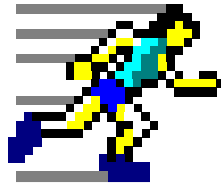


FEBRUARY 2007 RUNAROUND



RISING STARS

This month's cover photograph is of Matthew Storey (back), Bethany Miller, Tim Raines and Tiffany Dacre (front L to R), who have all been 'Athletes of the Match' in recent Indoor Sportshall meetings. (Photograph courtesy of Mark Dacre)



FEBRUARY RUNAROUND 2007



Ed's Runaround Ramblings

It can be a difficult choice to make as to who or what should feature on the front cover of the Runaround, because the Horwich RMI Harriers are always so active on all fronts. This month's front cover shows Matthew Storey (U15), Tiffany Dacre (U13), and U11's Bethany Miller and Tim Raines, who have all been 'Athletes of the Match' in recent Indoor Sportshall meetings. They are chosen not only for their fine individual efforts, but also as representatives of the large number of young Horwich RMI Harriers who are doing so well during this indoor season. A special word of thanks goes to all the young athletes representing the club so well, and to the club's junior coaches, Mark Dacre, Carl Foster, Rob Burton, Ian Smith, Steve Pearson, Steve Thomas and Katie Ingram (and assistant Tony Nolan) and all the parent volunteers who come down on Monday and Wednesday evenings, for devoting so much time and effort into making the young athletes sporting experiences so rewarding and such a pleasure. Well done one and all.

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, floppy disk or cd, and can include photos.



COMING SOON



February 9 th	SE Lancs XC League Presentation	Horwich RMI Social Club (7.30pm)	Ian Smith 01204 691951
11 th	Winter Hill Fell Race (11m, 2750')	Rivington High Barn (10.00am)	Tony Varley 01204 669570
17 th	Parbold Hill Race (6.75m)	Bispham Durning's Endowed School, Hilldale (2.00pm)	Mr. W.D. Dalton 01257 462066
18 th	Lancashire Sportshall League	Blackpool Leisure Centre, Stanley Park, Blackpool (11.30am)	Mark Dacre 01942 818729
	Radcliffe AC 12 Mile Trail Race	Mason Arms PH, Sion Street, Radcliffe (10.30am) Limit 200	Bill 0161 7246692 or Tom 0161 7232879
24 th	Standish Hall 10K Trail Race	Hesketh Arms, Shevington Moor (2.30pm)	Paul Carroll 01257 426166 paul.carroll@wigan phoenix.org.uk
25 th	Lostock 6 Mile Road Race	Registration Barnstormers, Lostock Lane (11.00am) Limit 500	
	Indoor – selected juniors	Robin Park, Wigan (11.00am)	Mark Dacre
March 9 th	*Junior Club Presentation*	Horwich RMI Social Club (7.30pm)	Carl Foster 01204 667674
10 th	Celebration Official Opening of Middle Brook Valley Trail	Details to follow – Bolton council to confirm in February	
11 th	Roddlesworth Roller MT (6 miles)	Hare and Hounds, Abbey Village (11.00am) Limit 400	Terry Dickenson c/o Abbey Village CP School
12 th	National XC	Herrington Country Park, Penshaw, Sunderland	Pete Ramsdale 01204 468373
16 th	*Senior Club Presentation*	Mumbai Indian restaurant, Chorley New Road, Horwich (7.00pm)	Pete Bland 01704 822374

17 th	Haigh Hall 4 Stage Relays	Haigh Hall Stables Centre (2.00pm)	Road Captains & Paul Carroll 01257 426166
18 th	Edale Skyline Fell Race (21 m, 4500', English Senior)	Edale Village Hall (10.30am, GR123853) CD March 10 th , No late entries	Fell Captains
31 st	Donard-Commedagh Fell Race (6.8m, 3300', British)	Donard Car Park (12noon, GR 374305) CD March 24 th	Fell Captains
	Indoor Open Meeting (U15, 13, 11, 9)	Sportcity, Manchester	Mark Dacre Belinda Keating 01204 667674
April 1st	Wrekin Fell Race (English Junior +U23)	Ercall Wood School, Golf Links Lane, Wellington (GR SJ653106)	Ian Smith
7 th	Rivington Pike Fell Race and Junior Races	Seniors 3.00pm Lever Park Avenue. Juniors 1.00pm behind Rivington & Blackrod High School.	Ian Smith
22 nd	Paddy's Pole Fell Race (4.5m, 1100', English Senior + U23)	Fell Foot, near Chipping (12noon Ladies, 1.00pm Men, GR 602442) Pre-entry by 17 th April	Fell Captains
May 6th	Llangynhafal Loop Fell Race (4.5m, 1500', British)	Plas Yn Llan, near Llangynhafal Church (12 noon Ladies, 1.00pm Men, GR 135633)	Fell Captains
13 th	Crowden Horseshoe Fell Race (8m, 1700', Inter- Counties)	Crowden Youth Hostel, near Woodhead off A628 (12 noon, GR 073993)	Fell Captains
16 th	Jubilee 5 Mile Road Race Series	Rivington Bowling Club (7.30pm)	Stewart Westhead 01204 696378
19 th	Fairfield Horseshoe Fell Race (9m, 3000', English Senior + U23)	Rydal Hall, Ambleside (2.00pm, GR NY365064)	Ian Smith
20 th	High Rigg Fell Race (English Junior)	Bram Cragg Farm, St.John's-in- the-Vale, Keswick (12noon, GR 319214)	Ian Smith

DON'T FORGET - YOUR Races Quiz Night

Horwich Carnival Races, in partnership with the Horwich Carnival, are staging a Quiz Night from 8.00- 10.00 at the Crown in Horwich on Wednesday 7th February. Entry is £5 for Teams of four. There will be prizes, a raffle and hot food will be available. All proceeds will go towards the charity supported by the races – Bolton Hospice. So come on get your team booked in and support not only a good cause but YOUR club and YOUR races. Teams can enter on the night. The raffle gives you double the chance of winning, as tickets are entered into the raffle on the night and into the Bolton Hospice Weekly Prize Draw (**£1000 1st Prize**) on the 9th of February.

SENIOR PRESENTATION – Friday 16th March

Meal and Presentation at Mumbai Indian Restaurant, Chorley New Road, Horwich.

This year sees the presentation of awards follow a new and exciting format. Meet for 7.00/7.15pm to start with a meal, followed by the presentation of awards at approximately 8.30pm. Tickets are priced £10 (which includes the meal) and are available from Pete Bland (01704 822374). Please will all those who won perpetual trophies at last year's awards evening hand them back for engraving. Steve Barlow has the task of sorting the trophies and you can hand them in to any committee member or at the track or hill training sessions.

Red Rose Trophies.

Due to a lack of communication the entire senior Red Rose trophy haul was collected by James Kevan, the only senior at the presentation night!

Please see Norman Matthews if you haven't received your trophy.

Colin Rigby (2), Russell Maddams.(2), Pete Haworth (2), Paul Massey (1), Dave Massey (3)
Tony Hesketh (2), Rob Green (1), Gary Chadderton (1), Janet Rashleigh (Bag full).

