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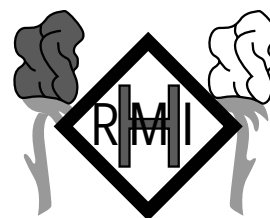
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RING BRENT BRINDLE ON 01204 694985



RUNAROUND

APRIL 1995



UFO on Winter Hill

Photo by John Coope

EDITORIAL

1, Mayfair
Horwich
Bolton
BL6 6DH
phone 693795

Unidentified Funny Object that is, I don't think it flies. Anyone who can identify either the contraption in question or its owner had best keep quiet as he put an X in the box marked 'no publicity' and as you can see by comparing with the mast in the background, he's quite a tall bloke, whoever he is. Mark my words though, anyone who can design a very interesting eccentric seat must be easy to name, initially.

Enough of that, the clocks have sprung forward, the nights are light and we can all go up on Winter Hill now in the evenings. Having endured six months under Pete Bland's strict Tuesday night regime the tendency may be to opt for a cruise on the fells. What we need for those going off road is a similar session using the terrain available on Winter Hill. Reps up the last 250 feet (height not distance) of Two Lads would be a good session as would reps up the dark side of Winter Hill, after warming up by jogging up to the trig point, think about it.

I was disappointed and a little ashamed when I saw how poor the turnout had been

for the Ormskirk Half Marathon, first of the 1995 Grand Prix series. We only finished 11 when a team consists of 15. My excuse was a long standing commitment to the Howarth Hobble, now renamed the Wuthering Hike which was run (hobbled?) the day before, but I still felt guilty. What was your excuse? Did any ladies turn out? With such lack of support from the men this could have been your chance to count for the 'A' team! The next Grand Prix event is the Leigh 10 on April 30. Be there!

You will be able to judge from the cover that I'm scraping the bottom of the barrel for photographs. Unless I get something soon we'll have to utilise some of the really old ones in a "Where are They Now?" series. Don't let it come to that.

A quick apology to Roger Canavan for publishing his New Year's greetings so late - Rondest Goon (anagram) forgot it.

Although the Horwich 10 is perhaps the most feared race in the area, the one which for me most captures the true local flavour is the Pike Race. Horwich has had mixed fortunes on the Pike recently, lets see what 1995 brings. If you read this before Easter Saturday, have a good one. If you read it after, never mind, there's always next year.

Ed

“FROM THE CHAIR”

First of all I would like to thank people for the response regarding my appeal on race organisation. with Gareth still unwell, Tony Varley, Albert Sunter and Colin Matthews have volunteered their services for this year's series. In addition, Chris Beesley continues to liaise with Gareth and also Wilf Brindle and Keith Knight are willing to organise the Rivington Pike Race in 1996.

The cross country season came to an end with Horwich Harriers involved at the very highest level. Martin Jones competed in his second World Cross Country Championship at Durham and in a race run at a blistering pace he battled hard to be third Briton in 59th position. Congratulations Martin from everyone at the club.

Another encouraging note at the end of

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WANTED

Steve Pearson is compiling club track and field statistics with regard to Junior Section. So if you competed in any track and field whilst a junior, please let Steve have the details. It does not matter whether you were competing for the club or for a school, so long as you were a paid up member of Horwich R.M.I. Harriers at the time.

Please ring Steve Pearson on 303295

Belmont Sports Run of The

Month

Nominations

P. Dugdale & N. Clementson :

Rossendale Way Relay

B. Hardy & L. Threadgold :

2nd fastest ladies, Rossendale Way Relay

Lindsey Brindle :

English Schools, XC, 10th, 3rd counter for county

Frank Loftus :

Two legs for Rossendale Way Relay, one after the other

Nigel Clementson :

Parbold Hill, 3rd place

Janet Kenyon :

