

# RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC



Welcome to the **January 2017** edition of Runaround. The page length has been reduced to preserve the editor's sanity and tax the reader's patience less – ('what is this man on, has he got a life?' – anonymous comment!). More importantly the pace of performance and the exhilaration of running hasn't let up over these winter months for Horwich's juniors, seniors and vets. Time and space (the final frontier?) does prevent the inclusion of everyone's results but hopefully this edition is further reflection of the vibrancy of the club's activities. 2017 promises much. Enjoy the gig ☺

## CROSS COUNTRY ..... XC ..... CROSS COUNTRY ..... XC .....CROSS COUNTRY .....XC

The club has targeted promotion to the top flight of the Manchester Area Cross Country League and has backed up that desire with great intent. After 3 matches, Horwich stood 2<sup>nd</sup> in division 2, one point behind Manchester Triathlon. Updated results are not out yet but after finishing 2<sup>nd</sup> overall last week in match 4, Horwich should currently be top with one match to go. Horwich also came 3<sup>rd</sup> in the Greater Manchester XC championships behind Sale and Salford. Michael Cayton in 4<sup>th</sup> place gained a place in the GM team for the Inter-Counties championships in Loughborough on 11<sup>th</sup> March. Next up the Northern championships on 28<sup>th</sup> January at Knowsley. (photo by David Jackson of the GMXC championship team)



**Chris Farrell** continues to produce great results and in successive weeks in December was 2<sup>nd</sup> in the MACCL at Heaton Park; 12<sup>th</sup> at the big Telford 10k, going under 30mins; 1<sup>st</sup> in the Hurst



Green 5 mile, breaking the course record; and 2<sup>nd</sup> in the Ribble Valley 10k, going under 30mins again, where Chris is seen with RMI athletes, Jonathan Bruton, Gareth Booth, James Jordan and coach Martyn Bell.



What on earth is this and who would possess such a thing? If you follow the club's facebook page then you will have a good idea. If not turn to page 12

## Sportshall junior athletics

Gemma Stokes is lead committee member for the Harrier's Clubmark ambitions and is a very active coach providing programmes for the youngest juniors on the track and coordinates these young athletes' participation in Sportshall events.

According to the sportshall website (<http://www.sportshall.org/>), Sportshall athletics is an indoor form of track and field for children between the ages of 4 and 16. It was created by George Bunner MBE to provide a safe and warm environment for young athletes to train during the cold and dark winter months. Sportshall quickly developed into a new form of team competition and the first ever Sportshall competition took place in 1976 with the annual UK clubs championships being established in 1984.

Today (the website says) Sportshall is the largest competition within the School Games framework and with an estimated user-base of well over 1 million children, Sportshall has more participants than any other School Sport Competition. The programme focusses on fitness and multi-skill development providing a grounding for all sports. It is totally inclusive, encourages children to get fit and promotes friendship whilst having lots of fun. Additionally, Sportshall promotes a wide range of community benefits as it provides a focus for mums, dads and grandparents to actively come and support their children. Sportshall also provides a stepping stone into after-schools sporting activity.

In January Horwich's young athletes achieved success at the Greater Manchester Sportshall Championships. There were lots of great individual performances and the under-11 boys won 2<sup>nd</sup> prize in the team competition. Here are some of the club's youngest athletes, coached and supported to success by Gemma Stokes (who also took these photos)



# Track Training Plan – Bolton Arena 2017

Steve Pearson, Head Coach, has put together a programme of regular track sessions for all-ability Horwich RMI Harriers.



Steve says that these sessions may change once we know the club championship races and key club races. If anyone would like to do a specific session, please let Steve know and he will try and find an appropriate slot. Steve can be contacted on 07732 210013 or at [pearsonnotlob@hotmail.co.uk](mailto:pearsonnotlob@hotmail.co.uk).

(Steve is also one of the lead trainers on the England Athletics accredited Leader in Running Fitness (LiRF) course, here seen explaining the importance of session planning).