ROAD

2007 Central Lancs Grand Prix and Horwich RMI Harriers Club Road Championship

The following nine races are the qualifying races for the 2007 Central Lancs Grand Prix and the Horwich RMI Harriers Club Road Championship. The Gin Pit 5 may be added in the next few weeks - watch this space Both series are best six to count (will be seven if Gin Pit 5 added) The Horwich Road Championships will be 30 points for the first counter down to 1 point for 30th Prizes for 1st, 2nd and 3rd overall and 1st vet in each category. The Central Lancs Grand Prix Championship rules are as follows:

Best 6 or 7 to count for individual Championship, 10 runners to count for A team, 8 runners to count for B team, 6 runners to count for Vets team (ladies count in this), 4 runners to count in ladies team

Races are:

25th Feb	11.00am	Lostock 6
(15 th April	11.00am	Gin Pit 5m)
29th April	10.30am	Radcliffe 10k
9th May	7.30pm	Haigh Hall 5m
27th May	11.00am	Leyland 10m
8th July	11.00am	Burnden 10k
18th July	7.30pm	Jubilee 5m
5th Aug	11.00am	Middleton 10k
2nd Sept	11.00am	Rufford 10k
30th Sept	08.30am	Swinton 1/2 marathon

Pete Bland

Garstang 10K (14/01/07).

1	A Thake (Lancaster & Morecambe)	M	31.55
8	P Muller	1 st M45	34.47
9	I Selby	M35	35.32

Finishers 442

Shell Through The Villages Half Marathon (21/01/07).

Paul Muller was competing in his nineteenth consecutive Through The Villages Half Marathon race at Helsby, in an event where he has only finished outside the top ten on three occasions. This was to be his lowest finishing position but considering he is 50 in March and all his recent knee problems it was a great performance. In breezy conditions Paul recorded a respectable time of 75.47, finishing first Over 45 and nineteenth overall. The race was won by Thomas Abyu of Salford. Other Harriers competing were Chris Heys, Ian Selby and Richard Longlands.

Through The Villages Half Marathon (21/01/07).

1	T Abyu (Salford)	M	1.04.56
19	P Muller	1 st M45	1.15.47
22	C Heys	M	1.16.06

27	I Selby	M35	1.16.49
813	R Longlands	M	1.47.57
Finishers 1562			

Joe Geeling Memorial 5K Road Race/ Fun Run, Littleborough, near Rochdale (21/01/07).

1	C Fishlock (Pendle)	M	15.55
10	R Jackson	2 nd M40	16.55
16	P Haworth	2 nd JM	17.17
41	P Boardman	2 nd M45	18.59
136	S Boardman	2 nd M10	24.30
Finishers 352			

FELL

Club Fell Championship 2007 - Listed below are the nine races for this year's club fell champs for both men and ladies. Your best six, with a minimum of one from each category, i.e. short, medium and long, are needed in order to complete the championships. The points system is as follows: 15 points for 1st, down to 1 point for 15th.

February 11th Winter Hill (medium), 11 miles, 2750' ascent. 10.00am start.

Organised by Horwich RMI Harriers.

March 18th Edale Skyline (long), 21 miles, 4500' ascent. 10.30am start.

Also an English Championship counter.

April 7th Rivington Pike (short), 3.25 miles, 700' ascent. 3.00pm start.

Organised by Horwich RMI Harriers.

April 22nd Paddy's Pole (short), 4.5 miles, 1100' ascent. 12 noon Ladies, 1.00pm Men.

Also an English (+U23) Championship counter.

May 19th Fairfield Horseshoe (medium), 9 miles, 3000' ascent. 2.00pm start.

June 2nd Duddon Valley (long), 20 miles, 6000' ascent. 11.00am start.

Also an English and British Championship counter.

August 18th Weasdale Horeshoe (medium), 8 miles, 2000' ascent. 2.30pm start.

Also an English (+U23) Championship counter.

October 6th Great Whernside (short), 4 miles, 1555' ascent. 11.00am Ladies, 12 noon Men.

Also an English (+U23) and British Championship counter.

November 17th Tour of Pendle (long), 16.8 milers, 4830' ascent. 10.30am start.

Continuing with extracts from Ian Charters' BG memories/diary (A Bob Graham Round or Two).

Before the Beginning

Walking long distances in Cumbria and in other mountain ranges in England and abroad as well as jogging LDWA events seems naturally to lead to the possibility, especially if you don't really know what is involved, of fell running. In 2003 and 2004 I tried a few fell races beginning with Rivington Pike when I wondered "3.25 miles, how hard can that be?" I had no idea how hard these 3.25 miles could be and so it was with all the races I tried. By summer 2004 I began to comprehend the size of the gulf between strong long distance walkers and even 'ordinary' fell runners and to recognise it wasn't a gulf I could cross on my own, without any help.

This then was the beginning of the beginning as I wondered about joining a running club and, of course, which one. I suspect by this time I had read "Studmarks on The Summits" and so knew

of some of the exploits of Mike Short and so Horwich Harriers seemed the obvious choice – I had no idea just how good a choice this would turn out to be.

2004 would be my 'get round' year. Regular training and another go at fell races with the intention of finding out whether I could cope with long fell races and with the training commitment. Ed and John Swift introduced me to the 'Last of the Summer Wine' of fell running, as they described it, while dragging me through ankle deep, freezing (but not frozen) water on Spittle's Edge and other Pennine peat bogs on winter Saturday morning after winter Saturday morning. I managed round some long fell races, even enjoyed some of them and Ed and John persuaded me that I could get fit enough to 'have a go' at a Bob Graham Round and so, this is where it all begins.

The Beginning

In September 2005 Norman Mathews set training targets that would help specifically with hill running. These were (i) gain some hamstring flexibility, (ii) strengthen quads and (iii) lose weight. Mileage and climbing would follow and I tried over the next few months to identify milestones I could use to gauge my own fitness. The "Bob Graham Round" has a rich and diverse culture, rarely documented and abounding with mythology. Every myth that 'promises success' by following one practice is counterbalanced by another that promises success by doing the opposite – or so it seems to the novice setting out on the great adventure.

My initial plan was based on the first of the legends – "6 months training is needed". Knowing this, I added 50% to work back from an attempt at the end of June 2006 to give me a start date around the end of September. The first 3 months are to provide evidence of performance improvements, the next 3 months are to provide evidence of further improvements and the 6 weeks after that are to provide evidence that during the remaining 6 weeks an adequate level of fitness can be achieved by late June.

The second legend is that "the training is easy; it is the logistics that are difficult". The logistics, therefore, need to be tackled sooner rather than later. Even if it is easy it has to be done and almost from the start it was obvious that my training regime would have to change dramatically as would my diet.

Picking a weekend, deciding on the direction and determining the start time could all be done before 'going public' and I may have been wrong to overlook the age of the moon when considering weekends but as it turned out on both attempts it didn't matter at all. Pauline was happy to drive the support vehicle but not alone and I wondered about dates because I wanted a mid to late May weekend free from Championship, Club and other long races, free from Bank Holidays and avoiding the Tour of Horwich & Rivington. This meant the date could not be finalised until the FRA calendar was published and it ultimately meant the earliest date was June 24th. Direction and start time were determined by my preference for a morning start.

The first three months, to the end of 2005, were intended to provide some evidence of performance improvement and although some evidence can be found, this period was much more useful in establishing routines, creating habits and developing a system for training records. By the end of 2005 I had lifted my weekly mileage from about thirty to almost sixty with a rest day on Fridays and usually a long walk on Sundays. Weight loss was up to 10 lbs and quad strengthening was about 75% complete. Summaries of training records are in appendices at the end of the account and are taken from my own electronic records. The longest run of the week is likely to be on Saturday and so Friday is the obvious rest day therefore I wanted my weekly records to start on Saturday. Unable to find a suitable electronic diary (the Polar HRM

diary starts the week on Sunday or Monday) I modified a piece of software I had previously written to keep a record of our fell walking days. This generates weekly and other summaries based on a training week starting on Saturday as well as all the other details shown below. I used electronic maps to measure mileages, feet of climbing and in some instances to record routes and route profiles.

