

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC

**HORWICH ROTARY** sponsors  
**the PIKE RACE & HORWICH HALL**

*The oldest Fell Race in Britain*



Welcome to the April 2016 edition of Runaround. I always find it amazing how much effort, time and goodwill race organisers and volunteers put into giving us an opportunity to take part in the wonderful experience of running. As the

chairman says in these pages there is a lot going on behind the scenes to put on fabulous events such as the Pike Race. Partnership is a great thing because that's how we get things done for everyone's benefit through many years and I felt the banner at the Pike race summed that up very nicely. I hope this edition of Runaround does just that too.

**NEWS ...** *History is made at the Pike Race as Horwich have both the first man and first woman across the line. Congratulations to Chris Farrell and Lindsey Brindle for achieving their wins in great style.*



**Who is this?**  
**See page 13**  
**to find out**  
**more .....**



Can you help marshal at the club's up and coming races?

- Junior Street Series
- Jubilee Series
- Two Lads Fell race

If you can then contact Peter Ramsdale on 07821 883610

[p.ramsdale@ntlworld.com](mailto:p.ramsdale@ntlworld.com)

More on page 11

## Chairman's Log

*It doesn't seem like a couple of months since I last sat and thought about input for the last Runaround but when I think how busy the club has been over these two months, how have we squeezed it all in? The club's latest success was the Pike race on 26<sup>th</sup> March which saw nearly 50 juniors and over 250 seniors tackle the fells. There are race reports in this Runaround but I must just say that we had the first man, lady, male team and ladies team, a feat that I believe has never been achieved before. The Pike race involves weeks of letter writing, phone calls and organising personnel, so it's great when a plan comes together. A special mention to the Horwich Rotary who provide the race with funds to help cover expenses and help with registration and marshalling. Long may this partnership continue.*

*At the Crown on Easter Saturday we displayed pictures showing the junior equipment recently purchased from bids to the Kevin Davies Kids of Bolton group and donations from Horwich Rotary. These include 'wobble balls', 'mini hurdles', 'ladders' and 'junior javelins' to further develop the techniques of throwing, sprinting and jumping, which the beginners groups on Tuesdays and Fridays love doing.*

*Horwich were at presentation nights for the three cross country leagues (Red Rose, Mid Lancs and South East Lancs). After a busy season it's good to get the awards we've all worked so hard to achieve. Our own Club Presentation Night is on 22<sup>nd</sup> April, 7pm. Tickets just £3 are available from all coaches and committee members.*

*Next up are the Jubilee races and the Junior Street races. Due to the popularity of the Junior races last year we are trialling two race starts this year: 6.45pm (primary school aged pupils), and 7pm (secondary school aged pupils). The senior race starts at 7.30pm. What's your part in this classic race series? Can you marshal, help register, give drinks out? Let me know if you want to get involved. Also on the horizon is the Two Lads race in June. Colin Jones has organised the race for a long time and is passing the baton so we are looking for a team of individuals to take it on next year. Is that you? The club has two sources of income – race income and subs but lots of out-goings ranging from coaching qualifications, entering teams into competition and presentation evening awards. Race income is very important.*

*I have been asked about publishing the committee notes so that membership know more about what the club does so this edition of Runaround includes summaries of the recent meetings. If you want to know more ask or come along to the committee meetings which are open to all paid up members of the club and are held on the 2nd Monday each month in the upper room at the Arena, you'll be most welcome.*

*Enjoy the lighter nights for training. Keep fit, keep well. **Peter***

## Andy Townsend reflects on a great winter season for the Harriers' juniors

As we draw to a close on yet another Winters XC racing we can reflect with some great results over the cold & wet months this year. The Juniors competed in **3 XC** leagues. The Red Rose being the main focal point for the club some as teams, others as individuals.

- In the **Red Rose XC U11 Boys** we had a Series winner in Cian Healy after getting **4th** last year. Isaac Keating, Ethan Isaacs, Theo Middleton & Aaron Isaacs made up the Horwich squad. In the **U13 Boys** Tom Massey managed **3rd** in the series whilst for the second year the team were outright winners with Robert Seddon, Luke Brindle, Matthew Flatters, Matthew Mair, Lucas Milliken & Toby Middleton. **U15 Boys** were represented by Lewis Wilkes having a great winter claiming **6th** overall and in the **U17** men Luke Massey gaining **3rd** just like his brother. In the **U11 girls** we had Freya Whittle, Lydia Johnson, Ellie Green & Skye Nicholson representing the Horwich girls team. Our lone **U13** girl Milly Lever having her first winter season in the mud claiming a well deserved 22nd place up from 54th of last year.
- **South East Lancs XC** was another series where our juniors scored well. Individuals worth noting were Lydia Johnson in the **U11 girls**, Matthew Mair **4th** and Series winner Luke Brindle in the **U13 Boys** races. Lewis Wilkes **5th** and series winner Luke Massey in the **U17 Boys**.
- **Mid Lancs XC** was by far the biggest series to be contested. Tom Massey managed a **2nd** in the series closely followed by Luke Brindle. Lewis Wilkes in the **U15 Boys** managed **6th** and yet another outstanding series for Luke Massey gaining **2nd** in the series.



