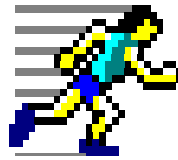


MAY 2007 RUNAROUND





MAY RUNAROUND 2007



Ed's Runaround Ramblings

The following appeared on the RMI Blog on the 28th of April: Stephen Barlow, life long member of Horwich RMI Harriers, finally said goodbye to his bachelor days. After 46 years of freedom he decided to tie the knot and the lucky girl is Clare McKenna, also a Horwich RMI Harrier. They were wed on the 11th April 2007 in St Peter's Church, Middleton and celebrated afterwards at The White Hart Inn at Lydgate. Stephen and Clare would like to say a big thank you to all those who wished them well on their wedding day.

It's not everyday that we have two Horwich RMI Harriers getting married to each other. A special day for both was enjoyed by so many. Here's to many years of wedded bliss. The happy couple are pictured on this month's front cover.

Don't forget the Jubilee Series and Horwich Tour are fast approaching and Tour dates are included in this issue. A promotional leaflet on the Horwich Carnival Races is included in your mailing. There is a reminder in the News section that we need as many people as possible to assist with all our forthcoming promotions. Please note the Ian Hesketh Memorial Duathlon on May 27th, when I'm sure Tony Hesketh would appreciate helpers.

Apologies if you're receiving this month's Runaround slightly later than usual, also in advance for any delays with your June or July issues. This is due to several factors, not least the busy period of event preparation for Jubilee, Tour and Carnival Races. Should it prove necessary, as a one off, a combined June and July issue would appear around mid July. Time will tell.

Good luck and all the best in the coming month – Ed.

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



May 6 th	Llangynhafal Loop Fell Race (4.5m, 1500', British)	Plas Yn Llan, near Llangynhafal Church (12 noon Ladies, 1.00pm Men, GR 135633)	Fell Captains
9 th	Haigh Hall 5 (Central Lancs GP Race 4)	Wigan Rugby Union Club, Wingates Road (7.30pm)	Paul Carroll 01257 426166
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) Also Race 2 of the Sweatshop/ Mizuno Wave Idaten Series	Stewart Westhead 01204 696378
18 th	Chorley Park 5K Series (2)	Astley Park, Chorley (7.00pm, 6.30pm Junior) Limit 150	
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

23 rd	Harrock Hill Race 1 (5m, 900')	Farmers Arms, Bispham Green (7.30pm, GR 497130)	Andy Quickfall 01257 450339
27 th	**Ian Hesketh Memorial Duathlon (5K Run, 22K Cycle, 5K Run)**	Rivington Lower Barn (9.00 am) Individuals or Relay Teams of 2	Tony Hesketh 01204 668183
	Leyland 10 (Central Lancs GP Race 5)	Worden Park, Leyland (11.00am)	Martin Harrington 01257 412759
June 6th	Chorley 4	See above	
13 th	Haigh Hall 5	See above	
	** Countryside Tour **		
19 th	Lever Park Run – 6K Trail (Tour Race 1)	Rivington and Blackrod High School (7.30pm) Registration at the Crown Hotel	Sue Hayes 01204 409834
20 th	Jubilee 5 (also Tour Race 2) and U17's 1 Mile Fun Run (Junior Tour Run 1)	See above Fun Run (6.45pm)	Stewart Westhead 01204 696378
21 st	Walsh Two Lads Fell Race (5.25 miles, 900') (also Tour Race 3)	Bridge Inn, Church Street, Horwich (7.30pm)	Colin Jones 01204 690013
22 nd	Joseph Holts Brewery Cross-Country (also Tour Race 4) and U17's 1 Mile Fun Run (also Junior Tour Run 2)	Ridgmont Park, off Chorley Old Road, Horwich (7.30pm) Fun Run (6.45pm)	Ian Smith 01204 691951
24 th	The Emerson Group BMAF 5K	Church Street, Horwich (11.15am)	Gareth Hughes 01204 695528
	Georgia Pacific Horwich Carnival 5K (incorporating the Warburtons NoEAA Championships and also Tour Race 5)	Church Street, Horwich (12.50pm)	As above
	Bluemantle Horwich Carnival 1 Mile Fun Run (also Junior Tour Run 3)	Public Hall, Lee Lane, Horwich (1.35pm)	As above
27 th	Harrock Hill Race 2	See above	

Entry forms for Horwich RMI Harrier events are available at Bolton Arena, Horwich Leisure Centre and at www.horwichrmiharriers.co.uk (forthcoming events).

IMPORTANT NOTICE

The 2007 Great North Run is taking place on Sunday 30th September.

There are a number of places reserved for club athletes achieving a time criteria of 1:25 for Men, and 1:40 for Women, over the past 12 months for the half marathon.

The club can apply for 2 of these guaranteed entries, which will be confirmed on a first come first served basis.

Could any member please contact me if they are interested in receiving one of the reserved places (N.B. reserved NOT complimentary), or have any further questions, by Friday May 18th at the latest. Alastair Murray (01204 401344, alastair.murray@gmail.com).

Track & Field Fixtures 2007

Date	Event	Age Groups	Venue
May 7th	Trafford Bank Holiday Open	U11 to senior	Trafford
12 th & 13 th	County Championships	U11 to Senior	Trafford
20 th	UK Young Athletes League	U13, U15 & U17	Deeside
25 th	U11 League	U11	Wigan
26 th	Mid Lancs T&F League	U13 to Senior	Liverpool
27 th	Junior League	U17 & U20	Preston
26 th & 27th	NoEAA Under 15/17 Champs	U15, U17	South Leeds
28 th	Trafford Bank Holiday Open	U11 to senior	Trafford
June 3 rd	UK Young Athletes League	U 13, U 15 & U 17	Boggart Hole
9th	County Schools Champs	U15, U17 & U20	tbc
10 th	Dash Quadathon	U9, U11, U13 & U15	Sportcity
16 th	Schools Inter – counties	U15, U17 & U20	tbc
16 th & 17 th	NoEAA Sen/Jun Champs	U20 & Senior	Wavertree
22 nd	U11 League	U11	Wigan
23 rd & 24 th	National U20 & U23 Championships	U20 & U23	Bedford
24 th	UK Young Athletes League	U 13, U 15 & U 17	Trafford
30 th	Mid Lancs T&F League	U 13 to Senior	Preston

*******WANTED - DEAD OR ALIVE - MASHALLS*******
FOR JUBILEE & TOUR - SEE NEWS SECTION
YOUR CLUB NEEDS YOU

ROAD

Burnley 10K (01/04/07).