Training

Probably more Bob Graham myths exist about training than anything else and I don't think I can claim to have encountered every one but, perhaps, the myth that matters most of all is that "if you are not obsessive, don't bother". If, on the other hand you are obsessive, the training becomes almost reasonable. The drudgery of the hard winter miles that provide the foundation for very long runs is replaced by the pure pleasure of long spring and summer days in Lakeland.

I had little idea just what was going to be involved in terms of time or miles and although I did race during between September 05 and June 06 the races were used to gauge improvements in fitness and as 'harder than usual' training sessions rather than objectives in themselves. The one possible exception could be the LDWA 100 in Northumberland. We had both agreed to do it before I had decided a BGR was feasible and so it was an objective for us both. Ennerdale was also an exception as I was likely to be the 3rd 'counting runner' in the V50. As Steve Jackson said "No pressure and I know you are doing a Bob Graham but" So doing a Bob Graham doesn't get you an exemption from everything.

By the time I reached the Moot Hall on the 12th August I had run over 2600 miles since the previous September. The Grand Totals, including both attempts:

Area	Occasions	Miles	Feet	Time
Lancashire	150	1099	116679	172:00:21
Winter Hill	63	841	128042	148:48:58
The Lakes	22	410	151334	133:30:00
Yorkshire	4	129	17157	028:21:06
Northumberland	2	126	15390	037:02:07
Mallorca	4	14	1140	002:13:41
Glasgow	1	8	570	001:07:53

Type	Occasions	Miles	Feet	Time
Fell	67	1243	284014	311:07:58
Road	121	978	101405	146:54:29
Road & Fell	31	217	39223	033:23:57
Road & Track	27	190	5670	031:37:42

Grand Total	Occasions	Miles	Feet	Time
All Areas / All Types	246	2628	430312	523:04:06

Winter Hill may be considered part of Lancashire but it shown separately because it is a key training area. "Road & Fell" sessions are Thursday Hill Sessions, some on the road and others off road. "Road & Track" sessions include running to and from the track which accounts for the climbing.

The above summaries should provide an idea of the scale of the training but they don't provide any idea of progression from where I was in September 2005 to August 2006. Another training

myth or two guided my weekly objectives. These are that '10,000 feet a week' are to be climbed and 30 miles a week on the high fells are to be run. On the basis that 1 'fell mile' is worth 2 'road miles' then I was looking to achieve and exceed 60 miles a week (some of which would be fell miles) and 10,000 feet of climbing a week. I also elected to exclude any 'walking miles & feet' – so where we set out to walk rather than when we were reduced to walking the distance and climbing is not included. As I was reminded, from time to time (thanks, John Swift), 'there are no shortcuts to fitness' and so, as many others do I tended to understate training statistics. Weekly figures showed the 60 miles with 10,000 feet were exceeded for 8 consecutive weeks from the end of April to the middle of June and by then I was happy I was fit enough to get round within 24 hours if the weather was kind and if accidents and route finding errors could be avoided.

Preparation

Preparation is complete when the 'greater whole' is finally built from the sum of the parts: fitness, route knowledge and experience along with the logistics for the attempt finally materialises and dispels any doubts that, given fair weather, returning to the Moot Hall on schedule can be done.

The route to this nirvana is a highly personal one and, for me, it involved assimilating others' experiences to appreciate three aspects that I believed to be important.

- Recovery from a 'bad patch' almost always occurs
- The weather will win, if it chooses
- "It's all in the mind"

Of these three, the first was the least significant because (apart from the awful start in June that I put down to nerves) I didn't encounter 'the bad patch' discussed in many attempts. I know first hand about the 'weather choosing to win' but the important aspect is the recognition that being 'beaten by the weather' is not a reflection of fitness or incomplete preparation it is merely a matter of fact.

"It's all in the mind" is, as Richard Askwith observes in 'Feet in the Clouds' amongst the tiredest of sporting clichés and quite clearly it is not *all* in the mind because if it was, physical fitness wouldn't be necessary. The astonishing thing about Askwith's attempts is that it took him so many to realise the significance of mental toughness and self-belief. Not arrogance but a self-sustaining conviction of capability survives whatever happens. This was, for me, the key element and, almost from the beginning, I sought benchmarks to compare my degree of preparation against. I knew at the beginning I needed to "know" I could get round. I needed to set off with an 'empty head', as one training partner put it, free from all doubt and content that preparation was adequate and complete. Gradually the realisation dawned that I was doing the '60 miles and 10,000 feet' a week (and more) for week after week, quite happily and looking forward to the next week's training. The description that seemed so alien in the beginning, 'endurance athlete', began to seem a little less inappropriate. The transition from doubt and hope to unshakable belief that, given fair weather, I could get round within the required time was underway. With that transition complete so was my preparation.

Next month - Ian's account of his first attempt on June 24th.

Lamb's Longer Leg Fell Race, 3.1 miles, 950' ascent (14/01/07).

1	L Taggart (Dark Peak)	M	24.36
2	R Graham	M	26.10

Finishers 155

Ashurst Beacon Fell Race, 5.9 miles, 950' ascent (20/01/07).

Katie Ingram was a clear winner in this tough little race as she led from the start, apart from the bizarre incident of Lisa Lacon flying past her on the first downhill chasing her dog – which appeared to have broken loose, her pace however was short lived as Katie went on to win by over a minute. Lisa Heyes took third place with a fine run, but we had no other lady running to make up a team. This was not the case with the men as Brendan Bolland ran strongly for fourth overall, using the race as a warm up for his long orienteering event the following day. Guy Heyes was our next counter in sixth, who is currently in super form showing that his second place the previous weekend to Tarus Elly from Salford was no fluke. Graham Schofield - as reliable as ever- made up the team to take the award and took the 0/50 prize in the bargain. Tony Hesketh picked up the 0/55 award with Mike Crook second in this age category. Norman Matthews.



Guy and Brendan in the thick of the action at Ashurst Beacon (Photo courtesy of Norman Matthews)

1			
4	B Bolland	M35	38.45
6	G Heyes	M	39.37
11	G Schofield	M50	40.40
15	I Hepburn	M	41.59
16	K Ingram	1 st L	42.03
18	T Hesketh	M55	42.28
21	P Boardman	M45	43.04
27	D Fleming	M45	44.22
31	A Gorman	M40	45.14
35	L Heyes	L35	45.48
42	M Crook	M55	46.49
58	J Foulds	M45	49.13
75	P Hesketh	M	52.06
	Finishers		

CROSS-COUNTRY

A View from the Middle (well nearer the back really).

The race reports in the Bolton News by Gareth and the Blog coverage from Norman are very special and always provide up-to-date pictures and reports of all our running exploits. The reports always, quite rightly, emphasise the quality runners we have at the sharp end of the races. Us, the not so quality runners, are not there to make the numbers up – but we too are always involved in our battles and competitions in every race, and believe me its just as competitive. I decided ages ago that I should write something about the Cross-Country season, being captain, so here goes.

Usually starting a row or three back from the start line, not only do we splash our way through the opening stages of any race but we always get covered by you guys in front – bit of consideration if you please. This year Pete Bland, Barry Allman, Mark Lysycia, Keith Makin, Gordon Stone and myself have worked hard to beat members from other clubs just in case we are the sixth counter for Horwich - serous consideration sometimes – this is just some of the pressure we have to cope with whilst running. We battle each other, never turning round to see where the chaser is, just listening to the shouts and encouragement from the side and counting

the gap in seconds – “Come on Pete”, one, two, three, “Come on Keith, you’ve got him, he looks knackered”. That means I have just three seconds lead and my running condition has been passed on. It’s also been a pressure if you bring someone, slightly quicker than yourself, who finishes and is ready to leave, and you haven’t finished yet. Car sharing is good for the environment, but not for blood pressure sometimes. We might not be the quickest around some of these muddy courses but we enjoy ourselves and, lets face it, we get out of the Saturday shop too – see you all next year – well, I’ll see your back, you’ll see me finish. If any runner is offended by his inclusion in my ‘from the middle’ report, I apologise.

