

RUNAROUND MAY 1995

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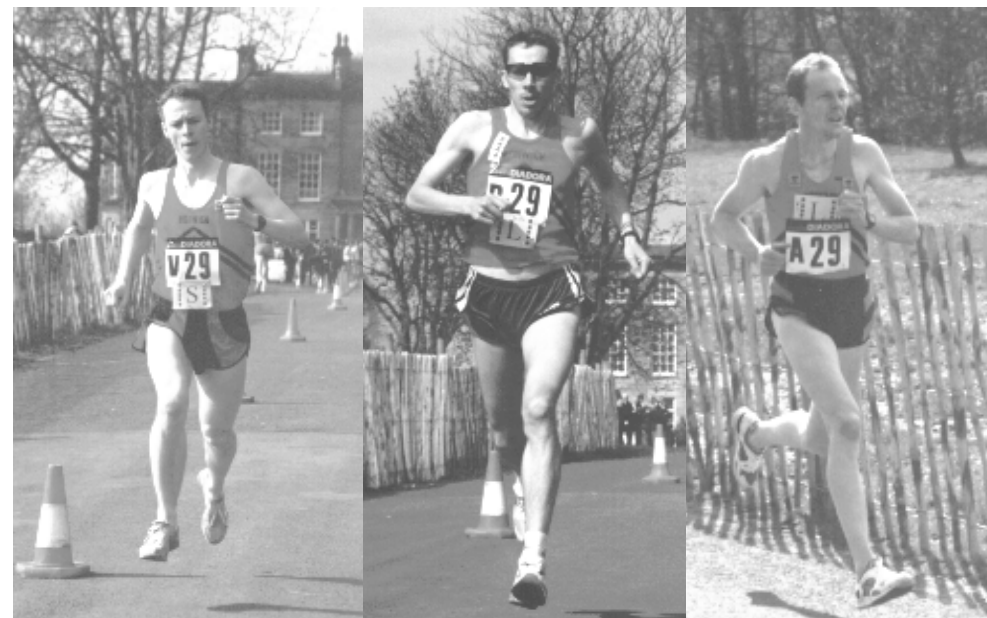
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*Five
of the
successful
12 stage
team*



*Top (l to r) :
Anthony Leigh, Martin
Jones, Nigel Clementson
Bottom : Robert Hope,
Wilf Brindle*

*Photos by
Andrew Threadgold*

EDITORIAL

1, Mayfair
Horwich
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BL6 6DH
phone 693795

Pete Bland is not resting on his laurels. Having won the 1994/5 Clubman of the Year award he put together the 12 man team that achieved our highest ever place in the Northern Road Relays. His 13th place guarantees the club an entry into the National 12 stage. Well done Pete, don't be modest, how about a write up on the event?

In the Pike race on Easter Saturday, a fine win by Robert Hope, backed up by Rob Jackson and Gary Schofield to take the first team prize. They were closely followed by Wilf Brindle, Kev Gaskell and Tony Leigh who took the second team prize. Danny Hope, Robert's brother, was first junior. We had more than a scattering of veterans' category firsts and if there had been a ladies' team prize we would have won that too!

On the basis of Horwich against the Rest of the World with ten to count we would have still won the team prize, 98 points to 114.

I'm told that Stuart Stokes, who was placed second, was running in his first ever fell race;

might be a name to look out for in the future. Just remember that you read it here first.

In the various club championships we have a clash on 17 September with the Horwich 10 and Dalehead, see "Coming Soon". No change to the selected races is planned, so you must follow either your loyalties or your championship aspirations, sleep easy. I have checked the start times and with the Horwich 10 starting at 11.00 and Dalehead at 14.00, you could just do them both if you travelled by helicopter. There are some parts of the Lake District that would be accessible by road within this timescale but I don't think that Rosthwaite is one of them - go on, prove me wrong someone - Chris Lyon driven by Pete Bland? If you think you can do it, can I have a lift?

You will probably have thought that last month's mag was a bit thin; I certainly thought so. This month's seems a bit more comfortable, but if you're not satisfied you could always try writing something yourself! Remember, my job isn't to write the thing, just to publish what my contributors write. If you feel really strongly about the problem you could always take over the Editorship, it comes with a free gift of all the beer you can drink in a night.

Ed

"FROM THE CHAIR"

At last a sign that we have turned the corner? A superb team performance in the 12 stage at Haigh Hall ensured that we will be on the line at Sutton Park for our first National 12 Stage Championship.

Despite losing Paul Dugdale at the 11th hour, we proved that we do have the strength in depth to compete at any level.

Martin Jones recorded the second fastest time of the day on the long stage. only Andrew Pearson ran faster. With Wilf Brindle, Martin Bell and Nigel Clementson all running to their limits, it must be encouraging for team captain, Pete Bland. Another encouraging sign is

Page 2

that the young talent within the club are now competing very well at Senior level. Robert Hope in particular is in sparkling form at the moment and a taste of the big time for Robert Beale will stand him in good stead. SO congratulations to all who competed and to the many members who supported the team on the day.

Horwich provided yet another Rivington Pike winner when Robert Hope took the race by the scruff of the neck to lead the RMI to a thumping team victory.. Robert joins an illustrious group of stars by winning the Pike Race and may well be the youngest ever winner and

SNIP HITS.

What is your ideal running weight? The Stillman Table is universally accepted as about right.

Start with 100lbs for five foot tall. and then add five lbs for every inch there after. Then deduct 10% for middle and long distance, with an extra 5% (15%) for Marathon runners. This is for elite athletes who want to perform at the top end.

