

RUNAROUND

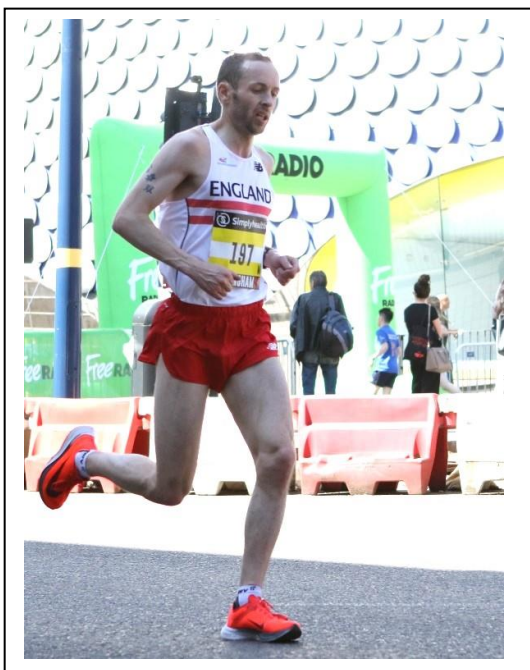
THE MAGAZINE OF HORWICH RMI HARRIERS & AC



Welcome to the **May 2018** edition of Runaround. Following on from a fantastic Rivington Pike race and a whole series of club and individual events that celebrate athletic performance at all levels. Not least from the juniors who week in week out with the support of their parents and coaches are excelling not just in results but in having fun. I hope Runaround continues to reflect this thanks to great articles from our contributors.

In this edition:

- Martyn Bell and Dave Jackson report on Mike Cayton's resurgence as an international athlete
- Geoff Leech about going from non-runner to marathon runner and tri-athlete
- Hugo and Harley – our new correspondents report from the fell running frontline
- My Running So Far – by Fern O'Brien
- Thomasson's Tours – Warsaw and Athens are the destinations
- And much more



Running for England – Mike Cayton

On Saturday 5th May 2018, Mike Cayton represented England at the Great Birmingham 10k race where he had a great run, finishing 8th overall. As the top ranked V35 in the UK, Mike had earned this honour the hard way, coming back from injury and several years after previous international honours. The 10k was won by Moses Kipsiro a World Championships 5000m bronze medallist with Andy Vernon, European Championships silver medallist in 2nd place. So Mike was in a very strong line-up. On page 4 Martyn Bell and Dave Jackson give the background to this great renaissance in a running career.

International honours for James Kevan and Killian Mooney

James Kevan and Killian Mooney finished 2nd and 3rd at the recent European Mountain Running trials at Slievenamon and have achieved selection for Ireland for the European Championships on 1st July in Skopje, Macedonia. Running in their Irish club colours of Clonliffe Harriers (James) and Dundrum South Dublin (Killian) they were only a few seconds off 1st place and are in fine form for 2018.



Killian is seen here (photo by Andrew Storey) at the Rivington Pike race in March this year where he finished in 8th place leading Keswick (and England's) Carl Bell for much of the race before being pipped in the final straight. Killian was Horwich's 2nd finisher after Mike Cayton, let's hope they all resume their contest in the European championships.



And here (right) is James in action at the International Snowdon race in 2016 (photo by Martyn Bell)



Horwich RMI Harriers Street race series – the new medal for competitors in 2018

Celebrations!

International honours are the pinnacle for most athletes but there is much more to celebrate about athlete achievements. Here is a small selection (Ed: apologies if I've missed something, there is so much going on)



9th March 2018
Horwich RMI Harriers
Annual Presentation

Gary Chadderton –
men's overall club
champion for 2017

Michael Chadderton –
men's club road
champion for 2017



Tony
Hesketh's 70th
birthday
parkrun at
Heaton – 12th
May 2018

Running for England – Son of Horwich – Mike Cayton

Martyn Bell and Dave Jackson who co-coach Mike, give us the lowdown on a very interesting running career. Martyn also tells us about his coaching roots, an insight to how athlete and coach come together. (The editor asks the questions, Martyn and Dave answer them, Mike produces the goods)

Mike competed for England (V35 age category) at the Great Birmingham 10k on Sunday May 6th. This event wasn't planned as a key race for 2018; the selection came purely from being ranked the no1 in the UK for V35 at 10k so far in 2018. This ranking and the England team selection will contribute massively to the demanding GB "selection criteria" required for the European and World Mountain championship teams. Only the highest calibre racing performances over the last 12 months are considered.

In the event, Mike had a great run finishing 8th overall and beat all the athletes selected for the 'north' of England team and all the England masters age groupers so it was a great racing performance on a scorcher of a day and undulating course which meant that Mike's time of 31m 25 secs was an impressive one given the conditions.



Has Mike been selected for England/GB before?

Yes - Mike was a very talented junior with a very impressive CV as outlined below:

- GB team - 3 vests at world mountain championships in 1997, 1998 and 1999
- England Team – 3 vests at cross country (Belgium) and 1 mountain vest at Snowdon.
- British & England Fell Champion 1999

What has Mike been doing to get back to form?

On the back of seeing Chris Farrell do so well it was Mike who again approached Martyn Bell in early 2017 for some support and direction

in his training after a 16 year retirement from the sport!

Mike completed a full consultation and after some initial testing the coaches were able to offer a progressive and structured programme which is constantly refined to reflect changes in his fitness and family/work challenges.

Despite Mike's extensive elite experience we found a number of habits that required some immediate corrective action. Dave initially focused on the nutritional and strength / conditioning aspects of the programme which he had done previously with a lot of success

for Chris and Martyn concentrated on the actual training programme. Both coaches have played a big part in the 'mental side' of racing and have helped build Mike's confidence over the length of the relationship.

Each session has a purpose and contributes in some small way to the racing goal and is crafted well in advance using Training Peaks software as our preferred coaching system (<https://www.trainingpeaks.com/> - other training systems exist). This software provides complete transparency on all sessions and allows coaching notes to be added such as explanatory notes to approaching the session, pacing strategy and reasons why that particular session is being done etc.



Mike leads the way in training too!

As Dave says "Mike had some early ups and downs in his pre-race preparations but now seems to have found what works for him – learning the mental game and how to switch off has seen a marked improvement over the last 12 months"

What is the target event, who is Mike up against?



Mike leads the Horwich team out in the Manchester Area cross country series 2018

The aim in the 2018 racing season is to achieve an England and/or GB vest in the mountains specifically for the European and World Mountain championships - the European trial is being held on the 2nd June at the Southern Howgill Fells above Sedbergh at **1.00pm covering 10.6km, 760m ascent/descent**. The World Mountain trial is being held on the 5th August at Fitz Park Football Pavilion on an uphill-only course finishing at or near the summit of Skiddaw. The start is again 1pm covering 10.4km, 1050m climb and 230m descent.

The standard is extremely high with athletes excelling not only in the mountain trials but also in other key cross country, fell and mountain races domestically and internationally. Andrew Douglas, Chris Smith, Graham Gristwood, Nick Swinburn are contenders for a vest this year and all have previously ran for GB in the mountains in recent years. (editor: Nick obviously recognised Mike's challenge by travelling from Northumberland to take on the club's Rivington Pike race where he finished 11 seconds ahead of Mike).



High and Lows?