Peter Ramsdale.

Gold For James At Lancashire Cross-Country Championships .

Horwich RMI Harrier James Kevan coasted to victory and the Gold Medal, with an impressive winning margin of thirty-four seconds, in the U20 8K Men’s Race in the Lancashire Cross-Country Championships at Witton Park, Blackburn. The hilly course suited James as he led from the gun and never looked like conceding first place. James is now looking forward to the Northern Cross-Country Championships at Heaton Park later this month and the Inter-Counties Cross-Country Championships at Nottingham in February. Katie Ingram running as a senior in these championships for the first time, also had a great run against quality opposition, when chasing the likes of England Internationals Pauline Powell and Vicky Gill. She finished sixth in the 5.8K race and should have assured herself of a county vest for Nottingham.

U20 Men (8K)

1	J Kevan	30.26
	Finishers 10	

Ladies (5.8K)

1	P Powell (Blackburn H)	L	22.41
6	K Ingram	L	24.39
	Finishers 50		

Fine Finish To SE Lancs Cross-Country League.

The last of this season’s SE Lancs Cross-Country League fixtures was held at Boggart Hole Clough, Salford with the courses proving to be extremely muddy. In the Ladies race Horwich RMI Harrier Janet Rashleigh continued her excellent cross-country form and comfortably won the two lap race and secured the Ladies’ and Over 45 Ladies’ League titles. Nicole Kirkham was the club’s only other female competitor who performed really well to finish nineteenth and, as a result of her season’s efforts, she finished an excellent fourth Over 45



James leading the way at Witton Park in the U20’s 8K race.

Photo courtesy of Norman Matthews.

Over 55 Tony Hesketh was a fine first Over 50. Both the Horwich Men’s and Veteran Men’s teams won their respective team awards on the day.

in the League standings.

The Men's race provided a terrific battle up front. Junior James Kevan had his eyes set on winning the Club Cross-Country Trophy, but a very strong running Russell Maddams had other ideas. Russell powered through the mud to finish second overall and first Horwich counter, thus winning the Club Trophy. Indeed, Russell only just lost out on overall victory by two seconds to Danny Hope (Pudsey & Bramley). James had to be content with third in the race but he was first Junior Man. Junior Peter Haworth had another fine run and was Horwich's next counter in seventh position and this great run saw him take the overall Junior Men's League title. Ian Selby put in a terrific performance to finish twelfth and seventh in the overall League standings. Brothers Paul and Dave Massey had a great battle, finishing fifteenth and sixteenth respectively. Dave's great run saw him finish second Over 45 on the day and win the Over 45 League title, whilst Paul finished an excellent fourth overall in the League.



Horwich U15 boys battling it out at Boggart Hole Clough (Photo courtesy of Norman Matthews).

In the Junior races U15 Jamie Crompton had a comfortable victory on the day and fully deserved his overall League title. With team mates Simon Rashleigh in seventh and Andrew Cafferky in eighth, positions which incidentally they finished in the league overall, Horwich won the team category on the day and tied for the overall League title with Leigh. U15 Bethan Faulkner finished in a well deserved fourth place on the day and fifth in the overall league standings. Team mate April Stevenson won the bronze medal overall.

SE Lancs Cross-Country, Boggart Hole Clough (13/01/07).

U11 Girls			Men		
1	Hanna Davies (E Cheshire)	6.12	1	D Hope (Pudsey & Bramley)	M 38.28
22	Hannah Cafferky	7.58	2	R Maddams	M 38.30
Finishers 27			3	J Kevan	1 st JM 39.06
U15 Girls			7	P Haworth	2 nd JM 40.35
1	Laura Riches (Leigh)	14.20	12	I Selby	M35 41.44
4	Bethan Faulkner	15.36	15	P Massey	M35 41.55
Finishers 19			16	D Massey	2 nd M40 42.04
U15 Boys			21	K Ward	M35 43.37
1	Jamie Crompton	12.57	29	T Hesketh	1 st M50 45.13
7	Simon Rashleigh	14.36	35	D Fleming	M45 46.17
8	Andrew Cafferky	14.43	39	G Chadderton	M45 46.54
Finishers 13			69	B Allman	M50 52.47
U15 Boys' Teams (3)			70	P Ramsdale	M45 53.16
1	Horwich RMI	16	Finishers 91		
2	Leigh Ladies	19	Men's Teams (6)		
			1	Horwich RMI	47

1	J Rashleigh	1 st L45	29.52	2	E Cheshire	83
19	N Kirkham	L45	39.42		Vet 40 – 49 (3)	
	Finishers 34			1	Horwich RMI	21
	Men			2	E Cheshire	25
	Overall- best 3 races from possible 4				Junior Men	
	U15 Girls			1	P Haworth	5
1	Laura Riches (Leigh)	3			Finishers 8	
3	April Stevenson	9			Men	
5	Bethan Faulkner	14		1	A Martin (Oldham)	6
	Finishers 15			4	P Massey	23
	U15 Boys			7	I Selby	34
1	Jamie Crompton	4			Finishers 18	
7	Simon Rashleigh	20			Men 40 to 49	
8	Andrew Cafferky	24		1	D Massey	7
	Finishers 10			24	P Ramsdale	84
	U15 Boys' Teams				Finishers 26	
=1	Leigh	6			Vet 40 to 49 Teams	
=1	Horwich RMI	6		1	Burnden	7
	Ladies 45 to 49			3	Horwich RMI	20
1	J Rashleigh	3			Men 50 to 59	
4	N Kirkham	13		1	A Harris (Radcliffe)	5
	Finishers 7			11	B Allman	36
				15	G Stone	59
					Finishers 16	

Northern Cross-Country Championships, Heaton Park, Manchester (27/01/07).

Joe Christopher was our highest placed Harrier finishing in a superb seventh place only 17 seconds from a medal in the U17 race. The standard as always is exceptionally high at this event and a top ten place shows real promise for Joe at this early stage in his running career. Equally impressive was Jamie Compton's eleventh place in the U15 race. Once again the top runners were tightly packed leaving a margin of just 24 seconds from a medal position for Jamie, who has improved with every cross-country race he has run this last few months..

James Kevan continued in fine form from his Lancashire win, finishing in a very creditable thirteenth place in the U20 race. James finished very strongly and needed a little more distance in the race to get inside the top ten. James is now looking forward to the Inter-Counties race and another chance to show his improving form. Last but certainly not least, the club's other high finisher was Katie Ingram who ran brilliantly to finish ninth in the senior ladies race. This was a fine improvement on her twenty-seventh place from last year, and shows she is now well on the way back to her old form after her long time injury. There were many other super performances from the day's racing, with the team positions well worth a mention. The ladies once again ran superbly as a team and just missed out on a hat-trick of bronze team places, finishing fourth ladies team overall. The men this year, without several of the club's top runners, finished in a terrific eleventh team place, which is the highest placing for a few years. Well done to everyone who turned out on the day and to Alastair and Karen Murray, who like our cross-country Captain Pete Ramsdale, somehow managed to find time to fit in the race after marshalling for most of the day.

Norman Matthews.

Northern XC Championships (27/01/07).

