

November
2006
Runaround



Mike Short
2006 World M55
Mountain Running Champion

NOVEMBER RUNAROUND 2006

TED's Runaround Ramblings

Due to another full edition of the Runaround, my personal cross-country ramblings are again carried over to another month (Hurrah is the cry!!). Many thanks to Anne and Colin Jones for taking on the role of distributing the Runaround, which is terrific. The **dynamic duo** (!!) are a vital part in getting the posted copies out promptly. Not only that, but Colin's recipe and wine suggestions are ace. I have enjoyed producing the Runaround, so much so that I have offered to carry on being Editor until at least the 2007 AGM. In the meantime, if there is anyone else who would like to take it on in the future, don't let my continuation put you off. Please get in touch. Whilst the need is not immediate, perhaps you might wish to be part of the Runaround's future. ED's contact details: Gareth Hughes, 8 Vauze House Close, Blackrod, Bolton, Lancashire, BL6 5BZ. Tel: 01204 695528 Email: soforarun@ntlworld.com Info can be sent via post, email or cd (sorry no floppy disk facility at present, but working on it) and can include photos. Photograph credits: Ladies 4 Stage Relay (Norman Matthews). BBC Arena visit (Mark Dacre). Rotary presentation (The Bolton News -issue 03/10/06). Front cover purchased from www.rikko2photo.co.uk .

COMING SOON

November	Event	Venue/Start Time	Contact
5 th	Lancashire Sportshall League	Hyndburn Sports Centre (12 noon)	Mark Dacre 01942 818729
11 th	SE Lancs XC	East Cheshire (Broad Oak)	XC Captains
18 th	Red Rose XC	Hyndburn (Wilson Playing Fields)	XC Captains
19 th	U11's Sportshall Inter-Counties Regional Final (Team selection Lancashire)	Sportscity Manchester	Mark Dacre
December 2 nd	SE Lancs XC	Middleton (Heaton Park)	XC Captains
9 th	GM XC Championships	Chesham Fields, Bury	XC Captains
	Senior Christmas Party	Horwich RMI Social Club	Colin Jones 01204 690013
10 th	Calderdale Way Relay	Old Rishworthians Rugby Union Club, Copley, near Halifax	Fell Captains
16 th	Red Rose XC	Rossendale (Marl Pitts)	XC Captains
January 13 th	SE Lancs XC	Salford (Boggart Hole Clough)	XC Captains
21 st	Lancashire Sportshall League	Hyndburn Sports Centre (12 noon)	Mark Dacre
27 th	Northern XC Championships	Heaton Park, Manchester	XC Captains
February 11 th	Winter Hill Fell Race	Rivington Barn (10.00am)	Tony Varley 01204 669570

ROAD



BMAF and Northern Vets 10 Mile Road Championships (01/10/06).

1	P Freary (N Vets)	M35	52.35
18	P Muller	M45	56.58
55	A Allen	2 nd L35	1.02.59
120	D Wakefield	2 nd L50	1.15.10
170	E Burton	L35	1.29.47
171	S Ashworth	L35	1.29.48
Finishers 188			

Martin Hits The Roads.

September and October have been busy months for Martin Banks, one of our regular Tuesday Night beginners. Martin will have covered many miles travelling and running. In mid September he completed his third Robin Hood

Gold and Silver for Horwich Duo. Fire Brigade 10 (01/10/06). The combined British Masters Athletic Federation and Northern Vets 10 Mile Road Race championships held at Lytham saw two Horwich RMI Harrier ladies win medals in both championships. The course involved running along the promenade on what proved to be a very windy day. Angela Allen finished second in the BMAF championships and was winner of the Northern Vet championships in the Over 35 category, whilst Denise Wakefield was a double silver medallist in the Over 50 category. Winner of the L35 category was Nicki Nealon (Huncote Harriers) in 37th in a time of 59.43. Winner of the L50 category was Marian Hesketh (Preston Harriers) in 103rd in a time of 1.10.46. Horwich's only male entrant was Paul Muller who finished sixth M45 in the BMAF championships and fifth M45 in the Northern Vets championships. This was a very creditable performance considering he was suffering badly from a damaged knee, a long term problem which he aggravated in the previous weekend's Langdale Half Marathon. Elaine Burton and Susan Ashworth did well further down the field.

Photograph shows Denise (left) and Angela proudly wearing their BMAF medals (courtesy of Denise).

Nottingham Half Marathon in 1.54 and two weeks later, and a few practice runs in between, he completed the Berlin Marathon in a respectable 4.30. One week and two sports massages later he found himself lining up on the central motorway in the 'Toon', getting ready to run to South Shields in the Great North Run. One hour fifty eight minutes later Martin crossed the line and in his own words was 'very pleased with myself all things considered'. He reflected that the biggest, and his original 2006 challenge, was still to come. Before being roped in and accepting the last minute challenge of the Berlin Marathon, he had signed up and paid for (so no getting out of it) the Chicago Marathon which he was due to 'do' on Sunday 23rd October (news of how he got on in next month's issue). During his 'recovery' and tapering towards Chicago Martin found the time to complete the Fitness in Running and Walking course run by UK Athletics. Already an accredited Level 1 Performance Coach he will be helping out with the beginners' sessions on a Tuesday. In his own words 'As a plodder who is not built for speed I hope to encourage more people to run for fun'.

Martin Banks.

ED – Thanks Martin for those words. I don't consider you a plodder for one minute.

Green Drive 5 Mile Road Race (15/10/06).

1	T Elly (Salford)	M	25.01
15	D Mason	M	28.59
34	N White	M	30.26
43	J Foulds	M45	30.59
Finishers 345			

National Women's 4 Stage Road Relay, Sutton Park, Birmingham (21/10/06). Only the ladies managed to field a team for the national road relays. The men's team had been intact until the Thursday, when once again the gremlins struck. So the ladies were our sole representatives at these the premier road relays on the national club scene, with some very high quality athletes taking place, none more so than in the women's event.



Rachael Thompson – who is in super form at the moment - ran the first leg and set off determined to give the club a good position, which she did when coming home in 28th place. Katie Ingram was our next runner who netted four teams on her leg finishing in 24th and showing that she is coming back into some good form once again. Angela Allen who has been on a race merry-go-round lately, racing in all of the home countries over the last couple of months, was on leg three and can always be counted on to perform well. Today being no exception as she moved the team up to 18th place. On the last leg was

Karen Smout, still semi nursing a foot injury, who kindly stepped in at the last minute to keep the team alive. She did brilliantly running against some very fast ladies whose teams had saved their best runners for last. The team finished 22nd, nine places higher than our best ever position of last year.
Norman Matthews.

National Women's 4 Stage Road Relay Championships (21/10/06).

Leg

1	R Thompson	28	15.21
2	K Ingram	24	15.51
3	A Allen	18	16.08
4	K Smout	22	17.10
	Overall		
1	Birchfield H		59.33
2	Aldershot Farnham & District		59.39
3	Chanwood AC		1.00.17
22	Horwich RMI		1.04.30
	Finishers 78		

Natterjack Seaside 10K, Southport (22/10/06).

Over 600 runners managed to squeeze around the Victoria Park course at Southport as Horwich fielded six runners for this popular race. Brendan Bolland continued his super road running form with an excellent 4th place (33.50) leading the club to second team place just 10 places behind local club Southport Waterloo. Just behind Brendan in 5th place (34.01) was Alastair Murray taking ten seconds off his PB, which is not bad considering that he ran the first leg of the 6 stage the day before in 19.36 - he was the only one running, and wanted a little value from the entry fee! In third place was Denis Mason (36.40) in 18th place, an excellent performance, from 618 finishers. Nick White came next in 28th (38.02) and is racing well at the moment, with John Foulds 42nd (39.30) 4th in his age group and Pete Bland running on the spur of the moment and finishing 72nd (41.41), 5th in his age group from 23 running.

Norman Matthews.

Natterjack Seaside 10K, Southport (22/10/06).

1	T Elly (Salford)	M	32.01
4	B Bolland	M35	33.50
5	A Murray	M	34.01
18	D Mason	M	36.40
28	N White	M	38.02
42	J Foulds	M45	39.30
	Finishers 618		

Waddington 10K (22/10/06).