Highlights – as a junior Mike won multiple international vests and titles. As a senior a break of nearly 16 years has meant no international vests won and its only now with two years of solid training that he is capable of delivering some high-performance racing goals.

Destination Skopje Macedonia (left)

Last year (summer of 2017) Mike was showing great form in his training and was actually exceeding training results to what Chris Farrell was achieving – unfortunately the day before a key trial Mike ran into a concrete post causing damage to the leg and had extensive bruising taking several months to heal. From a coaches perspective this incident put a real downer on things as both Dave and Martyn knew how hard Mike had trained and how well he was going!

Coaching Perspective

Both coaches have helped Mike with the mental pressure and demands that comes with competing at national and international level. “In the early days when we took Mike on-board, he struggled quite a bit with confidence and the mental game, but through trial, error and trust, he has built his confidence and found his own personal tricks that play such a massive part in the days leading up to competition” says Dave.

“We get a real buzz going to watch our athletes perform on race day and experiencing all that comes with that. Strangely, we actually feel the pain and fatigue of our athletes and get really nervous for them in the hours before a big race start - but we wouldn’t swap these experiences for anything as we have had some fantastic days out watching both Chris and Mike compete” says Martyn.

The difference with Martyn and Dave’s style of coaching is not only expertise but the fact that they really engage with the athlete on a daily basis.

“Life coaching is woven very much into the mix - you can have a Ferrari engine but if the car has a flat tyre you are in trouble - in the same way, if an athlete has a family or work issue then this needs to be factored into the training and appropriate corrective measures put into place” states Martyn

How Mike sets a standard for others in the club

Winning races and getting vests at County, England and GB level provides other club colleagues a belief that with hard and smart training and of course a degree of talent that they too could achieve at the highest levels.

Mike is always keen to point out the benefits of racing on all surfaces such as road, track, cross country, fell and mountains. Each of these help build fitness for his main racing goals in the mountains. Practising flat speed is king!

Martyn's Coaching Roots

It was Martyn's father, Terry Bell (seen here in classic time trial style at the Chester 50 in the early 1960s, winning it in 1 hour 51mins) who had set up a coaching business for cyclists in his retirement around 2002 called Mercury Performance Coaching – his 50 years of cycling racing knowhow and partnership with the world's largest coaching business 'Training Peaks' run by Hunter Allen was a means to take committed athletes to their next stage of ability with proven training methods that really worked.



Terry combined this knowhow with Martyn's own running experience and were able to extend their offering to cater for all cycling and running disciplines and even into the multisport events. Very quickly the business grew from just being a hobby and into a commercial venture boasting some very high calibre athletes and successes.

"Since my dad passed away in May 2014" explained Martyn, "I continued to develop his coaching legacy alongside my day job and coach (if approached) any individual that showed a real desire and commitment to achieving success in their chosen sport – additionally, I was good mates with Dave Jackson and he had lots of talk time with my dad and more importantly really understood the coaching values and software we had so was an excellent fit – plus he was a highly decorated fitness trainer and experienced athlete himself"

Chris Farrell approached Martyn for some coaching to help keep him on target for international honours. Martyn explained "I got Dave involved very early on in the coaching process and we did some extensive testing and discussions with Chris to get him moving in the right direction which ultimately led to Chris moving from a club / County level into a consistent England / GB vest level and a sub 30 minute 10k performer"



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HORWICH RMI HARRIERS PRESENT

35th Jubilee Road Race Series

A Series of three 5 Mile Road Races

Held Under UKA Rules - Licence Pending

7:30 pm
Registration from 6.15pm at
Rivington Village Club
Horrobin Lane, Rivington, Bolton BL6 7SE
Race 1 - Wednesday May 16th
Race 2 - Wednesday June 20th
(part of the Central Lancs Grand Prix)
Race 3 - Wednesday July 18th

£7 Single Race
£8 for non-UKA affiliated
£20 Series Entry
£23 for non-UKA affiliated
£25 Series Entry - including
Commemorative Technical T-Shirt
£30 for non-UKA affiliated

Commemorative Technical T-Shirt available at £10

Postal Entries to:

142 Greenbam Way, Blackrod, Bolton, BL6 5TF

Cheques Payable to: Horwich RMI Harriers

Race Organiser: Pete Ramsdale - 07821 883610

Email: p.ramsdale@ntlworld.com



British
Association
of Road
Races
Member 978



The 2015 Course Accurately Measured (April 2015)

2018

Jubilee Road Race Series

Course Records

(since April 2015 re-measure)

Ben Fish (Blackburn) 25:28 (July 2017)

Lindsey Brindle (Horwich RMI) 30:36 (May 2015)

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Awards and Prizes

first four male / four female finishers

first male / female vet in each category

first male team of four / female team of three

Series Awards

Series Awards for first three overall males / females

Series Awards for first male team / female team

Jubilee Road Races 2018

Name			
Address			
Telephone			
Email			
Date of Birth	Age	Male	Female
DAY MONTH YEAR		<input type="checkbox"/>	<input type="checkbox"/>

Minimum age 15 years on 1st September 2017

DECLARATION: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UKA and agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event.

Club					
UKA Number	Official use only				
Please enter me for the following races (tick)					
May	June	July	Series	Series + T-Shirt	£
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If entering Series, please specify T-Shirt size required (tick)					
S	M	L	XL	other please specify	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Signed				Date	

REPORTING FROM THE FELS – Hugo and Harley.

For this edition of Runaround we have signed up two new correspondents, Hugo and Harley on an exclusive contract, so they have promised only to tell their story here. Although the pictures suggest they are canine, the editor suspects they are half dog half human. Anyway they have a very interesting take on fell running and it is good that they tolerated some runners appearing in the photos with them and weren't sniffy about it at all.

We are Hugo and Harley and the other week we went and supported Horwich at Blacko Fell race. We woke up in the morning very excited because we had never seen a fell race before. When we woke up we ate our food, put our Horwich vests on and jumped excitedly into the car.

Now we had a long drive ahead of us so we cuddled up in the back and went to sleep and dreamt about how woofastic it was going to be. When the car stopped we jumped up and the boot opened then we knew we had arrived. We put our leads on and started walking to the start of the race.



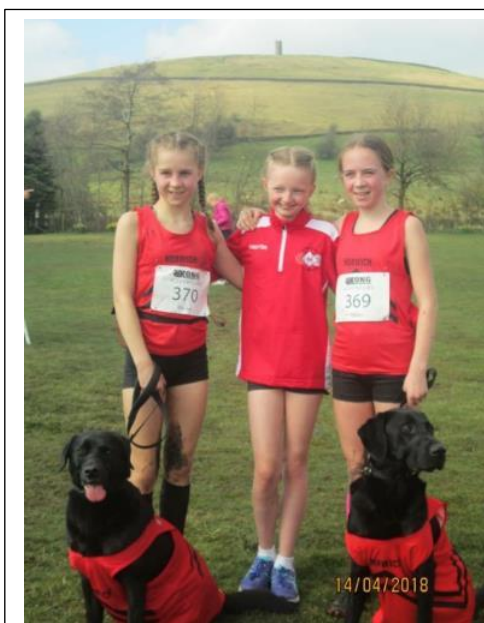
Everyone did very well, if it was us we would have dropped out because it looked too hard. We noticed there were some chickens in the farm and we really wanted to start chasing them but mummy said we wasn't allowed.