This culminated in **3** Horwich Juniors being selected for the **Greater Manchester County** teams at the Inter Counties Championships. Thomas Massey & Luke Brindle in the **U13s** team and Luke Massey in the **U17 Mens** team. Their first but surely not their last! In this line up of county vests are Luke Brindle and Thomas Massey of the Harriers





At the Northern XC championships in Blackburn in January the **boys U13** team came 10<sup>th</sup> of 25 teams on a course that Chris Farrell described as 'brutal but brilliant'. Here they are with Luke Massey in the centre at the back. Left to right, Robert Seddon, Toby Middleton, Mathew Mair, Lucas Milliken & Luke Brindle. In the **U13 girls** Ella Pendlebury, Olivia Baker and Milly Lever all turned in solid performances. Lewis Wilkes and Luke Massey represented the club admirably in the **U15 boys** and **U17 men** respectively.

In the **National** Cross Country at Donnington Park 5 juniors entered for the first time. Thankfully the weather and Juniors held up rather well. In the **U13's** categories Ella Pendlebury & Milly Lever (seen in the picture) for the girls and Luke Brindle, Robert Seddon, Matthew Mair ran for the boys. The most daunting feature of the day was the 125m long start line, and yes it was full for every race.



So now Winter is over with and we come into Spring. And with it a new **Junior 2K Park Run** at **Queens Park, Bolton** each Sunday Morning at 9am. The Horwich juniors have already gained the fastest 5 places in the **10 – 14** yr old section a credit to this very strong section of the junior middle distance squad.

<http://www.parkrun.org.uk/queenspark-juniors>

With the longer days now we gain the opportunity to enter a variety of races coming up. The 1 mile races start with Chorley AC, Astley Park on the **4th May, 1st June, 6th July & 3rd Aug**. Our own 4 Licensed Horwich Jubilee Series races are on the **18th May, 15th June, 20th July & 17th Aug**. This year due to the popularity of the 4 races last year we are having 2 junior races on the night. **6:45** start will be for Primary Schools and **7:00** for Secondary school age groups. We will of course be looking for a great turnout for all 8 races which are held midweek on a Wednesday.

## Junior Pike Race Report by Peter Ramsdale

Nearly fifty juniors took part in the annual junior races at Rivington Pike this year. There was the usual friendly competition whilst all runners received their customary crème egg on completion of their race.



The U8 race was won by our own Grace Pendlebury in a time of just 4 minutes 48 seconds. First boy home was Theodore Russell in 5.03.

**(Pic: left to right Grace Pendlebury, Ella Pendlebury and Freya Whittle)**

In the U10 races didn't have any Horwich runners competing while Luke Carrington from Saddleworth was first boy home in 7.02 with Lily Philbin of Bolton UH first girl in 7.47.

Cian Healy stormed home in 10.10 in the U12 race with Ella Pendlebury was first girl home in 10.46 with Freya Whittle second in 11.17. Josh Houghton was our next counter in 13.02.

**(Pics: Cian Healy (left) and Josh Houghton (right))**



Horwich provided 1, 2, 3 in the U14 boys race with Tom Massey winning in 14.40 closely followed by Luke

Brindle and Lucas Milliken. Emma Halliday of Bolton Tri won the girls race but outstanding performances from Amber Horrocks and Emily Saul showing real determination to complete the course. A small field completed the U16 race with Ben Forrest of Bury winning the boys race and Sophie Harrison of Salford Harriers winning the girls race.