1	P Freary (Belgrave)	M35	31.51
7	P Muller	1 st M45	34.56
104	E Swift	M60	48.45
	Finishers 174		

2006 Men's & Ladies' Road Championships.

Below are the top six in this year's men's road championship and top five in the ladies' championship. Congratulations to Paul Massey the overall winner in the men's championship and to Steve Duckworth for pushing him all the way and also for finishing first vet. Well done to Sue Lever, who came out on top in the ladies' championship, and to Karen Hutchinson only two points behind.

NAME	Lostock 6 Mile 26/02	Radcliffe 10k 30/04	Jubilee 5 Mile 10/05	Chorley 10 Mile 28/05	Burnden 10k 09/07	Haigh Hall 5M 19/07	Middleton 10k 06/08	Rufford 10k 03/09	Swinton ½ Mar 24/09	TOTAL
Paul Massey	19	20	20		19	18		18	18	132
Steve Duckworth	18	16	17	17		17	19	16		120
Ian Selby	17	13	13		(13)	15	18	15	17	108
Alastair Murray	15	15	18	18			20	17		103
Gary Chadderton	5	8		15	8			12	15	63
Darren Kay	20	19		19						58

Susan Lever	19	18	19	17	18			19		110
Karen Hutchinson	18	17	17	18			20	18		108
Karen Smout			16	16	19					51
Carmen Anthony			20	19						39
Angela Allen				20						20

The best 7 races from 9 were to count, and at least one of the longer races (Chorley 10 or Swinton Half) was needed in order to complete the series. The points system was 20 points for 1st, down to 1 point for 20th.

FELL

Coope's Dozen 2006 (29/07/06).

It was prior to the 2005 run that Graham Schofield pointed out to me that in recent years we had taken to completing this local round on the Saturday preceding the Borrowdale race. I hadn't realised that we had established a pattern, but as this didn't seem to clash with anything of significance, in my capacity as unofficial co-ordinator I adopted this as the due date for 2006 and for the future. To be clear (for folk to whom the date of the Borrowdale race is not of significance - shame on you!) this puts the date for the annual group run as the last Saturday in July.

Although we did our best to publicise the 2006 event, we obviously missed a few folk (more of this later), despite Norman putting it on the Blog, so as soon as you get your 2007 diary put it in ~ Saturday 28th July, 9.00 a.m. Top Barn,

Coope's Dozen. What's more, now we have the Runaround back, we can put it in 'Coming Soon'.

So, on the morning of the 29th of July 2006 a smaller than usual group of intrepid (what does intrepid mean?) runners gathered at the Top Barn to tour the local fells. There was Paul Boardman, Ian Charters, Tony Hesketh, Ray Staford, Gordon Stone, my brother John and me. Peter Watson and Carolyn (Iron Lady) Wright attended on their cross bikes intending to cover as much of the course as possible, and John and Joan Coope were there to assure us that the catering arrangements would be to their normal high standard. Notable absentee stalwarts were Graham Schofield (injured) and Jim Leyland (nothing known). Also Brian Walton, who often jogs up from the east to do a few tops, but perhaps he was on a more exciting expedition abroad.

We all set off for Noon Hill and it soon became apparent that my six weeks of missed training, following a sprained ankle descending Skidaw, would see me falling off the back even earlier than usual. Not to worry, I'm used to running on my own. The group stormed over Noon Hill, on to the Pike, over Two Lads, then past the Shooting Hut to Winberry Hill, Egg Hillock then the slow valley bottom crossing through the bracken up onto Counting Hill, Winter Hill and down to Horden Stoops for the first feeding station. They were obviously a greedy lot and most of them had stayed there long enough for me to catch them up.

Then for the main group it was off again, over some more rough stuff towards Old Adam's. For me it was plan B. Having fulfilled the first part of his provisioning duties, the eponymous John donned his Walshes and we set off to do most of the second half of the round, missing only Old Adam's Hill. We met the leaders from the main group again on Spittlers Edge, where Paul reported that the doll's leg was still standing proud on Old Adam and then we all set off towards Great Hill. John and I dropped off the back, but completed the course over Round Loaf, stopping at Waterman's Cottage for further refreshments then Healey Nab and back to the Barn, where we met those of the faster runners who hadn't gone home for lunch. We also met Mary White and Sheila Norris and their man friend, as we had in 2005, who were just about to set off for their long Saturday run. They were kind enough to pretend that they were disappointed to have missed the main outing, but I suspect that they were glad to enjoy their own company and some peace and quiet.

The main squad, Ian, Paul, Ray, Gordon and John S had become a bit strung out on the run in and finished between just over 4 hours and just under 5, with John C and myself finishing in 4.24, having missed one of the outlyers.

Tony Hesketh, recovering from injury, had decided that enough was enough after Round Loaf and wisely gave Healey Nab a miss.

Peter and Carolyn had done more of the route than was sensible on their bikes and were at the finish to see us in.

As ever, many thanks to John and Joan, both for providing food and drink and (Joan) for being at the two planned stops exactly on schedule. Thank you also to everyone who turned out, and especially to John for keeping me company on the second half. All in all, a good, long (18 miles) morning out in some good company on our local fells.

See you on 28th July 2007.

Ed Swift.

ED – Thanks for the report on what I know is a great club event. I loved the description of John. ‘Eponymous John’ it is!!! Great to see John back running and it is thanks to him that the following information is provided.

Coope’s Dozen

For anyone wishing to do the round, the arrangements are as follows.

1. The start and finish must be at the same point.
2. The summits can be visited in any order.
3. The advice set out in the Country Code must be followed. The interpretation of that advice is left, absolutely and without question, to the participant.

The record for Coope’s Dozen was set on the 20th April 2002 by Kev Gaskell. He set a time of 2.25.30 on an ideal day following a spell of dry weather. Kev’s superb finishing time was seven minutes faster than the previous record, set by Ruppert Leggett on the 10th October 1995. Kev started and finished at the car park above the Top Barn (GR 638149) and completed the course as follows:

Summit	Grid Reference	Split Time	Total Time
Healey Nab	607180	26.30	26.30
Round Loaf	638182	20.30	47 (approx)
Great Hill	646191	06.00	53 (approx)
Spittlers Edge	654174	07.00	1.00
Old Adams Hill	661174	08.00	1.08
Egg Hillock	684142	25.00	1.33
Whinbery Hill	686139	01.00	1.34
Counting Hill	672142	11.00	1.45
Winter Hill	660149	10.00	1.55
Two Lads	653134	07.00	2.02
Rivington Pike	643138	09.00	2.11
Noon Hill	647150	08.00	2.19
Finish		06.30	2.25.30

Coope’s Dozen age group records are as follows (times in full minutes only).

M40	Kev Gaskell	20/04/02	2.25
M50	Paul Murray	02/10/95	2.42
M60	Paul Murray	14/11/01	3.08
JL	Ros Murray	21/10/95	3.33
L	Carolyn Wright	08/04/00	3.33

Grisedale Horseshoe, Derek Price Memorial Fell Race (02/10/06).

One of the toughest A medium fell races in the Lake District, with 5000ft of climbing over 10 miles. With a combination of short steep climbs and descents taking in Hellvelyn at its highest point. I have run this race over 10 times and it is one of the races I really look forward to each year. It is run by the Achille Ratti climbing club, based in the Langdales, of which Derek Price was the chairman for many years. This is a charity race in aid of CAFOD (Catholic Aid For Overseas Development), which all the proceeds go to.