When all the races had finished we had our pictures taken with our teammates and started walking back towards the car but we didn't want to go because there was too much to sniff but everyone started leaving so we knew we had to go.

[Editor – Hugo and Harley say they are not finished yet so turn to page 23 for what else they woof like to say]



Unfortunately we missed the u9's and u11's race but we made sure to say well done to everyone. We ate many things that people had dropped on the floor including an ice cream, it was very yummy. As we waited we watched everyone warming up and wished we could run and join in as it looked very fun but we knew we had to wait to be able to cheer on our teammates.



RMInternational – Lawrence Pinnell

There are reports of Harriers in all sorts of places, which really only follows the traditional roots of the club in a transport industry (says the editor stretching a point for the 2nd edition in a row!). Here Lawrence Pinnell writes about his trip to Paris for the marathon.



On the 8th April, it was the Manchester Marathon but I'd done it before so I set my sights for my first foreign race, the Paris Marathon and my wife agreed to a long weekend in Paris. I had all the documents for the drive to Paris including an Air Certificate, the French, a sort of French congestion charge for less than £5. On Friday it was off to the Expo to get my number with my ID, acceptance letter and medical certificate which is needed for all

French athletics events and confirmed that they saw no reason why I couldn't compete. I had paid £15 at my doctors; it was signed by the practice nurse and by email I was told this was acceptable.

Saturday we did sightseeing and worked out the Metro train network ready for the race day. A Seine boat ride was enjoyable and useful as we passed some of the race route. When we left home I had to scrape ice off the windscreen – now on Saturday many of the French were in coats and jumpers and the Brits in T-shirts as the weather forecast was for 22°C, not what I had been training for in January to March where 10°C was warm.



I dropped my bag off one side of the Arc de Triomphe and awaited the start with no need for the warm clothes that I had brought to donate for charity. There are 55,000 places available on a 1st come 1st served basis; most are French but nearly 40% are not, with about 5000 from Britain, 1000 from the USA and when you add the Irish, Australians etc it meant that 1 in 7 spoke English as their first language so talking to people wasn't a problem.

I was in the 4 hour group start which was down the Champs Elysees, around the Place de la Concorde, passing

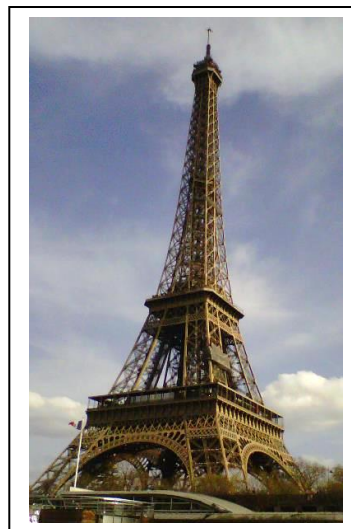
many historic buildings, then through a Paris suburb where the crowds thinned and into the first park where the spectators were few but the runners many. The refreshment stops were just about every 5k and water bottles were provided. I took one to drink and one to pour over me. Half bananas, dried apricots, rosins (or sultanas) and sugar lumps were also given out but no energy drinks or gels.

(Lawrence continues his Paris Marathon :-)

I should have practiced for this race nutrition but still I did 27:59 for the first 5k and the same for the 2nd. By the end of the 3rd, which I did in 28:35 I was feeling the heat and at half way in 2hrs 01:47 I knew it would be a long 2nd half. The route back along the Seine had big crowds. I saw the sights again including the Tour Eiffel. My spirits were lifted when I heard people shout out 'Courage Lawrence!', and 'Allez Lawrence', as my name was on my number. I was eagerly looking for the clearly marked the kilometre and mile markers.

It also helped being hosed down often by the French fire brigade with water cold enough to take your breath away. Approaching one area I thought there were sprinklers but it was bowls of water that people splashed over themselves. We went under the long underpass, with no crowds; a sign said 'Welcome to Hell' and a ghost train soundtrack blared out but it was actually a bit cooler! On three occasions we had to make way for ambulances to pass. At last the second park came in sight. I was warned that there would be no crowds here but there was some and also I noticed all the runners were competitors but friends and family running alongside.

I wasn't too bothered about my time (4hrs 50 mins 39 secs) as I had finished and enjoyed it. After getting home and seeing the Commonwealth Games and London Marathons I felt better about it. Leaving Paris on the Monday it was drizzly, perfect for running a marathon. Would I do it again? Yes, but there are others I haven't done yet and want to do.



Well done Lawrence – like so many Lawrence has a very interesting cv of running events; not least of which has resulted in more than one club championship success for Lawrence in the past couple of years.

Thomasson's Tours – Warsaw and Athens

In the last edition of Runaround, Steve Thomasson told us about racing in Sweden (or was it Finland?) This time he has gone two better with reports from the Warsaw and Athens half marathons in March and April. Which are definitely in Poland and Greece, no question!

In March Steve ran the PZU Półmaraton Warszawski and In April, the Ἀθηνῶν Χαλὺ μαραθὼν (Athens half marathon). As a running envoy here are his (very) diplomatic reports.

March is the time of the Warsaw half-marathon, currently sponsored by PZU, Poland's largest insurance company. Being a pretty flat city, Warsaw is suited for distance running events and the Warsaw Marathon celebrates its 40th birthday in late September this year.

I had done this last year, but Warsaw likes to throw up surprises. This event may take place around the last weekend in March, but it's very rare that the course is the same two years running. Last year's course started and finished off plac Teatralny, the one before that started and finished in plac Trzech Krzyży, a couple of kilometres further south in the sprawling city centre. This year was a point-to-point course, although the two points finished only three-quarters of a mile away from each other as it started outside Stadion Polonii and finished at the southern tip of Park Fontann, beneath the Royal Castle. It also meant Park Fontann hosted pretty much everything from the podium to the press room to the bag drop-off, and it also meant plenty of toilets lined the route between the two.



Figure 1 - Warsaw half-marathon course

I'd been flattened by the flu for seven weeks and the Sport Relief mile was the first racing I'd done in that time, followed by the Wigan 5K the day after. I basically jumped from 5k to 21k in a week. It was never going to be a great performance, so I told myself to go close to 1:45 pace for as long as I could, but if I started fading, don't fight it too hard and make sure I don't get injured. Besides, I'd already paid for the flights and booked one of Warsaw's most historic hotels, the Polonia Palace, and there was no way I was turning that down just because I wasn't remotely in top racing shape.

Warsaw is an event that's become fairly popular. Accessibility is better with Modlin Airport some 25 miles north of the city, used exclusively by Ryanair for cheap flights at the time of writing. As a flat city, it attracts an elite field and the men's winner here came home in just over an hour.

Back to the also-rans like me, and the aim was to enjoy it as the fade was bound to happen at some point. Started at around 10:05am, it was very sunny but rather cool with little wind; good running conditions. Things went well until the first water station at 4.5km, which was in a slightly awkward position and it caught a lot of runners out. Didn't do too much for rhythm and the envisaged sub 25min opening 5k was nearer 25:20. Still, I felt strong and comfortable, so thought I should catch up a little on the next stage.



Figure 1 - 5km in on Most Gdanski

The route took us to the eastern side of the river, and this was part of the course used last year but in reverse. Second water station went without mishap and a pleasing sight was to see the 1:45 pacers. I'd caught them up after starting a little behind them.

