



HOAD HILL HARRIERS NEWSLETTER



MARCH 2024 EDITION



EDITORIAL: Adrian

Thank goodness it's getting lighter, and we can get rid of the headtorches, get off the tarmac and pavements and enjoy the countryside. Let's just hope it stops raining and things dry up a little.

The race season is well underway now and I'm struggling to keep up with everything that you're all doing! Good luck to all of you doing Marathons over the next few weeks. Race reports would be most welcome, when you have recovered!

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 - and I will include it in the next newsletter.

WELCOME: Welcome to new member **Caitlin Fawkes.**

MARCH COMMITTEE MEETING:

- Leanne Bayliff kindly volunteered to become the club's deputy welfare officer, joining Damian Jones who is our Chief Welfare Officer.
- It was decided to return to our summer format for Monday night club runs, on **15th April**. On the first Monday of the month, runs will still start from the clubhouse. On the other weeks, they will meet at a venue decided by the run leaders. Cheryl will post the group venues on our Facebook site. Those without transport please let us know so we can organise a pick-up point. Most of these runs could be mostly off road.
- It was agreed that we will become an adult only (over 18) club. This was to remove the need for coaches to complete welfare and safeguarding training courses for the coaching of children.
- Club Chair, John Barstow has completed the club's Grievance and Discipline Policy. This has now been sent to England Athletics and will also be posted on our club website, in the policies section. There is also a copy of it in the blue club folder, on the shelf as you enter the sports hall. Minutes from the previous meetings can be seen in this folder, along with other club info/policies/forms.
- As part of our Health and Safety policy, we should all carry emergency contact details with us on our club sessions, in case of injury or illness. (ICE). Some members have Parkrun wristbands which have the details on, or shoelace tags. Anyone brought along to sessions for the first time should either bring their details with them, or provided them to the coach.

RACE DIRECTOR

We are still looking for someone to take over as race director for 2025. and attend at least 2 races in 2024 to shadow the current director, Dorothy Sirling.

The Race Director is responsible on the day of the race to coordinate activities ensuring the event is safe and runs smoothly in compliance with the English Athletics race permit. This person acts as the key decision maker on the day, resolving any issues if they occur, liaising throughout the event with the events organisation team including First Aiders and results team (Steve Ashcroft).

Other responsibilities:

- starting the race and prize giving **though this may be delegated if there are sufficient volunteers.**
- signing off on the event risk assessment, ensuring the event is safe to run on the day
- Race report submission to English Athletics (Run Britain)

The race director is supported by the events organisation team, which includes Marshal Coordinator, Course organiser and possibly Registration and Timekeeping. They can be either a full or part time member of race sub-committee who as a team prepares all tasks ahead of race day/evening.

If anyone is prepared to take on this role, or assist in one of the key roles, please inform me or any of the committee.

CLUB MERCHANDISE:

Just a reminder that I always have club vest, a few t-shirts and club buffs at the sports centre on club nights.

CLUB FLAG:

The club has purchased a new club event flag - it can be seen in the cross country team photos in this newsletter.

ENGLAND ATHLETICS:

- A payment of £200.00 to affiliate the club with England Athletics will be sent on April 2nd.
- England Athletics affiliation for individuals also needs renewing on April 1st. We have already collected your fee of £19 which was included in your yearly subs, so a separate payment will be made to England Athletics to cover all existing members. Anyone who still needs to renew membership, please do ASAP, so we can send you your £19
- We have also received this message below from England Athletics:

Athlete Code of Conduct

'It is important that Clubs encourage their athletes to sign up to the UKA & HCAF codes of conduct to enable them to compete under the UKA Rules of Competition. All athletes **MUST** access their portal and agree to the athlete code of conduct before competing. **Please check your personal information is as accurate and up to date.** If any information has changed or is incomplete, then please update the relevant section in My Athletics portal.'

2023 CHARITY THANK YOU LETTER:



Children's Burns Trust
PO Box 13402
Ingatestone
CM4 9YR
T: 07802 635590
E: info@cbtrust.org.uk
www.cbtrust.org.uk

Graham Pinder and all at Glaxo Hoad Hill Harriers

11th March 2024

Dear Graham

On behalf of Children's Burns Trust I would like to thank you and all the club members at Glaxo Hoad Hill Harriers running club for your wonderful support last year.