U15 Girls			Ladies		
1	S Barker (Sale)	12.48	1	H Dean (Hallamshire)	L 24.44
22	A Stevenson	14.25	9	K Ingram	L 26.50
32	B Faulkner	14.38	27	A Allen	L35 28.01
	Finishers 158		36	J Rashleigh	L45 28.29
U15 Boys			41	L Heyes	L35 28.38
1	D Forrester (Liverpool Pembroke & Sefton)	11.41	75	K Murray	L 30.01
11	J Crompton	12.18	178	D Wakefield	L50 34.43
146	A Cafferky	14.08		Finishers 274	
157	S Rashleigh	14.23		Ladies' Teams (4)	
	Finishers 196		1	Bingley	70
U17 Men			4	Horwich RMI	113
1	D Forrester (St Helens)	17.47	Men		
7	J Christopher	18.33	1	A Jones (Salford)	M 33.35
	Finishers 170		66	S Diaz	M 37.45
U20 Men			106	P Massey	M35 38.51
1	K Deighton (Bridlington)	22.47	108	J Logue	M35 38.53
13	J Kevan	24.11	109	B Bolland	M35 38.54
49	P Haworth	26.03	118	A Murray	M 39.10
	Finishers 95		147	D Massey	M45 40.12
			263	T Hesketh	M55 42.59
			355	A Hallahan	M 45.17
			524	B Allman	M50 50.32
			541	P Ramsdale	M45 51.13
				Finishers 651	
				Men's Teams (6)	
			1	Leeds City	80
			11	Horwich RMI	654



Horwich RMI Harriers' top ten finishers, Katie Ingram (ninth Lady) and Joe Christopher (seventh U17 Man) – Photos Courtesy of Norman Matthews.

MULTI-TERRAIN & TRI

Rudolf's Red Nose 5 Mile Multi-Terrain Race, Blackpool (24/12/06).

In this festive event and on a cold morning Paul Muller eased away after a mile to record an impressive victory. Glyn Kay ran well to finish in an excellent second place.

Rudolf's Red Nose 5 (24/12/06).

1	P Muller	M45	27.57
2	G Kay	M	28.33
17	K Tyrer	1 st M55	31.50
18	G Chadderton	3 rd M45	31.51
22	J Foulds	M45	32.22
Finishers 172			

Northern Vets 10 K, Stockton Heath, Warrington (07/01/07).

An event mainly run on roads, but with some good paths and trails as well.

This was supposedly a 10K. Recovering from flu Paul set out to run a steady 6 mile race and ended up running over 8 miles!!! His winning time of 47.04 was, not surprisingly, well outside the course record of just over 36 minutes!!!

Alexandra Park 5K, Manchester (07/01/07).

1	I Grime (Newham & Essex Beagles)	M	15.33
6	G Kay	M	17.27
Finishers 66			

Hit The Trail 5, Reddish Vale, Stockport (14/01/07).

1	T Elly (Salford)	M	26.50
2	G Heyes	M	27.56
11	L Heyes	1 st L35	31.40
Finishers 144			

Chernobyl M-T 10K (28/01/07).

1	R Hayman (Sale)	M	31.45
38	G Chadderton	M45	38.30
200	S Norgate	L35	47.44
Finishers 497			

JUNIOR & INDOOR

2006 Christmas Heptathlon - Indoor Sportshall Agility Challenge

This was held at the Bolton Arena on Monday 11th December 2006 and we had 47 Competitors from our own club competing, which was absolutely fantastic!

This was predominantly a competition for our Under 12 years of age Athletes, but we had 7 teams, all of which were Captained by the older Athletes i.e. from Under 13's, 15's, 17's & 20's! A big thank you goes to Jack, Josh, Matt, Megan, Rebecca, Feye, Rachel, Becky and Tiffany & any others we have forgotten to mention.

7 teams took part and the winners were the "Rudolph Team", captained by Tiffany Dacre, with the rest of the team being, James Barker, Bethany Miller, Dylan Patel, Phoebe Howe & Lauren Connell. Congratulations to the Red noses!

This event helped introduce some of the more experienced athletes to our up and coming future ones. It was also a fund raising opportunity and to date we have almost collected £ 300, but there are still some sponsor monies to collect. Final total will follow in the next month.

The monies raised will be shared between "Rainbow House", a local Children's Charity and for more needed Sports Equipment.

A massive thankyou for all the parents who helped officiating on the night. There were 12 parents in all, with others offering on the night. We could not have pulled off this type of event without that kind of support. Thank you.

Most of all our Athletes had a great night and they all competed with good spirit and gave their best for each event. Let's see you all at the 2007 Christmas Event.

Rob, Mark & Belinda - Happy New Year for 2007

Report for Sportcity (07/01/07).

Horwich RMI Harrier athletes produced an array of personal bests at the Sportcity Open meeting. Leading the way was Rebecca Buchanan who equalled the U15 club record over 60m, as well as recording a magnificent personal best in the 300m. Rachel Pearson won her race over 300m and was close to her best in the 60m, whilst Tiffany Dacre also set new personal bests in both the 60m and 300m. Rebecca Keating was also in personal best mood as she improved her figures over both 60m and in the Shot. Edith Nsarhaza was close to her best in the 60m as was Vicky Bates.

For the men Jack Thomas and Matt Storey were both close to their bests over 60m and then set new marks over 300m, with Jack's mark also setting a new club record.

U20			U15		
Jack Thomas	60m	7.60	Tiffany Dacre	60m	8.82
	300m	38.85 (CR)		300m	48.91
Stephen Sangwa	300m	40.69		Long Jump	3.63m
U17			Rebecca Buchanan	60m	8.59
Matt Storey	60m	7.76		300m	47.01
	300m	38.46		Long Jump	3.80m
Edith Nsarhaza	60m	8.98	Rachel Pearson	60m	9.08
	Long Jump	3.10m		300m	48.23
Rebecca Keating	60m	9.24		Shot	5.45m
	Shot	5.50m	Vicky Bates	60m	10.82
				Shot	5.08m

Carl Foster.

Horwich & District Primary Schools Night

Overwhelming success!

Our first night for the above event was scheduled for Monday 15th January 2007, between 7:00pm to 8:00pm. This Project is jointly arranged between our Club and the Rotary Club of Horwich. Also, we have had promotion of this event carried out by Sue Archibald from the local schools, who has been involved in encouraging young children from the Horwich and District areas to take up sport, including Athletics!

Where best to start than Under 11's for Indoor Athletics at the Bolton Arena and organised by Horwich RMI Harriers.

At 6:00pm on our opening night I had a provisional list of 27 new potential athletes, based from 4 interested local schools. At 7:00pm, Belinda was still outside in the foyer at the Arena signing people in!! It was an amazing sight, as we actually had 59 come down to try out our facilities. This was way beyond our expectations and this was still only from 6 schools (there are at least 10 in the area and we had a few cry off for this night). Belinda deserved a medal for that night! It does go to show that we have a great deal to offer our community and it is great that we have so many children interested in wanting to try athletics.

What was also great was the support given by all our coaches on the night, and their athletes who came in, giving me and Rob much needed assistance. Thank you.

The Primary School night will start again on Monday 29th January 2007, cost of £1.50 per person (free on first visit only) and will carry on up to Easter 2007.

Mark Dacre

Lancashire Sportshall Meeting 2, Hyndburn (21/01/07).

Horwich Stars Shine.

This was the second of three meetings in this Indoor Sportshall Athletics event for the Under 11's, 13's and 15's. We had a great turnout of athletes with 35 taking part (28 in the last meeting!). It was a long day, due to a record attendance of the event. There were almost 230 competitors taking part this day, beating the previous record of 180. This event has been taking place for the past 10 years! Clubs that take part are from Blackpool, Preston, Pendle, Hyndburn, Kendal and a host of other areas in Lancashire.