1 A Valentine (Bolton) M 34.55
 86 E Swift 3rd M60 49.24
 Finishers 127

Oldham Mayor's Half Marathon (01/04/07).

1 K Chapman M40 1.17.43
 (Unattached)
 27 J Foulds M45 1.35.27
 29 R Baker M 1.36.15
 Finishers 115

Caldervale Country 10 Mile Road Race (06/04/07).

The 2007 Caldervale 10 and Fun Run were dedicated to the memory of Dave Clarke, the race organiser, who tragically died following an accident . The race medals were inscribed with his epitaph "Leave it to me and I'll sort it out". The running community has suffered a great loss but

it is nothing to the loss suffered by Diane and family. Please remember Dave the athlete, organiser and friend.

Good Friday produced good conditions for the 214 runners to enjoy on the hills of this rural race. The gentle breeze was welcome not only for its cooling but for helping remove the olfactory effects of a farmer manuring a field adjoining the route.

Norman Matthews.

1	K Chapman (Unattached)	M40	55.45
4	P Muller	2 nd M50	58.41
55	M Lysyca	M45	69.41
48	J Foulds	M45	68.52
67	I Charters	M50	72.19
190	P Charters	L45	91.44
Finishers 214			

Salford 10K (06/04/07).

There were quality times at the front this year with Andi Jones running sub 30, and Pauline Powell an even 34 minutes. For our ladies Angela Allen was placed sixth overall in 36.30, maintaining her consistency at this distance. Denise Wakefield surprised herself with a fast time when winning the Over 50 category, after house moving had seriously reduced her mileage of late – surprising what a little rest period can do!

Andrew Neary was our first male counter in 34.55, not as fast as he wanted but it left him with enough energy to race the Pike the day after. Denis Mason had his work cut out staying with Angela but like all gentlemen allowed her to beat him by one second! Richard Baker in his last couple of weeks of training for London must be hopeful for sub 2.55 as his target, going off his 10k time.

Norman Mathews.

Salford 10K (06/04/07)

1	A Jones (Salford)	M	29.43
48	A Neary	M	34.55
80	A Allen	L35	36.30
81	D Mason	M	36.31
102	R Baker	M	37.22
255	D Wakefield	1 st L50	43.32
Finishers 557			

Flora London Marathon (22/04/07).

The 27th staging of the annual Flora London Marathon had over thirty-six thousand taking part. The day saw the hottest conditions in the race's history, with temperatures as high as 23 degrees centigrade, and this had an effect on many athletes' performances and their finishing times. Amongst the masses were a number of Horwich RMI Harriers taking part. First to finish was John Foulds in 3.30.02, followed by Tony Hesketh in 3.32.55. Amongst the other Harriers Luke Carter was running in his first race for the club and finished in a terrific time of 4.27.05 and Martin Banks recorded a personal best time, finishing in 4.14.37.



London Marathon. L to R: Luke Carter, Richard Baker, Marie Holden, Martin Banks, Tony Hesketh and Gill Burnell. Photograph courtesy of Tony Hesketh.

London Marathon (22/04/07).

1	M Lel (Kenya)	M	2.07.41
	C Zhou (China)	L	2.20.38
3732	J Foulds	M45	3.30.02
4130	T Hesketh	M55	3.32.55
5232	R Baker	M	3.40.15
7930	C Horridge	M	3.54.36
12243	M Banks	M	4.14.37
14416	P Ramsdale	M45	4.23.21
15355	L Carter	M	4.27.05
18790	G Burnell	L55	4.40.59
24210	M Holden	L40	5.03.22
	Finishers 35674		

Bolton and Garstang 10ks (22/04/07).

Ian Selby was the club's first counter in the Bolton 10K, finishing in a terrific eighth place (34.52) out of 563 finishers. Paul Muller finished in a superb fifth place in the Garstang 10K Road Race, and was also first Over 50, in a time of 36.27. Sarah Norgate finished ninth lady, and third Over 35, in a time of 47.53.

Bolton 10K (22/04/07).

1	P Freary (Belgrave)	M35	32.10		Men's Teams (3)	
8	I Selby	M35	34.52	1	Bolton	18
10	S Nolan	1 st M45		2	Salford	32
143	P Hesketh	M	46.18	3	Horwich RMI	95
172	L Pinnell	M35	47.20			
245	E Burton	L35	50.38			
	Finishers 563					

Garstang 10K (22/04/07).

1	R Hayman (Sale)	M	33.02
5	P Muller	1 st M50	36.27
63	S Norgate	3 rd L35	47.53
Finishers 173			

Heys Dominates as Hundreds Flock to Killer Mile (26/04/07).

Chris Heys continues to confound by racking up first place and a near-PB at Mow Cop's "Killer Mile" in Cheshire. This is a one mile uphill only race at gradients ranging from "slight" to a 1:4 Killer section at the ¾ mile mark, just outside the front door of the Cheshire View pub – very convenient for the hundreds of spectators, many of whom congregate here to yell encouragement at the passing runners.

Despite having put on half a stone and with recent performances leaving much to be desired, Heys turned on the turbocharger in the last quarter mile, leaving a gasping Bolland in his wake, passing the leading trio with ease and going on to win the Shield in 7:04.

The Pub is adorned with photos of past winners of the race which has been held since 1982, and having won previously in 2005, Heys' mugshot is up there with the likes of Jack Maitland and Bashir Hussain. Even the pub Landlady knew him by name.

Brendan Bolland, having gone there with the mistaken conviction of beating an off-form Heys on his home turf, had to settle for 5th place in a time which he would only reveal as being "a few seconds" behind Chris. At the post race drinking session in the Cheshire View Bolland dropped the winner's trophy on the floor, thus breaking it. It remains unclear whether this was accidental or intentional.

