

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC



Welcome to the February 2016 edition of Runaround. This is my first as Editor taking over from Gordon Stone who has done such a great job keeping everyone informed via this publication for many years now. I hope I can continue the **Be Proud, Be Horwich** ethos that was so well promoted under Gordon's editorship. A member since early 2013, I wear the vest with pride and enjoyment (if not with any great success). Anyone who knows me well will know I love heritage and history and the club has a proud one. I

understand its origin to be in the former Lancashire & Yorkshire Railway Company whose works we see gradually being demolished. Hence the red and white roses on the club crest. But is that also why our athletes perform so strongly in Yorkshire races? Just a thought!

News ... news ... news

- Congratulations to Sandra Kelly and Lawrence Pinnell who are club overall champions for 2015
- Club road championship fixtures 2016 announced:
<http://www.horwichrmiharriers.co.uk/club-road-champs-2016>
- Club fell championship fixtures 2016 announced:
<http://www.horwichrmiharriers.co.uk/club-fell-champs-2016>
- Senior men and vets gain promotion to Division 2 of the Manchester Area xc league <http://maccl.co.uk/news/>
- Lots of individual successes – see Results for more on these

**Who is this? See page 8 to
find out more**



Chairman's Log

*"The new **RUNAROUND** editor has asked if he could count on regular articles from the Chairman for the new bi-monthly format. You're reading this, so I said yes. First of all I must thank Gordon Stone for **RUNAROUND** his time and effort in its production under his editorship, brilliant. I know David will do a great job too but can only do so if members continue to contribute items, so please do, it's in all our interests.*

*Any of our older readers will remember the really old **RUNAROUND** with the monthly article entitled 'From the Chair' where our Chairman of the time, Stewart Westhead (now our President), wrote a column every month. Now it's my turn Stewart. I hope I can keep up the high standard that you set.*

January 2016 started with the usual Greater Manchester and Lancashire XC Championships. The events at Bolton and Blackburn respectively are so different in organisation that it deserves some comparison – Lancs have entered on the day, GM pre-entry by XC captain by late December and won't accept individual entries, Lancs have U11 category and GM don't? Why such a contrast? The qualification for the events was, I feel, a little tighter this year with Lancs not accepting Horwich as within its boundaries. As a result unless you are resident in Lancs (Belmont or Chorley for example) or you were born in Lancs then it's the GM for you from now on. This year in the GM event Senior Men and U13 boys achieved the Silver award in their respective team races with Chris Farrell winning individual Silver too. Well done to all who ran.

I have had the pleasure of entering teams for the Northern and National Cross Country Championships, entering our quality athletes and thinking about how the Red Vests will be doing in these high profile events. This week has also been a week of dusting off the Rivington Pike Race file and starting to write to the 'powers-that-be' regarding permissions to run the race. Also a visit to the Crown to ask about the registration venue may take more than 5 minutes [Ed. – why?]. Race permissions has reminded me that a possible replacement race for the Winter Hill is currently under scrutiny by the United Utility guys. Steve Pearson has walked a possible route and we await their feedback. More details to follow in time.

And please remember as the lighter nights are nearing it's still important that you wear the florescent tops when out training.

Peter

Anglezarke Amble – 13 February 2016

Christa Whatmough reports



Last year I took part in a few Long Distance Walkers Association (LDWA) events which are also open to runners. A good number of our club members take part in these events. They're very low key, no pressure events with a great atmosphere. You also get lots of food both on route and at the end so that's always a bonus!

Basically, they are long distance walking events where you are given a route description which takes you from start to finish via a number of checkpoints where you get your card clipped to make sure you have been there. There is a time limit but, as it's aimed at walkers, there's no fear of being cut off if you're running it. There is usually a choice of distance so you can opt to do a shorter route if you like. I enjoyed these events so much last year that I have already signed up for four of them so far this year, two of which have already taken place.

The Anglezarke Amble is very popular amongst the Horwich RMI contingency as it is right on our doorstep, the event starting at the community hall in Rivington. We couldn't have asked for better weather as it stayed dry and mostly sunny for the day, unlike last year which, whilst dry, was covered in thick fog all the way around.

The route firstly goes up to Rivington Pike and then up to Winter Hill mast, before dropping down to Belmont and going through farmland towards Entwistle and the Strawbury Duck pub. It then winds its way up to Darwen Tower, over to Great Hill, dropping down into

White Coppice, around Anglezarke Reservoir and back to the community centre.



