

Membership Application Form	
Name	
Address	
Tel.	
email	
D.O.B.	
Age	
Parent / Guardian <small>(if applicable)</small>	
Previous Club <small>(if applicable)</small>	

Club Fees at Jan 2008 - £27.00

More details on the web at  
[hoadhillharriers.co.uk](http://hoadhillharriers.co.uk)



## **Glaxo Hoad Hill Harriers**

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*“Health and cheerfulness mutually  
 beget each other”.*  
*Joseph Addison, The Spectator,  
 1712.*

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### Membership Secretary

Pam Leverton  
 6 Churchill Drive  
 Millom  
 Cumbria  
 LA18 5DD

01229 772217

[hoadhillharriers.co.uk](http://hoadhillharriers.co.uk)

Welcome to Glaxo Hoad Hill Harriers (GHHH). Who are we? We are a small running club based in Ulverston on the north side of Morecambe Bay and just south of the Lake District National Park. No matter what reason you have for joining this club; be it social or competitive, 5k to marathon you will always find a warm and friendly welcome.

We meet on Monday and Thursday evenings starting the sessions at 7 p.m. and finishing between 8 - 8.30 p.m.

Both ladies and men enjoy the safety and companionship that running with a group offers. Juniors between 14 and 16 years are also welcome but must be accompanied by a parent for legal reasons.

The Club organises several races, social events and trips to other club races.

### **About the Club**

Established in 1987 and sponsored by GlaxoSmithKline (GSK), "Glaxo" kindly allow members the use of clubhouse facilities and fields as well as generous contributions to funding. Our membership has now grown to over 50 regular runners.

### **Who Should You Contact?**

Ask anyone at the Club to point you in the direction of a Committee Member.

They will answer any questions and introduce you to the Membership Secretary.

### **Benefits of Membership**

- Safe and companionable group runs.
- Use of clubhouse, changing rooms, showers, sports hall and bar.
- Reduced race entry fees that can easily pay for your running membership fee.
- Advice and discussion with like-minded runners.
- Associated social club benefits.
- Locally available discounts on running kit.
- Race insurance from England Athletics registration.

### **Coaching**

Improvement sessions on Thursdays are run and supervised by qualified coaches. Sessions include warm up, stretching and structured session of intervals, fartlek, hill reps or tempo runs. Periodic time trials to measure your running fitness are arranged.

Programmes are designed to coincide with key club events but can be adapted to suit your own requirements. Alternatively just go out for a steady run.

### **Group Running**

Runners are grouped by similar ability for group runs. A leader will choose a suitable route for the conditions.

Group running in safety not only allows you to run more often especially in winter but also helps to motivate runners to get out.

### **A Subscription You Can Afford**

Our subscription offers the best facilities for running in the area. At £27.00 (2008 rates), why wait? Join us at any time of year and encourage your family and friends to see how enjoyable club running can be.

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We look forward to seeing you soon  
Simon Barton  
Club Chairman

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