Example: an athlete 5' 8" tall = 100lbs + (8x5 = 40) total = 140lbs - 10% (14) = 126lbs or 9 stone. If you are normal then the 140 lbs (10stone) is ok. If you think the 9 stone is over the top then look at the next Kenyan who wins a major race.

Norman Matthews

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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

COACHING CORNER

Stop Watch



Many more runners seem to be trying out pulse monitors to help with their training. I thought for those people, and any contemplating buying one, the following information may prove of some assistance.

Using a heart monitor is an excellent way to limit over training, and possibly reduce the chance of illness and injury, particularly in the motivated runner.

The following formula (Karvonen) is a method of establishing that you are training at the correct intensity for the training effect that you want.

First you have to establish your minimum (resting) and maximum heart rates. Minimum is the easy one, just take your pulse before getting out of bed in a morning. Maximum is a little more strenuous unless

you want to use the following guide.

Males 214 - (0.8 x age)

Females 209 - (0.9 x age)

The hard way and more accurate is to reach max by your own effort, a steady run to the base of the Pike then a FLAT OUT effort to the top will usually produce your maximum.

Subtract resting from Maximum say: 40 from 160 = 120.

multiply this with the % figure in brackets below

- AEROBIC THRESHOLD.** (x .70%) **1 TO 2 HOURS APPROX.**
- LACTATE THRESHOLD.** (x .85%) **FOR 8-12 mins. Rest 10 min REPSx 4**
- VO2 MAX.** (x .90%) **FOR 3-5 mins. Rest 2 min REPSx 6-8**
- LACTATE TOLERANCE** (x .95%) **FOR 45-90 secs. Rest 30 secs REPS x 3**

THEN ADD YOUR RESTING PULSE.

Example: Max 160 - Resting 40 = 120 x 70% = 84 + 40 = 124.

You then use a band of five beats either side 119-129. This is where you set your min/max if your monitor has that function.

Running within this band (preferably past the 124) would create a training effect on the cardiovascular system (heart) and lead to improvements in the runners maximal oxygen uptake to develop endurance and the ability to cope with fatigue while working primarily at a high effort over a long period. (For those without a monitor it means running at a pace that still allows you to have a conversation!) Once the chat stops because the pace has increased the training effect is starting to work on other areas, (anaerobic threshold) this is when the breathing rate increases.

WORTH NOTING. If you want to improve with your running then an adaptation will only take place if when you go out training you are working beyond the aerobic threshold.

It does not take much of an imagination to see that the Sunday run at talking pace is well within the comfort zone and that to take on the other aspects of training will require greater resolve.

Creating a good aerobic base is fundamental to establishing a basis for overall fitness and the capability to take on the loads of training within the other zones. These as can be seen in the above formulas are created from interval training and repetition runs which I will cover in later editions of Run-around.

COMING SOON

Race	Date	Contact	Key
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
Duathlon	21st May	T. Hesketh	CP
Nightmare on Factory Hill R/Race	30th May	W. Brindle	CP
Duddon	3rd June	T. Hesketh	F
Steel Fell, Thirlmere	4th June	A. Connolly	J
Jubilee	14th June	(S. Westhead)	CP, L
Buckden Pike	17th June	G. Walkington	L
Wigan Phoenix 5	21st June	P. Bland	GP, C, R, L, V
Wharmton Dash	9th July	T. Hesketh	C, F, L, V
Jubilee	13th July	(S. Westhead)	CP, L
Kinniside	15th July	T. Hesketh	F
Club 5k Race	?? July	P. Bland	R, CP
Loughrigg	22nd July	A. Connolly	J
Jubilee	9th Aug	(S. Westhead)	CP, L
Downhill Race	15th Aug	T. Hesketh	CP
Noon Stone, Todmorden	20th Aug	A. Connolly	J
Leyland 10	20th Aug	P. Bland	R
Pendleton	26th Aug	T. Hesketh	F, L
Triathlon	27th Aug	T. Hesketh	CP

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.

surpassing Paul Massey's gallant attempt in the Eighties (2nd at 17 years).

I would like to thank everyone who helped with the race, in particular Peter Schofield and his team of Danny and Phil, and the entire Beesley family who ensured an accurate Registration and Results Service, of course Cyril Hodgson (Pike Marshal) and a special thanks to Mike Duxbury for actually contacting me to help marshal (Please note for future races) and what a pleasant surprise to see our Life President, Jack Prescott not only watching the race

but attending the presentation, a final thanks to Gordon Stone and the Junior Section of Andy and Gary for organising the Junior race, Horwich dominating all categories.

Finally a note for our vets section, I've made a very tentative comeback (3 weeks at 25 miles) so I'll will soon be lining up one or two scalps (fingers crossed)

Good running.

Stewart

FELL SECTION

Sorry, I have not been writing anything for last two issues but moving house has been the cause - still late reports are better than none! Let's have some other people writing reports.

Parbold Hill Race

Although not a real fell race, with so many fellrunners doing it I thought I would write a report. A different start and made for a much different race with a 1.5 mile road run to the finish.

For us, Nigel Clementson led us all home in a superb 3rd place, just outsprinted by Andy Trigg on the finish field. Rob Jackson, making his comeback from a virus infection was next in sixth, well pleased with his run. The man in form was next, Steve Culshaw making his debut in the race and the winning team was completed in tenth place by Kev Gaskell, again after a very good run.

The veterans' race was very close with Steve Jackson always in pole position winning by two seconds from myself.

The Ladies' race underlined what everyone knows i.e. that Janet Kenyon is a class above, winning by almost four minutes from her nearest rival and making it a hat trick of wins.