A really big thanks to all who helped out with registration, egg distribution and marshalling. You know who you are – Thanks a bunch. It is worth a mention that Bolton Mountain Rescue provide additional support with marshalling and the knowledge that they are there, is wonderful. **Peter**

If you want to develop your skills in coaching runners in the technique of fell running then the **Fell & Mountain Leadership in Fitness and Running course** could be the one for you. Sunday 15th May at Stock Ghyll Primary School, Kendal. It covers Leader Responsibilities, Session planning, Warm up routines, running technique and Energy systems. More info from Steve Pearson [pearsonnotlob@hotmail.co.uk](mailto:pearsonnotlob@hotmail.co.uk) 07732 210 013

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## ***Back to the future?***

### **Do you really know the club's recent history? Then take a walk through time with Stewart Westhead, President of Horwich RMI Harriers**

Congratulations it's 2016 and you are a member of a vibrant, successful running club, welcome to Horwich RMI Harriers.

Hang on, rewind, it's now 1970 I am 17 years old I have never been involved in running but was sent along to the RMI by a Commonwealth Marathon runner (**Cyril Leigh**) who saw something in me and my mate. I arrive at the Mechanics institute, the club's headquarters on Chorley New road, to find a very sparse but friendly group (that is still the same today but without the sparse). No track or Club house, no ladies section, no veterans section and no junior section!!!!

In joining I became the club's only junior, whilst my mate **Keith Lancaster** a year younger formed the entire youth section. In truth just six (yes six senior members) kept the club alive; the club had fallen on lean times, while just down the road in Bolton they did have a track and all that went with it, and it just so happened that they had in Ron Hill, Mike Freary and a young Steve Kenyon three of the best distance runners in the country, and in **Ron Hill** the best marathon man in the world. So, no surprise that all the talent gravitated to Leverhulme Park and Bolton United Harriers.

Luckily behind the scenes we had four men who gave their all to make sure the club stayed afloat, **Jack Prescott, Cyril Hodgson, Norman Troupe and Sam Holt**, just names? Maybe but without them we would not have a club. Thank you, gentlemen.

To just emphasise the difference, one of my first races was a 4 man relay, I was on leg 4 and before our third man handed over to me Bolton celebrated victory, I was over 4 miles behind and still waiting to start. But in time we would close that gap.

***"My name is Stewart Westhead. Many still associated with the club are still my friends, others may have heard my name, many now wearing the red and black will not have a clue who I am".***

Well I have probably been a member longer than anyone reading this (46 years). I was a cross country captain, then Runaround editor before joining the committee for over 30 years. I was proud to become chairman in 1989 a position I held for 14 years, before becoming club president a position I still hold so let's say I am well placed to have seen the progress made by this marvellous club.

That small group back in the 70's was the chrysalis that sparked a revival, and we won the South East Lancashire cross country league, the first thing the club had won in years.

This brought lapsed members back. One of the six, **Peter Schofield** (probably the only person who can boast a longer membership) had talked **Mike Short** into competing again at this point. Mike was a decent cross country runner, but decided to have a go at a new discipline and took the world of Fell running by storm. He became one of the best fell runners in the country twice winning the British fell title and this brought an influx of new members who took to the fells. So our membership was now growing and we were winning team events.

At this point the London Marathon took off big style, and a local Marathon was born in Bolton attracting over 8000 runners. From this boom our membership went through the roof and two notable names made the club marathon record respectable. First, **Kevin Gaskell** ran 2 hrs 23 mins but was eclipsed by a guy called **Nigel Barlow** who ran 2hours 18 minutes at London. His reward was an international vest.

To put it into context such was the upturn in the club's fortunes, that I ran London in 2hrs 36m but had at least 4 RMI runners in front of me. I was running 55 minutes for ten miles but would find twenty harriers who could go faster on any given day.

By the 1990's we were established as one of the top teams in the area and fortunes had reversed. Bolton now found themselves back in the pack. Whilst now we had two of the top distance runners in the country.



Lancashire XC Champions 1990 L to R: Steve Barlow, Chris Lyon, Paul Dugdale, Martin Jones, Rob Jackson, Mike Harrison.

**Paul Dugdale** cut his teeth on winning the Pike race a record number of times; he won the Lancashire XC, Northern and Inter county championship titles, then placed 7<sup>th</sup> in the National XC and won a bronze team medal in the world XC champs. He won international vests on the road and fells.



**Martin Jones** equally at home on all terrains also won international vests; he became world champion twice on the fells and placed 4th in the 10,000 meters in the Commonwealth games. On the road at one point we led the national six stage road relay.

The club was buzzing at this point; we had broken the record in the Pennine way relay, had done the same on a Coast to Coast relay, took on the best that Wales had to offer and won the Welsh Castles relay. And we won our own Manchester to Blackpool relay. We were Lancashire cross Country Champions and the list of team wins was endless.