Your personal commitment to supporting the charity by taking on the London Marathon was just amazing and I know quite a personal challenge; but what an achievement. We are so grateful for the fundraising that you did on our behalf.

To all the running club members who helped raise a magnificent £500 over the year during the club events, again I cannot stress how much this type of support enables us to continue the work that we do to support children and families following a burn injury and also to continue our burns awareness campaigns.

With heartfelt thanks and best wishes for a successful year,

Kind Regards

Jo

Jo Myers

Operations and Relations Manager



CLUB CHAMPS: Penny Moreton

APRIL

5K: SHORT FELLFOOT PARKRUN April 13th 9am 400th parkrun
10k: MEDIUM DALTON CHARTER April 26th 7.15pm Dalton Cricket Club, undulatory, £11.60
26.2M: LONG MANCHESTER MARATHON
TRAIL: 10/16km HAWKSHEAD April 13th Lakeland Trails, either race £29, under 25 £15
VIRTUAL: How many steps can you run in 60 minutes

CLUB CHAMPS RESULTS UP TO END OF MARCH: Penny Moret

Senior Male

Charlie Jeffrey 88
Darren Coward 76
Daniel Booth 58
Luke Turner 55
Rowan Barton 38
John Austin 36
Matt Elkington 30
Cormac Murray 22
Joe Body 16
Harry McCullough 11
Rory Anderson 9
Josh Hartley 9
Nathan White 7
Frazier Cowgill 7

MV40

Glenn Boulter 60
Tom Southward 49
Raymond Riley 34
Alastair McDonald 26
Matt Hardcastle 22
David Kitts 9
Mick Cull 9
Cian Nutt 6

MV50

Pete Davidson 81
Richard Marlton 58
Karl Fursey 51
Gary Dover 48
Alan Wilson 27
Frank McKeown 21
Mark Tomkinson 20
Steve Kenny 17
Andy Jackson 17
Richard Felton 16
Peter Hopley 10
Shan Dixon 8
Lee Winter 8

MV60

Damian Jones 57
Simon Barton 56
Pat Thomas 54
Adrian Newnham 36
Terry Peet 35
Graham Pinder 30
George Maybe 23
Alastair Durno 12
Ken Lamb 10
Neil Ward 9
John Barstow 6
John Broadhead 5

Senior Female

Lauren Booth 40
Natasha Grey 37
Daisy Fletcher Cooney 36
Ellie Simmonds 19

FV40

Heather Travis 123
Steph Roberts 63
Leanne Bayliff 57
Rachel Dioni 53
Siobhan Riley 36
Angela Spencer 34
Elsie Roberts 30
Deborah Yearnshire 17
Cheryl Young 15
Kalyani Nutt 15
Vicky Parkinson 14
Hilary Stephenson 8
Mel Simmonds 8
Julie Hunter 8
Joanne Taylor Friel 7

FV55

Paula Herbert 125
Joanne Mcleod 73
Sally Barton 68
Carol Postlethwaite 10
Alison Cooke 10
Susie Barstow 9
Penny Moreton 9
Christine Winder 8
Caroline Peet 7
Bev McArthur 6
Kath Whipple 6

MID LANCS CROSS COUNTRY: END OF SEASON REPORT: Adrian

After fielding teams in all six of the Mid Lancs Cross Country series, we had yet another highly successful season. The men's 1st team finished in bronze place in Division one, their highest position ever. Battling it out with much larger clubs, most being city-based teams, they challenged the top placed teams with consistently high finishes. The 'B' team were the 3rd placed 'B' team in Division 3.

Our newly promoted ladies' team also produced their highest league finish, despite the fact that they were missing several regulars this season through injury. They finished in 4th place, in Division 2, missing out on bronze by 1 point. The 'B' team were the second placed 'B' team in Division 3.

Our highest points finishing lady after the six races was Lauren Booth, finishing in 12th and our top point male was Luke Turner who finished 8th. A special mention to Heather Travis, who finished 7th in the FVet 45 group after the six races.