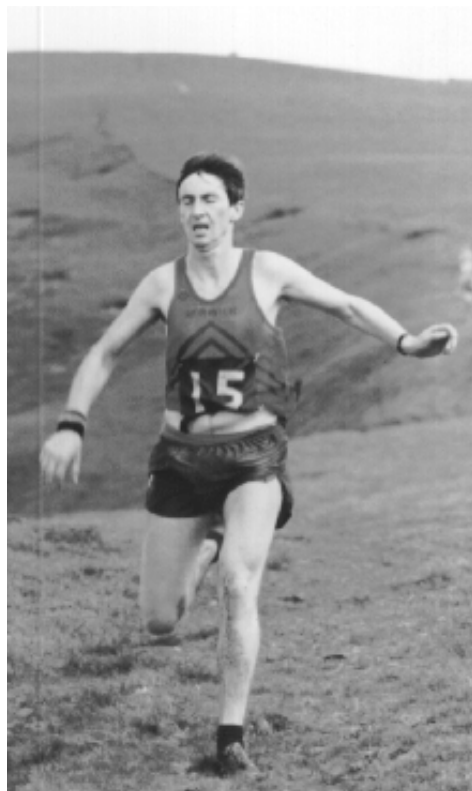
New course record & retaining her title at Parbold Hill

Steve Culshaw :

Parbold Hill, coming back from injury

Rob Jackson :

Parbold Hill, also coming back from injury



No - this isn't Nigel at Parbold Hill. Just filling a bit of space with an old photo. Any guesses to the identity to Ed please.

Winner

Nigel Clementson - Well done

Information Superhighway

Is this a new form of road racing?

No, but it is the growth industry of 1995, so some of you out there may have access to it. If you know what I'm talking about, you'll be glad to know that you can send files and messages to me on Compuserve at address [100063,1261] which can also be accessed via the Internet as Gordon Stone [100063.1261]

@compuserve.com

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I can easily read files saved in Macintosh Word 5 (or earlier), Word for Windows Vn 2 or earlier, Rich Text Format (.RTF), RFT format (as exported from IBM Displaywrite) or plain text (ASCII). Other formats may take a little work but are possible.

If you don't what I'm talking about, then please ignore this article!

Gordon

COMING SOON

Race	Date	Contact	Key
Northern 12 stage	8th April	P. Bland	
Fielden Cup & Fleming Trophy	11th April	P. Bland/A. Connolly	CP (Members only)
Rivington Pike Race	15th April	T. Varley	CP
Leigh 10	30th April	P. Bland	R, GP
Wardle Skyline	22nd April	G. Walkington	L
Kinder	23rd April	T. Hesketh	F, L
Hebden Moor	30th April	A. Connolly	J
Jubilee	10th May	(S. Westhead)	R, CP, L
Belmont Winter Hill	13th May	A. Connolly	J
Manchester to Blackpool Relay	14th May	C. Beesley	CP
Uphill Road Race	30th May	W. Brindle	CP
Duddon	3rd June	T. Hesketh	F
Jubilee	14th June	(S. Westhead)	CP, L
Buckden Pike	17th June	G. Walkington	L
Wigan Pheonix 5	21st June	P. Bland	GP, C, R, L, V
Wharmton Dash	7th July	T. Hesketh	C, F, L, V
Jubilee	13th July	(S. Westhead)	CP, L
Kinniside	15th July	T. Hesketh	F
Loughrigg	22nd July	A. Connolly	J

KEY: CP=Club Promotion; GP=Grand Prix Event;

Championships : C=Club Champs; F=Fell; R=Road; L= Ladies; V=Vets; J=Junior, X=Cross Country Champs.

the season was the news that Paul Dugdale was back competing at the top with a place in the top 50 at the National at Luton. In addition, Horwich fielded a team of Junior Girls (U13) for the first time in the club's history.

No rest in this sport, the fell and road season are already underway with Edale and the Haigh Hall Relays already under the belt, a very important date will be April 8th with the 12 Stage Road Relay at Haigh Hall taking place, a strong team is a must on home ground.

I experienced a first on March 25th when I was invited into the studio of the new radio station "Radio Bolton" 106.2FM. I did a live spot for 20 minutes talking about Horwich Harriers, the Pike Race and Manchester to Blackpool and also had a chance to plug our Junior Section and some of our top runners. Hopefully, this will be a good avenue in the future for the Horwich Harriers regarding advertising our races and performances. Unfortunately not everyone can tune in on the frequency. Hopefully this will improve in the future.