Three of our Athletes received Athletes of the Match awards (scoring more points than anyone else in their age group). Congratulations to Matt Storey for the Under 15 Boys, Tiffany Dacre for the Under 13 Girls and Bethany Miller for the Under 11 Girls. These three athletes produced outstanding performances on the day, both in sprinting and field events and well deserved their awards. Other fine performances on the day were from Charlotte Gaffney, James Barker, Sam Mercer and George Burton who all just missed out on receiving Athletes of the Match.

We are very proud of the Horwich RMI Athletes as they all gave 110% on the day and produced many personal bests. The full results will follow at a later date. On the day, the Combined Team of the Girls Competition i.e. the Under 11's, 13's and 15's won the day with the highest total of points. This is a great achievement to have beaten 2 Premiership Athletic Teams i.e. Preston and Blackpool and one that will not be forgotten for some time!

The final meeting is being held at Blackpool Sports Centre on Sunday 18th February, when final league positions will be decided and the medals will be awarded to winning age groups. Be there for 11:00am to register. We need to have as many there as possible.

Mark Dacre.

Junior News.

1. The "Sprint Session" on Mondays, run by Katie Ingram will have to be restricted to Year 6 and 7 Athletes only, due to numbers. This will take place from the month of February 2007. Those interested in taking part in this type of training need to contact Mark Dacre.

12 Athletes is approx the maximum for this group, ideally 6 girls and 6 boys, if possible. We are now planning ahead to the forthcoming summer athletics season, so are preparing our fast sprinters ready to compete in the Young Athletes League and other Open Competitions.

2. We are also planning ahead for Endurance training i.e. 600m, 800m, 1500m, mainly for Year 6 & 7's, again ready for the forthcoming season. Again anyone interested, please contact Mark Dacre, as this training will commence mid February 2007 if possible (Mondays to start with!). We need ideally 6 girls and 6 boys interested in this type of activity. Training for this will be on the outside track!

3. Please note that we will not be attending the GMAA Sportshall Event on 04/02/07 due to lack of interest. We are concentrating on the Lancashire League Event with the final meeting at Blackpool on 18th February 2007.

4. There is the final Open Meeting to be held at Sportcity on 31st March 2007, which is for Under 15's, 13's, 11's and 9's - Ages must be as at 31st August 2007. This is a great event to finish the indoor season off for our young athletes and is a great experience to run on an indoor 200m Running Track. If anyone is interested please see Mark Dacre or Belinda, as we would like to enter names as early as possible.

5. We are just awaiting details from Wigan Harriers about the outside Friday Track Meetings for the Year 3 to 6 children. To remind you, this is a match between Wigan v Horwich v Chorley and provides a great opportunity to compete on a full Track against children of similar ages. It's a great event for our younger athletes. Details to follow.

Contacts:

Carl Foster / Belinda Keating 01204 667674

Mark Dacre 01942 818729

Mini Runaround

The Junior and Indoor section, together with the front and back cover of the Runaround (including advertisements), Ed's Ramblings, Coming Soon and Competitions have all been reproduced to form a mini Runaround for the juniors. The plan is to produce 50 hard copies which will be distributed at the training sessions at Bolton Arena. Those juniors who had been receiving the full Runaround by post will now receive the mini Runaround along with the rest of the juniors (to be collected at Arena training sessions). Full versions of the Runaround can be purchased from the Editor (priced 75p).

COMPETITIONS

January's Competitions.

SENIOR COMPETITION: The winner, who correctly named the two mystery runners as Rob Haworth and Steve Barlow and the race as the Ian Hodgson Relay (Leg 3), was James Kevan. He receives a year's subscription to Running Fitness magazine. Runner-up was Clare McKenna who receives a bottle of wine. There were seven entries in total, with four getting the correct answers.

JUNIOR COMPETITION: The deadline has been extended till the 25th of February, with the winner who correctly names the mystery Horwich RMI Harrier junior (pictured in your January Runaround) receiving two tickets for Vue Cinemas. Runner up wins a sports bag.

Many thanks to both Vue Cinema at Middlebrook and Running Fitness Magazine, for the donation of the prizes for our competitions.



FEBRUARY COMPETITIONS. SENIOR:

If you think you know the identity of our two mystery Horwich RMI Harriers this month (seen running in the photograph on the left) and the race in which they were competing, please send your answers with your name, address and telephone number (via telephone, email, post or

hand) to ED by the 25th of February. The winning entry will receive a year's subscription to Running Fitness magazine, with Runner-up getting a bottle of wine. In the event of several correct entries the lucky winners will be drawn at random from the correct entries received.

JUNIOR COMPETITION:

Can you answer this question?

Which race is longer in distance, the 1500m or the Mile?

Entry details as above. Winning prize is a pair of cinema tickets. Runner-up prize is a shoe bag.

And just for fun, can you name as many of the juniors in the photo on the right below. Not a serious competition, but can you get them all?



LETTERS –



RESPONSE FROM THE FRA CHAIRMAN.

I would like, through the Runaround magazine, to give the response of the FRA committee to the notice from Dave Jones that has been circulating at races and which has also appeared on the Horwich RMI Harriers Blog.

The letter has been written in such a way as to give a totally misleading picture of what the actual facts are in certain cases. There are members of the FRA who would even use strongly worded language to describe how the facts have been presented.

1) The Chairman (Alan Barlow) refused to allow the motion to go forward as it had missed the deadline for submission. This decision had nothing to do with the chairman, as the FRA constitution clearly states that no motion can be put to the AGM that has not been advertised in the Fellrunner magazine. This is to ensure that the membership has been fully informed of all motions that will be discussed at the AGM and they can therefore attend to register their vote, if they feel so inclined. This rule is obviously in place to avoid the possibility of a hard core of members turning up at an AGM and putting forward a motion that would suit their agenda, and having it accepted, but that would not necessarily be for the benefit of the majority of members.

2) The vote on the discussion at the end was an informal vote and the chairman (Tony Varley had at this stage been appointed chairman) stated that as it was an informal vote it would not be binding on the committee. Whilst Dave is correct in stating that an overwhelming number of those present were in favour of seceding from UK Athletics we are talking about an AGM attended by 60 members compared with our total membership of approximately 6,000.

3) He then says that despite this clear expression of opinion the committee's response was to set up a sub committee to discuss and report on the issue. This is absolute rubbish. The sub committee was formed following a committee meeting in October to discuss the issue, a meeting that Dave attended and after which he subsequently resigned from the committee because he did not get his own way.

4) He further says that in view of the strength of the AGM vote (not mentioning that it was informal) that the whole of the FRA membership should have the opportunity to express their opinion and that it is an appropriate time to call for an EGM to discuss the matter. Why does he not make any reference to the fact that during the discussion at the AGM I said that I was prepared to go to the full membership in early 2007 with the findings and recommendations of the sub committee, for them to decide by holding a postal vote? This would surely be more democratic than holding an EGM with its inherent low attendance.

5) He also states that the committee is not operating on a valid mandate from the membership, unless it holds an EGM to obtain the members views. At the 2005 AGM a motion was passed giving the committee a mandate to secede from UK Athletics at any time they felt it was the correct course of action to take. So perhaps apart from the fact that we have not taken the Dave Jones option can someone explain to me how the committee is not following the members' mandate.

I did initially intend to give this response on the Horwich RMI Blog, but Norman refused on the basis that the Blog was not a debating place. Whilst I do not disagree with his view, it is surely wrong that a publication does not give the right of reply to an article/letter that criticises an event or organisation. My personal view is that Norman is quite happy to have things published on the Blog that he sympathises or agrees with, but he is not keen to publish if he does not. Maybe it should be made clear that this is, or appears to be, a Norman Matthews Blog and not a Horwich RMI Harriers Blog.