1	B. Rieper (Leigh)	41:02
2	A. Trigg (Glossop)	41:55
3	N. Clementson	41:58
6	R. Jackson	42:46
8	S. Culshaw	43:37
10	K. Gaskell	43:52
12	A. Leigh	44:04
21	S. Jackson (1st V40)	44:51
22	T. Hesketh (1st V45)	44:53
57	J. Kenyon (1st Lady)	48:35
227	L. Threadgold (L)	64:59

Rossendale W ay Relay

We entered three teams for this relay with high hopes for honours but due to illness and injury our teams were all weakened. All things considered, we did exceptionally well with our 'A' team finishing 5th after first being penalised by 5 minutes for Nigel and Paul not sticking to the designated route - a very harsh decision by the organisers!! All the pairs ran out of their skins with each pair making the top ten times for their leg. The vets team did well to finish runners up again after numerous dropouts. we did well to run a 'B' team

after losing so many runners. Frank and Janet ran the 17th fastest on the 3rd leg and Pete Houghton and Doug Hayes 18th fastest on leg 5 - both fine runs that would have got them in other clubs 'A' teams!

1	Clayton 'A'	4:46:46
2	Rossendale 'A'	4:51:18
3	Bingley 'A'	4:58:11
5	Horwich 'A'	5:00:52
11	Horwich Vets	5:18:45
32	Horwich 'B'	6:11:06
51 teams		

Leg A team	Vets team	B team	
1 A. Leigh/C. Leigh (5)	48:43	C. Matthews/B. Jackson	55:14 T. Varley/B. Rogers (36) 60:06
2 D. Hope/C. Lyon (8)	53:52	F. Loftus/R. Leggett	52:19 M. Davies/P. Watson (40) 66:27
3 P. Boyd/S. Culshaw (3)	46:11	M. Crook/G. Duckworth	50:11 J. Kenyon (L)/F. Loftus (17) 49:43
4 K. Gaskell/J. Logue (3)	43:22	Cyril Leigh/S. Morran	46:35 G. Stone/E. Swift (38) 58:21
5 V. Skelly/W. Brindle (9)	59:41	S. Jackson/B. Brindle	57:33 P. Horton/D. Hayes (18) 64:33
6 N. Clementson/P. Dugdale(+5:00) (3)	49:28	K. Booth/A. Sweatman	56:33 L. Threadgold(L)/B. Hardy(L) (41) 71:56
Overall	5:00:57 (5th)	5:18:45 (11th)	6:11:06 (32nd)

Team Results

1	City Of Stoke	134pts
2	Aldershot, Farnham & Dist	135pts
3	Southport Waterloo	159pts
4	Sale H.	163pts
45	Halifax H.	1103pts
53	Horwich RMI H.	1348pts
54	Chesapeake RR	1452pts

Andy Connolly

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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.

Attention all Horwich Harriers

We are organising a Duathlon at Rivington on the 21st of May starting at 8.30 a.m. The entry fee is £5 for RMI members and £7 for non-members. Every entrant will receive a vest or pair of running shorts at the finish. The event consists of a 3 mile road run, 13.5 mile cycle route and finishes with a 4 mile fell run that takes in Rivington Pike. For entry forms or further information contact Tony Hesketh on 690279

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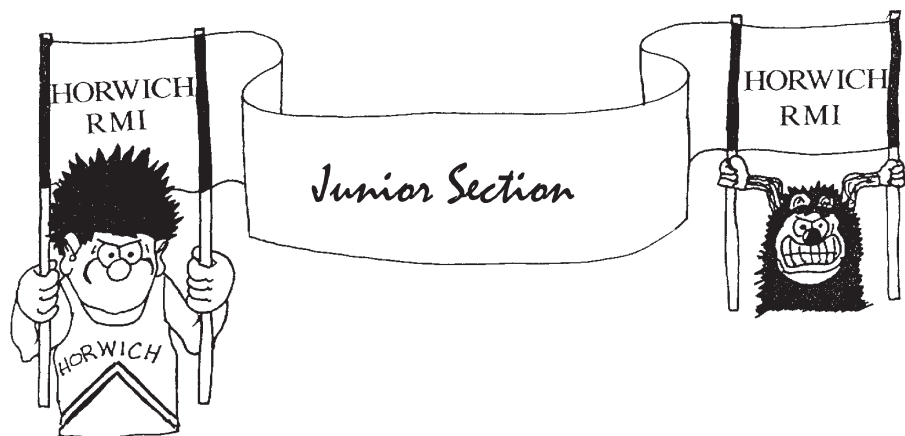
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Daffodil Duddle Fun Run, Abbey Village, April 12th

a good turnout by ten Horwich juniors in this two mile road race, with over 170 runners on the start line.

Michael Cayton ran a superb race to split the close compact field of Chorley and Wigan Harriers, finishing 7th in 11:29, whilst Keith Boardman placed 16th in 12:04.

Nicola Brannon, Helen Wightman and Christine Boardman all worked extremely hard finishing 22nd, 32nd and 35th despite competing the previous day the National Cross Country Championships at Luton. Dean Lewtas and Gavin Southworth both had good runs to finish 29th and 55th. Again our younger members responded to the challenge with brilliant runs from Alice Fleming, 76th, Sally Maycox, 89th and Melissa Anglesea, 109th.

