

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC



Welcome to the July 2016 edition of Runaround. With so many races and outstanding performances keeping up with everything is a challenge. And of course I just can't stop entering races, so what with work commitments this edition is a little late but hopefully worth waiting for. Once again thanks to all contributors; as the chairman says, the members make the club what it is, one to be very proud of and I trust this edition reflects that.

NEWS ... Horwich on the International scene (see page 6)



Whose legs are these?

Hint: one pair more famous than the other!

See page 10 to find out



Are you interested in coaching or leading running on the fells? Page 17 has more info.



Chairman's Log

Over the last three months we have had three successful Jubilee races, June being the grand prix race with over 240 runners, three Junior Street races and a super Two Lads race with 160 runners. These races provide income for the club that allows us to subsidise other activities like our track meetings which we hosted at Blackburn recently plus funding additional coaching courses if and when required.

A special thanks to Colin Jones and family and friends who for the past goodness knows how long have organised the Two Lads Race. Colin asked to step down last year but with the fire on the fells and the race being cancelled, Colin said he would do one more.



For next year Michael Cayton has stepped up to the mark and offered to organise the race and I'm sure everyone in the club will do their best to help Michael next year. Whilst mentioning the Two Lads race, it would be remiss of me not to mention another first for the club this year with the first seven runners from Horwich – brilliant!

Peter presents Michael Cayton with his trophy for winning the Two Lads fell race

*Individual successes and outstanding performances continue and I am proud to be chairman of what I consider to be the best and most supportive club in the country. Thanks everyone for all your efforts in making the club so. **Peter***

[Photo by Mark Birbeck – see page 15 for more about Mark's running story and another great photo]

The Season so far ... and what's ahead

Martyn Bell from a coach's view, Alastair Murray and Simon Pymm provide a quick overview of the season so far and prospects in the major events ahead.

Martyn: "From my perspective we have a very talented group of individuals that collectively over the coming years have the makings to become "regional" champions in races such as the 6 and 12 stage road relays and "national" champions in the British fell relay championships." Martyn also thinks the prospects look good for the Harriers in the British fell relay championships at Luss near Loch Lomond in October. "I think this will market very well Horwich RMI Harriers that we are the club to be with and ensure we continue to recruit new members."

Alastair: "A very successful 6-12 months with many achieving great success – Fazz establishing himself as a name and a real contender for international honours on the mountains - James extending his already impressive cv for Ireland (surely making him one of the all-time greats of the club) - race wins for many and the first 7 at Two Lads! Promotion in the new Manchester XC league and a very impressive showing at the British Fell Relay champs." Alastair has enjoyed a return to winning ways this year at the first Jubilee race and the Trail Marathon Wales and is now looking forward to the OCC Mountain Ultra at the end of August then whatever he can squeeze into a busy family life.

Simon: "Having only been a member since last October I think the senior men have done really well and there's a huge strength and depth. From my very short time at the club it seems like success is ingrained in the team and the tight knit group atmosphere encourages competition and top performances." Simon's highlights for the season have been winning his local race at Saddleworth, setting a new course record whilst winning the Daz Holloway Buttermere short race and representing Greater Manchester at the Intercounties fell race with Horwich team mates Chris Farrell, Mike Cayton and Alastair Murray. He now looks forward to several top races including the English Fell Champs races at Borrowdale and Langdale in the next few months, road relays, FRA Relays in October and a much improved cross country season helping Horwich to get promoted again. "Next year the English Fell Champs and hopefully some mountain/sky races in Europe - Sierre-Zinal and Zegama Aizkorri."