Good luck on the road and fells.

Stewart
Page 3

CROSS COUNTRY

The cross country season ended with a fine effort from the team that made it to the National at Luton. The twenty originally entered dwindled down to a final six on the start line with Chris Lyon relieved that he could watch rather than run after six weeks out of action. Luckily all six finished without none dropping out or having a disaster to give an excellent team place of 37th with only Salford, Sale and Preston of the local clubs ahead of us. Paul is surely now on the mend and I look forward to him giving Martin a run for his money and the both of them inspiring the club truly on to the national scene. When they are top of their form, either are capable of lifting the title in the next few years.

I would like to thank all six personally for flying the Horwich flag and showing that we are the top club in the locality on the country as well as the roads and fells. The result was a vast improvement on the Northern's and makes me feel that my limited attempts to salvage something from a poor cross country season for the club has paid off to a certain extent. Looking at the results I think that the club is capable of a top ten position when our best six are all fit and available at the same time - over to you Pete for the 12 stage.

1	Spencer Duval (Cannock)	43:43
45	Paul Dugdale	47:19
278	Kev Gaskell	51:34
358	Tony Hesketh	52:26
422	Steve Culshaw	53:08
478	Steve Barlow	53:58
738	John Ashton	56:06
1790 finishers		

Teams

1	Blackheath	120
6	Salford	739
22	Sale	1433
28	Preston H.	1776
37	Horwich RMI	2319
43	Middleton	2486

49	E. Cheshire H.	2968
61	Wigan Phoenix	3447
80	Chorley H.	4241
91	Clayton-le-Moors	4648
102	Rochdale H.	4897
109	Chorley AC	5228
115	Newburgh Nomads	5437
124	Bolton Utd H.	5651
181	Red Rose Runners	9323
183 teams finished		

I think that congratulations should also go out to the girls' U13 team. They may have finished next to last but they got there and completed a team which means they were ahead of Bolton, Chorley and most other local clubs. Well done to Nicola Brannon, Helen Wightman, Christine Boardman and Nina Birley.

Gordon Stone

Are you a top tenner?

Steve Barlow is drawing up a series of lists of the all time top ten Horwich athletes at the following distances, male and female for seniors and all vets categories. Only runs as Horwich members count (Sorry Cyril)

5 miles (All Jubilee 5's to count)
10k
10 mile
Half Marathon
20 mile
Marathon

Plus **any** track times.

Details in writing please to Steve, quoting date, event, category (senior, V40, V45, etc)

Steve's address is :

7 Ansdell Rd (off Brownlow Rd), Horwich

ROAD SCENE

On a Roll!

On a fresh, but better than average March morning, three Horwich senior men made easy work of the Roddlesworth Roller. Placing 3rd, 7th and 8th for a total of 18 points, the team of Nigel Clementson, Ian Hamer and Richard Smith was well clear of the second team, Darwen Dashers who amassed 50 points. They were backed up by Bryan Rogers who was first over 60, also beating the first over 50, and Ed Swift, who beat a bloke that he used to work with, but doesn't do much training, by nearly ten minutes.

1	Jason Lobo (Blackburn)	22:57
2	Ben Rieper (Leigh)	23:11
3	Nigel Clementson	23:46
4	Ken Moss (Chorley AC, 1st V)	24:00
7	Ian Hamer	25:09
8	Richard Smith	25:20
39	Bryan Rogers (1st V60)	29:23
50	Ed Swift	30:34
54	S. Waterson (Skem, 1st Lady)	30:41
176 finished		

Ed

Central Lancs Grand Prix 1995

March 19th	West Lancs Half (Ormskirk)	Sept 3rd	Bolton 10k
Apr 30th	Leigh 10	Sept 17th	Horwich 10
June 21st	Wigan Phoenix 5	Oct 15th	Darwen Half Marathon
Aug 20th	Leyland 10	Oct 29th	Burnden 10k