## Training Plan 2017



January to March 2017

Date	Training session A	Training Session B
Jan 3	2 x 4 x 800 (60 secs + 3 mins)	2 x 2 x 800
Jan 10	Time Trial 5 x 1000m 3 mins rec	3 or 5
Jan 17	2 x 4 x 1200 (75 secs + 3 mins)	2 x 4 x 800
Jan 24	2 x 4 x 1200 (60 secs + 3 mins)	2 x 4 x 800
Jan 31	2 x 4 x 1200 (60 secs + 2 mins)	2 x 4 x 800
Feb 7	Speed End 4 x 800 5 x 600 6 x 400 (75) [3]	2 x 800 3 x 600 3 x 400
Feb 14	Speed End 4 x 800 5 x 600 6 x 400 (60) [3]	2 x 800 3 x 600 3 x 400
Feb 21	Speed End 4 x 800 5 x 600 6 x 400 (45) [3]	2 x 800 3 x 600 3 x 400
Feb 28	Time Trial 5 x 1000m 3 mins rec	3 or 5
Mar 7	Strength End 4 x 8 mins (60 rec)	4 x 8 mins
Mar 14	Strength end 4 x 8 mins (50 rec)	4 x 8 mins
March 22	Strength end 4 x 8 mins (45 rec)	4 x 8 mins
March 28	Speed End partner running x 800m	

## April to August 2017

Date	Training session A	Training Session B
Apr 4	Speed End 4 x 4 x 400 4 x 200	4 x 2 x 400 4 x 200
April 11	Time Trial 5 x 1000m 3 mins rec	3 or 5
April 18	2 x 400, 2 x 600, 2 x 800, 2 x 600, 2 x 400	
April 25th	800's as 500 (60) + 300 (90) x 8	8 x 500
May 2	800's as 500 (45) + 300 (75) x 8	8 x 500
May 9 <sup>th</sup>	3 x 600 3 x 500 3 x 400 3 x 300	2 x rep's
May 16 <sup>th</sup>	Speed end 3 x 4 x 500m	3 x 3 x 500
May 23nd	Varied Pace whistle x 15 secs 8 x 4 mins (60 secs rec)	
May 30 <sup>th</sup>	Time Trial 5 x 1000m 3 mins rec	
June 6 <sup>th</sup>	Overlapping 800's x 8	X 6
June 13 <sup>th</sup>	Strength End 6 x 1200m	6 x 800
June 20 <sup>th</sup>	Speed end 4 x 800 5 x 600 6 x 400	
June 27 <sup>th</sup>	Speed end 2 x 5 x 500 (75 + 3mins)	
July 4 <sup>rd</sup>	Speed end 2 x 5 x 500 (60 + 3 mins)	2 x 3 x 500
July 11 <sup>th</sup>	Strength End 8 x 5 mins (90)	
July 18 <sup>th</sup>	Time Trial 5 x 1000m 3 mins rec	
July 25 <sup>th</sup>	Speed end 3 x 6 x 300 jog rec (60)	3 x 4
August 1 <sup>st</sup>	Strength End 8 x 700 100 jog rec	
Aug 8 <sup>th</sup>	Strength End 3 x 3 x 1000m	
Aug 15 <sup>th</sup>	Strength End 4 x 8 mins turn a round	
Aug 22 <sup>st</sup>	Strength End 5 x 8 mins	
Aug 29 <sup>th</sup>	Speed End 4 x 4 x 400 4 x 200	



## September to December 2017

Date	Training session A	Training Session B
Sept 5 <sup>th</sup>	Strength end 8 x 5 mins	
Sept 12 <sup>th</sup>	Time Trial 5 x 1000m 3 mins rec	
Sept 19 <sup>th</sup>	8 x 800 as 600 (30) 200 (60)	8 x 600
Sept 26 <sup>th</sup>	8 x Overlapping 800's	
Oct 3 <sup>th</sup>	Speed End 4 x 800 5 x 600 6 x 400	2, 3, 3 x 400
Oct 10 <sup>th</sup>	Strength End 4 x 8 mins (90 rec)	
Oct 17 <sup>h</sup>	5 x 5 mins (60) 5 x 3 mins (45)	
Oct 24 <sup>rd</sup>	Time Trial 5 x 1000m 3 mins rec	
Oct 31 <sup>st</sup>	Strength End 4 x 8 mins (60 rec)	
Nov 7 <sup>th</sup>		
Nov 14 <sup>th</sup>	Speed End 3 x 3 x 700m (100 jog)	
Nov 21 <sup>th</sup>	Speed End partner running x 800m	
Nov 28 <sup>th</sup>	Speed End 4 x 4 x 400 (60/45 & 3)	
Dec 4 <sup>th</sup>	Time Trial 5 x 1000m 3 mins rec	
Dec 11 <sup>th</sup>	Strength End 5 x 8 mins (90 rec)	



A swarm of bees have found a nice flower in the company of a beekeeper and what seems to be the grim reaper! At Whinberry Naze on Boxing Day this Horwich crew won 2<sup>nd</sup> prize in the fancy dress competition.