1	K. Round (Wigan H.)	10:05
2	W. Barry (Chorley AC)	10:09
3	M. Stanbury (Chorley AC)	10:22
7	M. Cayton	11:29
16	k. Boardman	12:04
22	N. Brannon (G)	12:58
29	D. Lewtas	13:03
32	H. Wightman (G)	13:38
35	C. Boardman (G)	13:57

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55	G. Southworth	14:59
76	A. Fleming (G)	16:04
89	S. Maycox (G)	17:35
109	M. Anglesea (G)	18:56

National XC Champs, Wigmore Valley Park, Luton, March 1 1th

A spring like day greeted four of Horwich harriers junior girls who competed with over 400 runners of the country's leading clubs at Wigmore Valley Park at the first ever joint English XC Championships.

In the U13 girls race Nicola Brannon again led the team home on what was a fast undulating 3000 metre grassy course. An early pace and taking on the hilly section with ease, Nicola crossed the finishing line 210th in 13:04. Also a brilliant run right from the start gave Helen Wightman a well earned 314th place in 13:45. Another excellent performance by Christine Boardman to finish 410th in 15:01, closely followed by a good sprint to the line by Nina Birley, 414th in 15:07 to complete the team, 53rd overall. Well done girls.

Many thanks to Brenda Hardy and Elaine Birley (Nina's mum) for the support and encouragement they gave to the girls' team that day.

Ian Roberts Relay

Once again we made a successful sortie into Yorkshire for this very popular relay. On the first leg Nigel Clementson brought the A team back in third place, not bad when you consider he was suffering from cramp in the latter stages of his leg. Vince Skelly took over and held third. This set up Paul Dugdale to run a storming leg, the second fastest road leg of the day along with Nigel and pulled us up to second place. On the final leg Patrick Boyd, though suffering with a bad cold, ran a well judged leg to bring the 'A' team home in the runners up spot.

The next team to finish for Horwich was our veterans' team in a superb fourth place overall with solid performances all round.

For the 'B' team Colin Matthews ran a leg that was fast enough to get into the Vets team and seemingly prove a point? Doug Hayes did well in only his second full outing and Peter Houghton, another runner suffering with a cold, ran to the best of his ability, only to find no-one to hand over to on the final fell leg. This

Edale, March 26th, English Champs

Well done to the vets in this race, the first of the championship races. The old men won very easily - a full point in front of any other team. Horwich only managed to put out only eight runners, 5 vets, 1 lady, 2 seniors. This is not enough if we want to make a serious challenge on the English Senior Championship. I know it is a long race but we have to compete in the long races as well in order to win.

Well, back to the race. A slow start to the race left everybody together. After climbing Grindslow Knoll, the first navigational skill was called upon. everybody took their lines across to Jagger's Clough and none came out better than Kev Gaskell who found himself hitting the path in the lead. Kev then decided he had to go for it and lead the race until just before the summit of Win Hill. Steve was up near the front competing for the first vets prize. Brent and Tony were having their own battle not only with this long hard course but be-

was down to a runner saying he would be there but letting us down!

The 'C' team was a real mixed bag but finished a remarkable 7th with Steve Barlow having the best run finishing with an A team time. Thanks to all our runners who turned up and ran.

1	Pudsey & Bramley	96:41
2	RMI 'A'	99:36
	(N. Clementson 23:09; V. Skelly 27:09; P. Dugdale 23:09; P. Boyd 26:09)	
3	Holmfirth 'A'	100:48
4	RMI Vets	103:16
	(B. Walton 24:59; T. Hesketh 25:48; R. Leggett 26:22; S. Jackson 26:07)	
7	RMI 'C'	104:44
	(G. Finch 25:16; S. Barlow 25:51; J. Hampshire 25:53; C. Lyon 28:30)	
	RMI 'B'	
	C. Matthews 25:16; D. Hayes 28:15; R. Houghton 26:53	

Legs 1 and 3 are road, 2 & 4 fell.

Tony Hesketh

tween them they had badly bruised ribs, back and an unknown knee injury. still both managed to battle on in the top 50. Bob Jackson was running strongly just behind Brent and Tony, making the Vets team even stronger. Janet Kenyon was not far behind Bob, finishing 3rd Lady and 2nd Lady Vet.

10	W. Brindle	2:55:49
15	K. Gaskell	2:59:02
25	S. Jackson (2nd Vet)	3:07:00
41	B. Brindle	3:07:07
42	T. Hesketh	3:17:11
71	B. Jackson	3:31:19
??	J. Kenyon (3rd Lady, 2nd LV)	3:33:00
??	P. Watson	??

Club Championship

Remember you must complete two short, two medium and two long races.

LADIES SECTION

What's On

- 8th May Keswick Sports Weekend
Wray Cayton Moor Fell Race
- 10th May Flaver Scar Fell Race,
Todmorden
- 13th May Belmont Winter Hill Fell Race
- 14th May Manchester to Blackpool Relay
Buttermere Fell Race
Helvellyn Fell Race
Keswick Half Marathon
- 17th May Haigh Hall Road Race
Blackstone Edge Fell Race
- 23rd May Two Lads Fell Race
- 27th May Hutton Roof Fell Race
Part 1 of Saddleworth 3 Races, 6
mile Road
- 28th May Part 2, 3m Fell
- 29th May Part 3, 10m Road Race
Bentham Gala

That's quite a bit to choose from this month notwithstanding any road races! The 14th May is the most interesting - after a warm up on the Manchester to Blackpool, you can gallop up to the Lakes and choose your poison - several hilly numbers to suit most tastes!