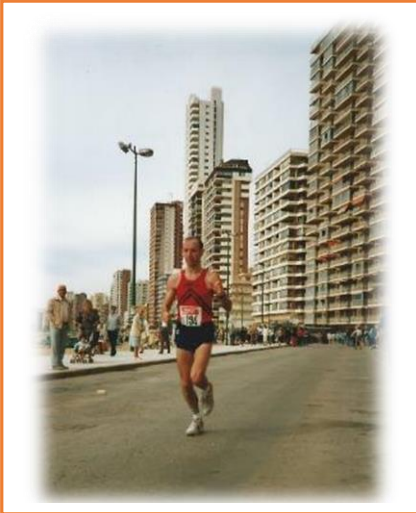


Simon, far left, and Alastair, right in GM vests at the Inter-counties fell champs in May 2016
photos: www.woode.ntops.org.uk

31st December – Auld Lang Syne (Haworth) – 1st **Chris Farrell**
 22nd January – SEL Cross Country League, Tandle Hill – 1st **Chris Farrell**
 23rd January – Pennington Flash parkrun – 1st F **Milly Lever**
 7th February – Blackburn Winter Warmer 2k – 1st **Cian Healey**
 13th February – Pennington Flash parkrun – 1st F **Ella Pendlebury**
 21st February – Leverhulme Park 5k – 1st **Chris Farrell**
 13th March – Daffodil Duddle 2.2k (Abbey Village) – 1st **Lewis Wilkes**
 20th March – Queens Park junior parkrun – 1st **Lewis Wilkes**
 27th March – Queens Park junior parkrun – 1st **Matthew Flatters**
 30th March – Curley's 5k (Horwich) – 1st **James Kevan**
 26th March – Rivington Pike fell race – 1st **Chris Farrell**
 26th March – Rivington Pike fell race – 1st F **Lindsey Brindle**
 10th April – Queens Park junior parkrun – 1st **Lewis Wilkes**
 6th April – Curley's 5k (Horwich) – 1st **James Kevan**
 9th April – Wardle Skyline fell race – 1st **Nick Leigh**
 17th April – Queens Park junior parkrun – 1st **Luke Brindle**
 17th April – Radcliffe 10k – 1st **Michael Cayton**
 24th April – Queens Park Junior parkrun – 1st **Luke Brindle**
 23rd April – Bolton 10k – 1st **Michael Cayton**
 24th April – Rivington 10mile Trail – 1st **Chris Farrell**
 27th April – Curley's 5k – 1st **James Kevan**
 2nd May – Wray fell race – 1st **Michael Cayton**
 4th May – Astley Park Trail – 1st **Chris Farrell**
 4th May – Astley Park Junior race – 1st **Lewis Wilkes**
 14th May – Last Drop Loop fell race (Bolton) – 1st **Gareth Booth**
 15th May – Blackpool 10k Beach Run – 1st **Paul Muller**
 18th May – Jubilee 5 mile road race (Rivington) – 1st **Alastair Murray**
 28th May – Ian Hesketh Memorial Duathlon (Rivington) – 1st **Danny Hope**
 29th May – Saddleworth fell race – 1st **Simon Pymm**
 30th May – Bowley Hill trail race (Great Harwood) – 1st **Gareth Booth**
 2nd June – Astley Park trail race – 1st **Gareth Booth**
 5th June – NHS & Bolton council fun triathlon (Horwich) – 1st **Joe Mercer**
 9th June – Two Lads fell race (Horwich) – 1st **Michael Cayton**
 11th June – Windmill 10 mile road & trail race – 1st **Gareth Booth**
 15th June – Junior Street race 1 – 1st **Cian Healy**
 15th June – Junior Street race 2 – 1st **Lewis Wilkes**
 17th June – Pigeon Tower fell race – 1st **Nick Leigh**
 19th June – Horwich 5k road race – 1st **Luke Massey**
 14th-19th June – Mini Tour of Horwich – 1st F **Mary White**
 24th June – Darren Holloway Memorial short course fell race – 1st **Simon Pymm**
 28th June – Vernons 5k road race (Preston) – 1st **Gareth Booth**
 2nd July – Queens Park Junior Parkrun – 1st **Matthew Flatters**
 2nd July – Preston Parkrun – 1st **Richard Howarth**
 2nd July – Pennington Flash Parkrun – 1st **Lukas Siska**
 2nd July – Lytham Hall Parkrun – 1st **Paul Muller**
 2nd July – Haigh Woodland Parkrun – 1st **Nick Leigh**
 7th July – Tockholes fell race – 1st **Nick Leigh**
 7th July – Rangers Alderman's Ascent fell race (Saddleworth) – 1st **Simon Pymm**
 7th July – Cuerden Valley 10k trail race (Preston) – 1st **Richard Howarth**
 9th July – Queens Park Junior Parkrun – 1st **Matthew Flatters**
 14th July – Bull Hill fell race (Hawkshaw) – 1st **Danny Hope**
 16th July – Ingleborough Mountain Race – 1st **Nick Leigh**

Into view with John Parker

John Parker is a true gent of running who enjoys nothing more than a good long run with one of his many running companions over the moors above his home in Astley Bridge. I interviewed John to find out more about what gets him out on the fells, roads and mud.