***“I was very fortunate to be Chairman with such an abundance of talent and we had it in depth, with probably 25 runners capable of running sub 33 minutes for 10k”.***

Also we now had a thriving veterans section with national champions and a growing ladies section with some very talented ladies giving the men a run for their money. With a growing junior section too, we had some success at junior level but we did not have the facilities to attract the very best.

By the mid 90's an opportunity arose with the sale of Horwich RMI football ground, this offered the chance for a sports group to receive help by improving facilities so we applied, this was also at the same time that Bolton Wanderers decided to re-locate in Horwich. We saw the plans for the Sports Arena. It included a disproportionate number of 5 a side football pitches, so we re-drew the plans and substituted a 6 lane athletics track, then started to look for support. I asked the club's committee and members for a mandate to pursue negotiations to bring a track to Horwich.

We canvassed support from local councillors, we involved ourselves in school activities to showcase exactly what the club had to offer for the youngsters in the borough, we applied to Sports England for a grant, went on local radio and attended any and every meeting that would put our case to the fore. It took a long time; years in fact, but in the end we were successful and the track was laid, and we're located to the Sports Arena and to celebrate we held our very own track meeting and a new era evolved.

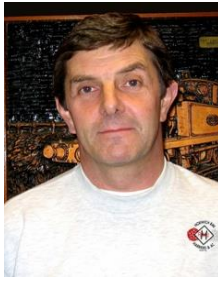
It wasn't all plain sailing. Some thought that the identity of the club would change because we were a fell running club at heart; this new direction was totally alien at the time but it soon took off. I was proud to be involved in such a great journey from such humble beginnings.

***Leaving a facility and legacy that the club could be proud of, I think the committee of that time did a great job, and I know that since I stepped down in 2002 the club continues to prosper and that's because, at its heart, success is down to people and we still have some of the best.***

I hope this has given some insight into the progress the club made during the last 50 years.

Hats off to the happy Harriers.





## Timing our Running

**Steve Pearson, Horwich RMI Harriers Head Senior Coach, gives us pause for thought about how we run.**

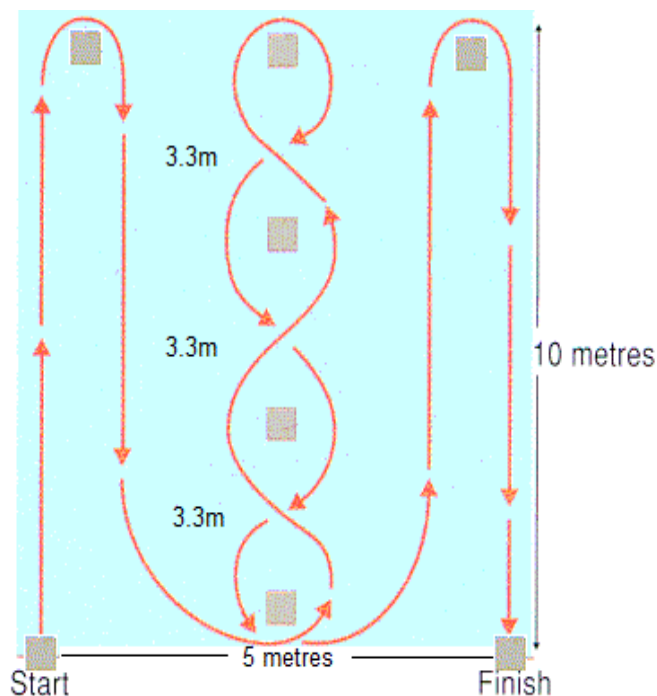
My last article looked at some very basic, yet very important testing procedures. These were agility, balance and coordination (ABC's). For runners though we need to be able to see our progress. Everyone is aware of the most basic and important form of testing. The measurement of time into distance e.g. 10 miles in 60 minutes or 400m in 60 secs. This is a very accurate objective measurement but can hold some interesting facts if studied more closely. For example a 400m in 60 secs could have 100m split times of 4 x 15 secs. This is feasible but highly unlikely. More accurate splits would probably look like:

**1<sup>st</sup> 100m 14 secs 2<sup>nd</sup> 100m 13 secs 3<sup>rd</sup> 100m 16 secs 4<sup>th</sup> 100m 17 secs**

These times would take into consideration the block start, the bend, then the back straight. The last 100 would be feeling the effects of fatigue. The figures tell the coach and athlete the areas of the race that need to be focussed on. Faster block starts and drive phase could reduce the time by 3/10ths of a second. A focus on speed endurance especially over 200/250m could see a reduction of the final 200 from 33 secs to 31.5. Thus reducing the overall 400m pb by 1.8 secs. We can have the same scenario on the road where we need to consider course profile, number of bends or length of straight roads and the time of day the race is run at.

