

RUNAROUND

THE MAGAZINE OF HORWICH RMI HARRIERS & AC



Welcome to the **May 2017** edition of Runaround being written in the afterglow of a fantastic Rivington Pike race on Easter Saturday. What a great event this is, showcasing the club's calibre across the board in the preparation and delivery. This year was no exception and the icing on the cake was Chris Farrell's 2nd successive triumph, this year taking 9 seconds off his time last year. The race was supported by Walsh Sports and Horwich Rotary Club and many club members turned out to help with marshalling; much appreciated, as was the large number of spectators at the race.

Chris Farrell wins his second successive Pike race

Chris is seen here outside the race base at the Crown, Horwich, with ladies winner Louisa Powell Smith of Ribble Valley Harriers

Full report from Martyn Bell on page 9





Organised and Presented by Horwich RMI Harriers under UK Athletics Licence

THE JUNIORS STREET RACE

A series of four one mile races for Juniors aged 7 to 15

Register from

6:15pm Please allow TEN minutes
to get to the start.
Parish Hall, Rivington, BL6 7SE

Race1 - Y3/4/5/6

6:45pm
Primary School Age

Race2 - Y7/8/9/10

7:00pm
Secondary School Age

Wednesdays: May 17 - June 21 - July 19 - August 16

Presentation of Series awards and Prizes, sponsored by Whitecroft Garage, for the
Overall Boy & Girl, U9, U11, U13 & U15 after the final race.

£3 entry per race, £10 for the series.

Postal entries: P. Ramsdale, 142 Greenbarn Way, Blackrod BL6 5TF

Junior Relay and Cross Country Achievements – Andy Townsend compiled this very impressive list for the Harriers' Presentation Evening in April



Junior Jubilee Races – Held over 4 races throughout Summer held on a Wednesday Evening on the Street at Rivington

J8 Harrison Stokes

J8 Emma Bradley

J10 Cian Healy

J10 Freya Whittle

J12 Matthew Flatters

J12 Milly Lever

J14 Lewis Flatters.



Horwich's Highest Ranking Athlete according to *Run Britain Rankings*

13th Fastest Athlete over 1 mile for his age – Cian Healy



North West Regional Road Relays held at Delamere Forest, Cheshire

U15 Boys – Lewis Wilkes, Luke Brindle, Robert Seddon – 5th overall & 1st in Greater Manchester (this team also ran excellently at the Northerns and Nationals).

U13 Boys – 2 TEAMS

Cian Healy, Matthew Flatters, Nathan Lancaster 3rd overall out of 25 teams & gained 2nd Greater Manchester

Matthew Mair, Toby Middleton, Lucas Milliken 8th overall & gained 3rd in Greater Manchester



Northern Road relays held at Sportscity, Manchester

U13 Boys – 2 TEAMS

Cian Healy, Matthew Flatters, Matthew Mair 3rd out of 28 teams, 7 seconds off winning.

Nathan Lancaster, Toby Middleton, Lucas Milliken overall 6th and 1st B team



National road relay championships held at Sutton Park, Birmingham

U13 boys – 8 athletes!

Incomplete team in Lucas Milliken & Finley Reid.

B team Nathan Lancaster, Toby Middleton & Isaac Battye 14th out of **50** teams

A team Cian Healy, Matthew Flatters & Matthew Mair. 4th overall only being beaten for 3rd place by Tonbridge AC by 14 seconds!!! After 30 mins of running.



Cross country – Red Rose, SE Lancs and Mid_Lancs Leagues

U11 Girls of Martha Kay & Emma Bradley

U11 Boys of Ethan Isaacs, Lucas Collings & Elliot Whittle, Aiden McKenna



U15 boys

Lewis Wilkes & Luke Brindle achieved 7th & 9th respectively in the **Red Rose XC League**

In the **SELCC League** Lewis Wilkes, Robert Seddon, Kieran Kinealy. Lewis achieved **2nd** overall. Robert 3rd & Kieran 5th with their team **WINNING** the series.



U13 Boys

Red Rose XC League

Isaac Keating, Finley Reid, Nathan Lancaster 7th individual, Toby Middleton 5th individual

Matthew Mair 4th individual, Matthew Flatters 3rd individual, Cian Healy 2nd individual & 1st Team

South East Lancs XC series

Team of Toby Middleton – **medal**, Matthew Flatters – **medal**, Nathan Lancaster – **medal**, Isaac Simmonite – **medal**, Series Winner Matthew Mair - **medal x 2** with Horwich **1st team**



Recognition in the Greater Manchester XC Championships

U15 Boys Lewis Wilkes Robert Seddon, & Luke Brindle achieving a **2nd place team** with *Lewis gaining a county place in the team*

U13 Boys Matthew Mair, Toby Middleton & Cian Healy achieving a **2nd place team** with Matthew & Toby *gaining county places in the team.*