## Young Athlete Development – Severs Disease

In the last edition of Runaround, Andy Townsend, one of the club's dedicated coaches, described the work with the Harriers' Juniors, how the training programme is structured and what motivates the striving for more success. Unfortunately running isn't only about enjoyment and achievement. It also involves injuries and conditions which despite the negatives can also be put in the context of athlete development as Andy describes here (cropped photos from [www.woodentops.org.uk](http://www.woodentops.org.uk)).



In coaching children the balance between too much and too little is always a challenge. There isn't necessarily a session where one size fits all. When it comes to injuries in young children it can often be seen as a failure; a weakness in an athlete and not always do we think of symptoms as reflecting the fact that the skeleton is growing.

In 2015 I had a young athlete who developed some very sore heels. The decision to seek medical advice was taken and without too much agonising it was diagnosed as **Severs Disease**. Otherwise known as **calcanea apophysists**, this is an inflammation of the growth plate in the heel of growing children, typically adolescents. The condition presents as pain in the heel and is caused by repetitive stress to the heel and it is particularly common in active children. It usually resolves itself when the bone has completed growth or activity is lessened. In this young athlete's case it took him many months to come back to a group that by then had moved on. However not being able to walk up and down stairs at home and at school made life rather hard work. He came back to the group in 2016 and is now more motivated to get back to where he wanted to be.

## Young Athlete Development (cont. from p.6)

### Symptoms of Severs Disease



The most prominent symptom of Severs disease is heel pain which is usually aggravated by physical activity such as *walking, running* and or *jumping*. The pain is localised to the posterior and plantar side of the heel over the calcanea apophysis.

Sometimes, the pain may be so severe that it can cause limping and interfere with physical performance in sport. External appearance of the heel is almost always normal, and signs of local disease such as redness are absent. The main diagnostic tool is pain on medial – lateral compression of the calcaneus in the area of the growth plate, the so called squeeze test. At this point rest and a consultation with a Physio who knows of the symptoms is often advisable.

The physio should be able to recommend the use of relevant exercises and stretches. However having asked various other coaches and physios whether they have come across Severs Disease, I found it *not* to be common knowledge. But since my first knowledge of the symptoms I have encountered 2 other young athletes with similar problems at the club. One has suffered with this for 2 years not quite knowing what the problem was; even the GP had to google what *Severs* was. Now we know what they have got we can act accordingly and that means no running and spend more time on other activities in the gym and the pool. These activities will eventually complement their fitness.

The majority of young active children will never have the symptoms of Severs disease, however as a coach I am now more acutely aware of the issue. Although the children do grow out of it, it will be some time before they are able to get back to running at full speed. Very easy running is the key to recovery as well as specific exercises prescribed by a physiotherapist who actually knows what Severs it.

Below are a couple of link to help understand further the symptoms.

[Heel Pain in Children](#)

[Sever's Disease](#)



**Horwich RMI Runners** – The Horwich RMI Runners group has quietly become a great local resource for enjoying running. The group is a great chance to turn up once or twice a week to join in at their own pace with others there for the same reason and led by club members with the Leader in Running Fitness qualification. Some runners then add in personal goals to achieve a finish in their chosen events. **Kristina Mountain** here describes her experience with the group.