In past years the weather has in general been kind, but this year was to be a character building exercise for most. From the start to the finish we had to contend with gale force winds, torrential rain and poor visibility. This year three harriers turned out, myself and two stalwarts of the club, Pete Walkington and Mick Crook who I think was running for the first time. The race starts from Glenriding Village Hall, it follows the river up past Gillside Campsite and follows the main path up the fell. After about three quarters of a mile the progress soon becomes a hands on knees power walk. At this point everybody had clad themselves in cags and hats such was the torrential rain. After about a mile you reach the top of the first climb, Birkhouse Moor. The undulating made path takes you to the Red tarn. You then take a direct route up to Catstye Cam, short but very steep. On reaching the summit check point 1, the wind was so strong it was blowing you off your feet, making it difficult to pick your way down the rocky path heading towards Swirral Edge. The rocky ascent at Swirral Edge gave us respite from the wind and rain, but was replaced by scrambling and wet rock. Reaching the summit of Helvelyn the weather was the main concern, knowing we would be exposed until we reached Grisdale tarn two miles away. The driving rain was so bad it was hard to see through the amount of water in your eyes. The poor visibility from Helvelyn over to Nethermost Pike and Dollywaggon Pike always catches a few people out. Seeing them disappearing on the path towards Wythburn is always good for a laugh. The descent to Grisdale tarn has two options, down the grass bank to the right, a direct route, or remain on the rough path to check point 2, and some respite from the weather. St. Sunday crag looms, the path ascends gradually from the tarn, run and walk until you reach the main path from Cofa Pike to St. Sunday. Again the wind and rain was relentless to check point 3, the summit. The main path takes a direct but rocky descent to the river crossing at Elmhowe Plantation. The route off to the right is a contour path, which is quicker, and crosses the main path directly at the point of a scree run and steep grassy descent to check point 4. This is the longest and steepest descent, so your legs take a real pounding and looking across the valley an even steeper ascent looms (the sting in the tail). The Grisedale Beck crossing is impassable for the first time in the race's history. A detour down the valley over the bridge brings you to the near vertical ascent. Literally on hands and knees, trying to control cramp, sees many a runner reduced to sitting down, a standstill to rest or even contemplate the meaning of life! Or just perhaps why did I enter this race in the first place. The 900ft ascent brings you to the last check point at the wall style. Up and over and a steep run off on the path and grass brings you back to the campsite and along the river, which is now a raging torrent, to the finish at the village hall. With the rain still unrelenting the hall was a welcome shelter, with free food and drinks laid on for all competitors which was much appreciated and needed. The winner's time of 1.55.12 (J Bland, Borrowdale) was well off the record of 1.41.36, not surprising with the weather conditions. Myself 2.17.02 (PB 1.46.15) Pete Walkington 2.37.34 (1st V60) and Mick Crook 2.55.11. There were 130 starters and 119 finished. On a nice day this race affords good views and is a real test for anyone wanting to take part in Lakeland Fell races. Unlike fell races here, it is a different style of running, changing pace, run, walk, climb. This should not put

anyone off. Even you road runners should come and try, as long as you recce it first, you might even like it!
Rob Green.

Horwich's New World Champion.

WMRA / WMA World Masters Mountain Running Championships (23/09/06). Horwich RMI Harrier Life Member Mike Short won the Over 55 World title at the recent Sixth World Masters Mountain Running Championships in Saillon-Ovronnaz, Switzerland. Mike Short won in a time of 48.47, beating defending champion Reinhart Vogler of Germany into second place in a time of 49.02, with Rudolf Pletzer, also of Germany, finishing third in 50.03. Although England had other Silver and Bronze medal winners, Mike was the only British runner to strike Gold. Mike's time was a great performance on the tough 7.9K, 917m ascent course and placed him first Over 55 from sixty-one finishers in his category. 700 Masters athletes gathered in Saillon-Ovronnaz, in the Swiss Canton of Valais for the Sixth World Masters Mountain Running Championships. Nine current champions lined up to defend their titles. Defending champions - Arebruno Baggia (ITA) M70, Peter Covey (ENG) M65, Raymond Wilby (ENG) M60, Gerlinder Scmittner (GER) L60, Reinhart Volger (GER) M55, Alison Brentnall (ENG) L55, Nigel Gates (ENG) M50, Maureen Laney (ENG) L50, Franco Torresani (ITA) M40.
ED - Congratulations Mike. You thoroughly deserve to be featured on our front cover this month.

Scafell Pike Fell Race (23/09/06).
4.5 miles, 3000' ascent.

1	N Sharp (Keswick AC)	M	55.52
34	S Kenyon	M35	1.19.13

Finishers 54

Thieveley Pike Fell Race (30/09/06).

This was the last race in the English Championship and was well attended, with 250 runners on the day. It was very nice to see Horwich pick up third team behind Pudsey and Borrowdale. Well done the lads! First home for Horwich was Darren Kay less than a minute behind winner Rob Hope and having his best championship run to date in 4th. Brendan Bolland came next in 22nd. Again the time margins were pretty close, with a minute faster seeing him in the top ten. James Kevan had a chance of winning the championship if he finished first intermediate, but Chris Doyle and Jonny Mellor, his main rivals, had stormers and James' 4th position meant he just missed out. Chris Heys started very steady and pulled through well to finish 41st. Next came Graham Schofield who was our fifth counter for third team on the day, and the lead Over 50 runner for the club, with Steve Jackson, Tony Hesketh and Mike Crook in strong support. Stephen Diaz finished 117th and Pete Walkington 139th and 5th Over 60, still sporting that unique uphill climbing style on all fours. Well done Pete and to all the runners, including our only lady runner Mary White who finished second Over 55 and finished second overall in the championship. Great result Mary.
Norman Matthews.

Thieveley Pike Fell Race (30/09/06).

Men			
1	R Hope (Pudsey & Bramley)	M	30.44
4	D Kay	M35	31.30
22	B Bolland	M35	32.54
38	J Kevan	JM	34.41
41	C Heys	M	35.02
47	G Schofield	M50	35.41
72	S Jackson	M50	37.08
84	T Hesketh	M55	37.59
117	S Diaz	M	40.19
122	M Crook	M55	40.44
139	P Walkington	M60	43.03
Finishers 196			
Ladies			
1	N White (Bingley)	L	35.41
39	M White	2 nd L55	50.52
Finishers 52			

Ian Hodgson Relay (01/10/06).

Sunday 1st October saw the Ian Hodgson Mountain Relay under the new management of John Broxap and Andrew Schofield. A favourite event with our hard core fell-runners, we entered our usual senior, vet and ladies' teams. Our senior team saw a debut in the event for Russell Maddams on leg 1, with the unenviable task of hanging on to the coat tails of Darren Kay. On the toughest leg, and against the strongest of opposition, Russell and Darren ran well to hand over in 9th place. Leg 2 saw us field a pair with a combined age of just 36 (compare with victorious Borrowdale's leg 4 combined age of over 90). James Kevan and Peter Haworth had a great run, moving us forward 3 places and into 6th. They were 4th fastest from all the teams on this leg. Feeling tired after the Thieveley Pike Championship Race the day before, James surprised everyone, not least himself, with a 90 second improvement over the same leg last year. These lads are already a great addition to the senior team. Chris Heys and Alastair Murray ran the 9th quickest leg 3 of the day, losing just one place to Bingley. Brendan Bolland and Doug Hayes then finished the job on leg 4 over some of the most challenging terrain of the relay, dropping just one further place to finish in 8th, our highest for a few years.

On to the vets. After racing at Thieveley Pike the day before, it was back to familiar ground for Graham Schofield and Steve Jackson on leg 1 of this relay, their vets record from 1997 still unbeaten. They handed over to Tony Hesketh and Albert Sunter in 17th place, who held their position throughout leg 2. Steve Barlow and Kev Gaskell gave the vets' top performance of the day on leg 3. Setting off shortly after our senior team, their overall time was almost identical, just 12 seconds adrift of Chris and Ali! Leg 4 stalwarts Colin Jones and Rob Green brought the team home in 15th place overall, unfortunately just out of the medals as the 4th vets team, but a great effort all round.

Just 10 clubs fielded a full ladies team for this event. Our ladies acquitted themselves well, despite some of their usual number being unavailable, not least team captain Suzanne Budgett, who is making steady progress following

her ankle injury earlier in the year. Suzanne made the trip to support the team and ensure everything ran smoothly. We are sure she will be back in action at next year's event. Rachel Metcalfe and Geraldine Walkington got the team underway on leg 1, handing over to Julie Haworth and Clare McKenna leg 2, who were the 3rd quickest ladies' team on this leg. Much credit goes to Karen Smout and Carmen Anthony, neither of whom had run leg 3 before, so an eye on the map and compass kept them on course. Mary White, fresh from the previous day's Thieveley Pike race, together with Sue Hayes in pursuit of spouse Doug, finished the job on leg 4.

Thanks to everyone who took part. The organisers also send their thanks to us for the loan of our minibus together with driver Mark Davies. The impromptu "shuttle bus service" for leg 3 and 4 runners helped to minimise traffic congestion at the Kirkstone Inn. Thanks Mark!

Finally, best wishes to James Logue and wife Esther on the birth of their baby boy the day before this relay. James had been looking forward to taking part as usual but the imminent "clash of events" soon became apparent, causing a change of priorities!

Chris Heys.

Ian Hodgson Relay (01/10/06).