John competing in the Benidorm marathon 1987

First I asked John who has been his sporting hero? "Brendan Foster got me into running, his book about marathons was inspiring. More recently I've been inspired by training for endurance running with Ray McGloin (of Tri Rivington renown) and Peter Ramsdale has coached me on running uphill and in general speedwork."

John had a long break from races and I wondered what that was about. "I broke my leg running in a relay at Helmshore in 1989/90. I remember Pete Bland tried to pick me up off the ground but the bone was stuck through the skin. I then had 13 weeks off and when I came back to running I got a persistent pain in my foot like an electric shock. It was possibly a trapped nerve. Although I carried on running I stopped doing races for 20 years."

As I've only known John since 2013 I've always regarded him as a good competitor so I wanted to know how he had got back into races? "I decided to try the Winter Hill fell race in my 70th year. It was then that I met Ray McGloin who got me up to running 18 miles. And Peter Ramsdale encouraged back to the club. Peter and I did our first fell races together. In 2011 I shared the English fell championship for MV70 category with Peter Covey from Yorkshire. But in 2012 I won all three qualifying fell races and won the category outright."

John has run many races in the 5 years since returning to competitive running. "Coledale in 2012 was a really good race and my lungs were bursting as I was being pushed hard by Paul Murray." But some of John's favourite terrain for running is 'Up the Ramp' to Winter Hill from the Belmont Road. "It's all uphill to the top, tussocky, peaty, boggy. And then I like to go down on the road from the mast, Foxholes and Factory Hill. The view over Bolton to north Wales and out to Heysham is a reward in itself on a clear day."

John says that his best advice for youngsters in the sport is to run within their own parameters of performance. "You can go top speed but don't keep repeating that. 80% effort is enough in training and stepping it up to 85% in a race. Fartleks are good for youngsters too." John likes to see the progress of young runners. "I see all these youngsters coming through running in the Horwich vests and I feel very proud to be a part of that." **(cont. on page 6)**

Into View with John Parker (cont. from p.5)

John's attitude to running is characterised by this belief in the new generations and a respect for the older ones. He is a big supporter of the Northern Vets and says that "treating older people with respect is really important and the results are still really a big part of this." Thus he cautioned me against wanting to beat the legends. He recalls running the Benidorm marathon in 1987 where the great Ron Hill challenged runners to beat him up the hill. John did his best, "but Ron went past me as if he was just out jogging and I was flogging my guts. But I was still very pleased to get a time of 3 hours 5 minutes for that marathon."



John (left) at the Last Drop fell race in May this year having won the Northern Masters V70 title.

It was a pleasure to interview John and I look forward to competing with him this winter in the cross country leagues.

Horwich on the international scene (photos by Martyn Bell)



- Chris Farrell earned an England vest and had a storming run at the Snowdon International race to finish 2nd. Chris was in the winning England team.
- James Kevan ran for Ireland at the Snowdon race, finishing 8th (below) and in the European Mountain running championships in Italy.



- Keith Lewthwaite, a stalwart of the RMI Running Group ran his 123rd parkrun in Gorky Park, Moscow achieving his 4th best time ever (see cover photo).

Avoiding dehydration



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

In the summer period our thoughts turn to long runs along trails and over the moors and fells. As pleasant as it is, it can have its own problems. These being the loss of fluid and our need to drink regularly.

Warning! Dehydration can seriously damage your performance (even on cool & rainy days). Many athletes dehydrate during competitive events, especially long ones, even when it's not particularly hot. One of nature's tricks is that exercise suppresses thirst so don't rely on feeling thirsty as a reminder to replace fluid lost through sweating. By then it is too late as you are already dehydrated.

