



# HOAD HILL HARRIERS NEWSLETTER

## JANUARY 2024 EDITION



## **EDITORIAL: Adrian**

Happy New Year everyone, may it be a healthy, injury-free and Pb rewarding year. Let's hope those of you who are recovering from injury do so quickly and are back running with us soon. It has been a really successful year for the club for a variety of reasons, and it is down to the membership to keep us moving forward. The younger end of the club has grown considerably over the last 6 months, so it is even more essential that our success continues. With a new committee, new coaches starting their training, and more volunteers leading club sessions, I am looking forward to seeing what the new year brings. A big thank you to everyone involved.

In producing this newsletter, I try to keep everyone informed with what is happening at the club, both socially, organisational, and update you on running events/results. If any members compete in a race, know of any good races or have any views on anything, please feel free to email your article to me, Adrian at [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com) - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, or missed you from a result!!

## **WELCOME:**

Welcome to new members: **Helen Crank, Emily Quinn, Ashlea Madin, Briony Coglan, Neil Ward, John Austin, Jo Kilkenny, Katie Barker, Laurence Brown, Ellye Robinson** and returning members: **Lee Winter and Cian Nutt.**

## **PARKRUN SUCCESSES:**

Barrow Parkrun: Daniel Booth **PB** 20:23, Terry Peet **PB** 25:27, Darren Coward **PB** 19:03, Lauren Booth **PB** 21:55 (First Lady)

Ford Parkrun: Pete Hopley **PB** 20:43

Millom Parkrun: 1<sup>st</sup> Finisher Dylan Kenny 18:51, Steve Kenny **PB** 23:36, 1<sup>st</sup> Finisher Luke Turner 17:05 1<sup>st</sup> finisher Darren Coward 18:07, Daniel Booth **PB** 19:59, Frank Mckeown **PB** 26:30, Steph Roberts **PB** 35:09

## **COMMITTEE AGM:**

A vote to change the club constitution, to allow 3 additional committee members to the existing 15 was passed. As Simon Barton, Cormac Murray and Alan Wison have stood down from the committee, we welcomed six new members. Can I take this opportunity to thank the leaving members for all their support and input over the years. The committee for 2024 is as follows:

**Chair:** John Barstow

**Vice Chair:** Tom Evelin

**Secretary:** Glenn Boulter

**Treasurer:** Mel Simmonds

**Membership Sec:** Julie Newnham

**Head Coach:** Damian Jones

**X-Country/Newsletter:** Adrian Newnham

**Social Sec./Ladies Captain:** Lauren Booth

**Club Champs:** Penny Moreton

**Men's Captain:** Luke Turner

Graham Pinder

Cheryl Young

Rachel Dioni

Leanne Bayliff

Angela Spencer

Darren Coward

George Huck

Richard Marlton

Meetings are held usually on the third Thursday of each month. If a club member wishes to raise any issues to be discussed at a meeting, please feel free to contact any committee member and request the item to be added to the agenda.

**CLUB CHARITY:** The treasurer informed us that we raised £450 for last year's charity – The Burns Trust. It was suggested that we increase it to £500, and the motion was carried. We had three nominations for our 2024 charity, with Ulverston Ford Park Charity winning the most votes.

It was chosen for the following reasons:

- it is a registered charity (No.1088106)
- it is local
- it is a community asset offering facilities for local people to enjoy the outdoors
- it provides opportunities for volunteering, especially for adults who have additional needs. This enhances social interaction and mental wellbeing and helps counter loneliness and feelings of isolation
- it receives NO central government funding. It is run on a shoestring and is often overlooked in favour of other local (but no less deserving) charities
- the revamped play area is especially popular and well used by families
- they provide many popular events throughout the year, not least of which is the weekly parkrun!
- it is a much-loved facility in need of support from the local community

## **CHAIR'S REPORT: Glenn Boulter**

### **AGM - JANUARY 2024**

2023 has been another strong year for the club, with lots of successes to celebrate including excellent attendance for our races, our couch to 5k programme and various social events. We've also continued to steadily attract lots of new members and kept all of our regular activities going thanks to the generous contributions of our run leaders and coaches. Having been along to almost every session this year, it's been inspiring to see how welcoming and supportive the club is towards runners of all abilities and levels of experience.

Amongst the membership, there have been countless pb's, milestones and other achievements throughout the year, from parkrun successes through to strong results from our cross-country teams. There are far too many highlights to list here, so I would strongly encourage everyone to check in on our excellent newsletter, which captures all of these in detail each month. Thanks, as always, to Adrian Newnham for continuing to produce this to such a high standard.

There's a lot that goes on behind the scenes to make sure that the club functions smoothly and it's been a particularly busy year for the committee. This has ranged from implementing the new membership system (Membermojo) to updating all of our various policies and looking at new ways to improve our race events. I'd like to thank all of the members for their fantastic ongoing efforts throughout 2023, and particularly those that have taken on a new role on the committee this year - Mel Simmonds, Lauren Booth, John Barstow and Luke Turner. Financially, the club did well this year with an overall income of £11,996.04 against an expenditure of £11,375.42, giving us a healthy surplus of £620.62. We were also pleased to be able to donate £500 to this year's chosen charity, the Children's Burns Trust.

A few other special thanks go to: the race sub-committee and race director Dorothy Stirling - our two main races this year attracted over 200 runners each and generated a profit of over £1,000 for the club; Mel Simmonds, Cheryl Young, Terry Gannon and their small army of helpers for organising a hugely successful 'Couch to 5k' programme; to Alan Wilson for being an excellent chair and secretary all the way through covid and beyond; and to Simon Barton for making the club champs so enjoyable (and always challenging) over the last few years.