A rejuvenated Heys is now looking forward to Horwich's Murder Mile, where it is hoped some of "that Pudsey lot" will turn up to challenge Chris in the Horwich version of Mow Cop's toughest conceivable one mile road race.

Brendan Bolland

Mow Cop Killer Mile

The Mow Cop Killer Mile is a 1 mile uphill road race involving 550 feet of climbing. It's not for the faint hearted. With the steepest section towards the end, if you set off too fast you'll soon discover that the lactic acid in your legs will overflow into all the other limbs of your body! Get your pace judgement right however, and you'll find yourself able to pick up places in the second half of the race without too much additional effort.

Having won the race two years ago, I was hoping to make amends for last year, where I think the pressure of being defending champion got to me. I am pleased to say that with conservative pacing for the first three quarters of a mile and a timed change of gear for the final section, I surged from a distant 4th to a convincing 1st, winning the title in a time of 7.04.

Brendan Bolland also came to try the event and was not too far behind in 5th place, which is impressive after a heavy week of training and a win at the previous night's Mystery Tour.

With approximately 500 competitors split into 6 races, Brendan and I ran it twice more as a "warm down" before retiring to the Cheshire View pub for some liquid refreshment. The Cheshire View lies on the steepest section of the route and is the focal point for much of the enthusiastic crowd support during the race.

Chris Heys.

FELL

2007 Rivington Pike Fell Race

This year's Rivington Pike Fell Race, Horwich RMI Harriers & AC's annual classic fell race and the second oldest in the country dating back to 1882, was again a fabulous occasion. Since its inception the race has always been tremendously well supported by the people of Horwich, the crowds of spectators always lending a great atmosphere to this short, classic race, and this year this tradition was once more well and truly upheld. Graced with superb weather, huge crowds and a large number of competitors the race was another remarkable event.

The race itself saw many great performances on the 3.25 mile, 700' feet ascent course. This year's first Horwich RMI Harrier, winning the RMI cup, was Brendan Bolland who finished ninth in a time of 18.47. The overall race winner this year, receiving the Moss Challenge Trophy, was local runner Rob Hope (Pudsey & Bramley) in a time of 17.07. Rob, who had previously won the Pike Race in 2005, set a time that improved on last year's winning time by thirty-two seconds. Rob finished ahead of last year's winner Thomas Cornthwaite (Blackburn Harriers), who also bettered last year's winning time, finishing in a time of 17.28. The ladies' Doris Moss trophy was won by Mary Wilkinson (Bingley) in a time of 20.03. This was a terrific ninety-one seconds faster than last year's winning time and some fifteen seconds faster than when she won the race in 2005. Indeed, Mary's time was the fourth fastest ever by a lady on the course.

Cash prizes were awarded in the 1950's races and in 2004 were re-established, this year again being awarded for the first three men and ladies and also the first man and lady to the top. The £50 cash prize for the first runner to the Pike tower, together with the Cyril Hodgson Cup, was won by race winner Rob Hope in a time of 10.44. The cup was donated some years ago by Cyril's family in his memory, Cyril having marshalled at the Tower for approximately 30 years. Ladies' race winner Mary Wilkinson was also first lady to the top in a terrific time of 11.57, winning the £50 prize. Winning cash bonus prizes for breaking age group records were Horwich's Janet Rashleigh who lowered the Over 45 record, previously set by herself last year, by thirty-nine seconds and Helsby's Joe Beswick who lowered the Over 75 record, also set by himself last year, by thirty-four seconds.

Horwich RMI Harriers' category winners included Lisa Heyes (Over 35), Janet Rashleigh (Over 45), Christine Sweatman (Over 50), Dave Massey (Over 45), Graham Schofield (Over 50) and Mike Short (Over 55). In addition, Horwich recorded excellent team victories in the Men's, Veteran Men's and Lady Vets team categories. There was also local success for Rivington Barn which won the prize for the first non-athletic team.

The junior races again proved extremely popular, with forty-eight athletes competing in the junior Pike races.

The Horwich RMI Harriers were delighted to have the Mayor and Mayoress of Horwich in attendance, Councillor Bernard McCartin and Mrs. Lynne McCartin. It was also an honour to have six time winner Paul Dugdale, Horwich's Over 55 World Mountain Running Champion Mike Short and Life Member Kath Schofield as special guest presenters. Indeed, it was extremely fitting that Kath Schofield was in attendance to present the Men's Team trophy, The Malcolm Schofield Trophy. This was donated by Life Members Kath and Peter Schofield twenty years ago in memory of their son Malcolm.

The Pike race was again chosen to host the Merseyside AA Fell Championships, with organiser Phil Thomas presiding over the awards.

On Behalf of the Horwich RMI Harriers Rivington Pike Fell Race organising committee, race organiser Ian Smith would like to thank everyone associated with this year's race. Everyone worked really hard to make the event run smoothly. Thanks also to the many Horwich RMI

Harriers who competed, some of whom also did a sterling job by helping as well. A special thanks to the Bolton Mountain Rescue Team for providing first aid cover for the event, race HQ hosts Gary and Beverley Parker (landlord and landlady of The Crown Hotel) and the main race sponsors Walsh Sports, Bara-Mix and Sweatshop.



Mayor of Horwich, Councillor Bernard McCartin, presents the Doris Moss trophy to Ladies' Pike Race winner Mary Wilkinson of Bingley Harriers. Photograph courtesy of Mary Wilkinson.



Janet Rashleigh first L45 and second Lady overall (setting new L45 record of 22.14). Rob Hope (Pudsey & Bramley) first to top and overall winner. Photographs courtesy of Norman Matthews.