Hopefully after reading this and the recommendations/findings of the FRA sub committee, those of you who are FRA members can make a more balanced judgement of the issue when the postal vote is held.

Tony Varley - Chairman FRA

Ed- **What is a Blog?**

The following are just three simple definitions of what many now commonly refer to as a 'blog'.

1. Blog is short for weblog. A weblog is a journal (or newsletter) that is frequently updated and intended for general public consumption. Blogs generally represent the personality of the author or the Web site.
2. Web LOG is a journal kept on the internet. This journal is often updated daily and contains all information that the person maintaining the BLOG (Blogger) wishes to share with the world. Also applies to websites dedicated to a particular topic and being updated with the latest news, views and trends.
3. A blog is basically a journal that is available on the web. The activity of updating a blog is "blogging" and someone who keeps a blog is a "blogger".

Our club blogger is Norman Matthews who does a fantastic job on putting up Horwich RMI Harriers' news, photos etc onto what is known as the **RMI Blog**, much of it produced himself (text and photographs) and on a daily basis. This is no mean feat and can be very time consuming. Thanks Norman, for this tremendous service that you provide for our club. This **RMI Blog** is accessed from the Horwich RMI Harriers official website.

However, it must be made clear that personal views expressed on this **RMI Blog** may not necessarily represent club policy or the view of the vast majority of the club. Recently an issue regarding a call for an FRA EGM was promoted on the **RMI Blog**. This support / encouragement for an FRA EGM was not necessarily the view of the club's committee or its members and was not the view of the FRA committee, whose Chairman is our very own Tony Varley (see letter above). The problem can arise if you allow one side of a topical debate / argument to be promoted and yet no redress from the opposite side / opinion. This was the case when the call for the FRA EGM was promoted on the **RMI Blog** but the FRA opinion was barred from being published on that same blog. As a club member Tony Varley should be allowed to put across his point of view, especially as he is our club representative on the FRA committee, and indeed the FRA Chairman no less (hence his letter is printed above). In order for members to make an informed decision on an important issue they must be presented with the facts, and from both sides. To give anyone just a one sided slant on an issue could be seen to be misleading, or at the very least to be ill advised. The club's tools of communication (Website, Runaround etc) should be a means by which **all** club members can access information on club matters, athletic topics or just trivia that may be of interest (or not as the case may be) and provide the opportunity / facility for them to make contributions if they so wish.

Below is the information put on the RMI Blog on Tuesday January 2nd.

FRA EXTRAORDINARY GENERAL MEETING

The letter below is self explanatory; I will have a signature form available for those who are members of the FRA at the track and hill session.

Any FRA club member who feels strongly enough to print out his own signature form and circulate it can do so, and submit it independently.

"THE FRA SHOULD SECEDE FORTHWITH FROM UK ATHLETICS"

At the recent FRA AGM a Motion was put forward for the FRA to secede from UK Athletics and

hence return the management of fell-running to fell-runners.

The Chairman refused to allow the Motion to go forward as it had missed the deadline for submission but he agreed that the issue should be discussed at the end of the meeting. This discussion was quite lengthy and detailed and at its conclusion a vote was taken of all the members present at the AGM to see what the position was – this vote was “overwhelmingly” (quoted from the AGM Minutes) in favour of seceding from UK Athletics.

However, despite this clear expression of the AGM opinion, which would seem to indicate the need for a ballot of the whole Membership, all that has happened is that a sub-Committee has been formed to discuss the issue yet again! This sub-Committee is due to conclude its findings at the end of March and, presumably, these findings will be discussed at the FRA Committee Meeting in the middle of April. This is perilously close to the deadline for the June “Fellrunner”, so it may well be that nothing will be done and the whole issue could roll on and on to the next AGM without any resolution.

In view of the strength of the AGM vote I feel that it is time that the whole of the FRA Membership should have the opportunity to express their opinion and I think it is now the appropriate time to call an Extraordinary General Meeting to discuss and vote on the issue so that, whatever happens, the Committee will be operating on a valid mandate from the Membership – which, judging by the vote at the AGM, it is not doing at the moment.

I am quite prepared to call for an Extraordinary General Meeting but to do so I need a requisition of 5% of the Membership, which is about 300 people.

If you agree with the Motion (or even if you don't agree but feel it ought to be properly debated) and think a Meeting should be called I would appreciate it if you would complete the form below.

Thanking you in anticipation,

Dave Jones

ex-Editor “Fellrunner” magazine. ex-Editor FRA Calendar. ex-FRA Committee Member.

NEWS



This year's BUPA Great Manchester Run will take place on the morning of Sunday 20th May. The event is now in its 5th year and forms the centre piece of a hugely successful weekend festival of running, including the Tesco Junior & Mini Great Manchester Run taking place on Saturday 19th May at Sports City. Once again the organisers are looking for helpers from local clubs/organisations. If you are interested please can you contact Gareth Hughes (01204 695528 or soforarun@ntlworld.com) by February 20th. Each volunteer who helps on the day will receive a Nike Great Manchester Run souvenir jacket.

HELP- If anyone can take entry forms for the club's races to events please can they contact Colin Jones (01204 690013, colin@winterhill.fsnet.co.uk), Ian Smith (01204 691951, il.smith@ntlworld.com), or Gareth Hughes (01204 695528, soforarun@ntlworld.com).

Alternatively Sue Hayes (Bolton Arena) will shortly be getting a supply, so you can always ask if she's available if you're passing or down training. Sweatshop at Chorley should also have a stock.

2007 Overall Club Championships- Listed below are the races for the 2007 overall club championship. Your best 10 races to count. For the **men's, ladies'** and **vets' overall championships**, you must include at least one race from each of the three categories to

complete the series. The points system is as follows: 20 points for 1st, down to 1 point for 20th. Fell - Winter Hill (11th Feb), Rivington Pike (7th April), Great Hill (16th June), Harrock Hill (25th July). Road – Lostock 6 (26th Feb), Leyland 10 (27th May), Burnden 10K (8th July), Jubilee 5 (18th July). XC – Four Red Rose fixtures.

Sad news but fond memories –



Photos courtesy of The Bolton News.

As announced in the Bolton News on Saturday January 20th, former athlete and double Olympian Fred Norris has died, aged 85.

The above news was brought to my attention by our Vice President Pete Schofield. Pete recalled how Fred, who ran for Bolton United Harriers at the time, took part in a triangular competition at Horwich. The event involved the three clubs of Horwich RMI Harriers, Leigh and Bolton. The course included two laps of the Moss and included road sections, including along Chorley New Road. Known as a XC it was more of a multi-terrain race, and a tough one at that. Fred won it in a record time of 34.28, a time that was never to be beaten, even though the likes of Ron Hill, Ron McAndrew, Mike Freary, Eric Haslam, Tony Platt and Pete Ravald all had a crack at it.

Fred claimed he got to the top with the help of jam butties, determination and the love of his wife. Fred would be seen pounding the streets of Tyldesley from 5am before a tough shift down the mine. Then he would dash home, wash and change before reeling off another eight to ten miles. I wonder how many runners would cope with such a regime today?

Incredibly during his career Fred clocked up 54 English, British, Commonwealth and European records and at the age of 37 he set the 20, 21 and 22 mile world best times and the two hour world distance record. In 1959 he was international cross-country champion. He finished seventh in the 10,000 metres at the 1952 Helsinki Olympics, a race won by the legendary Emil Zatopek and he also competed in the marathon at the Melbourne Olympics, four years later. What a great runner and thanks for the memories Pete.