The results are even more remarkable considering what a small club we are. 45 Hoadies took part this season, ranging in age from 20 to 73, including 13 new members, one of whom came through our Couch to 5K programme and only started running six months ago. The support we all give each other is infectious, and the camaraderie tremendous, it's what keeps us going, the great results are just a bonus and just reward for the effort everyone puts in. I'm proud of you all, roll on next season!

PARKRUN SUCCESSES:

Barrow Parkrun: Neil Ward **PB** 24:57,

Muncaster Castle Parkrun: Claire Welburn **PB** 28:48

Siobhan Riley **PB** 23:55

Ford Parkrun: Daniel Booth: **PB** 19:49

Morecambe: Adrian Newnham **PB** 30:04

Fell Foot Parkrun: Dylan Kenny **PB** 21:40

Millom: Joanne McLeod 1st Lady 22:36

CONGRATULATIONS:



Club championship turnout at Barrow's 575th Parkrun

Congratulations to **Alan Wilson** on moving up a vet age group from Vet 55

UP THE VETS - Neil Ward

I thought that you might be interested in knowing how one of your C25K 'children' has progressed since the end of the programme. I have been attending the HHH training nights when I can on a fairly regular basis and, though I find some of the sessions challenging (as they should be!), I can see personal progress week on week which is very satisfying.

I have also been running Barrow Parkrun on a fairly regular basis since the C25K finished; as times are measured, it gives me an opportunity to see if I'm making any improvements – or not! I am trying my best not to be too 'goal driven' in my running (and trying to remember that I'm in my mid-sixties now) and run just for pleasure and to stay fit, but I must admit that I can't help setting myself little personal goals.

Some of these goals have included: • Running a 10K – preferably in under an hour • Finishing first in my age category at Barrow Park run • Trying to beat my 'lifetime best' Parkrun time of 25:40 (set at Barrow when I was reasonably fit several years ago, so in my mind quite an ambitious target) • If I could get close to my Parkrun best, trying to run a 5K in under 25 minutes on a flat, fast course (again this feels like it is possibly unrealistic – but if you don't try then you will never know!) • To run the Dalton Charter 10K: Dalton has been my home for nearly 40 years now, so I have got to run my 'home' race; no targets – I just want to complete it and preferably run it with some of my children.



Taking each in turn, last month I ran the Lancaster Valentine's 10K. I have run one 10K before, several years ago now, but I don't really count that one, as I had to walk much of it as I wasn't fit enough to run the full distance. Nevertheless, with my walk-running, I managed to finish it just under an hour – by two seconds! Going into the Lancaster 10K, my 'goals' were to run the whole way and to beat my shaky 'previous best'. I'm pleased to report that I managed to achieve both goals, taking more than five minutes off my previous best time finishing in 54:32. An unexpected bonus was that I also achieved a season's best for 5K, which was a nice surprise.

I'm pleased to say that, after a few second and third places, I've managed to finish first six times in my age group at Barrow Parkrun now. Admittedly, it's easier the older that you get as there is less competition! In terms of beating my previous best Barrow Parkrun time, I didn't really believe that I could do that and would have been happy to get close if I'm being honest. But my Parkrun times having been regularly coming down and I have been getting closer and closer... Five weeks ago, I was 55 seconds away; four weeks ago, 42 seconds; two weeks ago, 21 seconds... Last week, I decided to 'go for it' and was disappointed that I missed my target by four seconds! I ran Barrow Parkrun this morning, hoping again that I might sneak inside 25:40, and was gutted that when I got to the finish line that I hadn't set my watch properly so had no idea how fast I had run. I was really surprised, though, to find out that I had finished in 19th place – out of a field of 161 finishers! When I finally got my official time by email, not only had I sneaked inside my previous 'lifetime' best, I had beaten it by 43 seconds!!! Also, finishing in a time of 24:57, I had achieved my next goal of running a 5K in under 25 minutes – something I genuinely doubted was even possible – especially not on an 'undulating' course like Barrow Park. And on checking the results, I didn't just finish first in my age category, I also beat everybody in the next age category down from me. (Yes, I know that Parkruns aren't supposed to be competitive, but you know how it is...) So, just the Dalton Charter 10K to go – and two of my children are talking about running with me, so that would be the icing on the cake!