Pike Race Category Winners

Men

1	R Hope	Pudsey & Bramley	17.07	Moss Challenge Trophy
1 st to top	R Hope	Pudsey & Bramley	10.44	Cyril Hodgson Trophy
M40	C Roberts	Kendal AC	18.12	
M45	D Massey	Horwich RMI	18.54	
M50	G Schofield	Horwich RMI	19.58	
M55	M Short	Horwich RMI	21.25	
M60	G Norman	Altrincham	23.17	

M65	A Peers	Spectrum Striders	25.38	
M70	B Rogers	Northern Vets	28.20	
M75	J Beswick	Helsby RC	31.14	New Record by 34 seconds
JM	J Appleton	St.Helens Sutton AC	21.00	Junior trophy
Ladies				
1	M Wilkinson	Bingley Harriers	20.03	Doris Moss Trophy
1 st to top	M Wilkinson	Bingley Harriers	11.57	
L35	L Heyes	Horwich RMI	24.04	
L40	C Shelley	Manchester YMCA	24.03	
L45	J Rashleigh	Horwich RMI	22.53	New Record by 39 seconds
L50	C Sweatman	Horwich RMI	29.25	
L55	S Charman	Helsby RC	28.45	
L60	D Lock	Lytham St. Annes RC	38.44	
JL	R Searson	Blackburn Harriers	22.29	
Men's Teams (3)				
1	Horwich RMI	B Bolland, D Massey, R Jackson		Schofield Trophy
Men's Vets Team (3)				
1	Horwich RMI	D Massey, R Jackson, G Schofield		Ready's Shield
Ladies' Teams (3)				
1	Blackburn Harriers	R Searson, H Robinson, M Taylor		Sweatshop Shield
Ladies' Vets Team (3)				
1	Horwich RMI	J Rashleigh, L Heyes, Sweatman		Ready's Shield

Horwich RMI Harriers Pike Race Results - Men

9	B Bolland	M35	18.47	66	G Chadderton	M45	23.02
10	D Massey	1 st M45	18.54	68	H Price	M45	23.10
13	D Milliken	M40	19.03	87	I Charters	M50	24.08
14	R Jackson	M40	19.11	89	C Snape	M45	24.12
15	C Heys	M	19.26	90	B Allman	M50	24.14
18	S Diaz	M	19.51	121	W Brindle	M40	25.42
19	G Schofield	1 st M50	19.58	122	B Brindle	M50	25.46
20	S Nolan	2 nd M45	20.07	138	R Whittaker	M	26.48
21	A Neary	M	20.10	141	P Hesketh	M	27.00
22	K Gaskell	3 rd M45	20.12	144	L Pinnell	M35	27.11
28	I Hepburn	M	21.05	171	K Makin	M55	28.40
35	D Fleming	M45	21.19	179	D Kirkham	M45	29.07
37	P Boardman	M45	21.20	180	A Sweatman	M55	29.14
38	M Short	1 st M55	21.25	208	P Scott	M60	31.43
39	R Baker	M	21.30	216	J Coope	3 rd M70	33.16
59	R Green	M45	22.37	227	E Swift	M60	39.10
65	M Crook	2 nd M55	22.54		Finishers 228		

Horwich RMI Harriers Pike Race Results - Ladies

2	J Rashleigh	1 st L45	22.14	43	N Kirkham	3 rd L50	30.57
6	L Heyes	1 st L35	23.48	56	V Slawson	L45	39.54

9	D Allen	2 nd JL	24.20	Finishers 56
34	C Sweatman	1 st L50	29.25	

1	Men's Team (3): B Bolland, D Massey, R Jackson	32
1	Men's Vets Team (3): D Massey, R Jackson, G Schofield	17

2	Ladies' Team (3): J Rashleigh, L Heyes, C Sweatman	38
1	Lady Vets Team (3): J Rashleigh, L Heyes, C Sweatman	17

Gareth.



Great to see Mike Short back running on familiar territory.
Photograph courtesy of Norman Matthews.

Horwich Out In Force At Paddy's Pole (22/04/07).

The 4.5 mile, 1110' ascent Paddy's Pole Fell Race, the second in this year's English Fell Championship, saw some great performances by the Horwich RMI Harriers. Darren Kay was the club's first finisher in eleventh place, followed by James Logue in twenty-first place.

Paddy's Pole Fell Race (22/04/07).

1	J Symonds (Kendal)	M	27.27	66	S Diaz	M	32.22
11	D Kay	M35	29.08	126	B Walton	M50	35.20
21	J Logue	M35	30.06	137	D Fleming	M45	35.43
25	D Milliken	M40	30.26	159	G Chadderton	M45	36.56
32	B Bolland	M35	31.03	177	H Price	M45	37.40
37	R Maddams	M	31.11	225	P Murray	3 rd M65	40.50
38	D Massey	2 nd M45	31.12	253	C Waterworth	M50	42.44
60	C Heys	M	32.07	261	R Longlands	M	43.26
65	P Haworth	MU23	32.19	267	E Lorimer	M	44.13
66	S Diaz	M	32.22		Finishers 305		

Three Peaks Fell Race (29/04/07).

Brendan Bolland defies normal training protocols once again! After winning Allan's Mystery Tour on the Wednesday evening, racing the Killer mile Thursday – several races! Then racing the 3

Peaks (24 miles, 4500' ascent) on the Sunday, finishing a brilliant 5th on his debut, picking up the awards for 'Best Newcomer' and best from a Lancashire Club. Well done Brendan. James Logue ran well to finish in 13th place, Chris Heys also using the Mow Cop Mile as a warm up finished in 30th place and was very pleased to knock 16 minutes off last year's time. Norman Matthews.

Brendan Bolland "newcomer" to fell running!

Bendan Bolland claimed a superb 5th place in this year's 53rd Three Peaks Race and in the process won the first newcomer award and first from a Lancashire club award. Brendan showed excellent strength and judgment pulling through from about 20th at Pen y ghent, to 10th at Whernside and finally passing the likes of Andrew Schofield on the run off Ingleborough near the end of the 24 mile route. Brendan finished in 3.07 behind winner Robb Jebb's very fast time of 2.51. Next Horwich runner home was James Logue 13th in 3.16 and third newcomer to the race. Chris Heys improved 16 minutes and 24 places from last year to come in 30th in 3.28. The other Horwich prize winner on the day was Graham Schofield who was 2nd vet 50.

Horwich again showed good strength in depth placing 3rd team just 10 points behind second placed Bingley. Tony Varley persevered well to beat the cut off times and had such bad cramp at the finish was limping and bent over on his way down the run in.