Junior Athletes in Parkrun

Award for Matthew Smith who currently runs in the JM15-17 category and has now completed 71 senior parkruns with a pb of 20:01



Awarded club middle distance junior captaincy for 2017

Andy Townsend described the following achievements by Lewis Wilkes:

“This young man has run for the Club for the last 5 years in many events. He has averaged a total of 33 events per year”. Which includes the following accolades:

- *Track & Field in YDL leagues, Mid Lancs & numerous open meetings and has this year represented Greater Manchester at 1500m at the Inter Counties and gaining a track vest in 2015*
- *Road Races including the Jubilee races where in 2015 Lewis was ranked 6th in the country for 1 mile.*
- *Cross country – many acknowledgements in Red Rose & South East Lancs and of late managing to gain yet another Greater Manchester Vest for his County in the Inter Counties*
- *Not an established Fell runner decided to go for the treble and yes you guessed it managed his 3rd County Vest.*



Lewis receives one of his well-earned awards at the Club Annual Presentation evening where Olympic steeplechaser Stuart Stokes was star guest to present the prizes. Photo by Neil Wilkes



THE
EnduranceStore
www.theendurancestore.com



HORWICH RMI HARRIERS PRESENTS

34th Jubilee Road Race Series

Held Under UKA Rules - License Pending

7:30pm start from
Rivington Village Club
Horbin Lane, Rivington, Bolton BL6 7SE

Race 1 - Wednesday May 17th

Race 2 - Wednesday June 21st
(part of the Central Lancs Grand Prix)

Race 3 - Wednesday July 19th

Race 4 - Wednesday August 16th

£7 Single Race
£8 for non UKA affiliated

£20 Series entry
£25 for non UKA affiliated

*** REDUCED PRICE FOR 2017 SERIES ***

Postal Entries to:

142 Greenbarn Way, Blackrod, Bolton, BL6 5TF
Cheques Payable to: Horwich RMI Harriers

Race Organiser: Pete Ramsdale 07821 883610
p.ramsdale@ntlworld.com



British
Association
of Road
Races
Member 978



The 2015 Course Accurately Measure (April 2015)

2017

Jubilee Road Race Series

Course records
(since April 2015 re-measure)

Ben Fish (Blackburn) 25.34 (May 2015)
Lindsey Brindle (Horwich RMI) 30.36 (May 2015)



Awards and Prizes kindly sponsored by
Whitecroft Garage
www.whitecroftgaragebolton.co.uk

first six male / six female finishers
first male / female vet in each category
first male team of four / female team of three
series awards for first three overall males / females



Snippets of News (as ever there have been lots great results and this may have missed some so if you want to make sure a result or event is featured in Runaround please tell the Editor)

- After 3 rounds of the Area Fell Grand Prix, Horwich are in first place ahead of Rossendale, last year's victors.
- More Rivington Pike results: U13 boys winner, Cian Healy; U9 girls 2nd Fern O'Brien; U15 boys 3rd Toby Middleton; U13 boys 3rd Isaac Battye
- Gary Chadderton is club overall champion for 2016 (see page 23 for more on this)

Fell Coaching in Running Fitness (CiRF) Course

Nicky Spinks



Left to Right: Brian Pennington, Kerrie Anne Bretherton, Richard Wells, Pin Dhillon Downey, Nicky Spinks, Steve Pearson, Stuart Hale and Graeme Woodward

I've been a coach at Penistone Footpath & A.C for eight years now and have taken various courses along the way. The last one being an Athletics Coach course in 2011; which is similar to the Fell CiRF in being two full weekends and an assessment day. I enjoyed the Athletics Coach course days but the amount of work involved for the Assessment in doing a training plan, session plans and the coaching diary was immense. It was made even harder by our lack of athletics facilities which although the coaches running the course were happy with it did mean that to do practical sessions we had to hire sports halls etc. Anyway... it put me off going on anymore courses for years!

Then I heard about the Fell CiRF; first Mike Egner went on the course, then Dave Taylor and after speaking to both of these people and receiving good feedback I signed up myself. It's quite a commitment to find three weekends that are free but 2016 was the year and so race sacrifices were made. Living in Yorkshire helped as the courses are currently being held at Mytholmroyd which is only an hour away.

The courses are run by Graeme Woodward and Steve Pearson which is encouraging as they are both active fell runners and coaches. There were eight of us for the first weekend in Mytholmroyd and as it was raining hard on the Saturday Graeme and Steve decided to do all classroom stuff and go out on the hill on Sunday. But this didn't mean we were sat down all day; we had use of the sports hall and so spent a very enjoyable few hours learning by doing. The theory we were taught was about how people learn and the stages of development. That weekend we also recapped about energy systems and got onto the really interesting stuff about uphill and downhill technique. On the Sunday we were outside on a steep hillside for most of the day divided into small groups, assessing each other, giving feedback and suggesting improvements. I went home full of enthusiasm and ready to learn more; as I think we all did.