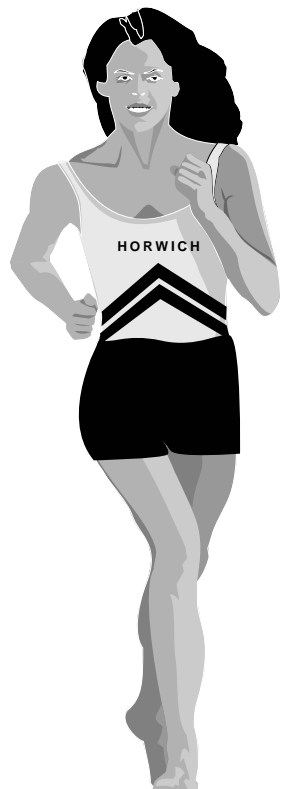
Horwich Ladies have been getting round and about recently. Haigh Hall Relay on 25th March saw Mary, Lyn March, Lola and Brenda whizzing around the short, fast, undulating, purgatorial hell hole. Unfortunately we didn't register as a team for some unknown technical hitch which was galling considering we ran!

Pike Race

Brenda 1st Vet35
Lola - 1st Vet45

T.S. Elliott said that "April is the cruellest month" ... but sunshine and bonhomie have prevailed throughout. A lovely racing day and with more ladies (myself included) watching than participating led my brain to wander as I came home.

We have roughly 17 women who run on and off. Some only on the road, some only fell,



LADIES SECTION

LADIES SECTION

Fielden Cup

A lovely evening again for this club event. It really is a lovely setting and course as flat short road races go. See page 11 for full results.

London marathon

Mary ran this event in 3hrs 40 mins, a great time and she thoroughly enjoyed every step of it - brilliant!

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beer.
Wes Jones gained a lot of friends having found the dreaded No. 7, shouted "YES!" thus attracting about six runners from all directions - lesson learnt - keep your gob shut! Also said the shaft wasn't a shaft but only a depression - it certainly was for some!

Jeff Holloway - a long run for Jeff who bonked after about two hours and couldn't care where the checkpoints were.

Brian Walton just an easy run for Brian, could have been half an hour faster with new shoes.

Derek Kay Derek almost took longer to mark up his map than it did to run.

Mike & Martin Crook - a good long run for both, not sure who was learning from whom.

Alan Jones we did suspect that he stayed in the tunnel with the beer for about an hour or that he was doing the course twice!

Of the others **Graham Finch and Brendan Bollard** would have certainly been contenders for first place, especially not knowing the area, but it was the dreaded No. 7 that proved their downfall. Hopefully they will be back for the next one.

Chris Beesley & Anthony Turner walked around the short course, and thoroughly enjoyed the day by all accounts. The number of times Chris mentioned something about Brentford and Div 2 - I would have left him in the pond at number 2.

The only others to do the short course were **Nigel, Angie & Ella Clementson** - well they did set off together only for Nigel to desert them coming off the Pike (which they did not need to be on at all!) Angie now knows the area a bit better having taken 1½ hours
 Page 14

from Pike to barn.
 Thanks to all for coming and I hope you enjoyed your run. we certainly enjoyed setting the course and hope someone will organise another before next winter.

Checkpoints were:

- 1 GR 635135 Wall junction
- 2 GR 642128 Pond
- 3 GR 655131 Stream source
- 4 GR 663169 Bridge
- 5 GR 676125 Footbridge
- 6 GR 673137 Stream/Ditch junction
- 7 GR 665139 Disused shaft
- 8 GR 667158 Disused shaft
- 9 GR 646166 Wall junction
- 10 GR 645162 Stream junction
- 11 GR 639161 Pond
- 12 GR 627152 Path junction
- 13 GR 632144 Tunnel centre

Thanks to the club for providing the prizes and Belmont Sports (sponsoring the first prize), also Albert's mum for the tea.

Colin and Albert

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

several injured. We have poor turnouts sometimes for races and quite apparently for Wednesday night. I sometimes hear or read comments of "where are the Horwich ladies" in the RaR or at races. "You can lead a horse to water but you can't make it drink" Four ladies ran the Pike Race, six watched, one organised. Eleven being interested in one race out of seventeen is a reasonable statistic.

I got to thinking of what we ladies actually do. The overwhelming majority work either part time or full time with other peoples' children from nursery to college, with old or infirm relatives, with injuries, illnesses, social deprivation. We use our spare time to help others and to help ourselves. we are completing M.Sc.'s, M.A.'s, B.A.'s, courses in computers, counselling, massage, sports injuries, ceramics. Some work shifts, nights and are on call. we ferry children to football, cricket, swimming, gymnastics, drama, brownies, guides, school trips, college. We are carers, designers, artists, teachers, professionals, business-women, and we manage to run as well. I think we do pretty well. So keep up the good work everyone, and if you do enter a race, let me know about it to put it in the RaR.

There are several who, like Anne and Becky, do duathlons up and down the country. It

would be nice to put these in the newsletter too - variety is the spice of life, and it might encourage others to combine sports and compete in alternatives to just running.

Don't forget the club championships or any nominations for Runner of the Month.

Cool running.

Geraldine

Full Pike Race Results (Ladies)

1	J. Rashleigh (Bolton)	21:42
2	B. Carter (u/a, ex Chorley)	22:31
3	A. Foster (Bolton, V40)	24:40
4	J. Hornby (u/a)	25:19
5	C. Dewhurst (Clayton)	26:00
6	B. Hardy (Horwich, V35)	26:41
7	L. Unsworth (Chorley, U18)	27:00
8	C. Jones (Lostock)	27:20
9	C. Cartwright (Wrexham, U18)	27:26
10	R. Swift (Horwich)	27:35
12	L. Smal (Horwich, V60)	28:33
13	G. Farnworth (Chorley)	29:33
14	A. McDonagh (Swinton)	30:28
15	J. Rossborough (u/a)	30:58
16	V. McDade (Chorley)	33:07
17	W. doxey (Swinton, V35)	37:41
18	C. Boardman (Lostock, V45)	34:16
19	C. Smith (Lostock)	34:27
20	G. Isbister (Horwich)	34:43

Haigh Hall Relays, March 25th

Guess what? we had a team for this relay on a new course. First on leg one was myself on this *fast flat course!!* or so I thought until on the way back it was all uphill. I was satisfied with my run as it is a bit short for me. I came in and handed over to Lyn March who had a steady run. On leg three we had the everyyoung Lola Smal who always runs well. Last but not least was Mary White who was using it as a training run before the big one, The London. The team wished her well.