Finally, and most importantly, many thanks to HHH and Mel for setting up the C25K programme, as none of this would have happened without that kickstart, and I hope that you can share in the pride of some of my progress since C25K. Credit is also due to the coaching that I've had from Adrian, Leanne, Mike and Terry since the C25K programme finished, as I wouldn't have carried on without their enthusiasm and encouragement – not mention the support of other members of Hoad Hill Harriers. I reckon I've come a pretty long way in the last six months – far further than I expected or even thought possible – and not too shabby for a 65-year-old! If the club ever decide to run another C25K programme, then I would welcome the opportunity 'to give something back' and get involved in helping with the programme. If it happens then please don't hesitate to give me a shout. Thanks again, Neil.

LADIES' TEAM NIGHT OUT: Joanne McLeod



'Hoad Hill women's cross country team night out last night. We had a lovely evening celebrating this season's success. Though I was a bit of an imposter, having only completed one race of the series, the rest of the team more than made up for my absence. Well done everyone, and thank you for your lovely company.'

MID LANCS CROSS COUNTRY: BEACON PARK: SKELMERSDALE: March 2nd.



A proper cross-country course, and boy what a tough one it was! Having not been used as a fixture for ten years, it was a welcome return, until we saw the state of the course. The conditions were horrendous. Most of the course was muddy, slippery and even the downhill had to be tackled cautiously.

With six ladies turning up, we had an A and B team, with all members scoring points.

Numbers were down for the last race of the season, with

74 runners lining up to tackle the two lap, 6k race.

Elsie got off to a strong start, being tracked closely by Ellie with Hilary just a couple of places behind Ellie. Unfortunately, Alison had a nasty tumble on a small sapling, resulting in a heavy fall and cuts to both knees. It obviously knocked the wind from her, and she took a while to get back into the race. Rachel and Paula smiled as they passed me on the first lap, but they weren't smiling on the second!!

Elsie managed to increase her lead on her teammates, and Hilary just got past Ellie as our first team finished in 5th/17 teams, and third in their league.

Alison battled bravely to bring the B team home, followed by Rachel and Paula who all had great runs resulting in them being the first B team to finish.

Well done ladies, a great end to a highly

successful season!



24th Elsie Roberts 34:16

Simmonds 35:14



27th Hilary

Stephenson 35:12



28th Ellie



37th Alison Cooke 36:54



61st Rachel Dioni 43:41



63rd Paula Herbert 46:26



Just a couple of days before this fixture, we were struggling to field a team of six. Fortunately, Cormac and Alan came to the rescue, both competing for the first time this season. Compared with the first race of the season which saw 257 men racing, only 95 set off on the 3 lap, 10k course. Luke and Darren got great starts, and settled in well in the front pack, who were chasing the leader who had a commanding lead after the first lap. Sadly, Charlie had problems with the mud, claiming one of his shoes several times, causing him to stop and put it back on! Fortunately, he completed the race with both shoes and was our third runner back. Dickie, who used to work in Skelmersdale and knew the park well, had a good run, and was our fourth counter, followed by Alan who had a battle with Phil Horrocks running for Walney Wind Cheetahs. I was chuffed to see new member John Austin returning for his second cross country and he was our final counter back for the team; a great achievement considering the conditions. Looking somewhat shattered but still smiling, Cormac completed the Hodies squad back.

8.



6th Luke Turner 41:19



9th Darren Coward 41:48



51st Charlie Jeffrey 50:22



70th Richard Felton 54:12



83rd Alan Wilson 1:00:03



87th John Austin 1:02:37



89th Cormac Murray 1:05:56

The men's team finished 6th overall.
Many thanks to Keith Herbert for his excellent photos.

HAWESWATER HALF: Sun March 3rd.

The Haweswater Half Marathon follows an out and back course from Bampton village, passing along the shores of Haweswater in a remote and dramatic mountain valley. The hilly course offers an exhilarating run, in unique surroundings.



409 runners took part, with **Gary Dover** giving it a very successful go!