The main inclines in Warsaw are the bridges. Note that the western side of the Vistula is largely built on a small ridge, but the road along the river is

much lower. This means that the bridges from west to east are almost a very slight downhill. East to west though, is tougher. Eastern Warsaw is about as flat an urban terrain I've ever seen, and for those who fancy a half-marathon there, there's the BMW *Półmaraton* Praski in late August/early September which I know from experience is an enjoyable event.

Initial signs of creaking came after 9.5km, but turning away from the river into the shade helped considerably and at 10km I was right up on the 1:45 pacemaker's shoulder and was feeling pretty good. The next area featured Poland's Stadion Narodowy, or national stadium (which is also the race office from where numbers are picked up) before coming back up a small incline onto the second bridge, the Most Świętokrzyski.



Figure 2 - Most Świętokrzyski – 12.5km

To my surprise, as I hate uphill, I started off that climb at a pretty strong speed, then knew the

water station was waiting on the other side of the bridge so grabbed the third gel to put away just before it. It was pretty much at that point when everything just “went” and around the 13k mark I knew that hopes of around 1:45 were gone. So, I slowed and made sure I didn’t injure myself. The last 8k went down through Warsaw’s famous Łazienki Park, as well as past Legia Warsaw’s stadium. Then the last 4 ½ k went back north up the road alongside the river, with a 800m long tunnel at the start of the last mile on the tongue-twisting Wybrzeże Kościuszkowskie.

The slight downhill coming into the tunnel was a rejuvenator but I lost satellite reception on the Garmin. My last kilometre was back at 4:53 as I realised that if I kept the foot on the gas I would still break 1:50. As it turned out, I did just that for a chip time of 1:49:58.



Figure 3 - Wybrzeże Kościuszkowskie - 1km to go



Figure 4 - Miło cię widzieć (nice to meet you!)

The medal featured the Polish phrase “miło cię widzieć”, meaning “nice to meet you”. Another bottle of isotonic came to hand at the finish, and then on to pick the bag up, along with getting a massage. This part was particularly well organised – a large tent had about 20 masseurs/masseuses working on tired runners, all included. The young lady charged with my legs spent a good 20 minutes on them, as well as a little time on my feet after use of the compression socks in the race. With that done, it was a gentle 2 mile walk back to my hotel

through Warsaw’s charming Stare Miasto (Old Town) district, a renovation job so good after the ravages of World War Two that the whole district became a UNESCO Heritage site in 1980.

This is the third time I’ve raced in Warsaw and it will not be the last. Ryanair’s connections are excellent for a weekend break and the ModlinBus offers excellent value in the 25-mile connection between the Airport and Warsaw’s city centre. If you’re really quick you can get tickets one-way for 9 zloty (currently around £1.80), but on average, expect to pay around 30 (currently around £5.60).

From Poland to Athens

Four weeks on, a bit more training and it was time for another old stomping ground in the Greek capital of Athens. This event wasn’t new to me, having made a serious attempt at a PB here last year until an old hip/IT band injury was triggered in the heat and humidity resulting in a DNF. Poseidon Athens is a relatively small event but with stunning local views of the redeveloped Flisvos coastline. A bit like Salford Quays but with sun, Greek hospitality, and some impressive boats in Flisvos Marina. It’s a local event with some international participants. They also have a quarter-marathon, a relay, a 5k charity run, a kids’ run, and a power-walking event. All these start from the same place, namely the sports ground in Palaio Faliro.

The course had been considerably amended from last year. This time it went east along the (in)famous Leoforos Poseidonos coastal road as far as Alimos Marina. As ever, it's a two-lap course and the first half is relatively flat apart from one esplanade heading up to the Stavros Niarchos Foundation which is a bit of an incline, but not overly long. Leoforos Poseidonos is a gently undulating road on the stretch from Palaio Faliro to Alimos, but nothing to worry about. Weather was superb for strolling along the coast with a cold bottle of water as it was a sunny day, cloudless



Figure 5 - Flisvos Marina - part of the course

sky and occasional gentle breezes. But this was food for thought for this notoriously fragile runner in anything above a single digit Celsius reading – despite the Beast from the East, I'd done the Wigan 5k in March in just a T-shirt and put thin gloves on my hands. I'd come ready for the heat here though; I had a white cap for my head and all my kit was white, except the blue compression calf sleeves in a little nod to Greece's national colours.

I was amused before the start when I'd gone to the race office for a last look at where the water locations were when an organiser said from behind me "we're closing the office now" in English (I had a Kirkcudbright Academy half-marathon T-shirt on). I turned around and she recognised me as the guy who pulled out injured last year. Well, they did say I should come back to complete it.

My aim was to beat my chip time in Warsaw of 1:49:58, but not overkill it with a tiger of a half-marathon coming up in six weeks in Torshavn, Faroe Islands, which is probably going to be the hardest course I'll do. Whether it was a good warm-up or a sense of wanting more kilometres in the pain zone, the first 5k were far too fast even despite that incline towards the Niarchos Foundation. Last year was a PB attempt yet this time I'd gone out faster over the first 5k than last year!

I dialled it back a little. Fortunately with quite a sweat in the heat, the water stations were situated on average one station every mile-and-a-quarter or so. I wasn't doing too badly in terms of staying cool with the new white cap and attire and taking water at almost every station to dunk on my head was helping a lot. It spoke volumes for the conditions that at the end, despite the regular soaking, my T-shirt was only very slightly damp.

I realised that the km markers were best described as "approximate". By the 10k mark the Garmin had me at around 9.85km so I was beginning to wonder if the amended course was a touch short or if the Garmin had briefly lost the satellite, or even if some mischievous ruffian had moved a marker. After a 5k (Garmin time) of 24:43 I got through 10k (Garmin time) in a shade over 50min, which was interesting having passed the 10k sign in the low-to-mid 49s. At that point, a surprise PB attempt

would actually have been very much on the cards as my two fastest half-marathon times were with a first 10k at a slower pace than that.



Figure 6 - Athens half-marathon course – two laps of what's shown.

“As night follows day, as disappointment follows the England football team after a promising early performance, I started to slow down coming back towards the second lap. Normally I tend to fight that hard, but in these conditions I decided to stay around the 5:10-5:15k mark rather than ending up nearer the sixes late on”.

Despite not being a huge event (I’d estimate that around a thousand did the half-marathon) the organisers had a good crack at offering a big city experience with at least three different music acts appearing on the course around Flisvos Marina and towards the beach volleyball complex. A roughly ten-strong rock group passionately launched into a rather good rendition of Born to be Wild in the middle of the marina. They also played it at a volume such that they were easily heard across at the Trocadero tram stop despite the general hullabaloo before taking on Leoforo Poseidonos for a second time. Fortunately for everyone present and particularly the first-aiders, I didn’t sing along.

Knowing I was comfortably ahead of target but a bit tired, I kept things steady, tipping water on me at every opportunity, grabbing any shade I could. Kilometres 14 to 19 were all slightly slower, one being as slow as 5:24. That said, the 16k marker according to my Garmin was 500m too early, whilst the 18km marker was 100m too far. This wasn’t ideal in terms of planning for pace. However, 2nd time around, I had the idea of following the tram stops – the last four from east to west were Batis, Flisvos, Park Flisvos, and Trocadero. Came to one thinking it was Batis then realised I’d hit Flisvos anyway. That was a nice boost and I relaxed into a slightly quicker pace (a 5:17 k, followed up by a 5:10) that I maintained for the rest of the race, but still slower than what I started with.