The drastic effect on performance – Dehydration impairs both physical and mental performance. A change in body weight of approximately 1kg corresponds to a loss of 1 litre of fluid through sweat. A loss of 2% in body weight through sweating or exhalation caused by an increase in perceived effort and is claimed to reduce performance by 10-20%. A loss in excess of 5% of bodyweight could reduce your ability to continue optimal exercising by as much as 30%.

Having said this though many top endurance athletes do not drink the recommended 0.5 l/hour. This is a process called involuntary dehydration (Nadel *et al.*, 1990) and is an aspect of training that must be practiced and is not advisable for inexperienced runners.

How does it impair performance? – Exercise causes body fluid losses from moisture in exhaled air as well as from sweating. This causes a thickening of the blood and places a strain on the cardiovascular system (heart and lungs) as the heart rate increases in order to maintain adequate blood flow to the exercising muscles and vital organs. Blood flow to the skin is reduced and sweating then decreases causing the body core temperature to rise. This can potentially lead to heat stress, collapse and even death.

So, how much fluid do I need? – The average adult needs to consume approximately **2.5 litres of water per day**. If you are exercising then you obviously need lots more! Ideally start the run fully hydrated and top up as the run continues. This can be a problem if we are taking part in a long event over the moors/trails or fells as this means either carrying the water or topping up on the way round from either event feeding stations or local sources (streams etc.). Maintaining adequate fluid and carbohydrate (CHO) intake is the key to staying hydrated and being able to train or race for longer and harder. There are many sports drinks on the market now that do both these jobs.

Water or sports drink? Water is the primary requirement so consequently the optimal drink for endurance exercise but alone it causes bloating and stimulates urine output therefore it is inefficiently retained. Sports drinks have the benefit of (**cont. p.8**)

(**cont. from p.7**) including sodium (salt) which helps speed fluid absorption and CHO to provide fuel. The amount of fluid versus CHO depends on the physiological demands of the sport and the climate conditions. If sweat rates are high and dehydration is rapid then fluid replacement should take priority (*Peak Performance, March 2000*).

Which sports drink? A **hypotonic** drink contains less CHO concentration than the blood, therefore it can be absorbed well by the body and is the type of drink used during exercise when rehydration is more important than providing fuel.

Isotonic drinks contain a higher CHO solution that is similar to blood. Again the body absorbs these drinks quite well but their main advantage is the higher glucose solution which provides some CHO to help refuelling during endurance exercise.

A **hypertonic** drink contains a high CHO and electrolyte (sodium etc.) and absorption of fluid will be slow in relation to water. These drinks are best used after exercise to replenish lost CHO and energy stores (*Nutrition, Health, Exercise and Sport, 1995*).

What not to drink – Caffeinated beverages should be kept to a minimum because of the diuretic effect. This is why Coca-Cola is not a good form of hydration. Orange juice should also not be used as a form of hydration as its CHO concentration is too high. It should be diluted with water in a ratio of 1:1 with an added pinch of salt to help absorption for an effective isotonic drink. Avoid alcohol, although it provides plenty of energy (7Kcal/g). This energy is a very ineffective source. It is also a diuretic and stimulates urine production. Too much can have a wobbly effect and impair skill levels. Vital when running over uneven terrain.

To Summarise –

For exercise lasting approximately 1 hour or longer

- Aim to drink when thirsty/regularly
- Time your intake to 150/200ml every 20/30 minutes
- Try to include 30/60 g of CHO every hour
- Check urine colour. A very light colour (straw) is the best measure of optimal fluid intake. A dark colour is an indication to increase fluid intake
- Don't experiment with fluid intake during a big event; practice beforehand on training runs.

This article used a variety of sources of information including:

Peak Performance March 2000

Nutrition for Sport and Exercise: a practical guide – Hayley Davies 2012

Nutrition Health & Exercise 1995

Steve



Harrier in Focus – Suzanne Budgett

This month Suzanne tells us something about her running. The editor is not alone in often following Suzanne around many race routes, usually a long way behind, so it's a pleasure to hear about what has given her that running impulse.

How did you get into running?