Gary: Snow, Sweat and a mug of tea: 'The start and finish is the village of Bampton, near Shap. You leave the village running uphill for the first quarter of the race, then downhill to the head of Haweswater reservoir. There were stunning views, especially with the snow. It's an out and back course, so you start back with a major hill. A large field of 409 and the standard is pretty high. You had to take care as you run on a camber falling right to left for the full race. Finishing in 46th position, 2nd vet 60 from 35. Waiting for you at the finish is your prize mug, filled with coffee or tea. I felt a bit race rusty with my time 1:33:44, as this is also my PB half marathon course from 2015 of 1:23:08 without a watch, probably my best ever race considering the hills. A good week of high millage running due, ready for Trimpell 20 next weekend.'

LEICESTER 10K 3rd. March



Heather Travis:

'Leicester 10k this morning, I found it quite tough and a few more inclines on the first half than I expected. My chip time was 45.37, 37th lady out of 393 but 15th in age group, so all the speedy vet 50s were definitely out today!'

10.

POWER OF 5K SERIES: LANCASTER Frid 8th March

10th Luke Turner: 16:16 **PB** by 2 seconds. 'Brutal head wind on the long straight and no real pack to work with... couldn't quite hang onto the 16min group.'

16th Charlie Jeffrey: 16:53 'Wow! Only the 4th time I clocked in at sub 17 for a 5k! Get in! It was quite cold though; I kept my gloves on for the entire race.'

20th Darren Coward: 17:04 **PB** by 20 seconds. 37th Richard Marlton 20:05

DENT 14 MILES Sat 9th March

Terry Peat: 'Official time gun 2:27:43 chip 2:27:18. Cold and windy but the rain held off and got the famed packed lunch and cuppa afterwards.'

BLACK COMBE FELL RACE: Sat 9th. March (Club Championship Counter Race)

This tough late-winter race has two good ups, two good downs and usually some interesting weather in between. The final descent is one of the best you can find and there's a pie and a brew in the village hall afterwards. 189 runners set off to tackle this 8.1 mile /1000m ascent race, with one Hoadie and two second claim members taking on the challenge.

11th Josh Hartley 1:18:50

34th Matt Fleming 1:25:53

187th Karl Fursey 2:46:48



LANCASTER MOTHER'S' DAY 10K: Sun 10th March



106 runners took on this 2 lap, flat, fast and traffic free course, with 6 from HHH who all had great runs.



Mike Cubin: 9th 38:05 1st Vet 50



Heather Travis: 18th 44:48 1st Lady.



John Austin: 29th 50:35 **PB**



Leanne Bayliff: 32nd 51:04.



Rachel Dioni: 40th 53:25 'Yipeee... **PB!**'



Paula Herbert: 66th 58:19

Mike Cubin: 'Recent training and physiological metrics suggested I was capable of running sub 37:30 but I am very pleased with today's performance. That is the second fastest 10K time I have run as a Veteran runner. I managed to stay sheltered from the headwind on the way out as I tucked in behind a group of faster athletes racing the Trimpell 20 Miler until I was dropped after 1 1/2 miles. I struggled running in isolation and switched off as I got passed by two runners just after the turnaround and was unable to respond. I got my head back in the game and rallied the last couple of miles to finish strongly. With a bit more mental resolve, I am sure there is a 37:30 in there somewhere and with more focussed speedwork and race sharpness, I think I can push myself much closer to 37 minutes. A great start to my season!'

Heather Travis: 'Another busy weekend of running! Barrow parkrun yesterday then Mother's Day 10k today in Lancaster. Very surprised to be 1st lady in 44.48 but think the speedy ones were all doing the 20 miler. Pleased to be under 45 mins though. Great performances from team HHH.'

Paula Herbert: 'Under the hour, so happy with my time today.'

John Austin: Running around 'Six months ago, my running journey began. We stood huddled en masse around Glaxo car park, dreading the next hour or so where we had to physically engage in a C25K programme and run. Actually run. Well, 9 weeks flew by and a Parkrun around Ford Park later, we graduated as C25K successes. Two people continued their journey from C25K onto full club membership this year. I as one of those people have now run 6 races for HHH, fell running Birkkrigg common, tackling two XC mudbaths and road races in Lancaster. Sunday 17 March saw me enter my longest one, 7 miles, and Saturday 23 March I join a plethora of Hoadies in Coniston for Coniston14. A journey of improvement, enjoyment and mental wellbeing. Hoadies are a fantastic community of people who take their love of running and make all feel welcome and part of the community. Here's to six months in as a Hoad Hill Harrier!'