Roll on a few weeks and we were back for the second weekend. This time we had amalgamated with another group so there were 15 of us. Now it was time to learn about planning; starting with goal setting and measuring. Then we learnt how to create all the segments of a training plan which could be a year, six months, twelve weeks or eight weeks. It all seemed very confusing at first especially trying to add in all the different elements needed such as speed, distance, hills, strength and of course - recovery. But after a while with Steve's and Graeme's help we all understood it. Then we revisited energy systems in depth and learnt how to develop each one individually and in combination. The length of the course and the size of the group meant we all got to know one another and it became quite good fun.

So that was the second weekend over so the next time we would meet would be the Assessment Day which of course we were all worried about! After many emails between myself, Pin and Kerrie about all aspects of planning we arrived with mesocycle and session plans in hand! We were split into two groups and off we went. It was fun being "guinea pig student" for the other coaches and the day went quickly. I was glad when my turn was over and by the end of the day we had all passed!

I can honestly say I've never enjoyed a course so much yet also come away knowing I've learnt a lot of stuff. Usually after previous courses the books go away and all the usually technical and impractical information I've learnt is slowly forgotten. Since the Fell CiRF course I've bought four more books, implemented strength training into my own training, taught the Juniors uphill and downhill technique and am planning lots of fell sessions for Juniors out onto the fell in summer. I've kept in touch with the other coaches on the course and we've even got our own Facebook group now!

Thank you Graeme and Steve for creating an enjoyable and informative Fell coaching course which I highly recommend to any coach that wishes to coach Juniors or Seniors on or off the fells.

(**Editor:** what Nicky doesn't tell us here but which many of you will know, is that she is one of the greatest ever fell runners having on 14th – 15th May 2016 completed the double Bob Graham Round in the Lake District in a record time of 45 hours 30 minutes for the 66 mile route twice. This was only the second time that anyone had beaten 48 hours and Nicky was the first female to do it.)

Rivington Pike Race

Saturday 15th April 3pm

Report and photos by Martyn Bell

The juniors kicked off proceedings early afternoon. 3pm saw the field assembled for the senior's race but literally seconds before the race start there was a call for a quick club team photo.



Picture: Super vet Steve Jackson (99) showing the youngsters how to race

As always, the club turnout was excellent and the number of finishers was up year on year with 371 completing the course versus 264 in 2016. The weather was dry (just) albeit quite bitter and windy.

Unfortunately, Mike Cayton was unable to race due to recovering from a cold in the week and would have been certainly featuring at the front end. All hopes were on reigning champion Chris Farrell to take a win which he did in great style improving his time on last year by 9 seconds, 17min 36 (2016) vs 17min 27 secs this year.



Thanks

Once again, some fantastic organisation behind the scenes from a large number of individuals that collectively put on a fantastic race which is arguably our most high profile "flagship production" of the year. This race just wouldn't happen without your support which is so appreciated.

We must thank Horwich Rotary for all their sponsorship support (and marshalling support) and to Bolton Mountain rescue team who provide an essential backup service.

<https://www.boltonmrt.org.uk/>



Race Winner: Chris Farrell

Top 11 Individual Positions

- 1 Chris Farrell Horwich R M I Harriers - 17:27**
- 2 Chris Richards Cheshire Hill Racers - 17:47
- 3 Carl Bell Keswick Aac - 18:11
- 4 Ian Conroy Horwich R M I Harriers - 18:15**
- 5 Phil Marsden Horwich R M I Harriers - 18:45**
- 6 Daniel Haworth Keswick Aac - 18:52
- 7 Danny Hope V40 1 Horwich R M I Harriers - 18:53**
- 8 Andy Fleet Unattached - 18:55
- 9 Tommy Harrison Bolton United Harriers & Ac - 19:09
- 10 Joe Mercer Horwich R M I Harriers - 19:16**
- 11 Gareth Booth V45 1 Horwich R M I Harriers - 19:25**

Team Positions (Men)

Horwich took the honours in the team prize with a show of strength – 4 to count

1st Chris Farrell 4th Ian Conroy 5th Phil Marsden 7th Danny Hope

This was complete domination against 2nd team Rossendale Harriers & Ac who scored 178 points.

Team Position (Ladies)

Horwich ladies finished 4th team (4th Lindsay Brindle 11th Janet Rashleigh 82nd Heather Pinnell)

against strong opposition with Bolton Harriers taking the team win. It was great to see Lindsay race and almost back to full fitness.

Team Vets (Men)

Horwich vets smashed the opposition with a team consisting of 1st Danny Hope 2nd Gareth Booth and 5th Julian Goudge. The total score being 8 points vs 2nd team Rossendale Harriers with 67 points.