James Logue.



Brendan receiving his well deserved prize at the Three Peaks presentation.

Three Peaks (29/04/07).

1	R Jebb (Bingley)	M	2.51.49	209	A Sunter	M45	4.12.29
5	B Bolland	M35	3.07.38	218	I Charters	M50	4.13.39
13	J Logue	M35	3.16.04	339	P Kujawa	M45	4.42.15
30	C Heys	M	3.28.36	455	T Varley	M55	5.26.03
55	G Schofield	2 nd M50	3.40.23		Finishers	459	

MULTI-TERRAIN & TRI

Gin Pit 5 Mile Trail Race (15/04/07).

With the Gin Pit 5 mile trail race newly added to the Horwich road championship series, there was a massive turn out of 30 Horwich athletes who raced in 21 deg C conditions. What a fantastic set of achievements for the reds – race victory for Colin Rigby, Lisa Heyes second woman home overall; the men's 'A', 'B' and 'C' teams and two ladies' team 'A' and 'B' all winning the highest team positions as well as netting a total of six vet category winners.

Race winner Colin Rigby absolutely stormed the rest of the field finishing 27 seconds clear in a time of 26.33, second man home Paul Massey kicking a 5.24 mile pace, followed by third placed Dave Massey first V45 home in 27.22. Together these three really were the 'A' team, as this left the nearest club, Leigh Harriers, 38 points away.

In the men's vets categories there was lots of success - Robert Jackson (1st V40) finishing 5th overall in 27.45, Dave Massey (1st V45), Steve Nolan (2nd V45) smashing 1 min 21 off his 2006 time, Paul Boardman (3rd V45), Graham Schofield (1st V50), Tony Hesketh (2nd V55), Pete Bland (3rd V55). The ladies nailed some great achievements with a trio of first placings for Lisa Heyes, the race's second woman home in 31.58 (1st V35), and Gaynor Higson 6th woman home in 35.04 (1st vet 40) and Christine Sweatman (1st V50) in 40.02. Other vet category placings were Sarah Norgate (3rd V35) who took 5 mins 12 off her 2006 time and Nicole Kirkham (2nd V50) sprinting over the line in strong form in 41.09. It was Claire Burns' first ever race and already she dipped under 7.30 mile pace, achieving 4th female in her age category to be pursued by other newcomers to Gin Pit Sally Smallbone, Marie Holden and Brenda Hesketh who between them netted 84 points for Horwich 'C' team.

Women's team nettings included a brilliant first place for Horwich 'A' (Lisa Heyes, Gaynor Higson, Sarah Norgate) and third place for 'B' (Claire Burns, Christine Sweatman, Nicole Kirkham). Stealing the limelight were the three men's teams with a dazzling winning of first three team places - 'A' (Colin Rigby, Paul Massey, Dave Massey), 'B' (Robert Jackson, Brendan Bolland, Guy Heyes), 'C' (Alastair Murray, Stephen Diaz, Steve Nolan).

Sarah Norgate

Gin Pit Trail Race (15/04/07).

1	C Rigby	M35	26.33	41	G Chadderton	M45	33.05
2	P Massey	M35	27.00	49	P Bland	3 rd M55	33.47
3	D Massey	1 st M45	27.22	54	B Allman	M50	34.29
5	R Jackson	1 st M40	27.45	62	G Higson	1 st L40	35.04
7	B Bolland	M35	27.55	79	D Wagstaff	M35	36.27
9	G Heyes	M	28.20	84	S Norgate	3 rd L35	37.01
10	A Murray	M	28.31	86	C Burns	L	37.25
12	S Diaz	M	28.45	90	L Pinnell	M35	37.49
13	S Nolan	2 nd M45	28.46	111	A Sweatman	M55	39.57
15	T Rowlands	M35	29.03	112	C Sweatman	1 st L50	40.02
17	G Schofield	1 st M50	29.32	122	D Kirkham	M45	41.00
25	R Baker	M	31.11	123	N Kirkham	2 nd L50	41.09
27	P Boardman	3 rd M45	31.29	125	S Smallbone	L	41.13
31	T Hesketh	2 nd M55	31.47	141	B Hesketh	L50	43.25
34	L Heyes	1 st L35	31.58	167	M Holden	L40	46.44
					Finishers	191	



Colin Rigby, winner of the Gin Pit 5 Mile Trail Race. Gaynor Higson, first Over 40 Lady. Photographs courtesy of Norman Matthews.

Lancaster Three Bridges 10K (15/04/07).

1	S Littler (Wesham RR)	M	33.15
4	R Maddams	M	34.20
Finishers 371			

Rob Jackson had a great run to finish third (23.26) in the 6.65K Colin Robinson Multi-Terrain Race, staged at Cowm Reservoir near Rochdale.

Colin Robinson Muti-Terrain (18/04/07).

1	W Ali (Rochdale)	M	22.12
3	R Jackson	2 nd M40	23.26
Finishers 102			

Alastair Leads The Way At Astley Park (20/04/07).

The first Chorley Park Series 5K of the season saw eleven Horwich RMI Harriers competing. First Horwich man home was Alastair Murray in a terrific fifth place in 17.38. Other notable performances included Sarah Norgate winning the Over 35 category in a time of 23.14.

Sweatshop Chorley Park 5K (20/04/07).

1	R Hayman (Sale)	M	16.05	45	P Bland	3 rd M55	21.32
5	A Murray	M	17.38	58	S Norgate	1 st L35	23.14
9	T Rowlands	M35	18.02	61	D Kirkham	M45	23.56
16	K Gaskell	3 rd M45	18.42	70	A Sweatman	M55	25.10
23	P Boardman	M45	19.34	72	N Kirkham	1 st L50	25.37
26	K Ward	M35	19.43	Finishers 100			
44	B Allman	3 rd M50	21.24				

Ed - Allan Jones and Geoff Sale of Lostock AC organised a terrific mystery tour as usual. Personally I'm sorry I missed it as those who went along, to compete, socialise, or both had a great time. The report appears in the Multi-Terrain section as you can guarantee it is just that, a **bit of everything**.