TRIMPELL 20: LANCASTER: Sun 10th March



This 20 mile race goes through the historic City of Lancaster and the picturesque Lune Valley Countryside. Perfect for training for those who have a spring marathon. 500 runners took on this event, with **Gary Dover** and **Briony Coglan** representing the club superbly.

Gary Dover: 96th 1st Vet 60 02:22:55 and on Run Britain rankings, 2nd vet 60 over 20 miles this year in the UK.

Gary: Road to London Marathon 2024

'Why would people choose to run a 20-mile race, it's not that popular a distance, I mean you might as well run the extra six for a full marathon. The reason is there's nothing better for marathon training. When training for your first marathon, you can test out your kit, nutrition (before/during/after), experience running in groups and 20 miles is a long way.

This was a large field with 500 runners. Tactics were to run the first 10 miles at a heart rate of 150 then push on for the last 10, this never worked, as due to rain, no glasses meant I couldn't see my watch. Setting off into a strong east wind, the first turn round point was at 3.5 miles, then we then had a following wind up to 12 miles. I was being passed by runners at regular intervals up to the 12-mile point, then I passed two runners who had recently passed me. They tucked in behind me as we hit the head wind once more. Being a training race, I stayed in front of them, something I would never do racing. At 15 mile we hit the footbridge and gained a following wind to mile 16.5, but at mile 17 I had a bad spell and the two runners passed me plus a couple more. The wind was now at its strongest. I rallied for the last couple of miles only to the point of no more runners passing me. I was really glad to see the finish line. What did I learn, well sub 7 min/mile is not achievable but a pace of 7:06 min/mile should be if training goes well, Set the watch up to read LAP PACE and HEART RATE, so I can see and pace more accurately, and always remember never to rely on GPS at Canary Wharf in London, always use 5KM split time on the timing mats for accurate pace information. Long run this weekend, then Coniston next week. After that it's taper time.

Briony Coglan: 392nd 03:24:33 'Only my second ever proper race after doing the Blackpool night run in August and what a jump 7.5km to 31.187km! It was lovely to start the race with the HHH gang, probably about time I bought a club vest so I don't stick out like a sore thumb!

My watch died at 19.27 miles, so I missed out on the last 0.73 Strava points, and of course my name's spelt wrong on the finish results and to top it off, there's not one super flattering, candid runner gal pic for me to use as a new profile picture!!

However, seven PB's for me today and I finished 30 minutes quicker than my goal time!!

- Miles 12-18 were awful and I wanted to cry, especially when fellow runners were being so nice to me, asking if I needed anything whilst trying to push through the knee pain (my weak left glute/hip has a lot to answer for!)
- Interval training definitely helped on the last 2 miles, knowing it genuinely is physically possible for me to run 2 miles in 14 minutes and then it would all be over helped me to pick back up the pace, even if I didn't get anywhere near those realms today.

My marathon training plan takes me up to 21 miles next week (if I can hack it on the hilly local roads.) only five weeks to go and I'll be writing my 26.2 miles marathon completion post!

EDITOR: If anyone fancies sponsoring Briony - <https://www.givewheel.com/fundr.../2342/manchester-marathon/>

LAKELAND PAWS: 3rd March

As many of you have dogs, I thought some of you may be interested in this. I remember Mike Cubin running one of their events a few months ago, and he was raving about it.

Holding a series of 5k canicross events based in forests in The Lake District, usually on the first Sunday of every month, their events and further info can be located here: <https://lakelandpaws.com/>



Christine Winder: 'Something different today, Canicross with my new pupster Buddy. It was absolutely brilliant, although I had to use my brakes on the downhill sections! It was a 5k trail at Dodd Woods, Keswick, and it was great to see Terry Peet and Caroline Peet with their dog Lea.'