Got to the 21km marker, and my Garmin had it at around 20.65km, ran onto the athletics track and crossed the finish line with one arm raised in the air in salutation. After the DNF last year, this was

finally crossed off in a chip time of 1:46:26 and came in 153rd out of just under 800 finishers. The Garmin had this at 12.9 miles, but a couple of quick checks with other runners revealed that their systems had the course as accurate. In other words, I took three-and-a-half minutes off the Warsaw time in conditions I don't much care for and on a course that, despite being flat, was possibly a shade more difficult than Warsaw (which finished about 40 feet lower than where it started this year, but Warsaw tends to change its course around every year anyway).

An impromptu party broke out in the sports ground, no doubt fuelled by runners' highs, Greek temperament, and some excellent music blaring out. Got a massage lying down on a yoga mat on the artificial football pitch, picked up my things, and took the tram to my hotel at Glyfada.

Poseidon Athens isn't an event that's hugely known as it's in the shadows of the Athens Authentic Marathon in November. Nor does it feature any of the historic highlights – after all, what can beat the original Olympic Stadium, the Panathenaik Stadium, as a finishing line? However, it does reveal Athens from its modern side as much of the course was redeveloped territory as part of the Athens bid for the 2004 Olympics. It's fairly inexpensive and quite an intimate running experience for an event I'd describe as medium-sized. Don't expect everyone to speak great English though, but usually someone's around that does and I found everyone to be hospitable and supportive.

However, the harder stuff comes now. My aim is to get a personal best half-marathon time in Dresden in October. Trips to Torshavn and Tallinn are already earmarked and scheduled as part of the training. Another trip for the Praski half in Warsaw, the week before Tallinn, may yet be added.

Torshavn, easily the hilliest and hardest course in my list, comes next at the start of June.



Figure 7 - Finisher's medal



Figure 4 - finishing

Link to the Athens event video can be found at:
<https://youtu.be/WwtTPpCK67w>

Horwich Triathlon report (part 1)

Horwich looked splendid on a lovely sunny day in May for the annual Horwich Triathlon reports David Barnes.

Now organised by Epic Events, in its original guise it was a Harriers' event until it became too big. Several Harriers' members took part, some participating in the colours of their Tri-club of which there are many around Bolton and Chorley. I went along to have a look, I nearly entered it but my swimming is hopeless and I opted for a fell race the day before instead.

This event has a relay option and this was opted for by two members Erica Booth and Lukas Siska who joined up with Chris Gaskell for their Bolton Tri club to be the first relay team home in 6th place. Erica did the 500m swim leg, Chris did the bike and Lukas did the run. Erica says she set a good pace but starting at 7am meant no proper swim warm up so she is capable of better times in training. Erica tells us what happened next. *"Chris Gaskell smashed the bike and it a personal best. The other relay team came in off the bike about 5 mins ahead so we were all unsure Lukas could make up the time as the run course is straight uphill to the pike and straight down. Well Lukas impressed everyone by not only catching the other team's runner but surpassing him by another 5 mins!!!"* Lukas had the fastest run split overall against the individual racers too even though he went the wrong way at one point and added a bit extra. Erica's conclusion: *"It was a great day. Great team spirit"*.

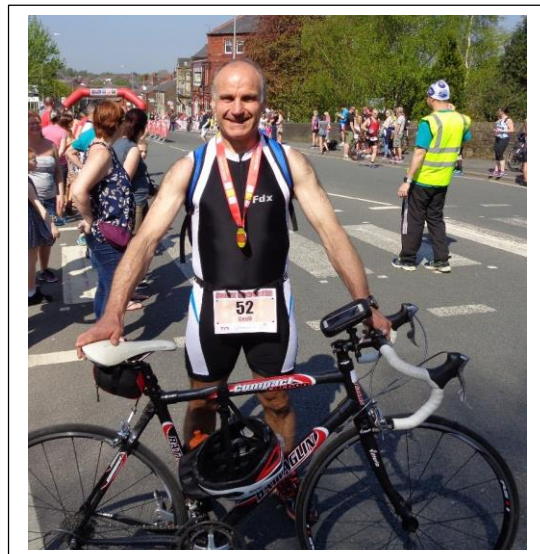


Julie Williamson had done the Lakeland Trails event, the Staveley 17k the previous day but really it wasn't a surprise to see Julie then doing the Horwich Triathlon on Sunday and still smiling broadly. Julie has a penchant for endurance performance so took this all in her stride, despite the heat on both days.

Horwich Triathlon report part 2 overleaf

Horwich Triathlon report (part 2)

Geoff Leech has previously done the St Annes Sprint Triathlon with a 400m swim, 20k bike ride and 5k run so the Horwich Triathlon was another step up for Geoff at 500m, 40k and 8.6k respectively. Geoff was pleased with his performance, especially the bike ride although it was the final run that lifted him from 285th to 92nd. One of the things about Geoff is his desire to do better every time so when I spoke to him just after reclaiming his bike from the bike park he was clearly already thinking about his next event. (And that was at Haigh Hall on the following Wednesday where he beat the author by one second!)



Julian Goudge was Horwich's highest individual finisher, entered for his Horwich Tri club. Julian finished in 11th place and was 2nd MV40. Layne Mercer was also 2nd in his age category (MV50) in 38th place overall. Kelly Laughton and Ian Hamer completed the splendid turnout of Harriers.

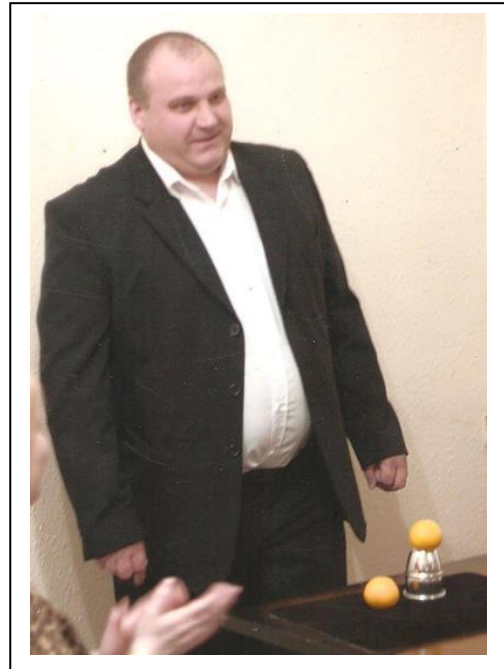
Rivington Pike race – great support from Runners, the Rotary and the Town Council



Geoff Leech – Running Leader – sub 3:33:00 marathon runner and Tri-athlete

Geoff Leech describes his inspiring journey, stride by stride, from being a non-runner to a sub 3hr 33mins marathon runner and a Tri-athlete having competed in the Horwich Triathlon in May.

Growing up although I was fairly active I was never keen on running unless it was with a football. In my late teen till early 30's I trained and taught Karate, still I never ran. When I finished Karate I trained with a boxer for a few years and I hated the little runs we did, then I started to gain weight and the exercise stopped, roll on 10-12 years and I'd gained a lot of weight and couldn't exercise.



Stride One – In 2012 I joined slimming world and the gym. I soon realised how unfit I had become, only managing to jog for 1 minute before I needed to walk. I was a bit embarrassed to run outside as I was well overweight and thought everyone would look and laugh at the fat guy trying to run.

