Hannah Mercer	3&4	11.2						2.09			
Olivia Halliwell	5		12.20	24.9		2.30.5		2.47	0.95	9.41	
Anna Charnley	6			23.8							
Jessica Morton	6		12.30	26.1		2.28.0		2.39			
Hannah Storey	6		10.90	23.1	30.9	2.17.5		3.61 m			
<b>BOYS</b>	<b>YR</b>	<b>50m</b>	<b>75m</b>	<b>150 m</b>	<b>200 m</b>	<b>600m</b>	<b>800m</b>	<b>LJ (m)</b>	<b>HJ (m)</b>	<b>Soft Javelin (m)</b>	<b>Shot (m)</b>
Zack Critchley	3&4	9.8	13.9	29.9				2.25		11.67	3.09
Alex Gibson	3&4		12.8	26.6		2.31.3		2.72		12.01	2.55
Fred Halliwell	3&4		14.8	30.1		2.43.5					2.55
Edward Jordan	3&4		14.1			2.33.1		2.48			
Alex Kay	3&4			30.4							2.83
Robert Unsworth	3&4			30.2		2.39.4		3.30			
Mackenzie Dacre	1	13.1		40.4							
George Burton	5		12.5			2.06.9		3.28		19.41	6.08
Alex Critchley	5		12.9	27.0		2.23.1			0.95		4.55
Matthew Gibson	5		11.	21.7		2.18.0		2.82	1.05		4.55
Matthew Lynskey	5		12.6	25.7		2.21.3		2.55	0.90	7.67	
James Cropper	5		11.6			2.19.8		3.00			

Joe Roberts	5		12.5			2.22.0				11.35	
Daniel Unsworth	5			26.3		2.34.3		2.88			
Richard Dennis	5									14.15	
Adam Ekubia	5		11.1	21.0				3.61			
Chris Trow	5		11.1	22.6				3.28			
Sam Mercer	5		11.5			2.08.7	3.17.9				
Peter Jordan	6		12.9			2.38.0					3.31
Richard Gallagher	6		11.2	22.4		2.10.5		3.52		12.80	5.73
Tom Simm	6		11.9	25.4		2.26.0		2.83			4.33

## COMPETITION

Who is the runner in the photograph below? If you think you know who this month's mystery runner is please send your answer with your name, address and telephone number (via email, post or hand) to TED by 31<sup>st</sup> October. The winning entry will receive a £20 sports voucher. In the event of several correct entries the lucky winner will be drawn at random from the correct entries received.

A bonus of £5 will be given to the lucky winner if they can name the race in which the runner was competing!!

Normal rules of entry apply (i.e. if you're the runner in the photo you're not eligible to enter, but there's nothing stopping you telling family and friends!!). The winner will be announced in your November Runaround.



## LETTERS

The first of this month's letters appeared in the letters section in September's issue of Runner's World and is printed here with the permission of its author.

### **TOUR DE FORCE**

I would like to congratulate the local running club, council and police for their co-operation in putting on the five stage Tour of Horwich and Rivington in

June. In an age when it is increasingly hard to retain permission for races, it is a fantastic achievement for so much goodwill from both local authorities and volunteers to be forthcoming to make such an event possible year after year. Having moved to Horwich a few months ago, the Tour made me feel very proud and fortunate to live there. I'd recommend to anyone to seek out these rare multi-stage events wherever they are on. It is likely to be one of the most memorable weeks of your year.

Graham Tracey  
Horwich, Lancashire

### **The Countryside Tour of Horwich and Rivington**

I am just writing to express my appreciation for the above series of races. I enjoyed the week and I have also done a report of my experiences for our club's newsletter (Red Rose).

Each race was extremely well organised from start to finish. There was no shortage of marshals and everyone seemed to go about their tasks competently and with enthusiasm and good humour. In fact, the good humour was prevalent throughout the week and was a major factor to me. It can not have been easy either for the results people to integrate entries for individual races only, to integrate a race from the Jubilee Series and also to integrate the Two Lads Fell Race which is a race on the FRA calendar. Logistically difficult I would have thought.

I should be grateful if you would pass on my thanks to the Chairman and Committee of Horwich RMI Harriers and all those other good people who made the event so enjoyable.

Well done and hope to see you next year.

Yours sincerely, George Fletcher





Tour and Carnival Races Photographs courtesy of Steve Bateson

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Email: [runningpix@clara.co.uk](mailto:runningpix@clara.co.uk)

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## NEWS

The Middlebrook Valley Trail is a newly improved and resurfaced 4.2 mile existing footpath with concessionary cycle access, which links Horwich and Bolton town centre. The MBV Trail refurbishment was possible due to Lottery, Council and other government funding. It was primarily built to enable people to access better employment opportunities, to enhance areas of biodiversity, to regenerate unsightly areas, and to further promote people to be involved in health and fitness activities in Bolton. The trail runs through some of the least known beauty spots in the area and will be ready to use at the end of September 2006, with a possible grand opening in mid March 2007. The provisional plan is to celebrate the elements of "Energy" and "Relaxation" on concurrent days, including cycling, walking and running. It is hoped to be a celebration for all the family and that local celebrities will be involved, with the Mayor of Bolton performing the official opening. Horwich RMI Harriers have been asked if they wish to be part of the celebrations. There will be limited places on the "Energy" day due to site constraints, so if juniors are interested in taking part please contact your club coaches or the Runaround editor quickly. Further details will appear in coming issues.