I'd like to send the best of luck to our new chair John Barstow and look forward to 2024 being another great year for Hoad Hill Harriers.

### **2023 HHH RACE DIRECTOR REPORT: Dorothy Stirling: Race Director 2023**

#### **SUMMARY:**

In my first year as a very green Race Director, I can honestly say it's been memorable and not without moments of intense stress... coupled with a very steep learning trajectory. I am proud that together, Hoad Hill Harriers has continued its tradition of hosting a fantastic race programme. Despite a disappointing end to our racing year, with the cancellation of our Xmas Pudding Race, it has been a successful one in so many ways, with a welcome return to participant numbers which exceeded 200 in both summer events.

The year started with our Paul Jarvis Memorial mile. It may have been a small turnout, but everyone was enthusiastic, and it was great to have Paul's wife Barbara with us too and raising £200 for our club charity - The Children's Burns Trust. Next up was a sweltering 10k in August with over 220 runners and 80 fun runners. Not to be out done, our 5k attracted over 200 and 100 fun runners including a bus load from Sedbergh school. Despite the drizzle, 8 course records were broken in a spectacularly fast race. After a successful summer, work moved onto our classic Xmas Pudding race. On Saturday, the course was set up in the snow by Adrian, Graham and Alan, we had agreed to support a cake sale fundraiser for Croftlands Junior school as well as feeding hungry runners. Unfortunately, as we all now know, for the first time we had to make the decision to cancel - the wintery weather took its toll. The police alerts not to travel as well as a state of emergency called for South Lakes confirmed that this was the right decision. Safety of runners, our volunteers and supporters is always paramount. It was agreed that all 183 pre-entries would be transferred to 2024 Xmas pudding race.

#### **FINANCES:**

The race events (despite cancellation of final race) achieved a profit of £1147 (tbc by treasurer), which includes £250 float and prizes exceeding £1100 which will be carried over into 2024. For information we were on for >£3000 profit just based on pre-entries.

**Income:** £5985 from sponsor Steve Martin Associates £1050 & race entries (less expenses) £4935

**Expenditure:** £4653 broken down as 61% on prizes (£2850) and 22% on First Aid (£1023)

(continued)

A decision made to sell the remaining 80 snoods to club members at £4 each.

### **THANKS:**

I want to recognise the huge amount of time that so many people have put in this year to ensure our events were safe and successful.

- Race committee has worked so well this year, great teamwork - thanks so much to Joanne McL, Graham P, Carol, P and Penny M. Recommend this format is continued next year. We have carried out a review after each race and implemented as we went on. Over the year we have learnt a lot and our aim is to continue to build on this experience as well as from other local clubs. A cross club initiative to share learnings and provide support is at an early stage.
- Course organisers of Adrian, Simon, Graham and Alan who spend hours prior to each race getting the course set up, and taken down.
- Amazing volunteers, I reckon we've had over 80 members giving up time to support and keep our runners safe - fantastic we could not do it without everyone! Special mention to Bob, our timekeeper who no matter the weather, is out there keeping us straight.
- Steve Ashcroft, our promotor; Key sponsor - Steve Martin & Associates; GSK S&S Club; Pete Bland; First Aiders Kentdale & St Johns Ambulance; Andy Yool - Lakes luxury Loos; Keith Herbert - photos; Manjushri for giving as permission to run through their land (note we did have a complaint this year from them following summer 10k which has now been resolved)
- Thanks also to our club committee for their support over the year.

So overall, I think everyone will agree it was a very successful year for our races, with great feedback after each race both from promoter and runners alike. The race committee has some ideas for next few years including changes to Paul Jarvis Mile & chip timing which they will bring to a future committee meeting.

The race committee are already working on our 2024 events. Dates as follows:

Paul Jarvis Mile 2<sup>nd</sup> May Summer 10k 14<sup>th</sup> Aug Summer 5k 11<sup>th</sup> Sep Xmas Pud 10k 1<sup>st</sup> Dec

### **TREASURER'S REPORT: End Of Year Jan 2024: Mel Simmonds**

A spread Sheet showing details on club accounts can be viewed in the club file located by the entrance to the sports hall at GSK Sports and Social Club.

#### **Admin Costs:**

Income = £4090 Expenditure = £4706.32

Included subs, GSK hire including Circuits and club clothing, cost of C25K, Courses.

Note that some 2023 memberships were paid in December 2022 and therefore are not shown in these accounts.

Hall hire for Circuits costs £15 a week – we are not covering our costs here. Can we get 15 people to attend?

Should the club cover the difference? Should we increase the cost?

#### **Club Charity:**

Income 2023 = £450.04 The committee has since agreed to round this up to £500

Expenditure = £500 (2022 charity)

#### **Race Costs:**

Income = £6021.50 Expenditure = £4,969.10

In spite of Pudding Race being cancelled, it has met the brief of covering our costs.

Prizes to be carried forward to 2024 = £1100+ (inc puddings)

#### **Social Costs**

Income = £1,434.50 Expenditure = £1200 (will be £1466 when cheque for Pies cashed) – slight loss of £32 on Christmas do.