*“Three years ago if someone had told me I would run a marathon I would not have believed it, just running down the street would have been enough. I didn't even possess a pair of trainers, now I have too many to choose from.*

*I joined Horwich RMI social runners in June 2014, with no particular goal in mind, running had just been suggested to me by a manager at work as a way to try and relieve stress and anxiety, working for a local authority can be challenging. After starting the group I signed up for a 10k race to keep me motivated and turning up, I managed to get through my first race with a time of 1hr 11mins.*

*I am still turning up regularly and have increased my distance and now can hear myself saying 'it's only 6 miles' and I have run a marathon. Slowly but I did it”.*

*“I would never have achieved this without the support of the running group, who are encouraging and inspiring and I hope this is how I now come across when we have new starters. We're always keen to celebrate each other's achievements, whatever these may be; just before Christmas I managed to finally get under an hour for my 10k”*



*I'm still usually found towards the back of the group but I couldn't now imagine my life without running, I have 'the bug' as they say. Currently my goal is to run the Two Crosses LDWA event in March. I try to give something back to the Horwich RMI group by also helping to marshal at the Jubilee races. I've met some inspiring people through the group, run on trails, up hills! had some adventures and even been persuaded to do a head torch run at night up to the Pike. When I run, it's not to be the world's fastest, it is my little moment of calm, I can forget the stresses of work, clear my mind and appreciate life, running through rain and mud and still smiling, thinking 'this is great', it gives me time to appreciate the surrounding views and the company of my Horwich running friends”.*



## **Junior Fell Championships 2017**

### **- Club, Greater Manchester, English & English Schools**

The 2017 championships will be slightly different than in the past in as much as it is going to be 8 races from the list of 12 which incorporates the English Junior Fell Champs and the English Schools Fell Champs along with four other popular races. The scoring system is also changing; this year it will be 10 points for the first Horwich junior then 9 points for second and so forth, there will be 3 bonus points for each English Champs race ran and a bonus of 5 points for the English Schools Championships. You can do more than eight races and drop your worst scores. This means our championship will run for 10 months and will give a more accurate view of the championship over a longer period with a two month break for holidays etc.

- Feb 26th Ilkley Moor Yorks
- March 25th Cock Howe Cleveland (English champs)
- April 1st West Nab Yorks (English champs)
- April 15th Rivington Pike Horwich
- April 22nd Anniversary Waltz Cumbria (English champs)
- May 1st Coiners Yorks (English champs)
- May 14th Great Whernside Uphill only Yorks (English champs)
- May 21st Saddleworth (Greater Manchester Champs)
- June 10th Rossendale 50th Anniversary Lancs (English champs)
- Sept 24th Sedbergh Cumbria (English Schools champs)
- Oct 8th Withins Skyline Haworth Yorks
- Nov 4th Shepherds Skyline Todmorden Yorks

**For more information contact Tony Hesketh on 07552 657789, or at [heskethony7@gmail.com](mailto:heskethony7@gmail.com)**

### **More dates for the diary**

- Friday 7<sup>th</sup> April Horwich RMI Harriers presentation evening. (RMI club from 7.30pm)  
Tickets £3 from Peter Ramsdale or any coach.
- Saturday 15<sup>th</sup> April, 3pm Rivington Pike fell race
- Saturday 27th May Ian Hesketh Memorial Duathlon from Rivington Primary School – see page 13 for more information.
- Thursday 8<sup>th</sup> June, 7.30pm Walsh Two Lads fell race
- Thursday 24th August The Murder Mile from Gingham Brow
- PLUS Jubilee road race series and Junior Street series – usually on the third Wednesday in May, June, July and August. Watch out for more news on these events and give as much support as you can.

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## Junior Ambition

The club has a great group of juniors performing and enjoying their sport. Here is Aidan McKenna taking part in his first ever Cross Country race at Kenworthy Woods in the Manchester Area Cross Country League on 14<sup>th</sup> January 2017 at the age of 9. Aidan's mother,

Rachael commented that *"Aidan is very new to cross country running but is really enjoying it. His club, Horwich RMI have the attitude of fun and enjoyment being the most important aspect with everything the juniors do and this is evident when we see how much Aidan enjoys running around a muddy field, often in the cold and wet!"*



Other great performances at the Greater Manchester XC championships on 7<sup>th</sup> January 2017 included the under-13 girls taking 4<sup>th</sup> place, the under-13 boys held 2<sup>nd</sup> place, as did the under-15 boys. Several of these juniors are in line for GM vests, to be confirmed.



Photos by Andy Townsend (left); Nigel Mair (bottom left); Ady Merritt (below)





## Area Fell Grand Prix 2017 – *Run the Moors*

This is a most excellent competition that doesn't seem to get the support it deserves from runners. But in 2016 Horwich came 2<sup>nd</sup> in the overall competition led by redoubtable regulars and a few other club members joining in too.