Horwich Retain Mystery Tour Trophy (25/04/07)
L to R: Geoff Sale, James Kevan, Brendan Bolland and host Allan Jones.
Photograph courtesy of Norman Matthews.

A contingent of Albert Sunter, Rob Green, Mary White, Peter Watson, James Kevan and Brendan Bolland flew the red and black for Horwich RMI Harriers at this terrific local event. Described as “running with a bit of map reading and lateral thinking thrown in”, the two hour megathon involved sixty competitors in 20 teams navigating around 10 miles of footpaths, woods, and fields between Adlington and Chorley on a balmy Wednesday evening. At two hours the event was a little longer than last year and with some fairly enigmatic clues to solve, most teams overshot the 100 minute time limit by at least 15 minutes, with at least three teams not arriving back until well after dark – how they managed to read the map without torches remains a mystery.

The duo of Kevan and Bolland (minus last year’s Alastair Murray, in remission following an operation) took the Shield for the Club for the second year running, but were hotly contested by Sunter and Green who may well have clinched it had they not lost valuable time “discussing” which way to go. Tip for next year lads - never have more than one navigator in the same team – it saves arguments! The race was followed by a delicious buffet and presentation at which Horwich RMI Harriers Chairman Pete Bland ably assisted with the catering in exchange for “a few” glasses of red wine. Thanks to Allan, Geoff and all the other people who helped make it possible. If anybody’s interested in having a go at this type of event there is another one at Great Knowley near Chorley on Wednesday 30th May – for details ring John Smith on 01204 669926, mobile 07973 823256 or email williamj.s@ntlworld.com .
Norman Matthews.

Radcliffe 10K (29/04/07).

Another super turnout by the club with twenty three runners racing and scoring great for the Grand Prix. Colin Rigby ran superbly to take second place in 33.35, on a very twisting and undulating trail course. Colin was ably backed up for the first team with Russell Maddams in 4th (34.06) having an excellent run, Dave Massey (34.46), still flying at the moment in 7th and taking the first Over 45. Rob Jackson (34.53) was our fourth counter in 8th and taking the first Over 40 slot in the bargain. Paul Muller (35.06) in 9th just missed out on a team position but took the first Over 50 as a consolation. Five runners in the first ten is pretty impressive packing. The ladies missed out on first team by just three points to Wigan, with Gaynor Higson leading the team in - running faster than last year even with a niggling injury. Sarah Norgate was our next counter with Claire Burns our third team member, both new girls slotting nicely into the race scene and doing very well indeed.

Norman Matthews.

Radcliffe 10K (29/04/07).

1	T Elly (Salford)	M	32.35	132	S Norgate	2 nd L35	46.41
2	C Rigby	M35	33.35	133	C Horridge	M	46.46
4	R Maddams	M	34.06	157	M Whitehead	M60	47.58
7	D Massey	1 st M45	34.46	162	C Burns	L	48.24
8	R Jackson	1 st M40	34.53	164	A Sweatman	M55	48.39
9	P Muller	1 st M50	35.06	186	C Sweatman	3 rd L50	50.12
15	S Diaz	M	36.00	189	S Smallbone	L	50.50
18	S Nolan	3 rd M45	36.09	199	N Kirkham	L50	51.45
19	G Kay	M	36.21	200	D Kirkham	M45	51.46
42	G Chadderton	M45	39.52	218	B Hesketh	L50	54.13
46	M Lysycia	M45	41.06	244	M Holden	L40	59.59
92	G Higson	2 nd L40	43.42		Finishers 267		
108	D Wagstaff	M35	44.26				

JUNIOR & TRACK

The following are club records compiled from 2006 onwards. Ages as of 31st August.

Under 9 Girls				
50m	Eleanor Dacre	10.20	Burnley	2006
60m	Eleanor Dacre	12.10(Ind)	Sportcity	31/03/07
75m	Eleanor Dacre	15.10	Wigan	2006
150m	Eleanor Dacre	31.30	Wigan	2006
Long Jump	Eleanor Dacre	2.40m(Ind)	Sportcity	31/03/07
	Eleanor Dacre	2.23m	Wigan	2006
Cricket Ball	Hannah Mercer	11.83m	Burnley	2006

Under 9 Boys				
50m	Zach Critchley	9.80	Burnley	2006
60m	Jake Raines	10.20(Ind)	Sportcity	31/03/07
75m	Jake Raines	12.80	Wigan	15/04/07
150m	Jake Raines	27.40	Pendle	25/03/07
200m	Cameron Challands	40.40(Ind)	Sportcity	31/03/07
600m	Fred Halliwell	2.43.50	Wigan	2006
Long Jump	Jake Raines	2.84m	Wigan	15/04/07
Shot Putt	Zach Critchley	3.09m	Wigan	2006
Cricket Ball	Zach Critchley	20.96m	Burnley	2006

Under 11 Girls				
60m	Katy Bridge	11.30(Ind)	Sportcity	31/03/07
75m	Catriona Jarrett	11.80	Wigan	2006
150m	Olivia Halliwell	24.90	Wigan	2006
200m	Amelia Atherton	41.20(Ind)	Sportcity	31/03/07
600m	Martha Gill Natassia Dacre	2.12.80(Ind) 2.23.00	Sportcity Wigan	31/03/07 2006
800m	Alexandra Brown	3.34.50	Pendle	2006
Long Jump	Martha Gill	2.95m	Pendle	25/03/07
High Jump	Olivia Halliwell	0.95m	Wigan	2006
Shot Putt	Natassia Dacre	3.29m	Wigan	2006
Cricket Ball	Natassia Dacre	25.93m	Pendle	2006

Under 11 Boys				
75m	Matthew Gibson	11.20	Wigan	2006
150m	Matthew Gibson	21.70	Wigan	2006
600m	George Burton	2.06.90	Wigan	2006
800m	Sam Mercer	3.17.90	Pendle	2006
Long Jump	George Burton	3.28m	Wigan	2006
High Jump	Matthew Gibson	1.05m	Wigan	2006
Shot Putt	George Burton	6.08m	Wigan	2006
Cricket Ball	Sam Mercer	30.79m	Burnley	2006

Mark Dacre (17/04/07).