From the early eighties I did a lot of gym work and aerobics. I can still remember running my first full three minutes on a treadmill in the gym gradually extending that time building up to five miles - all on a treadmill. Totally unthinkable for me these days! Eventually I was persuaded to run outside on the roads around Trafford Park in my lovely lycra leggings and leotard (a cringe worthy confession). Around 1995 I joined Manchester YMCA Harriers then I started to do a little bit more regular road and cross country running and races but still only 'playing' at it by comparison. At the end of the nineties I started to run around Horwich and also with Horwich RMI getting a real taste for running on the moors and fells. I subsequently joined the club as I wanted to participate in fell relays and be part of the fell scene. Manchester YMCA Harriers were predominantly road and cross country. And here we are today, still with Horwich and still enjoying running. The rest as they say is history.

Who has been the biggest influence on your running?

Initially, probably the two most influential people on my running and training were Steve Barlow and Norman Matthews, both were long standing members of our Club. Sadly, both have passed away but both of them contributed immensely to my past achievements and the training I used to put in. Along the way there have been many Horwich Harriers who have helped, supported and encouraged me. It's good to see many have stayed loyal to Horwich and are now running as super-vets. It's also great to see we have so many helpful, enthusiastic people in our Club.

Who was your first sporting hero?

I've always had an interest in some sport of sorts from very young. Initially I was a very keen horse rider which I did for many years and had my heroes there. Then followed the aerobics era, then gym and circuit training. Running came later during the Paula Radcliffe dominance and record breaking reign. I admired her tremendously. She always showed so much strength, physically and mentally and had so much grit and determination.

What is your favourite race venue?

I don't have a particular favourite venue but love the atmosphere and camaraderie of relays, especially if they're fell or off road. Always such a great buzz of excitement and anticipation.

What advice would you give to an aspiring youngster?

Make sure you enjoy your running, be truthful to yourself. Keep runs, training and racing varied. This will help keep your interest fresh. Train with friends and in groups too. Experiment with the different disciplines. Try them before dismissing them. Horwich are blessed with many great qualified coaches who have years of running experience. Talk to them, glean information and advice. You will always pick up some handy useful tips.

What is your favourite training route?

Living nestled between Horwich and Darwen I love to train all over the moors but especially a route that takes in the Mast, Two Lads, Pike and Darwen Tower. Such a great feeling after a long run.

Hopes for the future.

In the past I have been blessed with County vests on the fell and in cross country and have represented England in the World Masters Mountain Running Championships a couple of times. This was far more than I could have ever anticipated achieving. I'm quite happy with my lot now but still have enough competitiveness left in me to carry on competing but more within my age category, although my brain doesn't always think like that!

Whose legs were those on page 1? – Suzanne's of course. But whose are those on the right? Yes it is the great Ron Hill.



29th May 2016 – some of the successful junior Harriers at the GM fell running championships in Saddleworth (photo by Derek Whittle).

Thinking of Endurance?

Running is often a social event and brings great pleasure because of that. But often it is also about one person against their demons which may simply be to show yourself you really can do something that previously had been beyond your wildest dreams.

Here are five club members who've tackled endurance events this year. **Julie Williamson**, a doyenne of the Horwich RMI Running Group; next **Mark Swindell** on taking the long road to tackle chronic niggling injuries. Then an intriguing insight into what it takes to do the Bob Graham Round with **Josie Greenhalgh**. **Gordon Stone** did the LDWA's 100-mile challenge in Dorset. And **Mark Birbeck's** determined and creative route back to running.



Julie (left) on the podium at the Conti Lightning 12 hour event in May 2016.

Julie is a regular with the runners group that meets every Tuesday and Thursday and which has introduced so many new runners both to the club and to the enjoyment of running with a group. Julie has a reputation for running and running and running and bemuses running companions by telling them 'if I can do it anyone can'. In one report for Bolton News this year Julie was recorded as doing the Excalibur trail marathon race in North Wales on the Saturday and then the Windermere trail marathon on the

Sunday, both run on very hilly courses. But Julie was especially pleased with her performance at the Conti Lightning 12 hour event at Catton Park on 1st May this year. In this event you (well, Julie and other like-minded runners) do as many 10k laps as you can either as a team or solo. Julie did the event solo and got a podium place as the 3rd woman (of 36 female entrants) having completed 9 laps. The winner and 2nd placed woman did 10 laps each on an undulating course and it was Julie's first ever podium finish. Julie is very modest about her running achievements and getting a quote is like getting blood from a stone but if she had said more it would probably have been something like 'well it's there to be done'! But it is evident that Julie loves her running.