Stride Two – When I got more confidence in running on the treadmill and had lost around 5 stone, my wife dropped me off 1 mile from home and I ran all the way back.

Stride Three – I heard about a parkrun at Bolton, 5k, could I manage it? I gave my best and ran all the way. By Dec 2012 I had lost 6 stone and done a couple of park runs, I wondered if I could do a 10k.

Stride Four – I entered the Mad Dog 10k in Southport Feb 2013, in the meantime I wondered what it would be like to join a running club, could I keep up, would they accept me, would I spoil it if someone had to keep waiting for me etc.

Stride Five – I saw an advert for the Beginners section of Horwich RMI Harriers and sent an e-mail; I got a lovely reply from Anna saying come along, no one gets left behind, we will make you welcome.

Stride Six – I nervously turned up for my first night and was very pleasantly surprised by how friendly everybody was, we did an efforts session up and down Chorley Old Road which was nothing like I had done before, (I thought running was just keep moving as fast as you can for a set distance).

Stride Seven – A couple of weeks later I completed the Mad Dog 10k and felt amazing, In April a couple of friends from my Slimming World group were doing a half marathon in Blackpool, I thought could I do it?

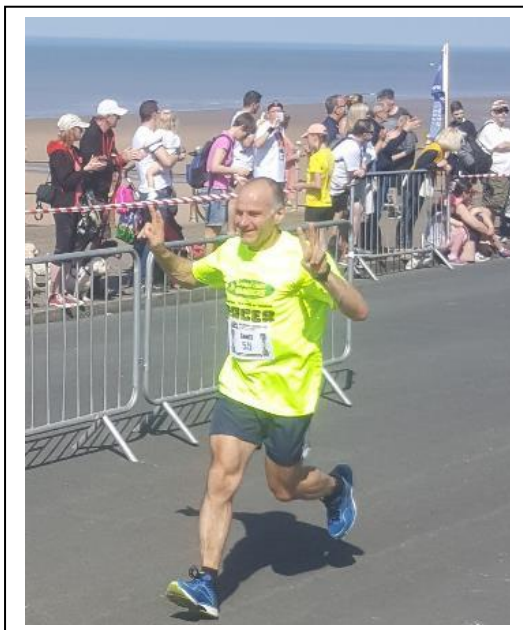
Stride Eight – 8 weeks to go so I entered the Blackpool half marathon and finished it in just under the 2 hours. I've now got the bug, I'm now learning about hill efforts, pyramids, tempo runs, which were all new to me. I would put the effort in and feel myself getting better each week.



Stride Nine – The following year, 2015, my first marathon, Manchester in 4hr 11 mins, 2 months later Liverpool rock and roll marathon 3hr 52 my dream had come true. Nearly every other week I would be doing a 10k or a half marathon somewhere in the north west, always willing to listen to advice from the more experienced members of our group.

Stride Ten – 2016 London marathon, not a good run as lots of pain in my legs but I finished. Later that year Snowdonia (road marathon) I trained on the hills and came home in 4hrs 11mins.

Stride Eleven – Injury setback. In January 2017 I suffered with a sore Achillies and was out for around 6 months. In that time I went on the Leadership in Running course. Back after injury and I set a new personal best (pb) for the 10k, then another pb for a half marathon (Conwy, up and round the Great Orme). And with the Leadership in running qualification I now regularly lead sessions for the Horwich runners group.



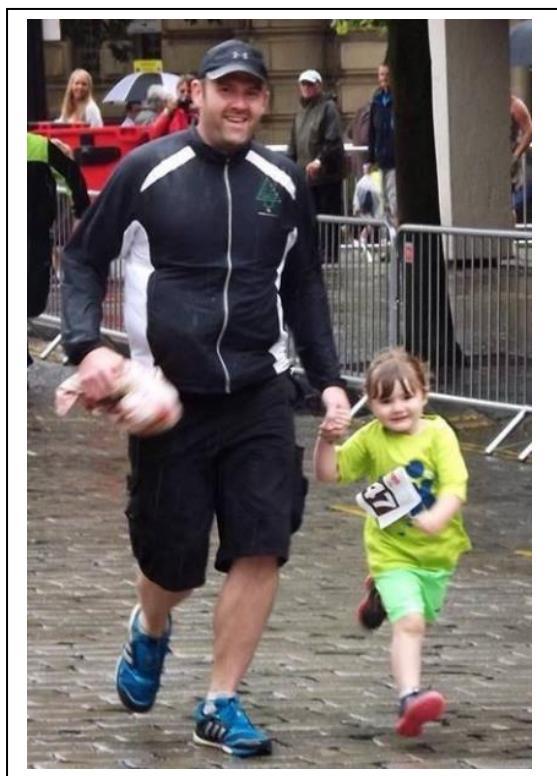
Stride Twelve – Giving it back to the sport. I volunteered to be an official pacer at the Windmill 10k at Lytham St Annes in November 2017 and I enjoyed the fact that strangers came and said thanks as they had got the time they wanted

Stride Thirteen – 2018 I'm training hard for Manchester again, I drop my weight down a bit more, I set out a plan for the run to do 3hr 45 possibly a little under. At half way I was 1hr 46mins and feeling good, so I picked up the pace a little but couldn't keep it and slowed down for the last 2 miles. I crossed the line in 3hrs 32 minutes.

Stride Fourteen – Horwich Triathlon – first full triathlon

If it wasn't for Slimming World I would never have lost weight and never run. If it wasn't for the runners section of Horwich RMI Harriers I would never have achieved as much as I have.

MY RUNNING SO FAR – by Fern O'Brien



Hi everyone, I'm Fern, I'm aged 7, and love doing anything sporty, especially running. I first started running when I was 3, when I did my first Ironkids race. My Dad ran with me and was shocked to see how well I did, as I won by quite a distance, since then I've got the 'bug', and enjoy a variety of running, be it on the track, road or fells.

When I started school, Dad found out about the athletics at the Arena on Friday nights, so took me down to join in. In the whole time I've been doing it I think I've only missed two Fridays, as I love it so much. I've learned so many drills and exercises from Gemma and Stuart that help me get warmed up properly, and I use them for when I go to races, to make sure my body's ready to run fast. I even enjoy doing the javelin and long jump which we do on Friday nights.



My best race so far has to be the Pike Race. I did it for the first time last year, and I finished first girl in the U9s, and second overall. I really enjoyed running in my Horwich vest, and loads of people were cheering me on. As I turned towards the finish I slipped on the gravel and fell over which made people cheer me on all the more, I didn't want to lose my spot so ran hard at the finish.



I've recently run my 10th Parkrun, I decided to do this somewhere different, and went to Heaton Park. I've never ran in a race with so many people before, there were over 500 of us. I really enjoyed that race, even though the weather was cold and wet I managed to be the first under 10 girl, which I was surprised with, considering how many runners there were. Since then I've visited Cuerden Valley, where I enjoyed the hills, as well as the usual Haigh Parkrun and Bolton. This year I plan on doing as many as the fell races on the calendar as I can, as I quite like running up hills and I like running in the countryside.

I am also looking forward to the Jubilee races over the summer, I did them all last year and enjoyed running with my run club friends, and racing against children I didn't know. All in all I love keeping active, and like telling people about it with my YouTube channel. And I especially enjoy running with my Horwich vest on. I'm really proud to be part of such a great club and the support I get from the coaches is really helping me get better and better.