Outside Track & Field - Pendle Open Meeting (25/03/07).

This was the first outside "warm-up" track and field competition of 2007 for which 15 of our athletes braved the windy conditions of Pendle Athletic Club. There were some great debuts by our athletes and a very early promise of things to come from one of our top sprinters, Matthew Storey. Competing in the U17 boys, he ran a magnificent 24.1 (Grade 4 Standard) against the strong winds in an exciting 200m race, just finishing 0.1seconds behind Johnathan Harker of Preston Harriers. Matthew's sister, Hannah Storey, in the U13 girls, produced a fine run in the 100m with a time of 15.2 (Grade 4 Standard) and was 2nd overall in this event.

Brother and Sister, Christopher and Jessica Tomlinson both won their High Jump competitions with 1.25m and 1.30m respectively. Other performances included a personal best for U11 Natassia Dacre, who jumped 2.73m in the Long Jump against that strong wind! Noah Saunders came 1st in the 150m and 2nd in the 75m sprints. All rounder of the day goes to Martha Gill in her debut for the U10 girls. She won the 75m sprint in a time of 13.0 and also won the Long Jump with a tremendous leap of 2.95m. Martha also came 2nd in the 600m!

There were brave debut performances from Tim Raines, Jake Raines, Matthew Lynskey, Ellen Warburton and Sophie Williams.

U10

Jake Raines	Long Jump 1.91m	150m 27.4 (2 nd)	75m 13.2
Martha Gill	Long Jump 2.95m (1 st)	600m 2.26.2 (2 nd)	75m 13.0 (1 st)

Sophie Williams Long Jump 2.16m 600m 2.33.2 (3rd) 150m 29.1
 Eleanor Dacre Long Jump 1.97m 75m 15.9 150m 36.4

U11

Noah Saunders 75m 12.5 (2nd) 150m (1st)
 Natassia Dacre Long Jump 2.73m 150m 29.5 75m 14.8

U13

Hannah Storey Long Jump 3.31m 100m 15.2 (2nd) 200m 32.7(3rd)
 Ellen Warburton 100m 15.6 200m 32.8
 Matthew Lynskey 800m 3.23.9 (3rd) 200m 39.5
 Tim Raines Long Jump 3.53(3rd) 100m 15.6 (2nd) 200m 33.0 (2nd)

U15

Tiffany Dacre 100m 14.8 200m 31.0
 Rachel Pearson 100m 14.8 200m 30.1
 Chris Tomlinson 200m 34.5 (3rd) High Jump 1.25m (1st)

U17

Matthew Storey 100m 12.3 (2nd) 200m 24.1 (2nd)
 Jessica Tomlinson 300m 50.3 (2nd) High Jump 1.30m (1st) 300m H 55.4 (2nd)
 Mark Dacre



Sophie Williams and Amelia Atherton at Sportcity (31/03/07) Natassia Dacre in the Junior Pike races (07/04/07). Photographs courtesy of Mark Dacre.

Horwich Juniors Prove to be All Round Winners.

Having ran superbly at the English Schools' Cross-Country Championships the week previously, qualifying to represent the English Schools' Athletic Association at the SIAB Home International in Dublin, Horwich RMI Harrier Jamie Crompton exceeded all his expectations when he won an individual bronze medal on his England debut. Jamie's terrific individual bronze medal performance came in his Junior Boys' race and his fine run also helped the England team take the gold medals in his age category. Jamie has had a superb cross-country season, culminating with this fine England performance in Dublin. He is now looking forward to the fell and track seasons where he is hoping to maintain his excellent form.

April Stevenson was a superb winner in the first English Junior Fell Championship race for this season. The race was held on the slopes of the Wrekin near Telford and saw U16 April finish first ahead of England international Rachel Searson of Blackburn. Rachel Thompson finished a fine second in the U23 Ladies' Fell Championship race.

Wigan Open Meeting (15/04/07).

This was the second outside "warm-up" track & field competition of 2007 for which we had a great turnout of 25 athletes. Our athletes have produced some excellent results at the very start

of the season, including 3 new club records for **Jamie Crompton** in the U15 Boys 1500m, **April Stevenson** in the U17 Girls 3000m and **Andrew Keats** in the U13 Boys High Jump.

There were plenty new personal bests, over 15 on the day! Notably, Jack Thomas in the U20 Men's 100m with a quick time of 11.5, plus Matthew Storey in the U17 Boys with 11.7.

In the U11 Girls, Lucy Philpotts produced a fast time of 13.1 in the 75m race. There was also a fine debut performance from Natalie Ashton with a time of 13.3 in the same event. For U9 Boys there was a tremendous leap in the Long Jump by Jake Raines of 2.84m.

U9

Jake Raines Long Jump 2.84m 75m 12.8

Eleanor Dacre Long Jump 1.93m 75m 15.7

Mackenzie Dacre Long Jump 1.50m

U11

Noah Saunders 75m 12.1 Long Jump 2.55m

Sophie Williams Long Jump 2.42m 600m 2m26.0 75m 13.3

Natassia Dacre Long Jump 2.40m 600m 2m24.0 75m 13.5

Natalie Ashton Long Jump 1.55m 600m 2.31.0s 75m 13.3

Lucy Philpotts 75m 13.1

Amelia Atherton Long Jump 1.64m 75m 13.8

U13

Hannah Storey 100m 15.0 200m 30.7

Katie Voce 1200m 4.20.0

Tim Raines 100m 15.1 Shot Putt 5.25m

Liam Moore Long Jump 3.50m 75m Hurdles 17.1 200m 32.8

Ryan Moore Long Jump 2.90m 200m 33.5 1500m 5.21.6

Andrew Keats Long Jump 3.85m High Jump 1.30m 800m 2.41.7

U15

Tiffany Dacre 100m 14.0 200m 29.2

Rachel Pearson 100m 14.0 200m 29.1

Amy Philpotts 200m 32.4

Rebecca Buchanan 100m 13.9 200m 28.8

Jamie Crompton 1500m 4.25.1

U17

Matthew Storey 100m 11.7 200m 23.5

April Stevenson 3000m 10.41.0

Edith Nsarhaza Long Jump 3.75m 100m 13.7 Shot Putt 5.49m

U20

Jack Thomas 100m 11.5

Stephen Nsarhaza 100m 12.3 400m 56.7

Mark Dacre.