It's a great way of exploring some of the local trails which you may not have been on before. I have set out a trace of the route taken from my Garmin.

This year, the following Horwich runners took part in the event, all running the long 24 mile route, save for Anna and Gill who walked the 16 mile route: myself, Andy Ford, Josie Greenhalgh,

Albert Sunter, Michele Sunter, Abigail Sunter, Lindsey Brindle, Suzanne Budgett, Ed Swift, Gordon Stone, Anna Keightley, Gill Smith.

Anglezarke Amble (cont.)

Andy Ford finished joint first with Andy Morley of Swinton in an incredibly impressive time of 3 hours 36 minutes. Swinton Andy got ahead of 'our' Andy but our Andy caught back up to him and, after discovering that neither of them had ever been first in a race before, they decided to stay together and run in as joint finishers. Now there's some sportsmanship for you! Well done Andy, you're a superstar and a jolly nice bloke!

Lindsey Brindle was first lady home in a time of around 4 hours 6 minutes... and that's with only taking it leisurely! Personally, I knocked around 40 minutes off my time from last year, finishing in 5 hours 27 minutes. But given that they're not actually races, times don't mean much anyway as it may be that some people took it really leisurely and enjoyed spending time nattering at checkpoints, whereas others may have taken on the challenge and tried to get round as quickly as possible.

There was, however, an unfortunate incident on the day, where a man collapsed. Several runners including Michelle, Abigail and Gordon helped in getting first aid and an ambulance so well done guys in playing a part in getting the man the medical treatment he needed. Further [information](#) about this incident is available from the Bolton Mountain Rescue Team.



Photo: Brian Fisher

https://www.ldwa.org.uk/challenge_events/events_list.php?list_type=L&event_type=N

However, thankfully such emergencies are rare and the long distance events are a great way to enjoy endurance in a relaxed and sociable environment. The other events I have signed up for are the Haworth Hobble on 12 March (not actually run by LDWA anymore), which is a 32 mile event, and the Two Crosses on 20 March, which is around 23 miles. I also intend to sign up for the White Bear Way which is later on in the year and starts in Adlington. Further information on LDWA events, visit

Christa

Membership Renewals are due! Please remember that membership renewals have been due since 1st January. Part of the fee is used to renew your affiliation licence with England Athletics, which will be done very shortly. Without this licence you will be unable to compete as a member of Horwich RMI Harriers nor benefit from the discount offered for most races. Membership details and the form can be downloaded from the [club website](#).



Testing to reduce our energy leakage

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

How often have you considered testing yourself? Our testing is most commonly time and distance based e.g. 5k pb, 10k pb, Marathon pb. This is very much outcome based, but have you ever thought about testing the different body parts that contribute to achieving that personal best? I am sure some people do gym work and have an idea about different weights and different lifts. This can be your 1 rep max weight, say, 40kg single leg press. Or a 60kg 1 rep max squat. So with the pb times and strength rep max figures we are beginning to put together results that we can measure our improvement against.

Have you ever considered measuring or testing your balance, agility or coordination? We take it for granted that we can keep our balance. We know we are agile and co-ordinated because we can change direction and inject an increase in power if we need to jump over obstacles or are running on an uneven terrain such as XC or the fells. (Having said that the pavements near where I run are just as bad. With special thanks to all the utility companies). Let us consider testing or profiling as a means of establishing the current capability of the body and by collecting these results we can work out if all our efforts are going into our running and more importantly the direction we want to run.

Are you getting an “energy leakage”? That is, a disproportionate amount of energy being used to maintain our body position, foot positioning or arm drive, instead of being used for forward motion. Basically our running style/form/gait is ineffective and there is likely to be room for improvement.

What to test/profile? Do we know if one leg is stronger than the other, if so then by how much? Do we have a correct alignment of our ankle, knee and hip or is there too much rotation around one joint. When we run we exert approximately ten times our body weight through our lower body joints. This is increased when we race downhill, especially on hard surfaces. Are our arms working effectively and equally? These situations described will create an energy leakage and/or potential injury.

What if this has been your ‘natural’ running style? Then you are probably not aware of any issues because the body has always compensated. If we think of a car that has the wheels out of balance or not accurately tracked. This creates a pull on the wheel to either the left or right side of the road and not in the direction of travel. The driver compensates by holding the wheel firmer and driving against this misdirection. If it is not corrected it eventually ruins the tyres, energy leakage.