AIDAN'S DIARY – We've invited our young athletes to write about their running experiences and here Aidan McKenna gets us off to a great start with his diary of a recent week

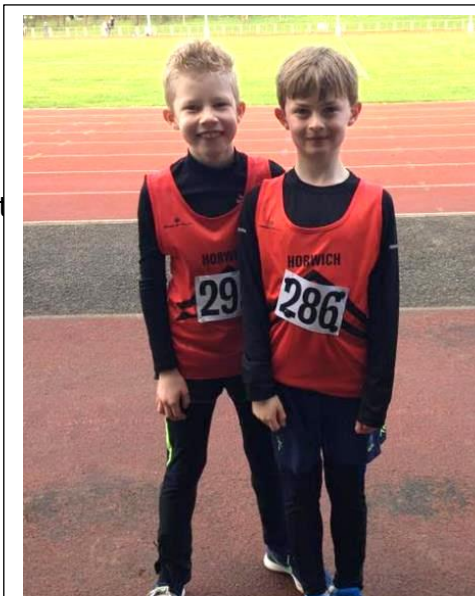
Hi, my name is Aidan McKenna and I am 9 years old. I have been with Horwich RMI Harriers for 2 years and have had my first competitive year. I am a middle distance runner. I have done the following events so far: track events, cross country, indoor sports hall and parkrun. I am hoping to do fell running soon.

On the 31st of March I had Friday training session with Gemma and Stuart.

On Saturday 1st of April I had the Winter Warmer track event at Blackpool, but I wanted to join my dad on our first Bolton 5k Parkrun before that. I finished in 29:20, this was 7 mins faster than my dad! Afterwards, we went up to Blackpool where I ran in the 80m sprint and 600m. I beat my pb by 12s in the 600m. I enjoyed competing with my friend Alistair Sharrock.

On Sunday after a bit of rest, I ran the Junior Parkrun and I did it in under 9 mins and beat my pb 11s. After school on Monday I had training at the track with Glynne, I didn't know what we were doing, I found out it was 600m time trials. I beat my time trial pb by 15s.

You would think I would be tired after all of this but really I couldn't wait till my next run! This turned out to be happening the next day. I took part in the Bolton Primary Schools Cross Country event. It was only about 600m but was very busy with lots of last runners. I came 21st out of 115 people. Horwich did very well with either 1st or 2nd place in all races. Before the day finished, I did 90 minutes of my martial arts lesson.



Aidan seen here, right, with Alistair.
Photo by Dan McKenna



What a moment!

Preparing for your first ever fell race, into the unknown. Aidan is lined up here at the start of the Coiners fell race (photo by Rachael McKenna)

From Rome to Coniston – Julie Williamson describes some of the journey en route to Lakeland 100 again



This year will be my second attempt at Lakeland 100. Last year I got to 75 miles at which point my brain informed me my body was unable to complete the task which it turned out the next day was a big fat lie!

Rome marathon was on my calendar as part of my training for this event. It was never going to be an attempt at a PB due to the weekend before having taken part in a 33-mile recce of part of the Lakeland course and the weekend prior to that taking part in the local Gin Pit marathon on the Saturday and the Wigan half on the Sunday.

It all started off very positively with us actually arriving in Rome itself. Last year due to airport strikes my Rome marathon ended up cancelled as we were unable to fly and Manchester marathon became my replacement. So finally getting there surely has to be a good omen?

The Rome marathon starts and finishes near the Colosseum. What an amazing starting point for any race. As with all big city marathons I have taken part in I seemed to start off at the very back. Something to do with long toilet queues I think. I thought I hadn't done too badly this time and got myself into my little start area, however after about 1 km I came across the 7hr pacer which informed me how far behind I had started off.

It had started off drizzling whilst we were waiting to start but as we ran the rain got heavier and heavier. We passed by the Vittoriano building and the Circus Massimo. It was as we reached the white metal bridge known as the Ponte Settimia Spizzichino dedicated to a lady of the same name one of the only survivors of the Roman holocaust that I became a little unnerved as the thunder and lightning began at this point.



As with other big city marathons there are drink stations every 3 miles or so. Even I have no need to take a drink bottle with me en route at these events. One thing did take me by surprise though. We came to the first sponge stop usually required during hot weather and I had to laugh as the street was strewn with used sponges. Why on earth did people need to cool themselves off during a downpour I'll never know. Still it amused me for a mile or more further. Another mile or so and the rain finished, at least for another hour or so anyway. Rome marathon really is one where you get to sample many of the tourist attractions of the city. (Continued on page 8)

Julie's journey (continued from page 7)

It was around the halfway point I think the spectators became more plentiful and I heard for the first time a spectator shouting Die! Die! Die! I must admit I was concerned. I had survived the lightning now I was listening to this. I would hear this chant many times throughout the rest of the run thankfully accompanied by claps and cheers so I did begin to relax. I found out later that Dai! Dai! Dai! means come on come on come on. Another thing that Rome does well is the amount of musical support along the route. I'd say there were more than the rocknroll series well the Liverpool one anyway.