For sprinters the most accurate way of measuring their speed is a flying 30m using timing gates. In this the athlete accelerates to the start of the 30m then hits maximum velocity at the start of the 30m. They hold it for the 30m then decelerate after the second timing gate. Although this is ideal for sprinter, it is not to say endurance runners couldn't use this test. It would give them some an idea of their sprint finish ability. And this might be an area they want to improve.

We can also consider running agility, these tests are common in sports such as football, hockey, basketball and hockey. Where an ability to change direction whilst running is vital. But do XC and fell runners not need to change direction with a minimal loss of speed. One recognised test for this is the Illinois test. This requires the athlete to run a multi directional course against the clock. For endurance runners this could be vital as it trains the hip flexor muscles. An area often neglected, as running is usually in a forward motion.



### How to conduct the test

This test requires the athlete to run the red line route in the diagram here as fast as possible.

(Further details of the assessment of this test can be found on the website [www.brianmac.co.uk](http://www.brianmac.co.uk))

- The athlete warms up for 10 minutes
- The assistant sets up the course as detailed in the diagram
- The athlete lies face down on the floor at the "Start" cone
- The assistant gives the command "GO" and starts the stopwatch.
- The athlete jumps to his/her feet and negotiates the course around the cones following the red line route shown in the diagram to the finish
- The assistant stops the stopwatch and records the time when the athlete passes the "Finish" cone

### Kosmin test

The Kosmin test is a prediction test for 1500m. It is only a guide but will give athletes an idea of the times they should be trying to achieve if this is your favoured event. Once again this could be useful to endurance runners as it will give an indication of 1500m splits or an estimate time for the final 1500m.

Taking the test:

1. Run for 60 seconds as far as possible, the rest for 3 mins.
2. Starting at the place where the first effort ended run another 60 seconds then rest 2 mins.
3. Run another 60 seconds then rest for 1 min
4. Run a final 60 seconds

Add together the total distance for all the efforts then calculate against the chart on the next page.

Total Distance run	Predicted time
1630	3 min 56.3
1620	3 min 57.9
1610	3 min 59.5
1600	4 min 01.1
1590	4 min 02.7
1580	4 min 04.3
1570	4 min 05.9
1560	4 min 07.5
1550	4 min 08.1
1540	4 min 09.7
1530	4 min 11.3
1520	4 min 12.9
1510	4 min 14.5
1500	4 min 16.1
1490	4 min 17.7
1480	4 min 19.3
1470	4 min 21.9
1460	4 min 23.5
1450	4 min 25.1
1440	4 min 26.7
1430	4 min 28.3
1420	4 min 29.9
1410	4 min 31.5
1400	4 min 33.1

So, for example, if under the conditions set out above you ran a total of 1630m then your predicted time for a 1500m is 3 mins 56:03.

Again this article focuses on tests that should be undertaken at the start of the winter conditioning phase. Usually from October/ November, when the number of important competitions decreases. They should then be repeated in March/April in order to gauge how training is progressing. Then again mid-season, to see if the performance is being maintained.

Happy Running

*Steve*

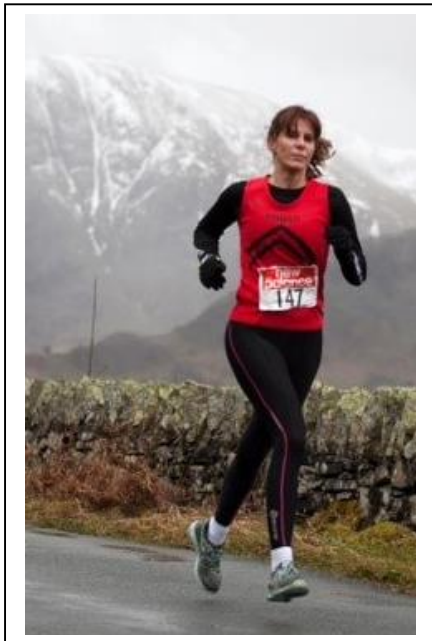
#### **CLUB RACES – YOU CAN HELP**

**Jubilee Road Races** – These take place on Wednesdays, 7.30pm 18<sup>th</sup> May, 15<sup>th</sup> June, 20<sup>th</sup> July, 17<sup>th</sup> August. The race on 15<sup>th</sup> June is part of the Central Lancashire Grand Prix <http://centrallancsgp.weebly.com/>