Hugo and Harley woof a little more

We had a really good day at Blacko watching everyone run their hardest and we hope that one day we'll go and watch another one. We loved cheering everyone on and all the attention we got. Everyone found it cute that we were in our Horwich vests. One day we want to compete in a race but we know that will not happen but everyone made it look so fun and easy but we knew it wouldn't be easy for us.

Thank you for taking us to the race and letting us cheer everyone on, the only thing that would've made it better was if we could've gone off lead and chased the chickens but people thought we would hurt them. We only wanted to play. Hopefully we'll see everyone again at the next fell race. WELL DONE HORWICH!!! Woof woof.



Organised and Presented by Horwich RMI Harriers under UK Athletics Licence

THE JUNIORS STREET RACE

A series of three one mile races for Juniors aged 7 to 16

Register from

6:00pm Please allow TEN minutes to get to the start.
Parish Hall, Rivington, BL6 7SE

Race 1 - Y3/4/5/6 (U9, U11)

6:45pm
Primary School Age

Race 2 - Y7/8/9/10/11 - (U13, U16)

7:00pm
Secondary School Age



Wednesdays: May 16 - June 20 - July 18

Sponsored by Whitecroft Garage

Medals for all series entrants to be presented after last race. To qualify for a medal, series must be entered on or before 1st race. Presentation for overall series boys and girls u9 u11 u13 and u16 after last race. Awards for competitors of all 3 races only.

The Juniors Street Race Entry Form

Please enter me for ☐ Just this one race £4 ☐ The whole series £10

Club	
Name	Male / Female
Address	Postcode
Email Address	
Contact Number / Mobile	

DECLARATION: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UKA and agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event.



The 2015 Course Accurately

Measured (April 2015)



£4 entry per race **£10** for the series

Postal Entries to: Mr P Ramsdale
142 Greenbarn Way, Blackrod, Bolton, BL6 5TF
Cheques Payable to: Horwich RMI Harriers

Date of Birth

DAY	MONTH	YEAR
-----	-------	------

School Year

Y3/Y4 U9	Y5/Y6 U11	Y7/Y8 U13	Y9/Y10/11 U16
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Signed	Date
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Parent or Guardian signature required for runners under 15

Runaround October 1994 – Tony Hesketh reflects

A few weeks ago I came across some old Runarounds. For the younger readers this was a monthly newsletter reporting all that was going on at the Harriers so we decided to put together some snippets on the newsletter and for the first one it is 1994. I know a lot were not even born then so here goes.

- Our chairman then was our current President, Stewart Westhead who started off by congratulating the Junior section on becoming FRA Junior Champions after five straight victories. The coach at the time was Gary Harold who was handing over the reins to Andy Connelly. Rupert Leggett completed the Bob Graham Round.
- Thirteen Harriers travelled to Germany on a World Cup trip (running not football) to a town called Berchtesgaden and we were all under canvas for four days, Lola Small set a precedent in running up Mount Jenner, not bad for a 61 year old. The open race started at 8.00am and was a 13k uphill race with the final 300 meters almost vertical but the view from the top was unforgettable. We had the oldest competitor in Lola and the youngest in 16 year old Lindsey Brindle. In the International we had Richard Rogers representing Northern Ireland for the fourth time in a row. We had some happy memories Brenda doing a forward somersault over the finish line which had the German commentator laughing and a feeling of being part of a unique experience with the Horwich RMI Harriers.
- We finished third overall in the Cross Keys Relay, not bad for a team of Veterans with some runners doing two legs for our other two teams.
- The Horwich Triathlon was in its sixth year with Nigel Clementson unable to defend his title due to illness. Kev Gaskell was the first finisher for Horwich with Mary White third Lady and first for Horwich and we had a record turnout.
- The Jubilee course was changed with the Police requesting 77 Road signs; this was a crazy number but we managed to overcome the obstacles. Steve Crimes finished second overall with Chris and Anthony Leigh third and fourth.
- Michael Cayton won the Horwich 10 junior race of 2.2 miles in 12.47; yes he was good then too with Ian Ramsdale, Peter's son, 13th in 14.51. Helen Ramsdale was 22nd in 16.50 and we had 30 runners taking part.
- The Bolton 10k saw Vince Skelly bring the Horwich team home in 11th place recording 33.49 with Ian Hamer 14th in 34.14.
- The Horwich 10 Road Race saw Martyn Bell finish third in 53.04 a superb time seeing you had to run up Brazeley Hill twice. Kev Gaskell recorded 54.31 and Tony Hesketh was first Veteran in 11th in a time of 55.51 and there were almost 200 runners.
- Finally Brenda Hardy (Hesketh) was organising a pre-Christmas Social at the Willows Salford which included a 3 course meal for £16 per head with return Coach travel £5 per head.

LONG DISTANCE WALKING RUNNING AND HOBBLING!

Gordon Stone, former editor of Runaround makes a return to these pages with an interesting take on walking, running and hobbling!

Probably like many others, the first quarter of this year was somewhat of a dead loss. A combination of various ailments (flu bugs, viruses, throat infections, whatever you like to call them) and inhospitable weather led to a distinct lack of regular running.

In my relative youth when I first completed the Haworth Hobble, my daughter Diane, said she would like to run with me at some time in the future - when she was old enough as she was only 13 or 14 at the time. At the time she ran cross-country races with the seniors in the Today's Runner League in Leeds, 5 or 6 miles and loved it. This was before we moved over to Horwich where she then competed for the club in cross country (SEL U17 team champions with Beccy Beesley and Ros Murray) and an FRA bronze medal. It has taken awhile for her to finally run the Hobble with me, but this year she said she wanted to do it. It would be the longest run she had completed, if not the longest event, as Diane has a UK Ironman finisher's medal from 2011 to show. However, now the proud mum of a five year-old, she has less time for training.

We managed to meet up for a 17 mile training run covering most of the start and finish miles at the end of January and planned for another run a couple of weeks before the event, only for that to be the victim of the snow but I did do a 14 miler along the Calderdale Way three days before the event. The Haworth Hobble is 32 miles.



On the day, I let Diane manage the pace, this after all was her first ultra and neither of us had been able to input the training mileage we had expected. Over the first ten miles we

took it easy although there were a few behind us. By the time we reached Long Causeway car park (14 miles) we realised the sweeper was approaching the CP as we left. However, we were still on target for 9 hours and Diane's target was to finish within the 11 hour time limit.

We caught and passed a group as we went through Mankinholes and stayed ahead through Stoodley and kept pushing onwards through to Heptonstall and Hardcastle Crag. Diane managed to get the last tot of whisky at Mankinholes (Andy Ford took the first as he was leading the race at the time, eventually finishing 7th in 4:54). I was hoping the steady pacing might allow us to move a bit quicker after that, especially as we had previously run the section from Heptonstall but now into ultra-marathon territory, it was a totally new experience for Diane. The section over Stairs Lane was quite sapping as the snow had remained quite thick and we lost about ten places from there to the finish at 9:56pm with four behind us. Not exactly a fast time (my PB for the race is 5:42) but we finished. The winner took 4:33, indicating how difficult the terrain was this year, probably the wettest I have ever known it, and more than 20 minutes slower than his 2017 time. On a positive note, it was reasonably mild so I was able to run in shorts and we even saw a glimpse of the sun trying to break through the clouds for about 5 minutes.