**Overall Income = £11,996.04 Expenditure = £11,375.42 = Surplus of £620.62**

#### **Predicted expenditure for 2024**

Coaches course @£160 pp

Christmas Lights Pie & Peas = £266 cheque not yet cashed

New club event flag £150

## **CLUB MEMBERSHIP SECRETARY'S REVIEW 2023: JULIE NEWNHAM**

Many thanks to the 119 members who have paid their 2024 subs of £28 and updated our membermojo database. It seems you are all getting to grips with the new registration system, it has certainly made my life easier in recording and collecting subs, and keeping the database updated. It has also provided a new system for enabling key role members of the club to send out group emails. Thanks must go to Dorothy, who got the scheme up and running.

The subs were due on the 1<sup>st</sup> of January, and we still have 20 members on the expired list. Some of these are second claim as well as first claim members, and includes people who are currently attending sessions on a weekly basis. Please could you use this link to renew your membership: <https://membermojo.co.uk/hoadhillharriers>. Many thanks.

## **CLUB CHAMPIONSHIPS: SIMON BARTON**

### **2024 Club Championships to End December 2023:**

#### **Sen Females**

Lauren Booth 30  
Ellie Simmonds 9  
Daisy Fletcher-Cooney 8  
Natasha Gray 7

#### **FV40**

Heather Travis 44  
Leanne Bayliff 24  
Stephanie Roberts 15  
Kalyani Nutt 15  
Cheryl Young 15  
Elsie Roberts 10  
Siobhan Riley 9  
Hilary Stephenson 8  
Mel Simmonds 8

#### **FV55**

Paula Herbert 40  
Sally Barton 25  
Joanne McLeod 23  
Christine Winder 16  
Carol Postlethwaite 10  
Sue Bairstow 9  
Beverly McArthur 6

#### **Sen M**

Charlie Jeffery 34  
Darren Coward 31  
Matt Elkington 30  
Luke Turner 25  
Daniel Booth 17  
George Body 16  
Harry McCullough 11  
Josh Hartley 9  
Nathan White 7  
Rowan Barton 5  
Graham Jessop 4  
George Maybe 4  
Rory Anderson 3  
Adam Rounce 1

#### **MV40**

Tom Southward 30  
Matt Hardcastle 22  
Glenn Boulter 20  
Alistair MacDonald 18  
David Kitts 9  
Raymond Riley 8

#### **MV50**

Pete Davison 38  
Gary Dover 29  
Karl Fursey 13  
Peter Hopely 10  
Alan Wilson 10  
Richard Marlton 9  
Richard Felton 7

#### **MV60**

Damian Jones 28  
Pat Thomas 25  
Simon Barton 24  
Ken Lamb 10  
Graham Pinder 10  
Terry Peet 8  
Adrian Newnham 7  
John Bairstow 6

As many of you will know Simon is standing down as Championship organiser. He has done this sterling job over the last four years, taking us through lockdown with the development of virtual challenges and into post lockdown, integrating these into the live races we all love!! Many thanks Simon for all his hard work and dedication. Penny Moreton takes over the role and we look forward to some new ideas for the challenges from Penny.

### **Club Championships February 2024**

1. Burnley Cross Country    2. Any Cumbrian park run    3. Virtual 10km

## **ICE CARDS**



Hoad Hill Harriers want you to be safe whilst out running or participating in club sessions. Discussed at a committee meeting recently, the club is promoting the use of an **ICE** card (In Case or Emergency Card), to be worn or carried at club sessions. They are designed for your safety and to assure the support and insurance provide by England Athletics. It helps keep us safe and inclusive whilst operating within the standards required by EA. Many of you may already have ICE wristbands or lace tags promoted and sold via Parkrun. If you wish to purchase either, the link below will take you to the Parkrun merchandise site. The shoelace tags are £5.00 for 3, the wristbands are £20. If you wish to make your own paper copy to print and carry with you, there is a Word template you can open and type in the relevant details, located in the files section of the club Facebook site.



<https://shop.parkrun.com/collections/id-barcodes> **5.**

## **RIBBLE VALLEY 10K: 31<sup>st</sup> Dec**

Returning to Clitheroe, this notoriously fast course provided the perfect opportunity for a personal best race over the 10k route, which runs around the rural closed roads of the Ribble Valley. Incorporating the Northern 10k Road Championship, this was always going to be a fast race with a field of athletes from all over the country. In fact, 1,278 runners took part, with the first ten finishers all under 30 minutes!!

Four Hoadies decided to give this one a go, resulting in 2 PB's over this distance. Well done guys.



Ken Lamb: 42: 40 434/1278 Mark Tomkinson: **PB** 36:27 177/1278 2<sup>nd</sup> Vet 50 Gary Dover: 40:22, 331/1278

Matt Elkington: 31:57 44/1278 **PB**



**Matt:** '32:07 on the watch, but apparently there's this thing in road running called 'chip timing', which has me at 31:57, a ten second difference that has thoroughly made my day due to its position over a completely arbitrary value!'

**Gary:** 'A strong field, finished 10th Vet 60.'

**Ken:** 'Slightly disappointed with the run but it gives me an idea of how fit I am not. I need to work on some speed before my half marathon, 10secs per mile improvement needed to be back on it. A good way to end the year though.'

**Mark:** '30sec PB on a hilly fast course. I was full of cold and had a tight chest which made me feel restricted, so hopefully a sub 36 10k in 2024? Happy New Year all!!'

**REMINDER:** When entering races, please do so as a member of **Glaxo** Hoad Hill Harriers. In a recent race, two members entered as Hoad Hill Harriers, and two entered as Glaxo Hoad Hill Harriers. The race computer did not register all four as members of the same club, and therefore didn't count the club as providing a team, where in fact the first three of our finishers would have counted.