Mark (Swindell) has been a regular for a few seasons now in the Horwich vest on local short to medium course races in various disciplines, road, trail and fell. On 2nd July this year he ran the 110km Ultimate Trails Challenge which is a very testing course taking in six of the Lake District's mountain passes and has 14,000ft of ascent and descent. Mark reports that he was the only Horwich entrant to the race which starts and finishes in Ambleside. (*cont. on p. 12*)

(cont. from p.11) 211 runners finished the course and Mark was 127th out of 211 finishers in a time of 20 hours, 35 minutes and 26 seconds. Here, in Mark's own words, is the concise version of how he came to do this, overcoming injuries.

"I only took up running in my 40s and whilst it's not something I'll ever excel at, I do love competing. However, I kept finding that no sooner had I achieved a pb or finished higher up the field, I'd pick up an injury that would set me back to square one. After a series of niggly injuries I suffered my first ever DNF at one of the Chorley trail races last summer, so decided to make a concerted effort to try and break the cycle."



Mark on the 110km trail, still smiling!

"I took up core strength training with a personal trainer for a few months and incorporated a lot of the techniques into my stretching routines. In addition, I reduced the number of days I ran, so whilst I'd still be doing something most nights it could just as likely be a long walk with the dog! It wouldn't necessarily work for everyone but in under 4 months I've completed a marathon and two ultras, something that would have been unthinkable for me before."

"This particular ultra I found incredibly tough and writing this 2 days after the event I'm not sure I'd ever attempt it again but it's set in such a beautiful part of the world, you just have to remind yourself how lucky we are to have it so close by and at least you can enjoy the views while you're suffering! Reaching the summit of Nan Bield around 2am and looking down at a procession of head torches is something I'll never forget. There are 8 aid stations along the way and by breaking the race down into those sections, they made for more manageable chunks and although I had a couple of low points I never felt overwhelmed by it all. The feeling at completing it surpassed any previous running high I'd experienced."

Josie has an impressive and long record of fell races and this year went for the 'Blue Riband' of fell challenges, completing the Bob Graham Round in June. Here we reprint with kind permission an abbreviated version of Mark Shuttleworth's club (Lostock A.C.) blog. Mark was a member of Josie's support team for the event.

Just a little background first. To quote the Bob Graham Round 24 hour club's website: First done way back in 1932 by Bob Graham, hotelier of Keswick, Cumberland, at the age of 42, the 42 Peak Round has become a testing ground for the supremely fit. **(cont. p.13)**

(**cont. from p.12**) Each summer around 100 of the most highly tuned ultra-distance fell runners will attempt the 27,000 ft of ascent within the allotted 24 hours. Only one in three will return to the Keswick Moot Hall before the clock runs down. Most of the rest will be back again ...! (<http://www.bobgrahamclub.org.uk/>)

Now we'll let Mark give us a snapshot of the experience for Josie and some of her support team:

Josie runs for Horwich RMI and is a social member of Lostock AC attending club events and our club Wednesday night fell runs up Winter Hill when she is not orienteering. I've known Josie 4 or 5 years now and consider her a good friend and over these past years the one thing I've noticed is that she has a cracking pair.....

.....of lungs with the ability to talk non-stop, even going uphill when most people are gasping for breath and just able to nod, she's still 100 words/minute.

Josie has lots of friends within the fellrunning community and so when she decided she was giving the BG a go she was not short of support volunteers willing to give up their time to help her and be a part of her day.