Soon after my recovery from the chants we hit the run up to the Vatican. What I can only describe as a wave of emotion hit me and I became quite choked up. We hadn't yet visited this area yet so this was the first time I had set eyes on it. I am unsure if this was due to the Vatican's presence, itself although I am not particularly religious or catholic, or whether it was due to the adrenaline coursing through my veins despite just plodding along. However, a similar thing happened when I passed through Warrington Wolves rugby ground during the English half the year before and I live in Wigan.

All in all I have a few favourite marathons and Rome has definitely been added to that list. You will never I am sure be able to get to see many of the sights such as the beauty of the Piazza Navona as clearly without the throngs of tourists surrounding it. I would consider it a must do for every marathoners bucket list.

Horwich Trophies 2016/17 Season

Men's overall club champion

Men's road champion
Ladies road champion
Men's fell champion
Ladies fell champion
Men's overall cross country champion
Mens vets overall club champion
Mens vets overall cross country champion
Men's cross country club champion
Ladies cross country club champion
Men's vets cross country club champion
Ladies vets cross country club champion
Highest British fell placing
Highest SEL finisher

Gary Chadderton

Lawrence Pinnell
Bernie Unsworth
Gary Chadderton
Suzanne Budgett
David Jackson
Gary Chadderton
David Jackson
Nick Leigh
Julie Williamson
Andy Lloyd
Julie Williamson
Steve Jackson
Simon Pymm

This year the Ladies trophies for cross country and overall championship were not awarded as no one met the qualification criteria.

“The Opinion Piece”

Rob Jackson (right), Northern Masters Champion, offers an opinion on a recent running ‘milestone’.

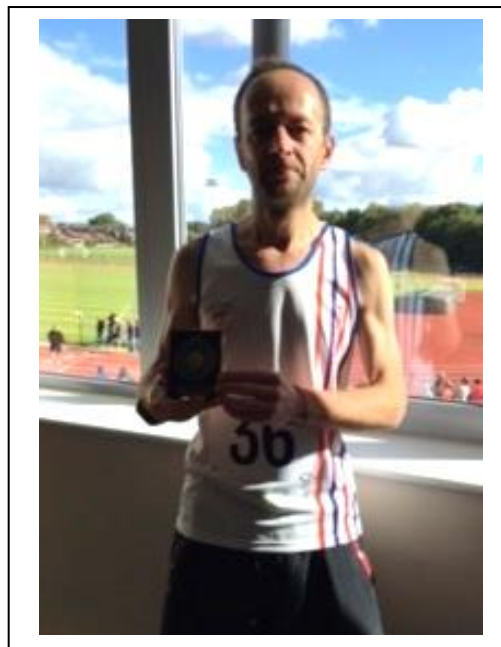
I nearly had to eat my words first thing this morning when I checked the Nike sub2 marathon project result from Monza race track. Eluiod Kipchoge of Kenya, the Olympic and two time London Marathon champion ran 2 hours and 25 seconds! (The other two runners were a long way behind him in 2-06 and 2-14).

“On the one hand, it could be said that what Kipchoge did was beyond human! On the other hand, some would no doubt say it was cheating!”

Nike spent 2 million dollars and two years planning this. They had perfect weather, perfect road surface, special Nike shoes that they said would require 4% less energy to maintain pace plus 30 elite pace makers that dropped in and out forming a 6 man arrow head to provide perfect wind resistance and a lead car with a clock on a big screen that also provided wind resistance.

A team of moped riders drove along providing a new carbohydrate sports drink when required. But the shoes must have provided the biggest help. When I see the runners do it without all this help in a big city marathon then I will accept it. But I stand by my claim, no sub 2 hours in normal conditions before 2050. None the less, ***“today was the most remarkable and determined feat of endurance ever produced by a human being!”***

(Editor: more about the sub2hrs project can be found here: <http://www.sub2hrs.com/>)





Gemma Stokes, club coach and committee member here explains the club's ambition to be the best

The Harriers' club committee is currently putting together an application to achieve Sport England Clubmark; this is a cross sport accreditation scheme for community sports clubs. For more information contact Gemma: Gemleah@aol.com

The clubmark stands for:

- Higher standards of welfare, equity, coaching and management in community sports clubs
- Making sure the nation's sports club infrastructure is safer, stronger and more successful

Therefore clubmark shows that a Club provides the right environment which ensures the welfare of members and encourages everyone to enjoy sport and stay involved throughout their lives. An accredited Club is recognised as a safe, rewarding and fulfilling place for participants of all ages as well as helping parents and carers know that they're choosing the right Club for their young people.