Gin Pit Fun Run(15/04/07).

1	Shannon Johnson	L11	11.38	17	Joe Edmondson	M10	15.37
11	Sam Boardman	2 nd M10	14.19	29	Laura Taylor	2 nd L9	18.22
16	Cameron Critchley	2 nd M8	15.33		Finishers	58	

Junior League, Leverhulme Park, Bolton (29/04/07).

Horwich RMI athletes had a successful day at the first Junior League meeting of the season setting seven club records and a host of personal bests. Leading the way was April Stephenson who completely outclassed the rest of the opposition winning the 1500m by over 50m against girls who were up to four years older than her. Stephen Nsarhaza just missed out on winning the

400m Hurdles by 0.1 of second but still set three club records in the 400m Hurdles, 110m Hurdles and Shot Put. Whilst Jack Thomas, set two new records in the Discus and High Jump. The final two records both came in the relays where Stephen and Jack were joined by Matthew Storey and Josh Bettis to smash the club's previous best over 4 x 100m, with Edith Nsarhaza, Becky Murphy-Bates, Jessica Tomlinson and Becky Norris doing the same with the girls' record.

100m	Jack Thomas	11.8	Matt Storey	11.9	Edith Nsarhaza	14.2
200m	Matt Storey	24.0	Josh Bettis	25.0	Beck Murphy-Bates	29.4
	Becky Norris	30.0				
400m	Stephen Nsarhaza	60.6	Becky Murphy-Bates	65.3		
1500m	April Stevenson	4.50.4				
110m H	Stephen Nsarhaza	19.9				
400m H	Stephen Nsarhaza	62.3	Jessica Tomlinson	82.5		
Long Jump	Edith Nsarhaza	4.03m				
High Jump	Jack Thomas	1.50m				
Javelin	Edith Nsarhaza	10.73m				
Shot	Stephen Nsarhaza	7.40m				
Discus	Jack Thomas	22.78m				

4x100m Jack Thomas, Josh Bettis Matt Storey, Stephen Nsarhaza 45.9
 Edith Nsarhaza, Becky Murphy-Bates, Jessica Tomlinson, Becky Norris 55.8
 Carl Foster.

COMPETITIONS

APRIL SENIOR COMPETITION: There were no correct entries received, naming the two mystery Horwich RMI Harriers and the event. Two entries were received which were both half correct, in terms of naming the two Harriers. Therefore, the competition and prizes are carried over to this month to see if anyone can provide the correct two names and the event involved. That's got you thinking!!! **APRIL JUNIOR COMPETITION:** The winner, and our only entry, who correctly named the mystery juniors, was Rebecca Keating. Rebecca wins a pair of cinema tickets. Rebecca correctly named the mystery juniors as being Anna Charnley, Lauren Connell, Tiffany Dacre and Bethany Miller. **MAY JUNIOR COMPETITION:** If you think you know the identity of at least two of the four mystery Horwich RMI Harriers this month (seen in the photograph below) please send your answers with your name, address and telephone number (via telephone, email, post or hand) to ED by the 28th of May. The winning entry will receive a £25 Sweatshop voucher, with Runner-up getting a mini radio. In the event of several correct entries the lucky winners will be drawn at random from the correct entries received.



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



NEWS

HELP NEEDED

Thank you very much indeed for all those who helped with marshalling and other jobs before, during and after last year's **Jubilee Series** and/or **Countryside Tour of Horwich & Rivington**. We would really appreciate it if anyone could help out at any of the races in 2007.

If you can help please could you contact the following:-

Jubilee Series (May 16th, June 20th, July 18th, August 15th):

Stewart Westhead - 01204 696378, splwest@aol.com

or Gareth Hughes - 01204 695528, soforarun@ntlworld.com

or Pete Ramsdale – 01204 468373, p.ramsdale@ntlworld.com

Carnival Races (June 24th): (Tour's last day):

Gareth Hughes – 01204 695528, soforarun@ntlworld.com

The Carnival Races marshalling is being split into two shifts: 9.15am – 1.00pm and 1.00pm till 5.00pm. There are many other positions to fill, in addition to marshals, so please see if you can spare a little time even if it's only a couple of hours.

The other Tour people to contact regarding helping are:

SIS Lever Park Run (June 19th):

Sue Hayes - 01204 409834, suehayes@boltonarena.com

or Colin Waterworth – 01204 307093, colinwaterworth@btinternet.com

Two Lads (June 21st): Colin Jones -01204 690013, colin@winterhill.fsnet.co.uk

or Steve Barlow – 0161 653 9935 or 07837 652706

XC (June 22nd): Ian Smith – 01204 691951, il.smith@ntlworld.com

or Pete Ramsdale – 01204 468373, p.ramsdale@ntlworld.com

Thanks again. All The Best, Gareth.

Winner of the 'Early Bird' Helpers' Bonus Draw, winning the prize of Dinner for two in the Brasserie Restaurant, including a bottle of house wine, is **Eddie Hicks**. Eddie will be marshalling at all the Jubilee and Tour races and on Carnival Races day. Congratulations and thanks Eddie. There will also be another helpers' prize draw, with several prizes, at the end of the Tour.



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CONGRATULATIONS

To Chris and Carole Lyon who recently celebrated their 25th Wedding Anniversary.

HARRIER HILARITY

Respec Man

Me an my bruvver Azi as noticed ow that old idiot Ed Swift (is that a joke name or what?) is up is tricks agen, messin bout in Lake Distric then comin back late for that respected good ol race wot is known as The Pike. Im an *is* bruvver was not jus late for start, but was obvious too knackered up to do justice to this good ol race and kept all and sunder waitin for absolute ages. Person I was glad they was last, serves the daft pair right. They should show some respec. Willie Eckerslyke.

Ian wondered if he had taken the advice to take 'tons' of food on his BG too literally?



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See you in June



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