In Haigh Hall itself there was a wedding on and as the bride and groom were having a photo session, runners were streaming in and

out. The look on their faces said it all. It would be interesting to see their photographs as I think I had my photo taken at least three times, ha! ha!

Geraldine ran as well, turning out for one of the men's teams after only turning up to watch!

Leg 1	B. Hardy	25:13
Leg 2	L. March	25:25
Leg 3	L. Smal	27:33
Leg 4	M. White	n/k

Leg 4 G. Walkington 25:23

Brenda Hardy

Manchester to Blackpool Relay, May 14th

Horwich Stage Records

Stage	Men	Ladies	Vets
1	Martin Jones 22:44 1989	Julie Harold 29:31 1991	Tony Hesketh 22:53 1990
2	Rob Jackson 23:05 1989	Chris Sweatman 31:54 1989	Pete Bland 26:17 1990
3	Paul Dugdale 26:38 1991	Geraldine Walkington 36:52 1993	Mel Walker 31:31 1991
4	Wilf Brindle 25:07 1992	Anne Beesley 33:00 1989	Tony Hesketh 26:56 1991
5	Aiden Roberts 29:51 1989	Pam Matthews 40:06 1992	Brian Walton 35:11 1994
6	Martin Jones 30:03 1991	Audrey Foster 41:32 1989	Dennis Weir 37:40 1994
7	Ian Hamer 32:42 1991	Gill Gaskell 42:21 1993	Mick Crook 36:46 1991
8	Vince Skelly 33:50 1992	Janet Kenyon 40:29 1992	Cyril Leigh 37:58 1993
9	Paul Dugdale 24:56 1994	Mary White 35:08 1994	Rupert Leggett 29:11 1994
10	Martin Jones 23:45 1993	Anne Beesley 35:34 1991	Tony Hesketh 28:33 1994

Horwich stage winners

Stage	Men	Ladies	Vets
1	Martin Jones 22:24 1989		10 Paul Dugdale 31:23 1989
2	Rob Jackson 23:05 1989		Martin Jones 24:09 1992
	Rob Jackson 23:27 1991		Martin Jones 23:45 1993
	Rob Jackson 23:23 1994		Martin Jones 23:52 1994
3	Martin Jones 27:18 1990	Ladies	
	Paul Dugdale 26:38 1991	1 Julie Harold 29:31 1991	
	Paul Dugdale 26:52 1992	4 Anne Beesley 33:00 1989	
4	Steve Baker 25:48 1990	8 Janet Kenyon 40:29 1992	
	Wilf Brindle 25:29 1991	Vets	
	Wilf Brindle 25:07 1992	1 Tony Hesketh 22:53 1990	
6	Martin Jones 30:03 1991	4 Tony Hesketh 26:56 1991	
9	Paul Dugdale 25:08 1993		

Marshals and Timekeepers

Last year in the RaR I asked for volunteers to marshal and timekeep. The result frankly was disappointing. This year I am making the same request - even if you can only manage one or two stages, it is a great help. We had problems last year due to lack of manpower, especially with the timekeeping - six extra volunteers will make all the difference. If you can help, please ring me on 693442.

Chris Beesley

Walkabout, Rivington Barn, April 2nd

1	John Nixon	2:05	20 minutes spent looking for
2	Neil Sale (Lostock)	2:06	No. 7 - not his lucky number.
3	Rupert Leggett	2:14	Mike Kay arrived looking as if he had
4	Mike Kay (Bolton)	2:15	just got out of bed and also
5	Alan Sweatman	2:19	took some interesting route
6	Rob Green & Stew Jones (Lostock)	2:19	choices.
7	Jim Leyland		Alan Sweatman - Mr. Dependable - always
	Dan Grundy		insist his is by far the better
	Pete Henegan (Bolton)	2:23	route!
8	Tony Hesketh	2:26	Bob Green slightly handicapped by being
9	Wilf Brindle	2:30	given a wrongly marked map,
10	Geoff Sale (Lostock)	2:42	but was given an extra can of
11	Wes Jones (Lostock)	2:47	beer in compensation.
12=	Jeff Holloway	2:50	Jim Leyland no problems, a fine day, a
12=	Brian Walton	2:50	good course and thanks for
14	Derek Kay (Bolton)	2:52	the beer.
15	Mike & Martin Crook	3:00	Tony Hesketh - Horwich Harriers are
16	Alan Jones (Lostock)	3:36	taught from birth never to
	Graham Finch & Brendan Bollard (Newburgh) (2:06)		follow Tony but now you can
	(missed checkpoint?)		add - never believe him either!
	John Hope (Achilli Rati) (2:24)		After watching several runners
	(missed checkpoint?)		set off over the moors towards
	Barry Tyson	ret'd	No. 7, he proclaimed he
	Short Course		wasn't going to bother with it,
	Nigel, Angie & Ella Clementson	1:46	let them go and then pro-
	Chris Beesley & Anthony Turner	2:37	ceeded to run up the track
	Every result tells a story - this one tells		straight to it! Later on a
	about 29 !!!		desperate and possibly
John Nixon	Who at the start was , quote...		drowning Wilf (after entering
	"totally unfit, hardly training,		the water filled tunnel the
	...probably wouldn't do the		wrong way) asked Tony if he
	whole course", then of course		could see anything - Tony
	won the event - never to		(who had gone in the easy
	believed again!		correct way) replied - NO,
Neil Sale	Could have won but for		clipped the control, picked up
	rescuing		his can of beer and shot off!
	(1) a sheep from a pond		Wilf Brindle seemed to feature in every-
	(2) Wilf from a pond		one's run and was lucky to
	Lesson learnt - never help		arrive back at all.
	anything or anyone!		Geoff Sale insisted the disused shaft at
Rupert	again could have won but for		No. 7 was in the wrong place,
			possibly affected by the sun/