**Junior Street Races** – same evenings as the Jubilee races at 6.45 and 7pm

**Walsh Two Lads Fell Race** – 7.30pm Thursday 9<sup>th</sup> June.

**If you are not running, how about helping out with marshalling and other tasks. Contact Peter Ramsdale on 07821 883610 [p.ramsdale@ntlworld.com](mailto:p.ramsdale@ntlworld.com)**



## Harrier in Focus – Erica Booth

This month we've asked Erica to tell us something about her running. Erica is well known for her enthusiasm and encouragement for others no matter what ability and also takes part in many different types of running.

***So, Erica, how did you get into running?*** My main sport as a kid was horse riding, from about 8yrs onwards, competing in all sorts of events from show jumping, dressage, cross country and gymkhanas. At school I was good at athletics, particularly long jump, hurdle and running. I was also in the netball and hockey team. In terms of running, it's only in recent years I've started taking it seriously and joined Horwich. Others suggested clubs, but I never really had any desire to compete which

I find surprising now as I do have a competitive nature. Looking back, I wish I'd gone down a sporting route following school yet I'd been growing up in Germany and when we moved to England, aged about 14, I had a huge culture shock and lost confidence. I didn't pick sport up again till my 20's, when I just did my own thing and mainly got into walking mountains and being out in the wilderness....and what comes hand in hand with that? Fell running. The discovery of being able to run the same route in half the time!

### ***Who was your first sporting hero?***

No particular professional sports person jumps to mind. It has to be my dad and brother. Both sporty, fit and competitive as far back as I can remember. Dad was always encouraging and motivating us to get into some kind of activity which usually involved some kind of fun competition element, physicality or mental stimulation. Whilst living in Germany, we had the luxury of travelling around Europe in our caravan and I remember our holidays being amazing - activity packed and outdoorsy from fishing and bowling to swimming, cycling and skiing. The sporting highlight would be my dad and brother racing, with my brother giving a head start/handicap. I was given the very important role of coach, cycling alongside them as they ran!

### ***Who or what has been the biggest influence on your racing career?***

Without doubt, joining Horwich and taking running to the next level. I'd have to say everyone I've ever had the pleasure to run alongside. Suzanne Budgett - social runs, sharing rides to cross countries and picking up knowledge and tips. Steve Pearson for his track and hill rep coaching, and the odd social day. Maria Lowe, directly influencing my races by helping my injuries heal and giving all important advice to avoid them (injuries, not races). Albert Sunter and Josie Greenhalgh for encouraging me in fell races, sharing knowledge, tips and car rides. It's all about the confidence mainly in getting started and it really helps when



people take you under their wing, involve and encourage you. The rest is down to you.

***What is your favourite race venue?***

I love the Harrock Hill series in Summer maybe because it was my first Summer race series and they do the best, unique, most practical prize ever....a huge crate of veg! I like Whinberry Naze on Boxing Day too - great atmosphere - as has the British Fell Relays with the ladies team. Also the good old local Pike Race although last year it wrote me off and I was limping after the finish line; brutally deceiving as it is! My favourite ever place for running is without doubt the Lake District.

***What advice would you give an aspiring 13 yr old runner?***

Keep enjoyment in your running and races as much as you can by not putting too much pressure on yourself and don't let others put too much pressure on either. You'll notice that everyone is keen to dish out advice, and it will all differ and contradict. Just relax, enjoy it, focus on technique, learn what works for you and you'll be flying when you're bigger and stronger with experience under your belt.

***Which bit of Horwich do you like training the best?***

Without doubt, Winter Hill and surrounding area. Great Hill and Healey Nab, although not technically Horwich, is a personal favourite of mine from my doorstep.

***What has been your worst running injury and how did you recover from it?***

It could be worse. I had a foot tendon injury early last year and am coming back now following hip bursar/glute/ITB related injury. Both put me out 3-4 months. I do what I can to stay fit when injured....mountain walking, bike, pool. I even box if I can't do the others, anything to keep fitness and mood levels up as I find it easy to get down when I can't do what I love. I concentrate on strength sessions, focussing on the weak areas that caused the injury and yoga for stretching and strength too. Last year I came back stronger and quicker. This year I've moved into triathlon because of my injury and recovery experiences (one door closes another opens). This year was better than last in terms of dealing with it - I need goals to work to keep me going. So when I changed my focus to swimming and cycling, I hardly noticed I wasn't running and I haven't lost any speed. I've learnt more about myself through injury and a pattern of getting really strong, then injured, so I keep up my strength work and try hard to use rest and recovery time well....I find it the hardest part of training.