SWEATSHOP



SWEATSHOP & MIZUNO

WAVE HARRIER

TRAIL & FELL SERIES 2007

ASHURST BEACON SATURDAY 20th JANUARY

PARBOLD HILL RACE SATURDAY 17th FEBRUARY

RODDLESWORTH ROLLER SUNDAY 11th MARCH

RIVINGTON PIKE FELL RACE SATURDAY 7th APRIL

COME AND TRIAL THE MIZUNO WAVE HARRIER AT THESE RACES

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THIS SERIES IS RUN WITH MUCH APPRECIATED ASSISTANCE FROM THE RACE ORGANISERS

HARRIER HILARITY



Once again SlowMan prevails by striking Hilarity into the hearts of his rivals!

I go running in the morning, before my brain figures out what I'm doing!

I'm in shape.....
Round is a shape, isn't it?

It is well documented that for every mile that you jog, you add one minute to your life. This enables you, at age 85, to spend an additional five months in a nursing home at £3000 per month.

I don't jog – it makes the ice jump right out of my glass.

You have to stay in shape. My gran began walking five miles a day when she was 60. She's 97 today and we don't know where she is.

Q. How do crazy runners go through the forest?
A. They take the psycho path.

Q. What kind of shoes are made from banana skins?
A. Slippers.

FEBRUARY LIMMERICK

THERE WAS A YOUNG MAN NAMED MONTEITH,
WHO JOGGED EVERY DAY ON THE HEATH.
HE WAS MUGGED, AND WHAT'S MORE
HE WAS SLUGGED ON THE JAW,
AT 18 HE NOW HAS REAL FALSE TEETH!
Arthur. <http://limericks.5gl.net>.

A Very Senior Moment

(every word here is true, except for my name)

It was soon after leaving the summit of Hardnott in dense cloud during the 2005 Duddon Valley race that I decided that I needed to refer to my compass. I'm not a precise navigator, but knew that east(ish) would get me down to Mosedale where I would recognise the stream crossing and I could start up Little Stand. But then the senior moment took over. Which end of the needle points north, the red or the white? "Apply logic!" I told myself. Obviously, in poor light the white end would show up best, so that will be north.

So that was how I found myself travelling due west into Eskdale, realising my mistake, then phoning race control from a friendly B&B to tell them not to wait on Little Stand.

Is there a moral to this story? Select from:

- Avoid growing old.
- Tattoo on the back of your hand 'Red end points north' – could be misconstrued in the wrong circumstances.
- Use your compass more frequently.
- Stick to road running.

Very best wishes for *your* old age,
Willie Eckerslyke.



UNSUNG HERO
(self portrait!)

Can you name this month's unsung hero? He works tirelessly behind the scenes, whether on the flat (clue) or on the hills. Next clue – your club website wouldn't be half as good as it is without his input. Answers to Ed in the usual way. Prize - a drink of your favourite tipple.

CONGRATULATIONS



The Horwich RMI Harrier ladies once again ran superbly as a team at the Northern Cross-Country Championships and just missed out on a hat-trick of bronze team places, finishing fourth ladies team overall. Pictured left are Katie Ingram, Lisa Heyes, Janet Rashleigh, Karen Murray and Angela Allen (Photo courtesy of Norman Matthews)

SPORTING CONNECTIONS

This month's contribution is again from Brian Cunningham, whose article MINUS 2 GULLY WITH MARK MILLER (Alias Captain McNevis) appeared in your December and January Runarounds.

I shall leave it up to you to interpret the article and to decide whether you may have had similar experiences in running or other sporting activities. Please send in contributions for this section on any sports activity, from any angle and from any source.

THE PEARL

I don't remember precisely when the thought of quitting first entered my head. Suddenly it was there and like a speck of dust in my eye it was difficult to shift. For a while I moved it around so that the irritation was minimised. But it was still there. I felt like an oyster considering a grain of sand which had penetrated its soft and delicate interior. This thought of quitting had entered my inner soul. There is nowhere to hide in one's soul - every part of it is visible to the heart. No matter where I put the thought of quitting, I could see it. This tiny particle became the focus of all my attention. My harmony with the hills and lochs was profoundly disturbed. Such a miniscule particle, yet so malignant. It irritated its way into my mind and absorbed all my thinking. Soon it was so firmly wedged I gave up trying to shift it. Another way to ease its irritation had to be found. Learning from the oyster, I began to think rationally about my problem. I began to think rationally about quitting.

Amazing! What is rational about such an emotional subject as quitting? Yet I did it. Like the oyster, I encased the offending particle in a smooth and beautiful coating of rationale.

The first layer was the heat. Yes, it had been a very hot day.

All at once, the quitting particle grew less irritating, but the intrusion also grew larger, surrounded now by its gleaming, pearly case.

Layer followed layer.

There were many fewer tracks than I had hoped. I'd underestimated the amount of ascent and the difficulties involved. I'd not eaten enough. I'd forgotten my sun hat.

In a short time the thought of quitting was no longer an irritant. It was a beautiful pearl. Hard and lustrous. Ready to be displayed as an item of great value. Ready to be wondered and marvelled at. Ready to be believed. Yet at its very heart lay an evil seed - the first thought of quitting.

When I arrived at the next support point, I showed my pearl to Alistair. 'What do you think?' I said.

'Looks pretty good to me.' came the reply, and another layer was added to my pearl. And I quit. (Later) We drove around to Inverchoran where Jim was waiting in the Range Rover. Jim's tent was rapidly erected and everyone tumbled inside leaving me in the car. Warmly cocooned in my goose-down jacket I was content to be alone. Drawing the hood tightly around my face it embraced me in its softness. Tomorrow I would have to face the reality of failure. I squeezed my eyes tightly shut but the hot tears flooded.

My precious pearl was worthless.

WHERE ARE THEY NOW?

Danny Banks.

Does anyone remember Danny Banks? Those of you who were with the club before the mid 90's could not fail to remember Danny. A permanent fixture in terms of starting and time keeping for

the club, I remember him as a valuable member of the Jubilee team and always one with a great sense of humour. This is a call to those whose memories go back that far, to write in about such characters, many of whom were very much part of the club make-up, whether as runner, official or both. I feel sure there is someone reading this who can write in for next month's issue on Danny and do him justice. I recently spoke to him on the phone, for the first time in about ten years, having been told by Phil Fleming (now there's another character to write about) that Danny had celebrated his 70th birthday on January 4th this year. Danny is well and still lives in Blackrod. You may spot him out walking in Rivington, which is one of his favourite ways to spend his time. During our conversation he recalled a funny incident when he was running the Parbold Hill Race. Probably 1982 or 83, he remembers with great hilarity how an animal ran through the finish line. He/she was, of course, duly recorded – A.Horse!!!! You'll no doubt have to ask Phil Fleming, Pete Schofield, Danny or any of the other dozen or so Harriers there that day if they were beaten by A.Horse!!!! Danny also recalled the Horwich Fun Run from about 1990. There were so many runners in the event that at the finish at Station Park Phil Fleming was heard to shout "about 12 at"

By heck, those were the days.

Please write in about any Harrier from the past, or present for that matter. The more light-hearted the better.

RUNNING GOURMET - Still having a rest!! To return soon?

Coming in your next issue - Reports, competitions and much, much more.



See you in MARCH



REMINDER - SUBS ARE WELL OVER-DUE

Those who have not paid their subs by February 23rd will no longer receive a posted copy of the Runaround

The subs for 2006/2007 are now over-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 Murray, 16 Snowdon Drive, Horwich, Bolton, BL6 7DG.
Alternatively pass on to Karen or Alastair Murray at the Tuesday track or Thursday hill sessions.

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