## **CUMBRIA CROSS COUNTRY CHAMPIONSHIPS: KESWICK 6<sup>th</sup> JAN**



A championship counter where runners are selected to represent the Cumbria County Team, for the inter-county meeting on March 9<sup>th</sup>. Matt should automatically get a Cumbria vest, as for the rest of the Hoadies—watch this space!

### **Men's Race**

2<sup>nd</sup> Matt Elkington 00:32:34  
18<sup>th</sup> Luke Turner 00:36:00  
22<sup>nd</sup> Nathan White 00:37:13  
25<sup>th</sup> Darren Coward 00:37:26  
29<sup>th</sup> Charlie Jeffrey 00:38:47

### **Ladies' Race**

9<sup>th</sup> Lauren Booth 00:32:32

Glaxo Hoad Hill Harriers - 2<sup>nd</sup> Team



**Matt:** 'A big scrap with Jake and James for the medals, whilst Tom disappeared into the distance. I took the sprint finish, thanks to some tasty hairpin manoeuvres, very happy with that!'



**Update:** Congratulations **Matt Elkington** on being selected for the Cumbria Senior Men's team, and **Lauren Booth** who is on the reserve list for the Senior Ladies' squad.



### **POWER OF 5K: LANCASTER: 12<sup>th</sup> JAN**

Ken Lamb: **PB** 19:31 1<sup>st</sup> Vet 60 31<sup>st</sup>

### **GARSTANG 10K: 14<sup>th</sup> JAN**

219 runners opted to start the race year off, by tackling this scenic and undulating course.

**Joanne Taylor-Friell:** 45:24 2<sup>nd</sup> Vet 50

'My first race of 2024, Garstang 10k. A slightly undulating course. 45.24. Happy with the result as decided to set off slower and speed up. My last mile was the quickest one, so it worked.'





## **MID LANCS X COUNTRY: BLACKPOOL: 13<sup>th</sup> JAN**

After the great turn out and results of our last Mid Lancs turn-out at Lancaster last month, I was hoping for a similar sized squad for this one. Sadly, holidays, injuries and illness took its toll, but you didn't disappoint, and we managed to field good teams, despite some of you struggling with the remnants of colds. Sadly, we couldn't field two men's teams, but managed to get out two ladies' teams.



The ladies' race consisted of three medium laps, covering a distance of 6k on a flat, fairly simple course. Conditions were good, not too muddy underfoot, and although it was cold, the rain held off for the 122 runners



24<sup>th</sup> Elsie Roberts 2<sup>nd</sup> Vet 45 29:00



43<sup>rd</sup> Daisy Fletcher Cooney 30:10



49<sup>th</sup> Heather Travis 30:22



50<sup>th</sup> Hilary Stephenson 30:32



87<sup>th</sup> Rachel Dioni 34:51



108<sup>th</sup> Paula Herbert 38:41

Despite recovering from illness, Elsie had a confident run, leading our first team back, a minute ahead of Daisy, who was being chased down by Heather. Hilary, who is gaining in strength with every race valiantly tried to catch Heather and brought the B team back with Rachel and Paula having good runs behind her.

The ladies A team finished 13<sup>th</sup>/29 teams and the B team 23/29 teams. They currently sit in 4<sup>th</sup> place from 7 in Division 2



Patrick Thomas 2<sup>nd</sup> V70 31:20

Adrian Newnham 7<sup>th</sup> V70 38:5

For the first time in the club's history, we managed to get a Vet 70 men's team out. As they are allowed to race in the ladies' race over the shorter distance, Pat and I persuaded each other to give it a go. As neither of us have done a cross county for over four years, it was quite exciting getting the vest out and pinning on the race number. With only two required to make a Vet 70 team, it was imperative both of us finished.

Pat had a cracking run, finishing in second place, just missing out on 1<sup>st</sup> place by 17 seconds. All went well with my run, a steady pace with the aim of not finishing last, so I was happy to finish 7<sup>th</sup> from 10. The team finished 2<sup>nd</sup>.



Luke got off to a great start, maintaining his position in what was quite a fast field. A couple of hundred metres behind Luke, Darren and Nathan ran shoulder to shoulder for three of the four laps, Positions changed over the final lap, with Charlie, who had ran a brilliantly paced run, splitting the pair up, with a quick final lap. Rory, our fifth counter back also had a great run, knocking 30 seconds off his previous outing here. Gary was the final 1<sup>st</sup> team counter, and led the Vet team back.





George was happy with his first run at Blackpool, whilst Glenn, Dickie and Damian all scored valuable points for the Vet teams.

18<sup>th</sup> Luke Turner 33:57. 25<sup>th</sup> Darren Coward 34:34. 30<sup>th</sup> Charlie Jeffrey 34:43  
 32<sup>nd</sup> Nathan White 34:52 86<sup>th</sup> Rory Anderson 38:29 100<sup>th</sup> Gary Dover 39:17  
 132<sup>nd</sup> Glenn Boulter 41:40 139<sup>th</sup> George Mabey 42:07 150<sup>th</sup> Dickie Felton 43:12  
 171<sup>st</sup> Damian Jones 46:46

The 1st team finished 7<sup>th</sup>/20 teams and maintain their second position in League 1

The Vet 40 team were 12<sup>th</sup> and the Vet 50 team 9<sup>th</sup>.

Many thanks to everyone for your continued support.