I was lucky enough to be invited to help Josie as a supporter/pacer on Leg 2 of her BG from Threlkeld to Dunmail. I had never helped in a BG before and was a little apprehensive but very keen to help out. To be honest I wasn't really sure what my full duties were but Josie seemed to think it was basically to do whatever she wanted - give

me some water, scratch my back, tie me shoelace up type of things. I overheard talk of having to massage her feet but luckily it never quite came to that. On Leg 2 Josie had navigator Mark Seddon, seasoned support/pacers Suzanne Budgett, Mike Ernill and BG virgins Mark Checkley & Mark Shuttleworth so she was more than adequately covered.

At 3am Saturday 11th June we were sat in the car park at Threlkeld Cricket Club and could see 2 sets of headtorches on the top of Blencathra, 2 different BG attempts taking the same line but a few minutes apart. Just after 3:45am she arrived, but we could hear her miles away, noise must carry in the stillness of the night. A good munch on food and she was off again talking and walking/running to Clough Head. The pace was quite sedate really and we had plenty of time to chat, she was in full spirits helped by the dry, cool almost ideal BG weather.

The Dodds came and went during which we pampered her with whatever she wanted then as we descended from Dollywaggon to Grisedale Tarn it started to rain. The climb up Fairfield was tough and by the time we reached the top conditions had deteriorated, it was claggy, raining hard and windy. We touched the cairn and hightailed it down the way we came up, Josie donning her jacket and by now not quite as cheery as she was when we started out on Leg 2 and understandably so.

The last peak was the relatively easy Seat Sandal then it was down to Dunmail where we delivered her on schedule to the road support crew who took over. They were well prepared with a tent, chair, change of clothes and food. Also in the tent was Leo Pollard [ed- he of 26 Lakes Waters and Meres fame, the event co-founded with RMI's Pete Schofield] and who had turned up especially to se



After 10 mins Josie was off up Steel Fell with her Leg 3 support crew, we watched them start the climb and it was a bit grim with the rain coming down and the clag well and truly covering the top of Steel Fell. Our job was done and it was a quick change before we set off back home.

Great to be a part of Josie's BG round especially when she had so many friends around her. There was a real mix of supporters from a variety of clubs Horwich, Lostock, Astley & Tyldesley, Chorley, Bowland to name a few - all happy to help a friend. There was one rather special supporter who ran the last leg with her and no-doubt gave her much needed mental strength when things got tough - her son Niall, no doubt a very proud young man.

Well done Josie (I never had any doubt).

Mark Shuttleworth (Lostock AC)

Gordon is both a member of the Harriers and of East Lancashire Long Distance Walkers' Association (LDWA) and in May 2016 he walked/ran the Dorset 100 mile challenge event.

Gordon's story of his participation in the event is well worth reading and be found at <https://www.ldwa.org.uk/EastLancashire/W/4388/after-the-walk-may-2016.html>.



It appears that Gordon encountered very blistered feet and was challenged by the set time-outs for checkpoints but prevailed in fine fashion to complete his first 100. Despite the travails Gordon is now thinking about doing next year's 100 mile challenge which will in 2017 be on the North York Moors.