***Hopes for the future?***

Short term future goals for this year are to get a few triathlon experiences under my belt and see how I get on with those. There's much more to think about in tri! My first tri will be Horwich which is apt!

<p><b>Who is this (from page 1)? Yes, you guessed it; it was Erica in her youthful horse riding guise.</b></p>
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## Harriers Reunion – Ed Swift tells all (or nearly all, perhaps)



Over 30 Horwich super-vets and friends assembled for a reunion at the RMI on Tuesday 29<sup>th</sup> March 2016 in what is hoped will become an annual event. There was no strict rule over who was eligible to attend, but one youngster justified his presence by declaring himself as Tony V's 'carer'.

The assembled throng included one Pike race winner, several Bob Graham completers – including a familiar figure who is no. 6 on the list of completers (GUESS WHO? Answer on page 15). The legendary Joss Naylor is no. 5. By the end of 2015 1,975 successful Bob Graham rounds had been recorded. A number of members who had completed the Joss Naylor Lakeland Challenge (aka 'The Crossing') were also present.

The gathering had been organised on the first Tuesday after the Pike Race; Tuesday night being when we used to meet to plan future events (and drink beer – no lager in those days) after training.

Date of Next Meeting: Tuesday 18<sup>th</sup> April 2017 [Editor – that's what's called forward planning]

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Looking for Results? Sorry, no space this edition, there have been so many but you can keep up to date with them by visiting the Bolton News website or buying the paper each Thursday. And there have been some great results in the last 2 months. Visit <http://www.theboltonnews.co.uk/sport/> if you've missed them.

## Once a triathlete, always a runner?

**Lukas Siska** has travelled the world to discover in Horwich his passion for running

I did my first triathlon 2004 in Texarkana, Texas. Since I can remember I have always wanted to be a serious athlete of some sort. As a kid growing up I had dreams of qualifying for the Olympics in swimming. As a teenager I realized this wasn't going to happen so I thought to myself, hey, I know I can run a bit, why not combine that with swimming and just maybe I could still keep my childhood dreams alive.

**[Pic: Lukas (no.69) drafting Jonathan Brownlee (no.3)]**



I ended up being right in thinking that I could progress much further in triathlon than I could have ever in just pure swimming. I turned professional in triathlon in the fall of 2009 and embarked on a 6 year journey where I was blessed to race all over the world. In 2014 I had a breakthrough season and achieved my first international ranking by finishing in the top 20 in two different European cups, one being in Kiev, Ukraine and the other being in Istanbul. It was also because of these performances I was able to qualify for the 1<sup>st</sup> European games to be held in Baku the following year.

In the 2015 season I got approval from my triathlon federation to enter into ITU world series events, these being the highest level of competition in the sport. The purpose of entering these races was in hopes of grabbing Olympic points for the 2016 games in Rio. In 2015 I raced world series events in Cape Town, Yokohama, London and Stockholm. Unfortunately I didn't accumulate enough points to garner an Olympic berth so after the 2015 season I decided to retire from professional racing and just turn my focus to coaching.

Now being freshly retired I have the opportunity to focus on something I have always wanted to focus on as an athlete and that is running! The beauty of running is of course that you can do it anywhere and it takes way less time to properly train for than triathlon to have a serious hobby in the sport. I have goals of smashing all my PBs from 5km up to half marathon before the year is out. I got a little too over excited in pursuing these goals initially and suffered an IT Band injury, which put me out of commission for 4 months. I'm finally running healthy again and look forward to trying to be the best runner I can be.

Ed's posers from page 14: Pete (Walkie) Walkington is 6th on the Bob Graham list of completers and is 5th from the left on the photo. By the way, Tony's carer was Albert Sunter (a mere lad of 56), who is 10th from the left, partially obscured by the lady in front.

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## The Horwich RMI Runners Group (Informal Runners Group)

### Anna Keightley (Leader in Running Fitness) reports



This is one of the many groups under the Horwich RMI Harriers umbrella, and was initially a 'beginners group' which people never left. We still welcome people who are new to running, and they are encouraged all the way to reach whatever targets they have set for themselves. Our group has a wide range of age, ability and reasons for running. Some compete and some don't. There is no pressure to attend every week or enter events, and the group is very friendly and supportive.