**THE NEXT RACE IS AT TOWNELEY PARK, BURNLEY ON SAT 10<sup>th</sup> FEB – It would be great to get as many there as possible, we are fighting for medal/trophy positions and every point will count on this one. A new fixture has been added for March 2<sup>nd</sup>, a real cracking course in Skelmersdale.**

**MILLOM 300<sup>th</sup>. PARKRUN: 20<sup>th</sup>.Jan**

Well done to the 18 of you who braved the weather to participate in Millom’s 300<sup>th</sup> Parkrun and club championship counter, helping them achieve their attendance record.



**BLAKE FELL RACE: SAT 20<sup>th</sup> JAN**

Usually a 6 miler, but shortened to 4.7 miles due to poor weather conditions, this fell race with a climb of 429m begins in the Ennerdale Show field and goes to Gavel Fell, then Blake Fell before returning via the Pens.

Many congrats to **Josh Hartley** who won this race in wild, windy challenging conditions, in a time of 33:15.



## ESSAR 4 VILLAGES HALF MARATHON: Sun 21<sup>st</sup> Jan

A scenic road race through rural countryside, passing through the Cheshire villages of Dunham on the Hill, Mouldsworth, Manley, Alvanley and Helsby. This race was also part of the England Athletics Age Group Masters programme, with the opportunity of winning a coveted England Masters vest for the 1<sup>st</sup> 3 finishers in each Vet. Category. 1,132 runners who took part.



Gary Dover: 1:28:25 168<sup>th</sup> 2<sup>nd</sup> Vet 60

Ken Lamb: 1:29:26 188<sup>th</sup> 3<sup>rd</sup> Vet 60

Terry Peet: 2:05:30 1008<sup>th</sup>

**Ken Lamb:** 'Today was my third attempt at gaining an England vest and after two previous failures I was not confident going into this race even though I was running well.

I knew I was ranked 4/5 going into this race and thought I would need to run close to or better than I did at Tatton Park back in November, when I finished 4<sup>th</sup> and less than a minute off the 3<sup>rd</sup> place I required to win an England vest. It wouldn't get any easier, knowing that Gary was now also a vet 60 and running with me. On the drive down I was hoping for the dire weather that was forecast as I was used to tough running conditions. But as it was, we escaped the rain and cold and just had to deal with a tough windy day on an undulating route.

I set off with the sub 1hr 30m group as opposed to going off with Gary. I was comfortable with their pace but feared ending on the deck, as it was quite a large group. Getting off the front of this group was my new plan and I could still see Gary up ahead and I started to close the gap. I was growing in confidence all the time, but at nine miles, I had my blip. As the 1:30 pace group caught and passed me, I had to dig deep and not let them get away. I clung on and at mile 11 got back to and passed them. It was all or nothing now and I went as hard as I could to the finish. I even managed something resembling a sprint finish at the end, as I thought the guy next to me might be a vet chasing the same prize.

I was delighted with my time and the consistency I have shown over the two runs, but still expected to be 4<sup>th</sup>/5<sup>th</sup> on the day. When Gary told me he was 2<sup>nd</sup> a little while later and knowing I was less than 1 minute behind him, I started to think I might have sneaked into third. A couple of minutes later, Gary found the results on his phone. It still needed checking and double checking, but I had indeed finished 3<sup>rd</sup>, and will now get to wear an England vest.

To say I am delighted, is an understatement.

Going to have a drink or two tonight to celebrate. Fantastic running from both Gary and Terry today and thanks for the company on the journey.'

### **Gary Dover:**

'This race starts and finishes in Helsby near Chester, in a local sports centre. You park at the local high school and they have buses to take you to the start. Bag drop, changing rooms and plenty of toilets are all there, including showers.

The forecast wasn't good but after leaving Cumbria and the rain, our only issue was the wind, but with 1200 runners you could form groups to run in, in an attempt to avoid the worst of the wind. Pacers are also provided at the start marked up with approximate finishing times, which were annoyingly ignored by some selfish runners, even though it's a chipped timed race.

Our warmups completed on the all-weather pitch, I took to the start line just in front of 1 hour 30 position, with Ken slightly further back, and Terry starting with the 2-hour runners.

This race is also a qualifier for the England master's team to run the Great Manchester run on 26<sup>th</sup> May this year. All runners trying to qualify had to register, which is free, and wear your age group on the back of your vest. The first three in each age group qualify as long as you meet the qualifying times.

As I set off, I soon settled to my pace and although 1200 runners take part, it's on closed roads, so we had plenty of room.

The first two miles were uphill, (not that you notice), then two miles downhill, no rain but plenty of wind required me to draft other runners. Miles five to eleven were an undulating climb, but the wind, when head-on, slowed us down. From mile twelve it was mostly downhill with a couple of cheeky climbs.

I finished the race with a sprint, claimed my bottle of water, then Ken appeared sprinting toward the finish line.

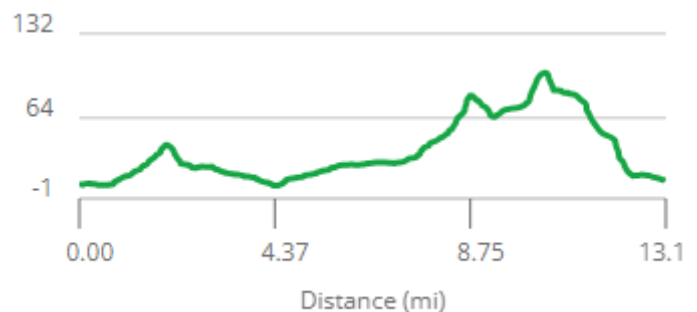
Pleased with my 1:28:25 time and with Ken Finishing in 1:29:26, I thought puts us both with a chance of qualification.