Leg	Men's Team	Time	Leg Position	Overall Position	Gain
1	D Kay R Maddams	1.16.17	9	9	0
2	J Kevan P Haworth	37.42	4	6	+3
3	C Heys A Murray	1.13.45	9	7	-1
4	B Bolland D Hayes	1.01.40	15	8	-1
Men's Vets Team					
1	G Schofield S Jackson	1.22.38	17	17	0
2	T Hesketh A Sunter	42.41	20	17	0
3	S Barlow K Gaskell	1.17.37	10	13	+4
4	R Green C Jones	1.03.58	21	15	-2
Ladies' Team					
1	R Metcalfe G Walkington	1.54.39	60	60	0
2	J Haworth C McKenna	50.16	40	58	+2
3	K Smout C Anthony	1.45.38	60	60	0
4	S Hayes M White	1.28.38	56	59	+1
Overall					
1	Borrowdale FR	3.39.58			

8	Horwich RMI Men's	4.09.24
15	Horwich RMI Men's Vets	4.23.14
59	Horwich RMI Ladies' Finishers 61	5.59.11

Paul Murray's 65th Birthday Joss Naylor Challenge Run (01/10/06).

What is the Joss Naylor Challenge? - The Joss Naylor Challenge was set up by Joss Naylor, Britain's most famous fell runner, for runners over 50, to follow a high level route over 30 hills from Pooley Bridge on Ullswater in the eastern Lake District to Greendale Bridge, Wasdale in the west and at the same time raise money for charity. He set some time limits according to age. Men over 50 years were allowed 12 hours, over 55 it is 15hours, the over 60s given 18 hours and over 65 a generous 24 hours, with slightly longer times for women. The total distance is about 48 miles with 16,000 feet of climbing with some of the hills like Bow Fell, Great End and Great Gable being particularly rough and bouldery. Although the route omits Scafell Pike, England's highest peak, it does cover some of the highest peaks in Lakeland and in addition to the ones mentioned earlier includes High Street, Stoney Cove Pike , Red Screes, Fairfield, High Raise, Esk Pike, Pillar, Scoat Fell and Haycock. Rather than have a party I decided to celebrate reaching the age of a senior citizen by doing an athletic activity that I most enjoy, namely having a long day out running and walking over Lake District Fells with friends. The Joss Naylor Challenge was an ideal choice of route. I first completed the Challenge in June 1997 when I was 55 years old in a time of 11hours 23 minutes and although it was summer I encountered hail and a thunder storm. An attempt on the 1st October has certain disadvantages over a June run since there is less than 13 hours daylight and the rocks, when wet, dry out more slowly. But at least it should not be too hot and surely I would not get another thunder storm!

Preparation - Adequate preparation combined with good luck with weather is the key to success on long mountain runs. Since I had chosen my birthday I could not postpone the day in the event of poor weather. Miles per week is less important than time spent on the mountains, some running, but also walking up steep hills and descending quickly over rough terrain. The other vital part of preparation is going over the route so that your navigation is accurate on the day, particularly in the darkness and mist. I spent many hours checking bearings, making notes of landmarks, and picking the best lines, a skill that fell runners often neglect. I had eight separate reconnoitring sessions so all the route was covered, some of it three times. I also recorded times between each hill and to the road crossings and used this information to draw up a schedule. It is far better to make your own schedule rather than copy one from someone else, since the schedule can be used to assist you and not be a series of unrealistic targets. It must be achievable and have slacker sections built in to help with the psychological battle you may have if the going gets tough. Your team of helpers is of utmost importance. They must be people who are at home in mountains, rather than just runners, and most of my wonderful team were members of mountaineering clubs as well as

runners. Their function is to carry food and clothing, help find the way and pick the line, be good company and be on hand in case of emergency. The other important people are the road support who have to be organised with food, drinks and spare clothing at the road crossings, and also feed the hill support team and transport them back to their cars after their stage. My wife Margaret and Edwin Coope did a first class job, with each of my three feed stops being only six minutes. Edwin also carried food and clothing to Styhead Pass where we had a change over and food stop but there is no road. I had prepared food, spare clothing, maps and sheets of bearings in labelled polythene bags for each stage and food stop, and the road support were slick and ready with them so no time was wasted - rather like a pit stop.

My birthday run - I set off at 4.07am with Ian Charters of Horwich RMI and Rae Pritchard of the Rucksack Club in the dark and rain, fearing that we would have a navigational nightmare in the mist, as a low cloud base was forecast. But it turned out to be better than predicted, although we did make our only navigational error of the whole route on the first hill, Arthur Pike, when we overshot because I had miscalculated the time and thought we were there too soon - but we only wasted a couple of minutes. After that we hit everything spot on. My two companions on this stage knew exactly how to support, supplying me with food and drink from the start and staying close by me in the dark. They had both completed the Bob Graham Round earlier this year so they understood exactly what is needed as support on these long distance runs, and were excellent as they completed the first six hours to Dunmail Raise, our second road crossing. At Dunmail were waiting Horwich Harrier Ray Miller and former Horwich man John Nixon, two very experienced fell men who know the Lakes very well, and again both members of the Bob Graham club. The climb up Steel Fell is one of the steepest of the challenge, but thankfully it is quite short, being about 25 minutes. After this, there is about half an hour of undulating walking and running, followed by a climb up High Raise, all on grass. It was still misty but our compass bearings were accurate and we had no problems over this and the next hill, Rosset Pike. After crossing Rosset Gill the terrain changes, and it is a feature of the Challenge that it becomes harder and more rugged as we progress. The boulders of the next group of hills makes the progress much slower, particularly when wet as they were that day. After Bowfell, there is Esk Pike and the descent off Great End to Styhead Pass which gave us the only major route choice of the day. To scramble down a steep rocky gully, with much loose rock, or retrace our steps mainly on grass by Esk Hause. I chose the latter and arrived at Styhead feeling tired but pleased with progress so far. After rice pudding and a hot drink, carried up by Edwin Coope, I set off on the trudge up Great Gable with my next team of helpers, Dave Bateson and John Hope of Achille Ratti. The descents off Gable and Kirk Fell were very tricky due to the wet conditions but at least the weather seemed to be brightening. At Black Sail Pass my daughter, Ros, and a work mate from Barrow joined us for the last stages and they carried extra drinks and torches in case we finished in the dark. The climb up Pillar is long but it was going well, then the weather began to change for the worse with mist, rain and a clap of thunder. Suddenly we were enveloped in torrential rain and more thunder. This continued as far as Steeple, but as we climbed Haycock the mist cleared and the rain stopped and we had reasonable conditions over the last hour of the

route. As Ros led the way off the last hill, Middlefell, it was going dark but we got to Greendale Bridge without using the torches. Edwin Coope, my wife Margaret, and Joss Naylor were waiting for us as I reached the finish of an excellent day out in 15hours 03minutes. A few weeks previously fellow Horwich Harrier, Ray Stafford, had also completed the Challenge in a time that was the record for age 65 plus. I was a little faster than Ray so I claimed his record. Sorry Ray! But neither of us will be rushing out to repeat it in the next few months.

Paul Murray.

Smarna Gora International Mountain Race, Ljubjana, Slovenia (07/10/06). Because of a long term injury I had been absent from the international fell scene since the world trophy in 2004. However, with the arrival of a new U23 development team, to give athletes like myself a chance to move through from junior to senior level, I was given the opportunity to compete in Slovenia in one of the international grand prix races. The competition included some of the best runners from all over the world and I also met fellow Horwich RMI Harrier Brian Walton who regularly competes on the European circuit. The course was well suited, although aimed at uphill only there was a good descent and some relatively steady climbs, finishing with spectacular views on top of the mountain. Despite being heavily boxed in for the first kilometre of the race, and with little room to overtake on the first climb, I finally finished in 8th position and first British lady, just one place outside of the prize money! I was very pleased with my performance and had a fantastic and very enjoyable trip, and hope to return next year to get into the top seven prize money positions!

Katie Ingram

British and Irish Junior Hill Running Championships:

Slieve Gallion, Northern Ireland (08/10/06).

April Stevenson's overall second place in the English Junior Fell Championship this year guaranteed her an invite to run in the England development team at the British Championships in Northern Ireland. She acquitted herself brilliantly when finishing second to Laura Riches in the U14 Girls' race. English runners won five of the six individual titles and three of the four team titles contested. If it had not been for Scotland securing individual gold in the boys' U14 race and the boys' U16 team, England would have had a clean sweep.