More information can be found at <http://www.felljunior.org.uk/GP/> (it is mainly seniors so it isn't clear why the weblink implies it's juniors). The Grand Prix seems to be having a makeover and this year is also called Run the Moors Grand Prix and there is a closed facebook page that members can join. Here are the races for 2017.

Month /day	Date/ time	Race	Category/ascent/ distance	Comments
March/ 19th	Sun/ 10.30	Heptonstall	BL/24.8km/ 966m	Entry on the day/partially marked.
April/ 15th	Sat/ 15.00	Rivington Pike	BS/5.2km/ 213m	Oldest English Fell race.
29th	Sat/ 11.00	Cake Race	BM/16km/ 518m	Lots of fast running for the fit folk. Loads of cake!!
May/ 24th	Wed/ 7.15	Foe Edge	BS/6.6km/ 300m	Good local proper fell race.
June/ 11th	Sun/ 11.00	Knowl Hill	BS/9.7km/ 396m	Last race of excellent 3 day event
28th	Wed/ 7.30	Eddie's Revenge	AS/6.1km/ 323m	Bring a cake for free entry.
July/ 13th	Thur/ 7.30	Bull Hill	BS/8.8km/ 335m	First race of another great 3 day event.
29th	Sat/ 2.30	Turnslack	BM/12.09km/ 610m	Tough local moorland run.
August /20th	Sun/ 11.00	Sedbergh Hills	AL/22.5km/ 1830m	Really worth a reccy as navigaton tricky in mist.
Sept/ 2 <sup>nd</sup>	Sat/ 11.00	Grisedale Horseshoe	AM/16km/ 1525m	How much climb?? Again worth a reccy.
Oct/ 8th	Sun/ 11.30	Wthins Skyline	BM/12km/ 300m	Good Woodentops race over the Brontë Moors.

Please check the FRA website for more details and accuracy

<http://www.fellrunner.org.uk/races.php>



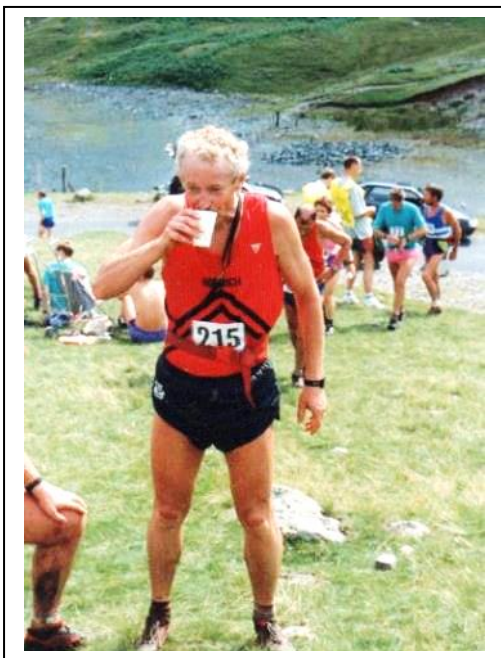


**What on earth is this and who would possess such a thing?**

**(And more on the Area Fell Grand Prix, especially for 70 year olds!)**

On the club's facebook page the owner said *"A Sad Day - After many years of faithful service, my trusty Horwich towel is to be consigned to the duster drawer. Farewell my friend, ashes to ashes, dust to duster".* When asked how old the item is and the owner replied *"I can't put an exact date on this, but Keith Knight and Wilf Brindle were selling them when Keith was involved in Viga and Wilf had his shop on Winter Hey Lane. At one stage they were given as prizes in Horwich races, but members of other clubs, Bolton in particular, seemed most ungrateful ...."*

Yes, of course it is Horwich RMI Harriers tea towel and the proud owner? Here are two photos of Ed Swift in his prime, most recently at Two Lads on 9<sup>th</sup> June 2016 (Photo: Andrew Storey).