Wound Wither Wood Welay Wace, Feb 25th

A team of Horwich Ladies went to the Wound Wither Wood Welay Wace and wan weally well.

If it wasn't for Lindsey Brindle we wouldn't have had a team. Lindsey only stepped in at the last minute and really did us proud. The weather was glorious and the course short, fast and flat, more like a cross country than fell.

Lindsey had a brilliant run on the first leg and handed over to Janet who had a great run as usual. I was on leg 3 and handed over to

Brenda for the last. We finished third ladies team in the end behind Denby Dale and Bingley.

It was a great event, very friendly and low key, sandwiches and chicken wings provided afterwards by the landlord of the Travellers Rest in Denby Dale. There was also free fell calendars for all runners

Results

<i>Lindsey Brindle</i>	27:01
<i>Janet Kenyon</i>	23:45
<i>Lynn Threadgold</i>	30:07
<i>Brenda Hardy</i>	31:05

Lynn Threadgold

Coope's Dozen Revisited

Has anyone noticed that these days the "Runaround" is sometimes a bit on the thin side? I understand that two members normally provide three-quarters of its contents. Whilst others do continual hard work, what are the remainder of senior members, including myself, contributing? I suggest that we all ought to think about this, and from time to time do our bit to enhance (or otherwise) our excellently produced club magazine - hence this letter!

Ed. and I were overwhelmed with the response to his comments in the October 1994 "Runaround" editorial and my article the following month concerning our attempt to create some sort of an event out of 12 local summits - not a single comment (good, bad or indifferent) was written by anyone. Two members, however, did say that they would have a look at it! Did nobody do it? Did anyone do half of it? Did anyone do one summit? Just to remind you the only rule is that you must start and finish at the same point recording your time and the summits are:

Two Lads	655134
Whimberry Hill	686139
Egg Hillock	684142
Counting Hill	672142

Winter Hill	660149
Noon Hill	647150
Old Adam's Hill	661174
Spittlers Edge	654174
Great Hill	646191
Round Loaf	638182
Healey Nab	607180
Rivington Pike	643138

Paul Murray tells me that we could add a thirteenth in amongst these. Details please Paul. Ed. suggests that we arrange a date towards the end of July for a tour of the round en masse. Is that of any interest?

With reference to the UFO on the front of last month's "Runaround", I apologise to its driver, whoever he might be, for making it known that he had been photographed. He did ask me to keep it quiet.

Finally, a big "thankyou" to all who conived and participated in the surprise event to mark my 60th. I have made many friends as a result of my membership at Horwich and every friendship I value greatly. So far as my competitive running is concerned, it's "Goodbye Cyril Leigh" and "Hello Brian Rogers" - life's tough isn't it?

John Coope

Club Races

As we have gained quite a few members over the last year I thought it might be useful to explain the format of some of the Club Races which we organise. (Organise is perhaps too technical a term for what happens!!) However, these are events for club members and their guests and they aim to add a little variety and spice to training and to provide opportunities for a get-together (and for a pint or two afterwards). There is no pre-entry for these events, just turn up and register on the night.

Uphill Race

This race is run from a variety of venues in the Horwich area. Runners are only informed of the route, which is always uphill only, on the evening of the race. Each runner has to predict their time for the race when they register. The winner is the person who is closest to their predicted time. Obviously no watches or clocks, etc may be worn/carried by the runners. The winner could therefore be a runner of any standard, male or female. Distance is usually in the order of 3 to 4 miles.

Downhill Race, Aug 15th

7pm start at the Mast - across the moor to the Pike - Pike to B.R.S.A. Club. Any route may be taken from the Pike to the BRSA Club. Runners are set off at 30 second intervals.

Rumour has it that Tony Hesketh has had another of his famous ideas. Whenever Tony says, "I thought it might be a good idea if", it generally means something strenuous involving hills!! This idea seems to be something about having a race up all the steps in the Chinese Gardens???? Aaargh!! Watch

this space for more details.

Duathlon

run (3m road)
bike (?)
run (4m fell)

See advert in this issue and look out for entry forms.

Triathlon

Sunday of August Bank Holiday Weekend Started off as a club event but now open and very popular - again look out for entry forms nearer the time.

5k Champs

Similar route to Fielden Cup but starting even further up the lane - virtually at the far end. Run down the lane to the bowling club, turn right at the end of The Street, right up the footpath by the reservoir overflow on the bend, right back onto the lane and finish just before the end of the lane near the Bowling Club.

I hope that this has whetted your appetite and that new members will come along and have a go at these events and that 'old' members will come along and support them. They provide an interesting evening's training and an opportunity to meet other club members.

If you do not want to run or are unfortunately injured, we are always on the lookout for volunteers to marshal, help with registration or timekeeping. The more volunteers we get, the more chance the "usual organisers" have of actually getting to run occasionally.