UKA British Fell Relay Team Bronze (15/10/06).

The 18th UKA British Fell and Hill Running Relay Championships held at Castle Carr estate, near Myholmroyd saw Horwich come away with a terrific team bronze. This relay involved the best teams in the country and so it was a tremendous result for the Horwich RMI Harrier senior men's team to finish third overall. Running on Leg 1, a Solo stage covering 5.9 miles, with 1480' ascent, James Kevan had a great run to finish in fourteenth place against some top class opposition. James handed over to Darren Kay and Brendan Bolland who ran tremendously well, moving the team up into fourth place at the end of the 9.4 miles, 2350' ascent Leg 2. Then on the tricky orienteering Leg 3 (approximately 6 miles, 1000' ascent), James Logue and team Captain

Chris Heys excelled themselves to finish in first place. The daunting task of then taking on the last leg (Leg 4, 5.9 miles, 1480' ascent) was given to Russell Maddams, who ran brilliantly to bring the team home in third place. The veteran men's team finished in a creditable ninth place out of thirty veteran teams competing and twenty-fourth team overall (Schofield, Barlow, Gaskell, M Seddon, Walton, S Jackson). The ladies too were ranked in the top half of the race, finishing eleventh out of twenty-four ladies' teams (Allen, Budgett, Metcalfe, Walkington, White, McKenna). With 111 teams completing the gruelling top class relay all the Horwich RMI Harrier teams did extremely well and enjoyed the day immensely.

British Fell Relay Championships (14/10/06).

Leg	Senior Men's Team	Overall Position	Overall Time
1	J Kevan	14	47.09
2	B Bolland	4	2.02.35
	D Kay		
3	C Heys	1	3.02.07
	J Logue		
4	R Maddams	3	3.49.11
	Men's Vets Team		
1	G Schofield	36	50.14
2	S Barlow	22	2.12.13
	K Gaskell		
3	M Seddon	18	3.24.10
	B Walton		
4	S Jackson	24	4.17.01
	Ladies' Team		
1	A Allen	84	58.05
2	S Budgett	95	2.44.44
	R Metcalfe		
3	G Walkington	90	4.32.47
	M White		
4	C McKenna	91	5.37.53
	Overall		
1	Bingley Harriers	3.44.53	
2	Mercia Fell Runners	3.48.19	
3	Horwich RMI Harriers	3.49.11	
24	Horwich RMI Men's Vets	4.17.01	
91	Horwich RMI Ladies' Finishers 111	5.37.53	

2006 Men's and Ladies' Fell Championships.

Congratulations to Darren Kay, winner of this year's Men's Fell Club Championship and to Mary White winner of the Ladies' Fell Club Championship. Also to Steve Jackson who was the first male vet. Mary White was the only lady who completed a short, medium and long race, hence the other ladies' scores are in brackets as they did not strictly complete the championship.

	<u>Wint H</u> <u>12/02</u> Med	<u>Carding</u> <u>04/03</u> Short	<u>Pike</u> <u>15/04</u> Short	<u>Waltz</u> <u>22/04</u> Med	<u>Lordst</u> <u>21/05</u> Med	<u>Ennerd</u> <u>10/06</u> Long	<u>HolmeM</u> <u>16/07</u> Long	<u>Sedbergh</u> <u>20/08</u> Long	<u>Thiev</u> <u>30/10</u> Short	TOTAL
Darren Kay	15		15	15	15			15	15	90
Brendan Bolland	14	15	(13)	14	14			14	14	85
Chris Heys		12	10	(9)	12		15	13	12	74
Steve Jackson	10	13		13	10	15			10	71
Brian Walton				8	8	14		12		42
Mick Crook		10		5				9	7	31
Steve Kenyon	8		3					10		21
Dave Massey	3	14	11	12						(40)
Graham Schofield				11	9				11	(31)
Alastair Murray			9	10						(19)
Tony Hesketh		11		6					9	(26)
James Kevan			14						13	(27)
Philip Dewhurst	11							11		(22)
Philip Kujawa							14			(14)
Mark Seddon	13									(13)
James Logue					13					(13)
Ian Charters						13				(13)
Steve Barlow	12									(12)
Paul Massey			12							(12)
Matthew Tickle	7		5							(12)
Stephen Diaz			4						8	(12)
Russell Maddams					11					(11)
Rob Green	9									(9)
Rob Jackson			8							(8)
Glyn Kay			7							(7)
Karl Ward				7						(7)
Colin Waterworth					7					(7)
Andy Porter	6									(6)
Steve Nolan			6							(6)
Pete Walkington									6	(6)
Albert Sunter	5									(5)
Doug Fleming	4									(4)
Frank Wood				4						(4)
Anthony Hallahan	2									(2)
Ian Hope			2							(2)
Nicholas White	1									(1)
Gary Chadderton			1							(1)

Mary White				14	15			15	15	59
Suzanne Budgett	15		14	15						(44)

Rachel Thompson			15						(15)
Rachel Metcalfe					14				(14)
Janet Rashleigh			13						(13)
Karen Smout			12						(12)
Christine Sweatman			11						(11)

The championship was the best 6 to score, with at least one each of short, medium and long.

CROSS-COUNTRY

Red Rose XC League, Blackburn (07/10/06).

Horwich RMI Harriers made an impressive start to the cross country season, with a total of forty runners participating in the first of the Red Rose Cross-Country League fixtures at Witton Park, Blackburn. One of the highlights of the day was Horwich's one-two-three in the senior men's race with Colin Rigby timing his late charge to perfection as he overtook junior winner James Kevan who finished second. Russell Maddams had a great run in third, in this his first race for Horwich in cross-country. Completing Horwich's victorious team of six were Brendan Bolland, Pete Haworth and Graham Schofield. Another Horwich highlight was Joe Christopher's comfortable win in the U17 race. In the veteran team category Graham Schofield, Dave Massey, Steve Nolan and Steve Jackson, all ran well to finish second team.

In the ladies' race Janet Rashleigh had an excellent run, brushing aside her hamstring niggle to help the ladies to a fine second team place. Julie Haworth and Clare McKenna both ran well to complete the ladies' team of three.

Rachel Metcalfe was not far behind as Horwich's fourth lady finisher, closely followed by Gaynor Higson just a couple of seconds behind.

Horwich had eight juniors competing, recording a great team effort in the U15 Boys' race taking the third team place, with great runs by Tom Carson, Jamie Crompton and Andrew Cafferky. Indeed Tom finished in a terrific third place overall, as did Bethan Faulkner in the U15 Girls' race.

Red Rose XC League, Blackburn (07/10/06).

Men				U11 Girls		
1	C Rigby	M35	36.45	1	Alice Garnett (Park High School)	6.42
2	J Kevan	1 st JM	36.58	9	Hannah Cafferky	7.30
3	R Maddams	M	37.07		Finishers 23	
10	B Bolland	M35	37.45		U13 Boys	
20	P Haworth	3 rd JM	38.56	1	James Bretherton (Chorley H)	11.36
31	G Schofield	2 nd M50	40.01	25	Peter Templeman	15.41
32	D Massey	M45	40.22		Finishers 28	
39	G Kay	M	40.54		U15 Girls	
55	I Hope	M35	41.47	1	Emma Flanagan (Rossendale)	14.46

56	S Diaz	M	41.59	3	Bethan Faulkner		15.07
66	K Ward	M35	42.43	11	Lucy Allcock		16.33
69	S Nolan	M45	42.49		Finishers 30		
70	A Hallahan	M	42.52		U15 Boys		
72	S Jackson	M50	43.01	1	Louis Sczmanski (Bury)		12.48
74	T Hesketh	2 nd	43.06	3	Tom Carson		13.20
		M55					
77	D Fleming	M45	43.21	5	Jamie Crompton		13.42
83	R Green	M40	43.41	22	Andrew Cafferky		15.15
87	G Chadderton	M40	43.57	26	Simon Rashleigh		16.13
94	M Kay	M35	44.33	29	Bradley Lomax		16.48
117	P Bland	M55	47.00		Finishers 33		
128	M Lysycia	M45	48.10		U15 Boys' Teams (3)		
138	B Allman	M50	49.03	1	Bury		
144	P Murray	2 nd	50.13	2	Bolton		
		M60					
150	K Makin	M55	51.11	3	Horwich RMI		
163	G Stone	M50	55.43		U17 Men		
	Finishers 174			1	J Christopher		18.45
	Men's Teams (6)				Finishers 30		
1	Horwich RMI	67			Ladies		
2	Salford	136		1	V Gill (Chorley H)	L	19.44
	Men's Vets (4)			4	J Rashleigh	1 st	21.55
						L45	
1	Clayton	35		21	J Haworth	L35	24.32
2	Horwich RMI	59		22	C McKenna	L	24.38
				24	R Metcalfe	L	24.51
				25	G Higson	L35	24.52
					Finishers 78		
					Ladies' Teams (3)		
				1	Clayton-Le-Moors	17	
				2	Horwich RMI	42	
					Lady Vets (3)		
				1	Clayton-Le-Moors	13	
				2	Horwich RMI	17	

SE Lancs XC (14/10/06).