The club has previously achieved clubmark courtesy of Steve Pearson (Senior Coach) back in 2004 and was the first in Greater Manchester to be awarded the National Standards. Over the last couple of years it has had a revamp therefore we have to start from scratch to achieve additional criteria. This accreditation is seen as a must for any club involving young people. If we want Horwich to benefit from future grants and governing body support we need to do it!

The application requires clubs to achieve the all the criteria from 4 sections, as follows;
Activity / Playing Programme - we have to look at the opportunities that we provide, are these appropriate and who delivers them?

Duty of Care and Welfare - this is the duty of every club to take the necessary steps to ensure members, volunteers and visitors can enjoy the sport offered in a safe environment

Knowing your club and community - is about promoting the right culture, so policies practices and ethos encourage all members to adopt an inclusive friendly approach

Club Management ensures that we are well managed and develop strategies to make us sustainable and successful

It will take about 12 months to complete and we are expecting to have it finished in September 2017. Hopefully members will begin to see the impact of the developments through the notice boards, coaches and website / Facebook.

Over the next few months we will be putting in place revised policies, including a volunteers' description and we will be seeking further volunteers to assist in helping the club make these developments happen.

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.

Six races have already taken place in the series this year at Ilkley Moor, Cock Howe, West Nab, Rivington Pike, Anniversary Waltz (Cumbria) and Coiners. Several still remain, as follows:

- 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
heskethtony7@gmail.com

More dates for the diary

- Saturday 27th May Ian Hesketh Memorial Duathlon from Rivington Primary School
- Thursday 8th 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 – see above advertisements

Sporting endeavour joined in Excellence –

In the foreground a Harriers' evening coaching session at Bolton Arena track. In the rear another club's arena. The link? Macron who sponsor the Wanderer's stadium are also the suppliers of the new Harriers' kit which is currently being road tested by the club's coaches.



Here are the three Horwich vets category series **winners** at the **Curley's 5k trail series** in April. Left to right, Keith Lewthwaite, Gillian Smith and Tony Hesketh.

Tony is also wearing the new Macron top for the Harriers.

Photo by Andrew Storey

Track and Field results for the junior athletes

Reports from Trevor Williams T&F coach who says “Excellent performances by all our athletes at these events, well done everyone”

INDOOR

Sportcity Indoor 29th January

In the 3rd indoor meeting we had 5 Horwich athletes competing indoors, we had 2 who were competing for the 1st time indoors. We had U17's Tom Grundy who just ran the 600 metres in a respectable time of 1.26.7 and Jess Sullivan who was running in her 1st ever 60 metre race running a good 8.81.

We had 3 U15's athletes the 2 boys Niall Maloney ran the 60 metres with a time of 8.03 and completed the day with a steady but below par 4.69 in Long Jump. Our other boy Brandon Kerr also ran the 60 metres in a good time of 8.46 also in his 1st ever race for Horwich.

We had just 1 U15's girl Sophie Walton who came 5th out of 33 in the 60 metres running 8.48 and also 5th in Long Jump jumping 4.39.

Sportcity Indoor 5th March

In the 5th indoor meeting we had 4 Horwich athletes competing indoors, we had U20's Joe Millne-Ellison who had a full day he started the day running the 60 metres and winning his heat in 7.45 seconds, he then followed on by jumping 5.49 in the Long Jump and finishing the day coming 2nd in the 200 metres with a good time of 23.58.

Niall Maloney our U15's boy ran a PB in the 60 metres with a time of 7.87 and completed the day with a steady 1.40 in High jump. We had 2 U15's girls Sophie Walton who ran her 1st ever 200 metres coming 3rd out of 34 athletes in a brilliant time of 26.39.

Our U13's girl Isabella Merritt also ran a PB and SB of 1.50.5 in her 2nd indoor 600 metres race having run 1.52.4 in her first race on 8th January.

Sportcity Indoor 19th March

In the last indoor meeting only 3 Horwich athletes competed, U20's Joe Millne-Ellison started the day running the 60 metres and winning his heat in 7.36 seconds. Danny Lavin our U17's sprinter ran a PB of 7.48 in the 60 metres.

Our only girl U13's girl Isabella Merritt also ran a PB and SB of 1.48.77 in the 600 metres race having run 1.52.44 in her first race on 8th January.

OUTDOOR

Blackpool Open 1st April 2017

In the first outdoor track competition of the 2017 season just a handful of Horwich athletes turn out to compete at this meeting. There were only 4 athletes but they all performed excellently on the day.

There were 3 U11's in Alistair Sharrock, Aiden McKenna and Pip Nuttall and U13's Caitlin Nuttall doing many different events on the day.