If you need any more information, then please give me or any of the committee a ring. Our phone numbers are all on your membership cards.

Anne Beesley

ROAD SCENE

A good turnout and much better weather than last year produced two good races. Michael Cayton was three seconds quicker than Anthony Hallahan.

In the Junior race, eight year old Matthew Smith had a fine run to win the Fleming Trophy. He was followed home by Chris Singleton and Richard Lawman who dead heated for 2nd place. First girl was last year's winner, Laura Hughes. Fastest run of the night was by

The Fielden Cup was won by Ian Cowburn who hasn't been with us very long and who obviously persuaded the handicapper that he was "just a jogger", despite being a top triathlete. Good runs too from Dave Mansfield and Pete Houghton to take 2nd and 3rd. Colin

Fleming Trophy Results

	<i>Clock</i>	<i>H/Cap</i>	<i>Actual</i>	<i>Pos</i>	
1	Matthew Smith	13:52	0:15	13:37	9
2=	Chris Singleton	14:29	0:45	13:44	=11
	Richard Lawman	14:29	0:45	13:44	=11
4	Robert Burns	15:31	0:15	15:16	18
5	Laura Hughes	15:37	0:15	15:22	19
6	Helen Moon	15:42	0:15	15:27	21
7	Steve Halliwell	16:34	1:10	15:24	20
8	Sally Maycock	16:40	0:00	16:40	26
9	Mark Smith	16:53	3:30	13:23	8
10	Adam Birley	17:04	4:00	13:04	6
11	Richard Hughes	17:05	3:45	13:20	7
12	Anthony Hallahan	17:08	5:30	11:38	2
13	Dean Lutas	17:12	3:30	13:42	10
14	Matthew Burns	17:15	4:15	13:00	4
15	John McGarr	17:36	3:00	14:36	15
16	Gavin Southworth	17:42	0:45	16:57	27
17	Michael Cayton	18:05	6:30	11:35	1
18	Lee Jackson	18:21	3:30	14:51	17
19	Helen Lawman	18:24	3:45	14:39	16
20	Melissa Anglesea	18:30	0:00	18:30	30
21	Keith Boardman	18:32	4:30	14:02	13
22	Ian Ramsdale	18:33	5:30	13:03	5
23	Chris Brown	18:54	1:10	17:44	28
24=	Susan Ramsdale	19:09	2:45	16:24	=24
	Helen Ramsdale	19:09	2:45	16:24	=24
26	Helen Wightman	19:17	4:45	14:32	14
27	Lindsey Brindle	19:18	6:30	12:48	3
28	Nina Birley	19:19	3:45	15:34	22
29	Maria Brown	19:23	1:10	18:13	29
30	Christine Boardman	20:08	4:30	15:38	23

Report and results by Chris Beesley

Fielden Cup & Fleming Trophy, April 11th

Matthews was 1st Vet and Geraldine Senior finished close together- next year we will need a proper finishing tunnel. Also thanks to Jane Bland, Ruth Beesley, Pete Ramsdale and Nigel Clementson for timekeeping and to Geoff Cayton for being the Turn Round Man.

Thanks to Pete Bland and Andy Connolly for calculating the handicaps. Pete is too good at this as for the third year running all the

Fielden Cup Results

	<i>H/Cap</i>	<i>Actual</i>	<i>Pos</i>		
1	Ian Cowburn	17:37	5:30	12:07	15
2	Dave Mansfield	17:42	5:30	12:12	17
3	Pete Houghton	17:48	5:50	11:58	12
4	Colin Matthews (V)	17:54	6:30	11:24	4
5	Geraldine Walkington (L)	17:57	3:40	14:17	28
6	John Coope (V)	18:00	3:00	15:00	31
7	Patrick Boyd	18:02	6:30	11:32	5
8	Anne Beesley (L)	18:04	3:00	15:04	33
9	Mike Crook (V)	18:05	5:50	12:15	18
10	Doug Hayes	18:08	6:00	12:08	16
11	Anthony Leigh	18:08	7:00	11:08	3
12	Wilf Brindle	18:09	7:20	10:49	1
13	Bryan Rogers (V)	18:12	4:40	13:32	24
14	David Townsend	18:15	6:30	11:45	=8
15	Robert Hope	18:16	7:20	10:56	2
16	Mike Duxbury	18:19	6:20	11:59	13
17	Keith Knight (V)	18:20	5:30	12:50	20
18	Martin Warwick	18:21	5:20	13:01	21
19	Brian Walton (V)	18:22	6:40	11:42	7
20	Kev Gaskell	18:23	6:50	11:33	6
21	John Ashton	18:25	6:40	11:45	=8
22	George Buckley	18:26	4:20	14:06	26
23	Brenda Hardy (L)	18:29	3:30	14:59	30
24	Lyn March (L)	18:31	3:30	15:01	32
25	Steve Jackson (V)	18:32	6:40	11:52	10
26	Alan Sweatman (V)	18:35	5:20	13:15	22
27	Chris Leigh	18:37	6:20	12:17	19
28	Albert Sunter	18:40	6:40	12:00	14
29	Tony Hesketh (V)	18:46	6:50	11:56	11
30	Mike Hall	18:47	4:20	14:27	29
31	Gordon Stone	18:53	4:50	14:03	25
32	Eddie Swift (V)	18:57	4:50	14:07	27
33	Mel Walker (V)	18:59	5:30	13:29	23
34	Lola Smal (L)	19:12	3:00	16:12	34
35	Jim Smith (V)	20:00	2:30	17:30	35
36	Chris Sweatman (L)	20:09	2:30	17:39	36