Are the tests valid and reliable? When we test we must ensure the tests we use are VALID, that is, it tests what it is supposed to. Secondly they must be RELIABLE. The tests can be repeated and the results will be comparative with accurate and objective figures. An example to test leg power (speed x strength) would be a vertical or horizontal single leg hop or jump. An example of testing leg strength would be a single leg press. All these tests can be repeated in the same conditions with results compared against previous tests. Before we consider any testing we must adopt accurate body positions, i.e. neutral hips, no forward or backward movement and a neutral spine, shoulders over hips and a relaxed straight back.

What tests can be carried out at home? The following are examples of a few basic tests that can be carried out at home. Once these have been mastered then more can be added. With a better biomechanical style we can then also introduce specific running tests and drills.

Tests for Power

- Single & double leg vertical jump
- Single & double leg horizontal jump

Tests for balance and co-ordination

- 3 hops and stick right & left leg (on third hop retain a stationery position with minimum wobble)
- Single leg left & right vertical hop and stick (no wobble)

Test for strength & Flexibility

- Backward & forward lunge, neutral vertical spine (no wobble or forward lean)
- Double and single leg squat, neutral spine (no loading/weights until competent of accurate movement)

How do we make a success of testing to highlight areas of development? This will depend upon the accuracy of the performance. To aid this either use a partner or a mirror to check body alignment. Where possible use similar conditions and a similar recording system. Once warmed up you do not need to more than 3 reps and then assess on the performance. The testing process only needs to be done approximately every 3 months or after a block of specific training.

The key to more efficient running is the ability to maintain an effective gait/style/cadence for as long as possible. Sir Dave Brailsford, formerly performance director of British Cycling and currently general manager of Team Sky, praises marginal gains. A runner's marginal gain is a reduced energy leakage from poor style

Happy testing

Steve



Harrier in Focus – Chris Farrell

This month we've asked Chris Farrell to give us an insight to his running, sport in general and whatever else he chooses to tell us. It is well known that Chris was 'discovered' by the club when he ran the Pike race unaffiliated in 2013, achieving a 17th place just ahead of Dave Milliken on next to no training. He has gone on from strength to strength and has a GB vest in his sights this year. David Barnes asks the questions.

So, Chris, how did you get into running?

I come from a football background but as a child I would always win cross country and 1500m races at school even though I didn't enjoy it. My dad and teachers recognised I had a talent for running and tried forcing me into it but as a typical stubborn kid I wouldn't listen and just wanted to carry on playing football with my mates. I remember once I tried getting out of cross country at secondary school by saying I had a ticket to go and watch England play Scotland at Wembley. My PE teacher rang my dad to see if there was any way I could still run. As you can imagine my dad was a bit shocked at the news I had a ticket for one of the biggest football matches there is! Luckily he saw the funny side though.

I went on to play football at a decent level until a drunken bet in a pub that I could win the pike race with Wilf Brindle (ex-Harrier and excellent runner) finally got me back into the sport and from then I have never really looked back.

Who was your first sporting hero?

Roy Keane. He wasn't the best footballer technically but he always worked hard and had an unbelievable will to win.

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

I can't give you one person for this as everyone at Horwich has been brilliant!

What is your favourite race venue?

It has to be Rivington Pike because I'm a Horwich lad and if you're from Horwich you know how big the race is. There is always a great atmosphere. Snowdon is a very close second.

What advice would you give an aspiring 13 year old runner?

If you do another sport which you enjoy more keep running up as well, it will make you better at it.

Which bit of Horwich do you like training best?

My favourite training run is probably to the mast. I start from my house at the bottom of Crown Lane then run to the Jolly Crofters, up George's lane and then straight up to the mast on the road. It's all on road so it's fast but there is still plenty of climb.

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

Touch wood I haven't really had a serious injury.

Who is the best trainer at the club?

That's a tough one but I'll have to go with Mike Cayton. He will always put a shift in.

Worst trainer?

He doesn't actually run for Horwich but trains with the club he is called Tony Valentine but I call him 'Tony 2 reps'. (Ed: Tony – you have a right of reply!)

Most enthusiastic member?

This is another difficult one but I've narrowed it down to two. Steve Pearson who is at every session no matter what the weather, shouting times at us and Martyn Bell who is always trying to organise a team for something.

Hopes for the future?

I have been lucky enough to run for England a couple of times but I would really like a GB vest. A sub 30 minute 10k would be nice too!