LEIGHTON HALL TRAIL RACE HALF MARATHON/ 10K: Sat 16th March

HALF: 157 runners

Darren Coward: 1st 01:41:50

Luke Turner: 4th 01:44:40

Daisy Fletcher-Cooney: 59th 2nd Lady 02:18:36

LUKE: 'I had a solid 90 second lead at halfway and blew it instantly with a navigation error (thought I'd gone off course, turned out I hadn't but I walked back the way we'd came because I couldn't see any course markers). Head, heart and then legs departed after that... plodded it home for 4th. It was still a fun race, and at least I know the course for next year now!'





10k: 168 runners



Amelia Thompson 34th 01:00:35 1st Under 23 Frank McKeown 56th 01:06:44

Ian Walker 88th 01:12:03

OUR NEXT EVENT – PAUL JARVIS MILE: Thursday 2nd May

The race committee have made a change of format to our annual Paul Jarvis Memorial Mile Charity Event. The senior mile course has been officially measured and will be run under UKA permit with results reported to Run Britain i.e. counting towards your Power of 10. This will be followed by a Fun run mile for juniors and anyone else who prefers a slightly slower pace. The event will climax with a Mixed Mile Relay.

MIXED RELAY: This a new event for us and will be for teams of two males and two females who will each run a mile along Pulman Road. Teams can choose their own run order. There will be a prize for first team. Entry fee on the night is £10 per team.

Senior Mile start: 6.45pm Fun Run mile start: 7.00pm
Mixed Relay start: 7:30pm

PRIZES: There are prizes for first 3 in male and female senior and first in all Vet +40 categories as well as 1st relay team. All finishers in fun run mile will receive a certificate.

MORE DETAILS/INFO ON THE CLUB WEBSITE (under events)

GARSTANG GALLOP 7 MILES: 17th March

127 runners, including 5 hoadies took on this very scenic, one lap undulating race.

Heather continued her winning ways with two 1st Lady wins in a row.



Heather Travis: 29th 1st Lady 52:29



John Austin: 55th 00:58:42



Neil Ward: 63rd 1:00:36



Rachel Dioni: 72nd 01:02:27

Many thanks to Keith Herbert for the photos.

CONISTON 14: 23rd March



Paula Herbert: 103rd 1:10:30



Once again, what a superb turn out by the club for this iconic race, from newbies to Coniston 14 veterans. Conditions were mixed, throwing rain, sun, hail and wind at the 1,102 runners who participated.

Mark Tomkinson: "Note to self, breath through your nose when taking a gel! Managed to inhale a mouth full of gel at mile 8 and spent the next half a mile coughing my lungs up! Lost about 30 seconds or so on the group I was in, worked my way back and managed to pass a few on Brantwood and last mile. Too windy for anything spectacular today but I'll bank the training effort - 3rdV50, 35thO/A."

Graham Pinder: "I am the 1 minute man, why am I always 1 min outside my target time, Bah !!! chip time 2:01:06. Other than that, quite knackered." **17.**



Tom Southward: "Coniston 14, number 15.

Happy with that in the wind."

Gary Dover: "Seemed to go steady, steady and then slowdown, felt like a steady stream of runners passing me, even at the end. Felt comfortable despite HR being in zone 5 most of the race."

Mike Cubin: "Race effectively over in the eighth mile when I strained my left adductor/thigh muscle and struggled on, before calling it a day to limit any further damage.

Taking the positives from the race, I did feel comfortable running around 6:30 min/mile pace and probably would have run close to my 1:30 target time had I completed injury free.

And my car didn't get stuck in the muddy school playing fields like so many others did."



Paula Herbert: "And it was the coldest one by far!"

Rachel Dioni: "Five minutes faster than last year."

Ellie Simmonds: "Really pleased especially in the awful weather!"

Siobhan Riley PB : "That was the hardest thing I've ever done! My legs got so cold I couldn't feel them for the last few miles...maybe that was a good thing... The head winds for the last few miles were ridiculous!"





Mick Cull: "Bit wet and windy in parts!"

George Maybe: "Terrible weather!!!! Took about 4 min off last year though!"

Terry Peet: "Cold , wet ,windy, but a magnificent friendly run with Tracy on her first C14. Shakeout for Good Friday M2L 50 miler, Learn to stop the watch - stupid boy!"