After rehydrating with a beer or two, results soon pinged on my phone, with the top six Vet 60s finishing in 1:32 and below, competition was of a high standard, with our finishing positions of second and third, it meant we had both qualified. Terry soon arrived having run 2:05:30 which for an ultra-runner shows he hasn't lost his speed.

This is a very well organised race, the time of year does lead to some challenging conditions, and it's not flat, but a good test post the Christmas holidays. The standards are very high, with the first three runners breaking 1 hour 10 mins.

**Terry Peet:** 'I decided to run this course to meet up with my friend from my 2021 Chester Ultra who had lost her running mojo and was trying to kick-start herself into action. Likewise, I, after a rather disastrous 2022/23, thought this would be a nice way to get back into some form of competition. Little did I know at that time I would be joined by Ken Lam and Gary Dover. The organisation of this event was superb right from the word go. Parking was on a remote site with a coach provided to ferry us to the start at Helsby Sports club about a mile away. So, this is how the elite athletes live! The sports club itself was very swish and we three musketeers availed ourselves of the spacious and warm changing facilities. Warm up was on the artificial turf and pacers were provided. Just how heavy does a badminton racquet get when held aloft for a couple of hours. The weather turned out to be nearly ideally for running but, at times, the swirling wind was not welcome, however the rain stayed largely at bay.

I set my sights on the 2:15 pacer and Alex my friend and I ran on for a couple of miles recalling some of the landmarks we had passed when doing the Ultra. I passed the pacer and just decided to plod on and pick of some other runners along the way. Most probably because it raises money for local charities the, Helsby club manages to get all the roads closed on a rolling 2hour basis in both directions, so there is very little congestion. The course is sold as undulating and indeed the profile would suggest this will be a killer climb, but it did not provide the struggle I would have anticipated nor was the downhill as savage as the profile suggested. The fact that we live in a hilly area has its compensations! All in all, I was pleased to have achieved a 2:09:09 (2:05:30 net) time and waited to see Alex come in before returning to the sports centre where I found Ken and Gary wrapping themselves around a well-deserved pint. As we walked back to the car park a guy gave each of us an unexpected bonus of a pair of socks. Each of us had our reasons, but it was a happy carload that made the trip back home.'



### **TERRY AND CAROLINE PEETS RACE AT HAREWOOD HOUSE: Terry**



Caroline likes to run with our dog Lia and she found a Wild Deer event that was canicross friendly so we headed out Leeds way to take part in the Harewood House 10k/ half marathon trail. Caroline took on the 10k and I elected to do the half marathon. In previous years the hm was a lapped course however for the first time this year it shared parts of the 10k with additional loops to give a varied and undulating course.

There was no congestion on the course as the 5k/10k/HM had different start times. The courses were a mixture of undulating hard pack trails, occasional mud, tarmac road and fields with some great views and bemused highland cattle.



The organisation was relaxed but still efficient and friendly and the weather stayed relatively benign. If anybody fancies a run with their dog or even just a good run this could be a good choice.

**Terry (Half Marathon) 2:16:44 chip**      **Caroline (10k) 1:06:49 chip**

**OOPS – ONE I MISSED IN SEPTEMBER - Brathay Ambleside trail 25k September 17<sup>th</sup>**



1st Darren Coward 02:14:04 (new course record) 3rd female (9th overall) Amy Whelan 02:33:39 They've just recently announced they won't be holding this race anymore.

## **KONG WINTER SERIES: LOOPY LATRIGG**

Lizzie Brown, running for fell Club BCRunners

30<sup>th</sup> 3<sup>rd</sup> Lady 46:11

## **R.I.P**

Those of you who have been members of the club for a while, will be sad to hear about the death of Barrow Striders legend – Peter Hall. Peter achieved so much as a runner, especially on the fells, competing against (and often beating) Joss Naylor. He was an English Fell Champion, and won many famous national fell races, often smashing course records, including Ben Nevis. Our condolences to his family.

## **KENDAL WINTER LEAGUE: BIRKRIGG 28<sup>th</sup> Jan**

Matt Fleming 24:19 15<sup>th</sup>

Darren Coward: 24:33 19<sup>th</sup>

Simon Austin: 29:58

John Austin: 41:26

Lauren Booth: 28:08 9<sup>th</sup> Lady

Hilary Stephenson: 33:03 37<sup>th</sup> Lady



Well done all, great to see that new member John Austin, one of our C25K group, give it a go. Unfortunately, he picked up a knee injury on the way round. It is also great to see Matt Fleming back wearing a HHH vest, the first time since 2015!





## **KARL'S RACE DIARY – YES IT'S BACK- BY POPULAR DEMAND!!**

Feb to early May 2024 provisional road races calendar.

Dates may be subject to change.

Here is the first part of the new year's road races. Races for CUMBRIA and Lancaster area only. Entry fees are for ATTACHED club runners and may be subject to alteration...please check in case of revisions.

**Sat 03 Feb:** Lancaster 3-1-5 Health Club winter series 5k and 10k races. See details via their social media channels.

**Sat 03 Feb:** Black Combe Runners' WINTER TRAINING LEAGUE RACE: Birkrigg and Sea wood 6 mile two lap multi-terrain loop. Park at the bottom of the "ski slope" close to the Urswick road turn off. 10:30am. Handicapped. Free.

**Sun 04 Feb: Lancaster Williamson Park 10k and half marathon races.** Also a 2k fun run. 10:30-11:30 start times. See Lancaster races or John Schofield's website for further details, but must tell you entry fees are steep.