**YHA MEMBERSHIP** Horwich RMI Harriers now have club membership of the Youth Hostel Association. To take advantage of this, a Youth Hostel visit can be made by groups of at least 5. Club members should contact Colin Jones (01204 690013) as the card holder for further information.

## HARRIER HILARITY

Two hikers on a trail came around the bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins running toward them at a full gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes. The other hiker says: "*What are you doing? You will never outrun that bear!*" The first hiker replies: "*I don't have to outrun the bear.*"

We work out too much. We waste time. A friend of mine runs marathons. He always talks about this "Runner's high". But he has to go twenty-six miles for it. That's why I smoke and drink. I get the same feeling from a flight of stairs

TED – The Runaround completely disassociates itself from climbing a flight of stairs as this is inherently dangerous.

Please send your jokes to TED. They don't have to be better than the above (but to be honest that wouldn't be hard).

### October's Limerick

There was a young woman named Bright  
Whose speed was much faster than light.  
She set out one day  
In a relative way,  
And returned on the previous night.  
(Author unknown).



## CONGRATULATIONS

**To Paul Muller** who celebrates 25 years of competitive club running on the last Sunday in October.

Paul has run in over 1100 races in that time, completing over 300 half marathons (best time of 67.37 at Whitchurch) and over 20 marathons (best time of 2.29 at Barmouth). Good luck for all your future racing Paul.

Here's to the next 25 years.

**To Ray Stafford** who completed the Jos Naylor challenge in under 16 hours (26/08/06). *This is a challenge for the 50+ runner and involves running up 30 peaks in the Lake District, with a total of approximately 18,000' of ascent and a distance of approximately 48 miles (route from Pooley Bridge on Ullswater to Greendale Bridge in Wasdale). The time given to complete the Jos Naylor is dependent on age. For Ray's age category of Over 65 it is 24 hours, which he easily beat. Well done Ray.*

**To Ed Swift** who celebrated his 60<sup>th</sup> birthday on the 15<sup>th</sup> September. Ed was a former Runaround Editor back in the 80's and is definitely one of the 'stalwarts' of the club. Ed joined the club in 1983 and seems to be wearing well!



### The Running Gourmet

#### Fell Runner's Flapjack

##### **Ingredients:**

250g butter

200g soft brown sugar

2 tablespoons golden syrup

375g porridge oats

50g desiccated coconut

100g dried fruit (e.g. glace cherries, raisins, prunes or apricots)

200g chocolate of your choice for topping

##### **Instructions:**

Line a suitable baking tray with baking paper and pre-heat oven to gas mark 5 (190 degrees C, 375 degrees F).

Melt the butter, sugar and syrup in a large saucepan.

Then remove from heat and mix in the porridge oats, coconut and dried fruit.

Place contents into the prepared baking tray, and bake in pre-heated oven for 25 minutes.

Allow to cool slightly, then using a knife gently mark into pieces to make for easier separation later.

For chocolate topping, melt the chocolate and spread evenly over using a palette knife.

Leave overnight to fully cool and set, separate into pieces and wrap in greaseproof paper.

Keep them out of temptation's way, and take in a fancy tin to the next fell relay or Bob Graham round (road races only by special request).

TED – Thanks to Chris Heys for this month's recipe. I'm wondering if I should have suggested to Chris I needed to sample some before going to print!! Quality control and all that.

### Colin's Corker!

#### **Ingredients:**

16 cherry tomatoes quartered and chopped roughly  
2 chilli peppers de-seeded and coarsely chopped  
4 garlic cloves crushed and chopped  
200 gm prawns or mixed seafood  
100 gm tomato pesto  
Handful of rocket or parsley if preferred  
Sufficient pasta for 3 people

#### **Instructions:**

Lightly fry tomatoes, garlic and chillies in a sauce pan until soft add prawns/seafood cover for 2 minutes then stir in pesto, season if necessary. Whilst cooking the sauce cook the pasta, when cooked remove from heat and drain then return to pan but keep off the heat mix in the rocket or parsley. Then stir in the sauce and serve.

Quick easy and very tasty!!!!

And to accompany it a nice fruity French red.

Colin Suggests a bottle of 2004 Reserve Saint Clair, from the Lussac Saint Emilion region. Predominantly made from Merlot grapes, together with Cabergnet Franc and Cabernet Sauvignon grapes. The wine benefits from being decanted. A 13 percent wine, currently half price at Tescos for £4.49.

TED - Thanks to Colin Jones for this terrific recipe and wine suggestion. It's rumoured he has shares in Tesco, next month we could discover its ASDA! I

## **Coming in your next issue**

**The BBC visit the Arena and our Club President, junior coaches and youngsters become TV stars!!!! And much, much more**

**FURTHER AHEAD – Don't forget the Horwich RMI Harriers Senior Christmas Party on Saturday 9<sup>th</sup> December at the Horwich RMI Social Club. The do will include a buffet and disco, and will cost £12 per head. Watch out for ticket details in your November issue and on the website.**

**CLUB WEBSITE: [www.horwichrmiharriers.co.uk](http://www.horwichrmiharriers.co.uk)**

Chairman: Pete Bland 01704 822374

Secretary: Alastair Murray 01204 401344

Membership Secretary: Karen Smout 01204 401344

**[Holiday Cottage\(sleeps 5\)Santon, near Wasdale - Contact Eddie Swift on 01204 693795](#)**

**[Central Heating maintenance and plumbing work. Corgi Registered. Contact Tony Hesketh on 01204 690279](#)**

**[Chartered Physiotherapy & Sports Clinic \(10% discount to Horwich RMI Harriers\).](#)**

**[Contact Amjad Butt on 01204 596086](#)**

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