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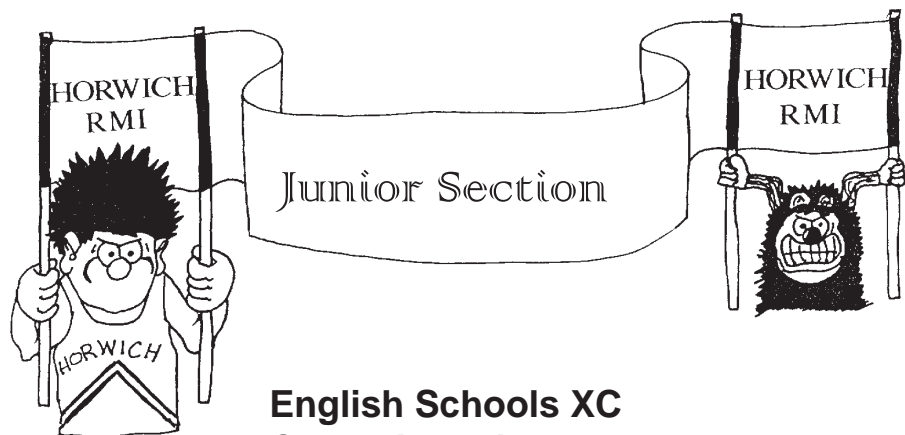
Veterans'

Championship

The veterans' championship is based on the same races as the over-all club championship. See page 7 of the March Runaround

Support Horwich Leisure Centre

Our local leisure centre offers a wide range of facilities in addition to changing and showering on Tuesday and Wednesday nights. Swimming, keep fit, weights training and racket sports can be a good supplement to your running. Phone 692211 to book.



English Schools XC Championships, Newark, March 4th

Half T our of Pendle, March 4th

At the Half Tour of Pendle Junior Race, Michael Cayton finished third narrowly behind Oldham's John Hart and A. Burnett of Leeds City on a course with snow up to 12 inches deep.

Lyndsey Brindle represented Greater Manchester in the first race of the day at the English Schools Cross Country Championship at the National Agricultural Showground at Newark. Based on her run at the county championship, Lyndsey would expect to finish 8th counter but exceeded all expectations to come home third counter and 110th of the 250 finishers - a fine achievement for one of the youngest athletes in the three year U17 age group. Obviously her strong fell running background helped her cope with the muddy conditions of the 4000 metres course. The result will give her confidence to rise even further in the coming years.

Danny Hope moved from a position of reserve to run in the U19 boys event with only 48 hours notice, finishing an excellent 77th and helping Greater Manchester to third team place.

Club Junior Fell Championship 1995

This year's club fell championship will again be based on the English Fell Championship with the exception that the Kettlewell race has been omitted and the Three Shires Race and Winter Hill Fell Race added.

Sun. April 30th, 11 a.m.	Hebden Moor
Sat. May 13th, 12 noon	Belmont Winter Hill
Sun. June 4th, 3 p.m.	Steel Fell, Thirlmere Lakes
Sat. July 22nd, 2 pm.	Loughrigg Fell, Ambleside
Sun. Aug. 30th, 11 a.m.	Noon Stone, Stoodley Pike
Sun. Sept. 16h	Three Shires
Sun, Nov 19th	Winter Hill

LADIES SECTION

Horwich RMI has no shortage of enthusiastic and talented ladies (running or not) who do a lot for the club. So I was really surprised to be given the award for "Clubwoman of the Year"

As they say on the adverts, "I never expected that!"

For those who didn't see it, the award is a very nice clock which is proudly pointed out to everyone who visits our house! Thanks everyone, especially those who stop me giving up.

Carolyn Wright

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Worcester.
WR6 6TA
30th January 1995*

Dear All,

The editorial comments in January's Runaround reminded me that it is some months since I saw any of my clubmates, so I thought it appropriate to pay my respects in writing. As regards New Year Resolutions, I don't usually bother, but this year I have resolved to wear my club vest on as many occasions as I can and you probably know that I only wear it in races. So far this year I have raced twice and, surprise, surprise, I was first Horwich finisher on both occasions.

I haven't quite interpreted the comment about the penetration of sexual equality but I am working on it.

I hope to see some of you during the year, especially if it's on, the Welsh Castles Relay, as I am only a long bike ride from Newton.

Good luck to you all.

Best Wishes

Roger Canavan



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