**Sun 04 Feb: Blackburn "winter warmer" 10km race.** Mostly road, but starts and finishes on the athletics track at Witton Park. 11am start. Register at the Pavillion. £15 in advance, More on the day. Chip timing, race pacers, medal and goody bag. A 2km junior race, all within Witton Park, also happens, starting at 10am for ages 5 upwards, and £2 entry on the day only. See John Schofield's or Blackburn road runners' websites.

**Sun 04 Feb: TBC Montane Grizedale trail marathon and half-marathon races.** 9:30am and 10am start times respectively. (Pre-entry only.....BOTH RACES ARE USUALLY FULL BEFORE XMAS) A Junior kidz trail race is also available with entry on the day only. Starts from the visitors centre, near Hawkshead. See John Schofield's website which has a link to this one for details.

**Sat 10 Feb: For reference only: Penultimate mid-Lancs cross-country fixture at Townley Park, Burnley.** Car parking will be limited nearby. As many Hoadies as possible needed to run to secure valuable points for the club.

**Sat 10 Feb: Caldervale muddy shoes 5 mile and 11 mile run / walk at Preston.** Same day as mid-Lancs XC, but put in for those not racing at Burnley. John Schofield's website for more info and entry fees.

**Sun 11 Feb: Lancaster Valentine's weekend 10km road race.** More details and online entry is available via John Schofield's website. 11am start with a Valentine's memento for all finishers. Steepish entry fee.

**Fri 16 Feb: TBC Morecambe Power of 5k road race.** Must be a series of these Friday night 7pm races, see appropriate social media channels for further details.

**Sat 17 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Devoke Water.** Starting and finishing at the crossroads on the Birker fell road, near Eskdale. Around 5 miles mostly on fell terrain. See BCRs website calendar for more details and a link for where to park. 10:30. Handicapped start. Free.

**Sat 17 Feb: Whinlatter Moon runner night trail race.** A headtorch evening 10k trail race around Whinlatter forest. Running calendar.co.uk for more info. If off road running in the dark is your thing, then give this a try out for an alternative Saturday night out.

**Sun 25 Feb: Maryport 10 miler.** This popular undulating / hillyish Cumbrian race starts at 11am from Netherhall School with entry (£10) available on the day. Free buffet after for all finishers. Cumberland AC or Netherhall ACs website for more details.

**Sat 02 Mar: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Black Combe** up and down fell race covering 4.5 miles and 1800ft ascent to the summit and back, from Whicham Church, Silecroft. There's a large car park there, now and off time is 10:30am. Handicapped. Free.

**Sun 25 Feb: TBC Ulverston Triathlon Club winter series race Duathlon at Ulverston.** Entry fee applies. See any Hoadie who's also a member of UTC for all the details you need.

**Sat 02 Mar: For reference only: Final mid-Lancs cross-country fixture at Beacon Park, Skelmersdale.** See our Facebook or the Mid-Lancs website for more details and watch out for club updates. Please try and race this one...it could make all the difference to the clubs' standings in the league tables. Timings as per previous races in this league.

**Sun 03 Mar: Haweswater Half-Marathon, 11:30am from Bampton School,** 9 miles outside Penrith. Registration at nearby village hall. £23 in advance, £25 on the day if limit not reached. Very scenic, but challenging out and back route to Mardale Head. Superb pre-spring marathon training run. A 1.6 mile junior race is also taking place and entry for this is on the day only. See Eden Runners website (they organise it) for full details and entry form.

**Sat 09 Mar: Black Combe fell race.** 8.2 miles, 3281ft ascent. 12:00 from Silecroft village hall. FRA or BCRs web for more info. Put in for those not running at Dent.

**Sat 09 Mar: Dent 14.2 miler/7.9 miler** Many of us have ran this in the past. Need I say more, but see the Dentedale website for more info. Entry is £18 in advance only, and off time is 1pm. A useful hilly pre-spring / London Marathon training race. **There is a shorter 7.9 mile race option...**details on website, entry fee is same as the 14.2. Great for runners wanting a shorter, less challenging run.

**Sun 10 Mar: Lancaster Trimpell 20-mile road race. (Also a 10k option is available this year)** Your pre-spring marathon weekly long run this week is this race, however, entry is steep at £25 (there is entry on the day) On the plus side it's practically pancake flat. Starts from the 3-1-5 Health Club LA1 3PE 11am start.

**Sun 10 Mar: TBC Carlisle half marathon.** 9am from Brunton Park....Carlisle United FC....start and finish in the stadium. £30 entry. Also a 10k and 2k fun run at £18 and £9 respectively are available.

**Sat 16 Mar: Leighton Hall (Carnforth) AONB 10k and half marathon trail races.** 11am for 10k start, 1pm for the half. Pennine trails.com for further details and entry fees. Day before the Trimpell races in Lancaster.

**Mar or Apr: Check web for 2024 date, it's on this year: Lorton School 10km road race.** From the village school, near Cockermouth. Undulating course. 11am. £10 in advance, £12 all on the day.

**Sun 17 Mar: Buttermere Trail race 20k.** 10am from Buttermere village hall, near Cockermouth. A scenic trail run along the shores of Buttermere and Crummock. £28 in advance. Race best web for more details.

**Sun 17 Mar: Workington to Keswick 30 miler.** ALL ROAD. Great K2B warm up event. Although a walk, a few people run it. See Karl if anyone fancies doing it this year. From the legion club in the town starting when you are ready between 7:30 and 8:30am (each walker/ runner is given a route card to be stamped at each CP, and the start marshall marks it with your start time, so there's no worries about a mass start), it is routed via Branthwaite, Ullock (CP1),Mockerkin, Loweswater, Lorton Valley (CP2), Lanthwaite Green, Buttermere village hall (17.5 miles CP3), Honister Pass to Seatoller (CP4), Rosthwaite, Grange Bridge (Last CP),and Keswick Cricket Club (may change, but was this venue in 2013. See the Workington to Keswick Facebook site for more details.