Who is it?

Yes, it is young Chris Farrell showing a clean pair of heels to the rest of the field even at that age.

Results ... Results ... Results ...

1st/2nd January 2016

Giant's Tooth, Causeway Foot (1/1/16) – Simon Pymm 3rd 18:23

Billy Knox New Year's Awakener, Whitworth (1/1/16) – Rob Jackson 6th 19:50; Graham Schofield 11th 20:52; Paul Boardman 14th 21:19

Horwich RMI Harriers featured strongly in the results of the 2015 Area Fell Grand prix, a competition of 7 Lancashire clubs featuring 11 races throughout the year. Sandra Kelly won the open ladies and the LV45 age category. Gary Chadderton finished 3rd in the open category with 233 points, only 8 points behind the outright winner. He also won the MV50 category. John Monks won the MV60 category. Doug Fleming came 2nd in the MV55 category, Tony Hesketh was 4th in the MV65 category, Nick Kelly was 3rd in the MV45 and Ray Stafford was 3rd in MV70.

9th/10th January 2016

Greater Manchester Annual Cross Country Championship, Bolton (9/01/16) – U/13

boys – Tom Massey 4th 12:08; Luke Brindle 6th 12:45; Robert Seddon 10th 13:01;

Matthew Flatters 15th 13:19; Matthew Mair 16th 13:22; Toby Middleton 24th 13:38; Lucas

Milliken 27th 13:51; U/13 girls – Ella Pendlebury 18th 14:27; Milly Lever 49th 16:23; U/15

boys – Lewis Wilkes 16th 17:05; U/17 men – Luke Massey 6th 18:18; Senior men – Chris

Farrell 2nd 29:29; Michael Cayton 6th 30:54; Nick Leigh 7th 30:56; Simon Flynn 32nd 34:01;

Dave Milliken 45th 36:00; James Jordan 58th 37:09; Gordon Stone 113th 47:33; **Lancashire**

Cross Country Championship, Blackburn (9/01/16) Senior Ladies – Suzanne Budgett 25th

31:45; Senior Men – James Kevan 16th 37:47; Richard Howarth 47th 40:33 **Marsden to**

Edale Trigger fell race (10/01/16) Nick Kelly 45th 04:40:47 **Garstang 10k (10/01/16)** –

Peter Rice 9th 36:04; Rudolf Maciejkowicz 77nd 42:03; Sandra Kelly 142nd 45:23; Geoff

Leech 156th 46:15; Carl Leech 237th 50:10; Rachel Merino 256th 50:50; Julie Williamson

355th 56:33

16th/17th January 2016

Mid Lancs cross country league (Wilson Playing Fields, Hyndburn) – Boys U/13: Tom

Massey 3rd 11:49; Luke Brindle 8th 12:22; Robert Seddon 9th 12:25; Boys U/15: Lewis

Wilkes 10th 16:29; Mens U/17 Luke Massey 4th 23:13; Senior Men Paul Massey 17th

39:55; Tony Hesketh 141st 50:42 **Manchester cross country league (Heaton Park)** – Boys

U/13 Lucas Milliken 16th 13:32; Senior Men Joe Mercer 11th 35:04; Gareth Booth 20th

36:25; Martyn Bell 50th 38:31; David Jackson 52nd 38:36; Dave Milliken 53rd 38:38; Andy

Ford 94th 40:28; Gary Chadderton 170th 43:56; Doug Fleming 177th 44:18; Mark Swindell

252nd 49:00; Gordon Stone 296th 53:23; Lawrence Pinnell 299th 53:38 **Essar four villages**

(Helsby) half marathon – Paul Muller 31st 1:19:40; Geoff Leech 810th 1:50:48; Derek

Whittle 921st 1:52:57 **Soreen Stanbury Splash 5 mile fell race (Penistone Hill, Haworth)**

– Nick Kelly 66th 42:12; Sandra Kelly 142nd 46:37; One mile race for juniors Theo