Tuesday and Thursday sessions are at 7pm, meeting in Horwich Leisure Centre foyer during the winter and at beautiful Rivington Country Park for trail running when the nights are lighter. Tuesdays often have around 15 to 20 runners (and even 35 one night just after New Year when resolutions were firmest!) and perhaps 10 of us on Thursdays. Tuesdays are normally hill sessions, good for improving general fitness fairly quickly, and usually only a short run to and from the session location. These are good sessions for runners to start with us, and to get to know other members. Thursdays usually involve a run of 5 or 6 miles; there is often a 'short cut' for runners who don't want to do the full mileage, or someone will run with any new runners and adapt or shorten the route accordingly for them.

Although the group is fairly laid back, several runners in the group are quite competitive, tackle challenging endurance runs, triathlons and the like and are keen to improve their performances. Some run to keep fit or purely for the joy of it. Some combine all of those things. The picture is of some of the group before one of the club's Jubilee road races last year. Hopefully you'll be hearing from some of them in future issues of Runaround.

*Anna*

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**Horwich RMI Harriers Annual Presentation Evening is on Friday 22<sup>nd</sup> April at Horwich RMI club on Chorley New Road. There's a disco and buffet too. Tickets £3 from committee members.**

**The mens' club champion for 2015 on why he won and why he can't be at the annual presentation but hopes to see you soon at a race or two**

Unfortunately the men's club champion for 2015 won't be at the annual presentation because it is London Marathon weekend and Lawrence Pinnell is running it. Lawrence's gift has been to turn out regularly for races. Lawrence is a great advocate for the fun of running regardless of any prospect of winning a race or even an age category. As he says, *"I enjoy running and representing Horwich, I have often done the Central Lancashire Grand Prix races and was trying to do all of them in 2015. I was very surprised to find myself at the top of the table, especially as I am normally the last Horwich Harrier to finish a race."*

And Lawrence quotes one of Britain's best middle distance runners, Brendan Foster who allegedly said after winning a race, *"I'm not the best runner in the world, I'm not the best runner in Britain, not even the best from my area of South Shields, I was just the best runner who turned up and ran the race on the day."*

So it is typical of Lawrence that he will miss the prize giving so he can do the biggest race in Britain. His philosophy is simple, effective and Fosterian and he says, *"Well I know I'm not the best Horwich runner, not even the best runner in my age category, but I was the runner that turned up on the day of the races and represented the club most often at these races."* Lawrence believes that if he can win the club championship then practically anyone can: *"The dates have been published for this year's club championships, give it a go and hopefully I'll see you there."* (Pic: Lawrence with daughter, Heather, at the first CLGP race of 2016)



Horwich RMI Harriers website is a mine of information including a lot more coaching and race preparation information. <http://www.horwichrmiharriers.co.uk/>

And there are two facebook pages, the main club facebook is <https://www.facebook.com/groups/10914500750/>

And the informal runners group is at <https://www.facebook.com/groups/504845156260737/>

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## MATTERS FROM THE CLUB COMMITTEE

The club's committee has decided it should communicate more directly with members. As well as the invite from the chairman in his log (see page 2) for members to attend the meetings, there will now be regular summaries of meeting transactions. Here we summarise the matters discussed at committee in February and March 2016. If you would like to know more please contact Peter on Ramsdale.

- Membership – 7 new senior members, 6 new junior members. 3 resignations from each section. 50% of juniors had paid up membership fees for 2016-17. About two thirds of seniors have paid-up.
- Funding – Confirmed £5000 received from the Kevin Davies Kids of Bolton Trust, which will be used for training equipment for the juniors. £400 received from Horwich Rotary to support the Pike Race.
- Costs – payment by club for various league memberships. Purchase of new xc tent. Hire of venues for training.
- Finance – consideration of savings account arrangements
- Training facilities – Track use has been variable and due to low use the Wednesday evening sessions will not now take place. The club is seeking a location for strength and conditioning work on weekday evenings.
- Races – Club championship calendar set. Northern xc championships noted as a stand out team performance.
- Future events – including club presentation evening on 22<sup>nd</sup> April and an intra-club competition for juniors on 29<sup>th</sup> April

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This edition of Runaround has been edited by David Barnes. The views expressed are not necessarily those of the club.

The deadline for the next edition of Runaround is 10<sup>th</sup> June 2016. Please send articles/items for inclusion to [davidbarnes.david@gmail.com](mailto:davidbarnes.david@gmail.com). Phone 07961 535163

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