Ed also has racing ambitions this year with the Area Fell Grand Prix; *"This is a call to arms (legs?) for all our members aged 70 or more, but it applies equally to all our members..... My particular interest is in the 70 - 74 grouping. I'm assuming that very few of the member clubs will have many over 70s still racing - so that group award is there for the taking! We need three to count, can any eligible members please email me at [edswift@btinternet.com](mailto:edswift@btinternet.com) so that we can form a squad and share transport etc."* **Ed Swift Horwich (self-appointed) Over 70 Fell Captain**



## Ian Hesketh Memorial Duathlon

**Tony Hesketh organises the Ian Hesketh Memorial Duathlon at Rivington each year and tells us more about the event.** After organising and taking part in 17 Horwich Triathlons I decided in 2003 to organise the Duathlon and let the Triathlon go to pastures new with Epic Events taking over that event.



We have tried various locations for the Transition Areas with the Top Barn event being difficult especially with the first run to the Pike and back followed by the thirteen mile cycle and then a run to the Mast and back; were we tough in those days or daft? One year we moved to the Bottom Barn with a short 5k followed by the three lap cycle route and the 5k repeated with no proper racking for Bikes, just laying them down on the grass. Also the park ranger arrived saying we had no

permission to hold the event but he allowed us to carry on as long as we notified United Utilities prior to the following year's event.

The following year – I think it was 2008 – we moved to the Rivington Primary School and started to raise money for the School; we organised the event under British Triathlon rules with a BTF Referee and proper racking to hold the Bikes. We also hired the Village Hall for Registration and Prize giving. This meant a substantial increase in entries from 48 in 2008. Now we always reach our maximum of 86; Canada and Australia are two countries from which we have had Competitors take the challenge.

For the past ten years we have raised money for a different charity including Guide Dogs, Christies, Organ Transplant and this year it is Wish Upon a Star, a charity that enables terminally ill children to have a Disneyland holiday or similar.

The event is suitable for novices and top Triathletes to battle and enjoy the superb scenery. The prize list is one of the best around and all finishers receive a quality T-Shirt. The course records are 01:13:28 by



Tom Carson for the men and the Ladies record is 01:23:00 by Sarah May, both achieved in 2014 after the 5k was re-measured for the correct distance.

The Duathlon was named the Ian Hesketh Memorial Duathlon after the death of my son Ian in 2007. All our family and friends help out with marshalling, registration and whatever else is needed. The profit from the event is divided equally between the School, Harriers and the named Charity. **This year's event takes place on 27th May and entries can be made through Book It Zone.** More information at <http://www.memorialduathlon.co.uk/>

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## Club championship to date (one race to go)

**Men's** 1<sup>st</sup> Gary Chadderton (V50) 256pts; 2<sup>nd</sup> Doug Fleming (V55) 240pts; 3<sup>rd</sup> Lawrence Pinnell (V45) 226pts; 4<sup>th</sup> Dave Jackson (V45) 182pts; 5<sup>th</sup> David Barnes (V55) 156pts

**Women's** 1<sup>st</sup> Suzanne Budgett 60pts; 2<sup>nd</sup> Bernie Unsworth 59pts; 3<sup>rd</sup> = Sandra Kelly 30pts; 3<sup>rd</sup> = Abigail Sunter 30pts; 3<sup>rd</sup> = Erica Booth 30pts; 3<sup>rd</sup> = Julie Williamson 30pts

Thanks to Christa Whatmough for this data.

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## Membership renewals are due!

It's important that everyone renews as soon as possible so that your England Athletics Affiliation Fees are paid promptly which allows you to compete.

There are various ways to pay, including cheque and bank transfer. If you give the membership fee to your coach then please let the membership secretary know.

You can contact Andrew Storey, Membership Secretary at [membership@horwichrmiharriers.co.uk](mailto:membership@horwichrmiharriers.co.uk)

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**PHOTOS:** For Runaround and the Bolton News reports I will include photos posted on the club's facebook page and the runners' group facebook page as well as others submitted to me directly. Please always let me know if you prefer photos not to be used in this way.

I am very grateful to everyone who takes photos that can be used for this purpose. The reports gain a lot of impact with the great photos.

I would also like to gratefully acknowledge Dave and Eileen Woodhead for allowing use of their excellent photos of many of the races that the Harriers compete in.  
[www.woodentops.org.uk](http://www.woodentops.org.uk)

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 13<sup>th</sup> April 2017. Please send articles/items for inclusion to [davidbarnes.david@gmail.com](mailto:davidbarnes.david@gmail.com). Phone 07961 535163  
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