**Sat 23 Mar: Coniston 14.** 11am start. Generally, it's pre-entry only, do it before 28 Feb as this race is usually full by then. See their website and this will almost certainly be a club champs counter event. There may be entry on the day if limit isn't reached...this has happened most years since 2010. Prices are quite steep.

**April: (Date TBC) Longtown 10 mile race.** Event in N Cumbria that could become a favourite. Undulating in places. From Longtown primary school at 12:00. £15 in advance, £18 on the day. No further details at time of submitting, so please check all relevant websites to see if the 2024 race is on.

**Sun 07 Apr: Race to the castle 10km road race, Lancaster.** Full details on John Schofield's UK results website.

**Sun 07 Apr: Three villages 10 mile and 5 mile road races.** 10am from Wetheral, near Carlisle. Two lap race (one lap for the 5 mile option) taking in Wetheral, Cumwinton and Scotby. Entry £20 in advance, £22 on the day. Race best website for fuller details.

**Sat 13 Apr: Lakeland Trails Races series Hawkshead trail races.** Please see their website for distances, start times, entry fees and so on.

**Sun 14 Apr: Lancaster "Three Bridges" 10km road race.** Popular event which goes over the city's main bridge crossings. From the Salt Ayre track near Asda. 11am. £15 in advance or £18 on the day. Details on Lancaster races website.

**Wed in April: (it's on in 2024) Keswick "round the houses" 4.2 mile race.** An evening run around the streets of Keswick, including the hilly routes such as Chestnut Hill. £10 I think, on the night and it starts at 7pm. See Keswick ACs website for details.

**Check web for date: Garstang Gallop 7 miler.** 11am from Garstang sports & social club. £15 in advance or £18 on the day. See John Schofield's website for more details and link.

**Good Friday: (date changes every year)** Caldervale Country 10 mile road race & fun run. 1pm from the village hall near Garstang. Is always on Good Friday every year. £15 in advance or £18 on the day.

**Easter Saturday: (date changes every year) Isel Cross multi-terrain 5.5 mile** race from Cockermouth School. 11am start. £10 on the day at Derwent ACs clubhouse at Kirkgate a km away. Mix of road, trail and hill. see Karl (who's ran this in the past) or Derwent ACs website.

**Apr or May: TBC (check web for date) Lancaster "War of the Roses" 10km and 5km road races.** 11am from the Lancaster & Morecambe AC clubhouse athletics track opposite Salt Ayre sports centre. £12 in advance or £15 on the day. Start and finish on the track and the route crosses all the bridges spanning the river. John Schofield's or LMAC website for more info and to enter in advance.

**Sat 20 Apr: Lake District trail running challenge races. 4 choices....10 miles, half and full marathon or 62k ultra.** Start at 6:30am (ultra), or later depending on your event. From Grange in Borrowdale. Trail events co website for more info and entry fees. An alternative to the Lakeland trails series.

**Sun 21<sup>st</sup> Apr: Brigham (just outside Cockermouth) 10km road race.** 11am from the village social club. £10 entry. Further details on the Race Best website via race calendar and clicking on for this race.

**Sun 21 Apr: For info only: London marathon.** Good luck to those taking part. Several of us are in the capital and you can see it all live on BBC 1 from 8:30am to 2:30pm.

**Sat 27 Apr: Wray Scarecrow 10km.** 1:15pm from Wray village 8 miles east of J34 M6. £10 in advance or £12 on the day. Scarecrow medals to all finishers. Min age 15 to enter. More info and entry form on UK Road Races website.

**Fri 26 Apr: Dalton-in-Furness 10k road race.** We all know the drill with this race....on our doorsteps, undulating, popular and from the cricket club at 7:15pm, with a fun run at 7:25pm. Entry in advance, on day only if limit not reached.

**Wed 01 May: Kendal 10k** from the leisure centre at 7:30pm. First race in the 10k Kendal AC Grand Prix series which also includes races at Levens, Hawkshead and Endmoor at three weekly intervals between each one. More info on their website including a discount by entering all four races in advance.

**Sun 05 May: TBC CHECK ONLINE. Keswick Half-Marathon.** 11:30 from Keswick RUFC (registration and finish here, start is on the main road). Highly popular race as it's a Bank Holiday weekend, so expect over 600 runners. Undulating / hilly roads. £20 I think in advance, more on the day. This race doesn't have an entry limit and could easily accommodate up to 1000 runners.

**Sun 05 May: Morecambe half marathon, 10km and 5km.** 11am from the prom, but see link on the UK Results website calendar where more fuller details are given.

**Tue 07 May: TBC Whitehaven 10k** from Lowca Rugby league club at 7pm. Cumberland ACs website for further details.

**Sat 11 May: Keswick to Barrow and Coniston to Barrow walk / run events.**

**Sat in May: Lakeland Trails race series Staveley trail race.** See their website for full details of distances, start times, entry fees and so on.

DON'T FORGET EVERY SATURDAY AT 9am IS THE WEEKLY 5k PARK RUN FROM BARROW-IN-FURNESS, MILLOM, NEWBY BRIDGE (FELL FOOT), MUNCASTER AND ULVERSTON. Best of all it's free to enter, but see the park run website for details before turning up.