On the same day as the British Fell Relay the first of this season's South East Lancs Cross-Country fixtures took place at Lilford Park, Leigh. As if to emphasise the club's strength in depth, twenty Horwich RMI Harrier men took part and won the senior men's team award. Paul Massey led the team superbly to finish in fourth place with Alastair Murray, also running well, not far behind in fifth. Dave Massey, although still nursing a calf problem, ran a great race to finish fifteenth as did Glyn Kay just behind in sixteenth. Pete Haworth (twentieth) and Steve Nolan (twenty-first) completed the victorious team. In the ladies' race Horwich managed to field six runners with Janet Rashleigh once again leading the team home, this time in a very creditable second place. With Gaynor Higson and Julie Haworth providing great support, the Horwich ladies managed to finish third team. The Horwich ladies were victorious in the Over 35, Over 40 and Over 45 veteran team categories. All

the ladies acquitted themselves tremendously well, including Linda Webb who was making a welcome return to racing after a couple of years' absence, Sally Smallbone who was just returning from injury and new member Nicole Kirkham. In the junior races the U15 boys again caught the eye, this time finishing in second team spot. Jamie Crompton was the team's first counter in fourth place, with Andrew Kirkham in seventh, Simon Rashleigh eighth and Andrew Cafferky in ninth. In the U15 Girls' race April Stevenson ran a great race to finish fourth.

SE Lancs XC, Leigh (14/10/06).

Men				Ladies			
1	A Martin (Oldham)	M	33.30	1	C Needham (Rochdale)	L	24.33
4	P Massey	M35	34.16	2	J Rashleigh	1 st L45	26.27
5	A Murray	M	34.40	12	G Higson	3 rd L35	29.03
15	D Massey	M45, 3 rd M40	36.16	13	J Haworth	L35	29.07
16	G Kay	M	36.33	21	L Webb	L45	31.52
20	P Haworth	JM	36.46	26	S Smallbone	L	32.48
21	S Nolan	M45	36.46	28	N Kirkham	L45	33.12
22	I Selby	M35	36.47		Finishers 48		
27	J Brown	M	37.35		Ladies' Teams (3)		
29	A Hallahan	M	37.52	1	Rochdale	15	
32	S Diaz	M	38.24	3	Horwich RMI	27	
33	K Ward	M35	38.26		Ladies' Over 35 (3)		
37	N White	M	38.39	1	Horwich RMI	12	
39	D Fleming	M45	38.48	2	Rochdale	18	
50	G Chadderton	M45	40.02		Ladies' Over 40 (3)		
59	P Reed	M50	41.20	1	Horwich RMI	21	
80	P Murray	M65, 2 nd M60	43.59	2	Rochdale	22	
82	B Allman	M50	44.28		Ladies' Over 45 (3)		
88	K Makin	M55	45.23	1	Horwich RMI	14	
93	P Ramsdale	M45	46.54	2	Rochdale	18	
10	G Stone	M50	49.31		U15 Girls		
3							
	Finishers 110			1	Laura Riches (Leigh)		12.33
	Men's Teams (6)			4	April Stevenson		13.15
1	Horwich RMI	81			Finishers 17		
2	Leigh	86			U15 Boys		
	Men Over 40 (3)			1	Ryan Gould (East Cheshire)		11.48
1	Burnden	19		4	Jamie Crompton		12.15
2	Horwich RMI	21		7	Andrew Kirkham		13.13
	Men Over 50 (3)			8	Simon Rashleigh		13.36
1	Burnden	14		9	Andrew Cafferky		13.39
2	Horwich RMI	31			Finishers 15		
					U15 Boys' Teams (3)		
				1	Leigh		13
				2	Horwich RMI		19

MULTI-TERRAIN & TRI

Cirencester Park 10K (24/09/06).

Let's drive 200 miles to Cirencester for a week's holiday, and by the way do a 10K whilst we are there. What a good idea!

Exceptionally well organised by Cirencester A.C., this race also incorporated the Gloucestershire County 10K Road Race Championship for 2006.

Run in the 30,000 acre Cirencester Park, on traffic free estate roads and paths, through beautiful scenic parkland where the magnificent trees were just beginning to shed their leaves and conkers were falling in abundance. The park estate is owned by the Earl Bathurst and is maintained meticulously for the mutual benefit of all. The course ran on woodland trails and paths out on to a two lap loop, with a nice climb and past polo grounds (no we didn't see Charlie playing), with a long downhill finish near the park gates. Not one for a PB or sub 40 for us, but still very enjoyable and recommended.

1	Charles Sykes (Swindon Harriers)	M	32.53
30	Lucy Walmsley (Bourton Road Runners)	L	39.19
91	Gaynor Higson	3 rd L35, 8 th L	43.50
119	Keith Makin	12 th M50	45.40

Finishers 469

Keith & Gaynor.

Gin Pit 5 Mile Trail race (08/10/06).

1	T Elly (Salford)	M	25.49
9	S Nolan	3 rd M45	30.07

Finishers 123

Beaten By A Sporting Celebrity!

A scoop provided by way of a tortuous route – from a former club member, passed on to a current club member, then passed to another former club member, then passed on to ED, then confirmed by club member Paul, who ran in the race, and then passed on to you!!!

How many club athletes can claim to have been overtaken and beaten by a famous sports personality and former World Champion (2001 and 2004), who is not known for their running, in 2006?

Finishing in thirteenth place (38.40) was the snooker player, none other than Ronnie (The Rocket) O'Sullivan! The Rocket was flying for Woodford Green AC. Paul said he flew past him so fast, he couldn't catch him to get his autograph! Former club member Steve Morran (Northern Vets) finished in twenty-first place in a time of 40.41 and was first Over 50.

ED- Can you guess the identities of the second former club member and the club member, other than Paul?? Clue – club member is not ED.

Standish Hall Trail Race (14/10/06).

1	M Moorhouse (Salford)	M	34.15
26	P Boardman	2 nd M45	41.23

Finishers 121

JUNIOR & INDOOR

Jim Rhodes St. Ann's Hospice One Mile Road Race, Littleborough (27/09/06).

1 R Ingham (Oldham) M 4.14
57 C Critchley 1st MU10 7.00
Finishers 81

FORTHCOMING EVENTS

Indoor Sportshall Competition held at
Hyndburn Sports Centre 5th
November 2006.



We need to Register our Athletes
between 11:00-11:30am on the day.

The cost is £5.00 per athlete.

The competition is open for all Under
11's, Under 13's and Under 15's
Full fixture list below.

FOOT CARE TALK on Monday 6th November 2006

We are delighted to invite a fully
qualified Chiroprapist, Katie Grindley,
to talk about general foot care. It is
important for our young athletes to
look after their feet.



Both Children and Parents are
welcome to come along. Katie will
take a couple of sessions, one from
7:00-7:30pm and the other from
7:30-8:00pm.

This is **FREE** and invaluable for the
health of our athletes.

This year we are entering the Lancashire Sportshall League for the 2006/2007 season, instead of the Manchester League, as the Lancashire league offers a better range of events for the younger athletes. The meetings are as follows, and are for U11, U13 and U15 (ages as at 31st August 2006):

Sunday 5th November 2006 Hyndburn Sports Centre
Sunday 21st January 2007 Hyndburn Sports Centre
Sunday 18th February 2007 Blackpool Sports Centre, Stanley Park

Entry fee is £5.00, payable on the day and includes 4 events and a relay.
Entries on day from 11am, first event is at 12 noon.