With only a week's recovery it was the Two Crosses Circuit. I had been suffering from a cold all week and ran a whole two miles on the Tuesday. As you may recollect, that weekend was the Beast From The East Mark 2, and it was debatable that event would go ahead. I also help with the car parking prior to the event. I had decided that I would walk not run and was geared up for the "feels like -13°" predicted. After checking with event co-ordinator at 6am, I drove off from Horwich. The last part of the journey to Tottington was a bit scary on untreated roads. The decision was made at 7.45 that the event would go ahead but only using the short course of 17 miles. None of the 91 starters complained (there were over 180 pre-entries and 18 entered on the day, at least one who was due to run the cancelled Wigan Half Marathon). Seventeen miles was challenging. I walked most of the way with Christa until she slipped off at speed at one checkpoint whilst I was getting my poles out and having a pit stop. We had built up a bit of a group due to those in front of us being unsure of the way and then encountering a wall of snow which we had to clamber through.

[See Dave McDonald's video of us negotiating the drift which blocked the route](#)

I had to work hard to get back to this group as there was no way I wished to be isolated going over Wet Moss. I caught them up but Christa had gone and by the time we reached The Naughty Corner checkpoint was some six minutes ahead. The next section was also hard work with the biting easterly 50mph wind ripping into your face as you headed for Pilgrim's Cross and Peel Tower. After that, it felt tropical and I took a leisurely pace, although I managed to slip going down into Reddisher Woods, causing a calf muscle pull which was agony and for a few seconds I thought my Two Crosses was over and the best I would be able to do would be hobbling to the next checkpoint a couple of miles away. I had a lovely chat with Nicole who was marshalling the next checkpoint and then pushed on with the occasional jog for the finish. It was a hard day but well worth it. Hopefully next year, the weather will be kinder.

Best regards

Gordon

YOUTH DEVELOPMENT LEAGUE (YDL)

Update from coach Trevor Williams

Building the future of British Athletics is the slogan used by UK Athletics and the YDL is a key plank in that vision and purpose.



In the Upper Age Group (UAG) Horwich RMI Harriers compete in the Northern Region West 2 Division with 7 other clubs including Bury AC and Blackpool, Wyre & Fylde AC. In the Lower Age Group (LAG) Horwich are in the Northern Region West 3N Division with 6 other clubs including Bolton and Chorley. Fixtures take place across the north so this league requires lots of fantastic commitment from the young athletes, coaches and parents. Here are the results from the first Lower Age Group fixture at Carlisle and the first Upper Age Group fixture at Bury.

YDL Carlisle 21st April 2018

This was the first Lower league YDL for the U13s and U15s and we travelled to Carlisle for the competition on 21st April. Many athletes were asked if they could compete but for various reasons we had just 10 travelling up to compete. It was a lovely sunny day and the 10 athletes including U13's Daniel Djambi and Emma Bradley who were competing for the 1st time and Lucas Brennand who was the only U15s boy all gave excellent performances all day, including three 1st positions and six 2nd places along with an unbelievable 23 PBs. Although we only had 10 athletes and other teams had many more filling many events, Horwich managed to finish 6th out of the 7 teams and only 10 points behind 6th place so a very BIG thank you to all the athletes who competed, performing amazingly and to all the parents who brought them and especially Dave Whittle and Bill Nuttall who helped out all day. Excellent performances by all our athletes well done to everyone.

<u>U13 G. Emma Bradley</u> 1200 metres 4.25.0 PB 150 metres 23.5 PB Long Jump 3.33 PB	<u>U13 G. Pip Nuttall</u> 75 mH 14.3 PB 150 metres 22.2 PB Long Jump 3.86 1 st PB	<u>U13 B. Ethan Isaacs</u> Shot 6.45 1 st PB Javelin 21.00 PB 1500 metres 5.29.0
<u>U13 B. Elliot Whittle</u> 75 mH 19.00 PB 100 metres 16.9 200 metres 34.9	<u>U13 B. Aaron Isaacs</u> Shot 5.78 2 nd PB Long Jump 3.19 PB Javelin 15.23	<u>U13 B. Daniel Djambi</u> Long Jump 4.02 2 nd PB 100 metres 14.4 PB 200 metres 30.2 PB
<u>U15's B. Lucas Brennand</u> Long Jump 3.92 PB Javelin 19.67 PB High Jump 1.49 2 nd PB	<u>U15's G. Isabella Merritt</u> 300 metres 45.6 1 st 800 metres 2.26.0 1 st PB Long Jump 3.13	<u>U15's G. Caitlin Nuttall</u> Shot 4.89 PB Javelin 13.35 PB Long Jump 3.15
<u>U15's G. Eva Baldwin</u> High Jump 1.15 PB Javelin 12.28 PB 1500 metres 5.11.0 2 nd PB		

YDL Bury 29th April 2018

This was the first Upper league YDL for the U17s and U20s and we travelled to Bury for the competition. It was a cloudy and cold day but the weather stayed dry. We had 11 athletes including U17's Adrian Bakowski and Chloe Brewin who were competing for the 1st time. Everyone gave excellent performances all day, including 4, 1st positions and 4, 2nd places along with an unbelievable 16 PB's. Although we only had 11 athletes and other teams had many more athletes filling many events, Horwich managed to finish 6th out of the 8 teams so a very BIG thank you to all the athletes who competed, performing amazingly and to all the parents who brought them and especially Andy Lavin, Simon Parker and Trish Maloney who helped out all day. Once again, excellent performances by all our athletes well done to everyone.

<u>U17 G. Jess Sullivan</u> 100 metres 13.8 200 metres 29.5 Long Jump 4.13 PB	<u>U17 G. Chloe Brewin</u> 100 metres 14.8 PB 200 metres 30.2 PB	<u>U17 G. Amber Horrocks</u> 800 metres 6.45
<u>U17 B. Isaac Parker</u> 400 mH 65.6 1 st PB 100 metres 11.9 PB Triple Jump 11.25 2 nd PB	<u>U17 B. Niall Maloney</u> Discus 11.62 PB Triple Jump 11.60 1 st	<u>U17 B. Nathan Hargreaves</u> Long Jump 4.46 PB 400 metres 60.6 PB 200 metres 26.8 PB
<u>U17 B. Brandon Kerr</u> 400 metres 58.0 PB 200 metres 25.8 PB High Jump 1.67 1 st PB	<u>U17 B. Adrian Bakowski</u> 100 metres 45.6 PB 800 metres 2.26.0 PB	<u>U20 G. Lil Taylor</u> Triple Jump 8.17 2 nd Javelin 11.08 PB Long Jump 3.83
<u>U20 B. Danny Lavin</u> 100 metres 11.5 PB	<u>U20 B. Tom Grundy</u> 400 metres 58.5 3000 metres PB	<u>U17 B 4 x 100 Relay</u> Nathan, Isaac, Niall, Brandon 51.0 <u>U20 B 4 x 100 Relay</u> Danny, Tom, Adrian, Niall 51.7 <u>U17 G 4 x 100 Relay</u> Jess, Chloe, Amber, Aysha

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 21st September 2018. Please send articles/items for inclusion to davidbarnes.david@gmail.com. Phone 07961 535163 © Horwich RMI Harriers & AC

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