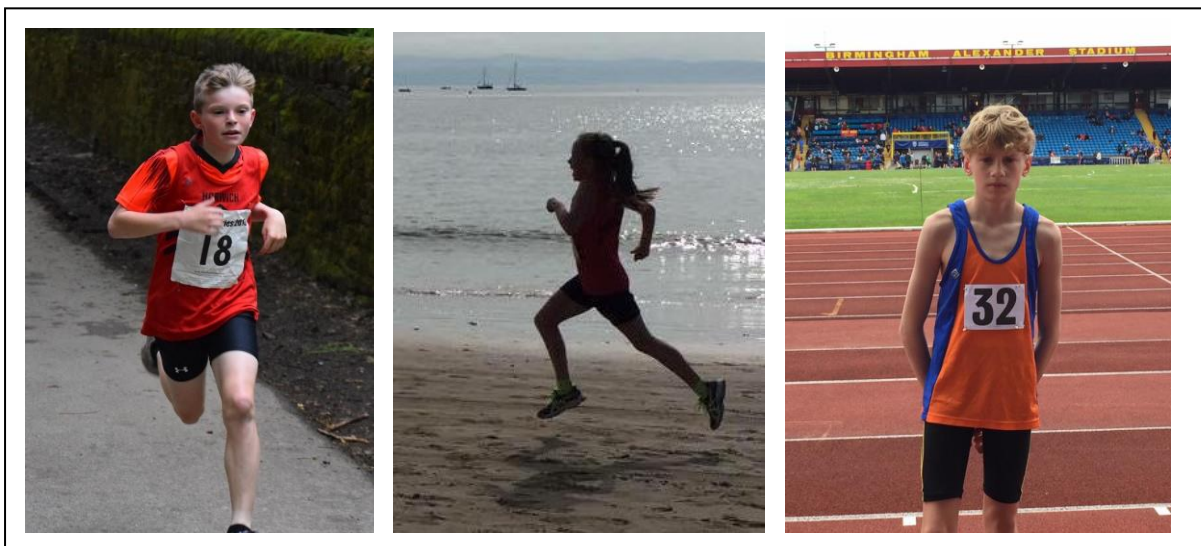
Mark (Birbeck) has an amazing story to tell about recovering from a major back operation, taking part in fell events whilst doing so and taking some cracking black and white photos too. To find out more see <http://fellephant.com/>. I had a chat with Mark before the operation in 2013 at a Darwen fell race start, but didn't see him for a long while. I did the Paddy's Pole fell race in May this year and the starter told us on the start line that 'Mark has set off in advance' and didn't realise until we had a chat after the Two Lads race that it was Mark himself. Here's one of Mark's brilliant photos – these from the Henderson's End race this summer (Joe Mercer ahead of Nick Leigh at this stage).



Junior scene

During 2016 there have been some great performances from the juniors, some of which have been reported on in previous Runaround editions this year. Here is a selection of the more recent performances (apologies to any junior whose achievement I have missed. I can rectify this in a future edition if you let me know). Some of the great performances by juniors at parkrun are included in the list on page 4. Thanks to Tony Hesketh and Andy Townsend for keeping me up to date with junior results on fell and road. If any member would like to provide regular updates for track and field performances please contact the editor:

- English Junior Fell racing championships – 3rd overall at F12 – Ella Pendlebury
- 4th May 2016 – Lewis Wilkes' win at Astley Park junior race
- 29th May 2016 – Eleven Harriers' juniors entered the GM Fell Championships. In the u8 fun run Gabriella Collings was third. In the u12 race Cian Healy was 2nd and Toby Middleton was 3rd. In the u12 girls' race Ella Pendlebury was 1st, Freya Whittle 2nd and Lydia Johnson 3rd. In the u14 Boys Tom Massey was 1st.
- 5th June 2016 – Milly Lever 3rd at Abersoch 3k beach race
- 15th June 2016 – Cian Healey's win at the Street Junior race
- English schools championships – GM vests for Lewis Wilkes and Thomas Grundy



Left to right: Cian Healey at Street race (*photo: Andrew Storey*); Milly Lever at Abersoch; Lewis Wilkes at Mason Trophy for English Schools (in GM vest).

Fell running leading and coaching courses

The Fell Runners Association has an ongoing programme of these courses through 2016 and 2017. Here's a list. For more information consult the [FRA's website](#). Or contact Margaret Bailey at navigation@fellrunner.org.uk

2016
3/4 th Sept Fell CiRF weekend 1 2nd option Horwich
10 th Sept Fell LiRF Kendal
23/24/25 th Sept Elterwater Ambleside FRA Basic Navigation Courses
Sun 6 th Nov Fell CiRF Assessment day 1
Sun 27 th Nov FLiRF Mytholmroyd
Sunday 4 th Dec Fell CiRF Assessment day 2 (Poss. depending on numbers).
2017
Sat 4 th March FLiRF Mytholmroyd
Sat 29 th April FLiRF Longshaw
Sat 13 th May FLiRF Kendal
Sunday 21 st May FLiRF Broxton
Sat / Sun 24/25 th June FCiRF Weekend 1
Sat / Sun 7/8 th Oct FCiRF Weekend 2
Sun 5 th Nov FCiRF Assessment day
Sun 26 th Nov FLiRF Mytholmroyd

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 16th September 2016. Please send articles/items for inclusion to davidbarnes.david@gmail.com. Phone 07961 535163 © Horwich RMI Harriers & AC