INDOOR SEASON Years 3 to 7

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

MONDAYS & WEDNESDAYS

The dates of training up to Christmas
from November 2006 are as follows :-

Nov 1st 6th 8th 13th 15th 20th
22nd 27th 29th
Dec 4th 6th 11th 13th 18th



CHRISTMAS BREAK

GENERAL NEWS

Athletes of the month awards

Just to let you know we will be
commencing these awards again,
from the month of November 2006

MEMBERSHIP

Reminder - 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
urgently ask Parents or Guardians to
complete the relevant membership
form etc.

Forms available on the Website @
www.horwichrmiharriers.co.uk

Another BIG THANK YOU from the
Coaches to all those Parents that
have helped us with the Indoor
Training this year

*Mark Dacre Horwich RMI Coach 0773
9181487*

On Sunday 19th November there is an U11 Inter Counties Regional Final match at Sports City- U11 athletes that compete at the Sportshall match on 5th November may be selected for this final.

For any further information please contact Belinda Keating on 01204 667674 or Mark Dacre on 01942 818729

COMPETITION

Gaynor Higson was the mystery runner in last month's competition. The winning entry drawn from the correct answers (by Club President Stewart Westhead), receiving £20 in Sweatshop vouchers, was that of Norman Matthews. He also receives a £5 voucher bonus for correctly naming the race, in which Gaynor was running, as the Burnden 10K. Runner-up was Keith Makin, who correctly named Gaynor and the race. He wins £20 of Meridian Physiotherapy vouchers. Many thanks to both Sweatshop and Meridian for the donation of the prizes. This month's question relates to October's Runaround, in which a time was deliberately left out for Paul Muller in the Blackpool Beach 10K. The £20 sports voucher prize for November will go to the person who comes closest to giving his correct time. If you think you know the answer please send your answer with your name, address and telephone number (via email, post or hand) to ED by the 28th of November. 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 give Paul's 10K PB to within 20 seconds. Normal rules of entry apply (i.e. if you're the runner, this time Paul, you're not eligible to enter and on this occasion he can't divulge his times!!).

LETTERS - None this month. So come on get your pens to paper, or email them to ED. Serious or light hearted, anything goes!!

NEWS

SAD NEWS - The club was sad to learn of the loss of Dan Ranoe who died on the 4th of October. Dan (born 24th August 1928) ran for Horwich RMI Harriers in the 1940s.

On happier notes-

BBC Film At Bolton arena (23/09/06).

The BBC filmed various venues on Big Lottery Day to see just how lottery money is being used. A film crew visited Bolton Arena, on a day that was all about the family and sporting opportunities at the Arena as a result of the lottery funding. There were various groups represented on the day, including the council, community sports coaches and local sports clubs. The club was asked to participate by running some coaching sessions for youngsters throughout the day. They filmed youngsters being trained by our coaches in different disciplines (e.g. hurdles, high jump, long jump). We were able to promote the club and encourage youngsters to take away flyers and hopefully

attend our club sessions in the future. There was even a sprinkling of celebrities, including Gaynor Faye. Gaynor Faye starred in Coronation Street as Judy Mallett from 1995 to 1999. She played the role of Lauren in Fat Friends. Earlier this year Gaynor was crowned Dancing On Ice 2006 champion in the ITV1 reality TV show competition, skating with her partner Daniel Whiston. GB Athletes Helen Pattinson (Preston Harriers' 2002 Commonwealth Games 1500m gold medallist) and Anyika Onuora were in attendance, as well as Olympic swimmer Chris Parry. Our own stars, Club President Stewart Westhead and coach Carl Foster were interviewed but due to time constraints this footage was not seen on TV. However, we did catch a glimpse of some of the children and coaches during the 30 seconds of footage shown during the special BBC1 Lottery programme broadcast that Saturday evening. Stewart was seen briefly (!!), in front of the interviewer, and his voice was heard (words provided by the film producers!!) as the Arena action was reviewed. Stewart's famous words - "The Arena's been very important for the area. It's got the kids out of the houses, onto the track, and doing sport". STAR MAN STEWART !! So if you see Stewart in the near future, don't forget to ask him for his autograph. Oh yes, and don't forget to ask him how long it took him to learn his lines!!



Thanks to coaches Mark Dacre, Carl Foster and Rob Burton for providing the coaching, President Stewart Westhead for being interviewed on behalf of the Harriers, Belinda Keating and Pete Ramsdale for manning the information desk and Sue Jones for liaison between the Arena and the club. Thanks also to the all of the juniors who turned up and took part, most for several hours. Above is a photograph of some of the young athletes, together with coach Mark Dacre, Helen Pattinson (second from right) and Anyika Onuora (fifth from right). Below is a shot of the crew filming some of our juniors.



Rotary Club Donation (25/09/06)

The Arena saw another terrific event take place recently. As reported in your October Runaround, the Horwich Rotary Club made a generous donation of £3800 to the club, which was used for the purchasing of valuable indoor Sportshall equipment. Pictured below is the presentation that took place on the 25th September: Bill Watkins(left)of Horwich Rotary Club, presents equipment to coach Mark Dacre(right)and young members of Horwich RMI Harriers, watched by the Mayor and Mayoress of Horwich Cllr Bernard McCartin and Mrs Lynne McCartin and BWFC mascot Lofty the Lion.



Welcome Back Phil -Thanks to Ed Swift for the following: The name Phil Kujawa probably doesn't mean a great deal to the majority of current members and even though Phil and I were contemporaries back in the 1980's, I didn't know him particularly well. However, having seen that he has recently rejoined the club I thought there may be some interest in the content of my editorial in the November 1989 Runaround (aren't these old folk that live in the past just so tiresome).The front page featured a picture of Kev Gaskell, Tony Hesketh and Phil, with the caption "When the Going Gets Tough..." Inside this was continued with "...the tough get going." The picture was taken at the prize giving of the 1989 Snowdonia Marathon, when Kev was outright winner in 2.34, Phil was 10th in 2.47 and Tony was first over 40 in 2.50 to complete the three places needed to take the first team prize. The locals, essentially the whole Eryri running club, were understandably a bit miffed to see a virtually clean sweep of their race by The Wheeltappers and Shunters Social Club. Tony was interviewed on local radio and the interviewer commented on how well such a small club (as we were then) had done, to field such an elite squad. Tony, not being one to waste words, just replied "Aye, and we're only the 'B' team." Nice one Tone! Other Horwich finishers that year were Keith Greenwood, Yours Truly, Tony Varley, Paul Boardman, Billy Holden (see next month for poem), Alan Blinkhorn and George Harrison, all finishing in under 4 hours. Welcome back Phil, I'm going down to Llanberis again this year, are you?

Club material /archives - any artefacts relating to the history, events individuals etc of the club (e.g. programmes, race results, entry forms, medals trophies etc) are wanted for storage and possible future display at the Horwich Heritage Centre. A new facility now exists, with storage, part funded by the lottery fund. Contact Pete Watson on 01257 481264.

YOUTH HOSTEL WEEKEND

As some Horwich members might know, as a club we are members of the Youth Hostel association. This is a facility that is open to all members of the Harriers, the only stipulation for its use is that when the club membership book into a hostel it must be in a party of five or more.

To try and get some use out of this membership it has been suggested that as a club we try to organise a weekend away, be it for running, cycling, walking or even just chilling out.

The youth hostels nowadays are not the rambling old wrecks of the past, they have all the modern amenities and in some cases even have a restaurant with a licensed bar.

So to try and get a feel for what might be wanted by the Horwich membership I need some feedback from you the runners. What do you want, if you want to use this facility at all? There are dozens of hostels around the country in all manner of locations. Have a look on the YHA website at where you would like to go, think about what you would like to do, and hopefully I can organise a weekend away.

It's a good laugh and in the company of fellow members we can, as a club, enjoy this membership of the YHA.

If you are interested please get in touch with me with your suggested location and what activity you might want to do. Whether you want to take your partner

or a friend, just let me know and I will look into it further and hopefully in the New Year we will be able to have a club weekend in the Lakes, Dales or further afield. Colin Jones 07773160675 colin@winterhill.fsnet.co.uk or colin@vapor-tek.co.uk

HARRIER HILARITY

Last year I entered the London Marathon. I was about to finish last. It was embarrassing. The man who was in front of me, second to last, was making fun of me. He said, "Hey Pal, how does it feel to be last?" I replied: "Do you want to know?" Then I dropped out.