Middleton (U/10s) 56th 9:03; Toby Middleton (U/12s) 10th 6:44

23rd/24th January 2016

South East Lancs Cross Country League, Tandle Hill – U/11 girls – 14th Lydia Johnson 11:18; U/13 girls – 4th Ella Pendlebury 17:42; U/13 boys – 1st Luke Brindle 14:51; 5th Robert Seddon 15:35; 6th Matthew Mair 15:42; 9th Matthew Flatters 16:06; U/15 boys – 5th Lewis Wilkes 13:52; U/17 men – 1st Luke Massey 20:22; Senior Men – 1st Chris Farrell 36:21; 5th Paul Massey 41:59; 93rd John Parker 62:44 **Ashurst Beacon Fell Race, Newburgh** – 12th Andy Ford 42:24; 23rd Graham Schofield 44:31; 27th Ian Hepburn 44:56; 30th Nick Kelly 45:20; 40th Gary Chadderton 46:22; 50th Doug Fleming 47:14; 61st Suzanne Budgett 49:01; 64th Tony Hesketh 49:18; 94th Sandra Kelly 52:31; 121st Gordon Stone 57:30; 130th Lawrence Pinnell 58:28

30th/31st January 2016

Northern Cross Country Championships, Blackburn – U/13 girls – 77th Ella Pendlebury 15:46; 163rd Olivia Baker 17:35; 164th Milly Lever 17:36. U/13 boys – 58th Luke Brindle 14:00; 70th Lucas Milliken 14:10; 74th Matthew Mair 14:12; 90th Robert Seddon 14:27; 103rd Toby Middleton 14:35. U/15 boys – 109th Lewis Wilkes 17:22. U/17 men – 32nd Luke Massey 21:31. Senior women – 70th Debra Campbell 37:03. Senior Men – 11th Chris Farrell 45:09; 41st Joe Mercer 47:35; 61st James Kevan 48:52; 114th Paul Massey 51:14; 117th David Jackson 51:20; 183rd Simon Pymm 54:31; 302nd David Milliken 59:05. **Lancaster Flood Appeal Half Marathon** – 31st Rudolf Maciejkowicz 01:31:45

6th/7th February 2016

Wadsworth Trog fell race (Hebden Bridge) 6th February 2016 – 22nd Andy Ford 03:18:17; 52nd Nick Kelly 03:37:58; 84th Sandra Kelly 04:05:45; **Blackburn Winter Warmer 10k 7th February 2016** – 11th Rob Jackson; **Blackburn Winter Warmer 2k 7th February 2016** – 1st Cian Healey 07:48; 10th Freya Whittle 08:44; **Mad Dog 10k (Southport) 7th February 2016** – 644th Geoff Leech 53:02; 1610th Anna Dagnall 1:06:22; 1908th Lynn Smith 1:12:51; 2102nd Lesley Davidson 1:21:10; **Red Hot Toddy 10k (Todmorden) 7th February 2016** – 3rd Michael Cayton 35:17

13th/14th February 2016

Parbold Hill race – 17th Ian Hepburn 50:11; 31st Debbie Campbell 52:03; 93rd Layne Mercer 57:59; 179th Paul Lewis 01:04:55. **Windy Hill fell race (Littleborough)** – 6th Simon Pymm 01:04:01; 14th Michael Hallas 01:07:07; 38th Graham Schofield 01:13:43. **Mid Lancs xc League (Cleveleys)** – U13 boys 10th Luke Brindle 10:15; 11th Tom Massey 10:21; 12th Matthew Mair 10:29; U17 men 3rd Luke Massey 22:54; Senior men 13th Paul Massey 39:11. **Manchester xc League (Wythenshawe)** – 15th Nick Leigh 36:33; 45th Dave Jackson 38:47; 115th James Jordan 42:18; 146th Richard Marlton 43:49; 252nd David Barnes 50:31; 276th Lawrence Pinnell 52:52; 292nd John Parker 56:27. **Valentine's Day 10k (Lancaster)** – 6th Paul Muller 36:24.

Finally, for now

Let's applaud the coaches and parents who so ably support the juniors in enjoying the great sport of athletics and running. The results give an indication of the effort that juniors put into their sport and for everyone it is an achievement. So, I'll finish this edition with two images of young endeavour and one image of a veteran with style who shows us how we can enjoy our race running into the 8th decade (if we are lucky enough to last that long and avoid injury!)



Tom Massey, Milly Lever and Ella Pendlebury following their runs at the Greater Manchester xc championships on 9th January 2016 (Photo: Tony Hesketh)



(left) Toby Middleton at the Soreen Stanbury splash fell race on 16th January 2016.



(right) John Parker at Wythenshawe Park xc on 13th February 2016.

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 13th April 2016. Please send articles/items for inclusion to davidbarnes.david@gmail.com. Phone 07961 535163

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