U11 G. Pip Nuttall

80 metres 12.6

600 metres 2.04.5

Long Jump 3.30

U11 B. Alistair Sharrock

80 metres 12.1

600 metres 2.13.4

Long Jump 3.26

U11 B. Aiden McKenna

600 metres 2.14.7

U13's G. Caitlin Nuttall

100 metres 16.2 PB

Long Jump 2.72

Warrington Open 2nd April 2017

A sunny day in Warrington saw 7 Horwich athletes competing at a medal meeting. There were 2 athletes who were competing for the 1st time outdoors U15's Sam Keenan and Brandon Kerr.

There were lots of 1st places and some excellent performances all round, with athletes getting many PB's.

Isabella Merritt U13's girl getting 2, 1st's and U15's Sophie Walton getting 3, 1sts and equalling a club record that was originally set in 2009.

U13's G. Isabella Merritt

800 metres 2.29.1 1st PB

150 metres 21.2 1st PB

U15's G. Sophie Walton

100 metres 13.0 1st PB/CR

200 metres 26.7 1st PB

Long Jump 4.60 1st

U15's B. Brandon Kerr

100 metres 13.7 PB

U15's B. Sam Keenan

200 metres 27.7 PB

Shot 8.36 1st PB

U15's B. Niall Maloney

100 metres 12.7 PB

Long Jump 4.99

U17's B. Danny Lavin

100 metres 11.7 PB
400 metres 54.6 PB

U17's B. Tom Grundy

400 metres 53.3

Wigan Open 9th April 2017

Yet again we had a sunny day for the Wigan Open that saw only 5 Horwich athletes competing at this meeting. There were 2 athletes who were competing for the 1st time outdoors U15's Sam Keenan and Brandon Kerr. There were lots excellent performances all round, with many athletes getting many PB's again. Alyssia Jackson was competing in her 1st track competition and had a good run in the 1200 metres. It was a good day with a massive PB in the Long Jump along with a Club Record CB.

U13 G. Isabella Merritt

800 metres 2.31.75 1st
150 metres 20.4 1st PB
75 metres 10.75

U13 G. Alyssia Jackson

1200 metres 4.39.79 PB

U15 B. Niall Maloney

100 metres 12.40 1st PB
Long Jump 5.60 1st PB/CR
Triple Jump 10.64 1st PB

U17's B. Isaac Parker

400 metres 57.93 PB
Triple Jump 10.08 PB

U17's B. Lewis Wilkes

1500 metres 4.47.38

Lancashire Combined Events Hyndburn 15th April 2017

The Lancashire Combined Event is held at Hyndburn once a year and is a potential qualifier for the Lancashire team and finals later in the year. There is a quad event for U9's going up to a decathlon and heptathlon for seniors. This year we had only 1 athlete competing, U15's boy Niall Maloney competing in the pentathlon.

His day started with 80metre Hurdles at 10.40 followed by shot put, long jump, high jump and finishing with a 800 metres at 3.30. It was an unbelievable day for Niall, he was happy just to compete and never really knew what the outcome would be but at the end of the competition he had finished 1st in 4 events and WINNING the competition with a total of 1873 points.

Not only did he come 1st in 4 events, he also got 4 PB's and a Club Record and has qualified for the finals in Telford as an individual but also in the team event for Lancashire.

All in all an excellent day for Niall and a Horwich athlete.

U15 B. Niall Maloney

800 metre Hurdles	14.30	3 rd
Shot	7.73	1 st PB
Long Jump	4.98	1 st
High jump	1.50	1 st PB
800 metres	2.32.0	1 st PB
TOTAL POINTS	1873	1 st PB/CR

YDL Whitehaven 22nd April 2017

This was the first Lower league YDL for the U13's and U15's and it was the furthest that Horwich has ever travelled for a Track and Field competition. Many athletes were asked if they could compete but for various reasons we had just 8 travelling up to compete, the majority of athletes and parents travelling up on the minibus. It was a lovely sunny day again and the 8 athletes including Elliot Whittle who was competing for the 1st time and Amber Horrocks who was the only U15's girl. All gave excellent performances all day, including 5 1st positions and an unbelievable 13 PB's. Although we only had 8 athletes and other teams had 20 plus filling almost every event, Horwich managed the finish 5th out of the 7 teams, so a very BIG thank you to all the athletes who competed, performing amazingly and to all the parents who helped out on the day.