A runner asks his wife: "What do you love most about me? My tremendous athletic ability or my dashing good looks?" "What I love most about you" - responded the man's wife - "is your enormous sense of humour!"

A man had been driving all night and by morning was still far from his destination. He decided to stop at the next town he came to, and park somewhere quiet so he could get an hour or two of sleep. As luck would have it, the quiet place he chose happened to be on one of the town's major jogging routes. No sooner had he settled to snooze when there came a knocking on his window. He looked out and saw a jogger running on the spot. "Yes?" "Excuse me sir", the jogger said, "do you have the time?" The man looked at the car clock and answered, "8.15". The jogger said thanks and left. The man settled back again, and was just dozing off when there was another knock on the window and another jogger. "Excuse me sir, do you have the time?" "8.25!" The jogger said thanks and left. Now the man could see other joggers passing by and he knew it was only a matter of time before another one disturbed him. To avoid the problem, he got out a pen and paper and put a sign in his window saying "I do not know the time!" Once again he settled back to sleep. He was just dozing off when there was another knock on the window. "Sir, sir. It's 8.45!"



"My Aeroba-Steps are fabulous for fitness and they store easily beneath my staircase."

November Limerick

If you're up at the breaking of dawn
And all notions of sleep have just gawn!

QUOTE OF THE MONTH

If you thought Ray Stafford's Jos Naylor account, in last month's Runaround, was a bit long winded don't ever ask him about this year's Tour of Pendle Race, unless you've a few hours to spare!!!

John Coope

The RaR completely disassociates itself from such comments. For any issues arising from such controversial content please contact our solicitors, Swift, Stafford & Stone, experts in getting you out of a tight corner and negotiating the loopholes (Or do I mean navigating?).

QUESTION 1: You are participating in a race.
You overtake the second person. What position are you in?

Go out for a jog
In rain, sunshine or fog
You will soon regret that you were bawn!!
Arthur. <http://limericks.5gl.net>.

The sooner you fall behind, the more time
you have to catch up.

I used to be indecisive, now I'm not so
sure.

QUESTION 2: If you overtake the last person,
then you are...?

Q1: If you answered that by overtaking the
second person you were first, you were
absolutely wrong. If you overtake the second
person and take their place, you are second.

Q2. Can you please explain how you can
overtake the LAST person?

CONGRATULATIONS

To Mike Short who won the Over 55 World title at the recent Sixth World Masters Mountain Running Championships in Saillon-Ovronnaz, Switzerland.

To Norman Matthews the latest club member to receive the well deserved honour of becoming a Horwich RMI Harrier Life Member. A list of the club's life members is printed below.

To Tony Hesketh who steps down after 24 years continuous service on the club's committee. Tony is taking a well deserved break but we feel sure he'll still be heavily involved in all aspects of the club. Indeed, Tony has organised the club's triathlon for 17 years and also organises the duathlons, uphill and prediction races – terrific.

To Angela Allen and Denise Wakefield, individual silver medallists in the BMAF 10 Mile Road Running Championships. Angela Allen's fine performances over the last few months have gained her selection to run for England in the British and Irish Masters Cross-Country Home International, at Falkirk, on November 18th.

To Paul Murray who completed the Joss Naylor challenge in 15 hours and 3 minutes, on the day of his 65th Birthday (01/10/06). Paul beat Ray Stafford's M65 Horwich record set on the 26th of August (15 hours 56 minutes).

To Esther and James Logue on the birth of their son on the 30th of September.

Current **Life Members**, all of whom have been members for at least 25 years (listed in order of receipt of Life Membership):

Brian Curzon, Austin Isherwood, Michael McGovern, Jimmy Niblett, Mike Short, Kath Schofield, Peter Schofield, Stewart Westhead, Steve Barlow, Tony Hesketh, Norman Matthews.



Delicious Chicken Curry.

Serves 3 to 4 people:
2 tbsp Olive Oil.

The Running Gourmet

Method:

1. Cook the sliced chicken in the hot olive oil and keep on a plate.
2. Cook the onions in the remaining oil and put with the chicken.
3. Cook the rice in the boiling water.
4. At the same time, melt the butter and add, ginger, garam masala, cumin, salt, sugar and cayenne pepper and

1 Packet of skinned chicken breasts, sliced
 1 Onion, skinned and chopped.
 2 tbsp Butter.
 1 tbsp Fresh ginger, grated (I freeze my ginger and use from frozen.)
 1 tsp Garam Masala.
 ½ tsp Cumin.
 ½ tsp Salt.
 ½ tsp Sugar.
 Pinch Cayenne pepper.
 400g Tinned chopped tomatoes.
 200ml Elmlea Light single cream.
 Pan of boiling water for rice.
 Rice for 4 people

- cook for 2 minutes.
5. Add the tomatoes and cook for 5 minutes.
 6. Add the cream, stirring continuously.
 7. When the cream is warm add the chicken and onions and heat thoroughly, add the parsley to the top.
 8. Rinse the rice with hot water and serve both hot.

Anne & Colin Jones

Ed – Thanks again to our ‘Running Gourmet’! Think we’ll have to find a more look - alike picture, minus the flowing locks!! And below our Running Gourmet also extends his talents/expertise into the wine area. Tremendous Colin.

Wine of the Month.

Originally I was going to recommend a wine from the Bordeaux region of France as my choice this month as it proved to be excellent value for what was a readily drinkable wine. Smooth and light, with a nice fruity character, a blend of both cabernet and merlot grapes. And at £3.99 a bottle – a saving of £2.00 over normal price it was excellent value. The wine is LA FORET HILAIRE and is on sale at Tesco.

However the other day as I was wandering round Somerfields I happened to notice an Australian wine that caught my eye MASTERPEACE, CABERNET MERLOT 2005 (14%) a very nice wine. Rich in blackberry and plum flavours, quite a robust body to it and at £4.99 it is exceptional value.

www.apwines.com

So this month there are two wines to go at, though I would not recommend mixing the two as their characters are so different, to drink one then the other will ruin the uniqueness of the other.

Subs Due

The subs for 2006/2007 are now due. Membership forms were posted out with your October Runaround. Further forms can be found at www.horwichrmiharriers.co.uk. The fees are as follows: Senior - £20
 Seniors – unwaged / overseas / non-competitor and Juniors 8 to 18 - £10
 Family (living at same address) - £40

Please post your cheques to: Club Membership Secretary, Karen Smout, 16 Snowdon Drive, Horwich, Bolton, BL6 7DG.

Alternatively pass on to Karen or Alastair Murray at the Tuesday track or Thursday hill sessions.

Coming in your next issue

Christmas fun and games, reports, results etc. And much, much more
FURTHER AHEAD – Where are they now? – A new section in your Runaround.

CLUB CONTACTS

Committee Positions			
President	Stewart Westhead	01204 696378	splwest@aol.com
Vice President	Pete Schofield	01204 418177	
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Vice Chairman	Peter Ramsdale	01204 468373	p.ramsdale@ntlworld.com
Secretary	Alastair Murray	01204 401344	alastair.murray@gmail.com
Membership Secretary	Karen Smout	01204 401344	k_smout@hotmail.com
Treasurer	Brendan Bolland	01257 464884	bbolland@btconnect.com
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Press & Publicity Officer	Gareth Hughes	01204 695528	soforarun@ntlworld.com
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Head Junior Coach	To be confirmed		
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Elected Member 2	Colin Jones	01204 690013	colin@winterhill.fsnet.co.uk
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Ladies' Road Vice Captain	Norman Matthews	01204 468390	norman.matthews@ntlworld.com
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Ladies' XC Captain	Ian Smith	01204 691951	il.smith@ntlworld.com
Ladies' XC Vice Captain	Vacant		
Men's Vets Captain	Steve Jackson	01942 873985	ste-jackson@supanet.com
Men's Vets Vice Captain	Vacant		
Junior Section Administrator	To be confirmed		
Minibus Co-ordinator	Steve Barlow	0161 653 9935	stephen@barlow7.fsnet.com

CLUB WEBSITE: www.horwichrmiharriers.co.uk



Christmas Party
Saturday 9th December

The Club Christmas Party for seniors will this year be on Saturday 9th December from 7:30pm in the Pennine Suite of the RMI Club.

Buffet, disco and free raffle. Tickets £12 each.

Contact Colin Jones on 01204 690013.

Holiday Cottage(sleeps 5)
Santon, near Wasdale
Contact Eddie Swift on 01204 693795

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