U13 G. Isabella Merritt

1200 metres	4.08.9
150 metres	20.9
Long Jump	3.53 PB

U13 G. Lydia Johnson

75 metres	11.3 PB
150 metres	22.7 PB
Long Jump	3.43 PB

U13 G. Freya Whittle

800 metres	2.47.2 PB
75 metres	11.8 PB

U13 B. Isaac Battye

Long Jump	3.73 1 st PB
Javelin	12.52
800 metres	2.40.0

U13 B. Elliot Whittle

Javelin	7.55 1 st PB
100 metres	16.8 PB
200 metres	34.6 PB

U15 B. Niall Maloney

100 metres	12.40 1 st
Long Jump	4.72
200 metres	25.1 PB

U15's B. Sam Keenan

200 metres	27.2 PB
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Javelin 22.33 1st PB
Shot 8.78 1st PB

U15's G. Amber Horrocks

300 metres 52.8
800 metres 2.50.1

YDL Leigh 30th April 2017

This was the first Upper league YDL for the U17's and U20's which was held at Leigh's Sports village stadium. Yet again the rain held off for the 4 athletes including Jess Sullivan who was competing for the 1st time. Although we only had 4 athletes and other teams had 20 plus filling almost every event, our athletes did a total of 9 events and got 8 PB's and 2, 1st positions. Horwich finished last 8th out of 8 teams but managed a good 96 points, so a very BIG thank you to all the athletes who competed, performing amazingly and to all the parents who helped out on the day.

U17 B. Danny Lavin

100 metres 11.6 1st PB

U17 B. Kieran Kinealy

800 metres 2.22.8 PB

U20 B. Joe Millne-Ellis

100 metres 11.9 PB
200 metres 23.8 PB
400 metres 54.8 PB
400 mH 62.8 1st

U17 G. Jess Sullivan

100 metres 14.2 PB
200 metres 30.0 PB
Long Jump 3.76 PB

Lawrence Pinnell, club road champion in 2016 is a keen participant in a range of running events from parkrun to ironman via cross country and fell as well as the road.

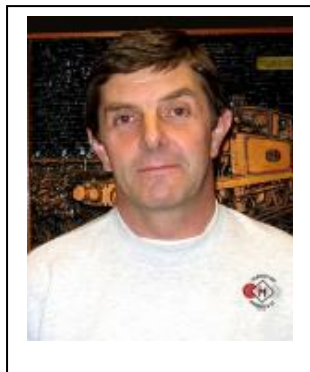


Lawrence recently celebrated his 50th birthday and with clear pride in the club and his achievements, his family got him a special birthday cake.

Lawrence commented that *"I didn't have a cake to enter the Cake Race, and had to leave early so I didn't get to eat any, but I had one for when I got home!"*

COACHING OPPORTUNITIES WITH HORWICH RMI HARRIERS

Steve Pearson, club Head Coach explains an exciting new approach to coaching with the club.



Horwich RMI Endurance running is in a very good place at the moment with a very talented group of both male and female athletes achieving success, in local, national and international races. With this in mind the club would like to not only sustain this level of success but also build on it.

The Club is looking to set up an Endurance Coaching Development Group that will explore opportunities to promote coaching opportunities within the club. The idea would be to promote improvement to all levels of athlete ability within the club. This in turn would push all our runners to a higher standard than they already achieving.

If you are interested in getting involved with this group and feel you can see yourself coaching a successful group of Horwich RMI runners. There are opportunities to attend endurance running coaching courses that the club will support for all aspects of distance running.

As well as developing your coaching skills we will hold a programme of workshops that will include subjects such as, session planning, integrating strength & conditioning to athlete training, nutrition and psychology

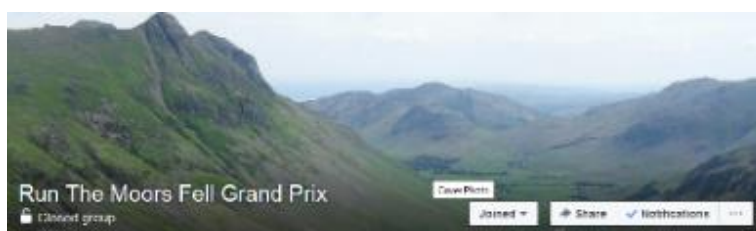
If you are interested developing our athletes within the club through coaching please contact

Steve Pearson 07732 210 013 pearsonnotlob@hotmail.co.uk



Gary Chadderton is Horwich RMI Harriers Overall Champion for 2016

Gary is seen here with some of the trophies he received at the club's presentation evening for his achievements in 2016. See page 13 for a full list of club championship winners in 2016. (Photo by David Barnes)



Area Fell Grand Prix 2017 – *Run the Moors*

This is a most excellent competition that still doesn't seem to get the support it deserves from runners. But in 2016 Horwich came 2nd 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 nd	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>

Membership

You should by now have received your membership confirmation from England Athletics. If you have any queries about membership please contact Andrew Storey, Membership Secretary at membership@horwichrmiharriers.co.uk

PHOTOS: For Runaround and the Bolton News reports I will include photos posted on the club's facebook pages 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

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 29th July 2017. Please send articles/items for inclusion to davidbarnes.david@gmail.com. Phone 07961 535163
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