Frank McKeown: "Coniston 14 Race today, some 'uphill', wind and rain, but happy with time of 2 hrs 12, well done to all the runners from Hoad Hill Harriers and work and thank you to all the supporters."

John Austin: "Most of you will know by now, I took on the Couch 2 5K group challenge last September and joined Hoad Hill Harriers in January as a club member.

I have since ran most Mondays and Thursdays with the club and its members, as well as taking part in races, some 5k, mostly 10k, from cross countries in Lancashire to road races in Lancaster.

Today was a fairly big step up in the game for me. I haven't trained for today, in the sense of running the distance, nor done as much in interval work or preparation that I probably should have done. Nonetheless. I took part in Coniston 14, a 14 mile race around Coniston Water and I finished just after 2hrs 20mins.

1000s turned out, as they have done years before. A fantastic buzz and atmosphere considering the weather today and a great turnout from my running club! Hoad Hill Harriers, in the six months I've been a part of it, has taken me out of some of my most depressive and mentally negative states. It, to coin a phrase, has been life changing. To run in the first place is hard, let alone to progress onto running miles and miles in terrain that's offered what the elements can throw down. Club members from Couch 2 5K and all throughout my journey have been nothing but supportive, encouraging, friendly, and there for me. There for someone who didn't quite realise what the journey was going to do for them. Not just a journey of getting a bit fitter, but being part of something I truly love to do and an instant mood lifter. Something everyone shares a passion and love for.

Thanks Hoad Hill Harriers for all you do, Chairman to members, coaches to race organisers, thank you."

CONISTON CLUB RESULTS:

35 th Mark Tomkinson 3 rd Vet 50 1:27:38.	100 th Daniel Booth 1:36:54.	108 th Gary Dover 2 nd Vet M60 1:38:19.
116 th Tom Southward 1:39:09.	208 th Lee Winter 1:45:55.	354 th Mick Cull 1:53:26
381 st George Mabey 1:54:37	388 th Siobhan Riley 3 rd F55 1:55:17	410 th Mike Cubin 1:56:49
426 th Rowan Barton 1:57:05	436 th Ellie Simmonds 1:57:36	504 th Raymond Riley 2:01:28
505 th Graham Pinder 2:01:06	556 th Emily Quinn 2:04:12	594 th Deborah Yearnshire 2:05:16
638 th Julie Hunter 2:07:59	725 th Frank Mckeown 2:12:13	774 th Frazer Cowgill 2:16:09
839 th Rachel Dioni 2:20:48	840 th John Austin 2:20:49	874 th Angela Spencer 2:24:15
885 th Vicky Parkinson 2:25:24	908 rd Paula Herbert 2:27:50	930 th Terry Peet 2:30:00

994th Alastair Durno 2:37:46
Joanne Taylor Friel also ran as a 2:15:00 pacemaker.

CAUSEY PIKE FELL RACE: 23rd.March



This is not a race for novices! It starts at the bridge at Stair and, after a short uphill road section, climbs steeply up Ella's Crag and on to the summit of Causey Pike. After a short ridge section, the route drops steeply down the flank of the ridge to a rough stony track before swinging round the base of the fell and back down the Stair road.

Covering a distance of 4.5 miles with 1781ft of elevation, conditions were horrendous, with the marshals struggling to stand due to the strong winds.

Matthew Fleming had a cracking run: 12th/77 41:01

GRASMERE TRAIL RACE: 23rd March

This beautiful Trail run takes in parts of Grasmere Village, Grasmere Water, Rydal Water and passes Rydal caves at its peak. This fabulous course is loved by runners each year with many describing it as one of the most beautiful trail runs in the UK. With options of 5k and 10k, **Caroline Peat** opted for the longer distance and finished in 284th. place out of 407 runners, in a time of 01:15:05.

GRASMERE DUATHLON: There was also a Duathlon which **Elsie Roberts** entered, coming in 46th/65 in a time of 03:07:46 for a 10k run, 40k cycle, followed by a 5k run.

Elsie: "Yup that wind was tough, especially at the north end of the lake where I got blown into the middle of the road. Slow going but progress in the right direction."

SOUTH WEST ATHLETICS ACADEMY: Spring Open Meet - 1 Mile (4:50?)

Luke Turner travelled down to Exeter Arena to kick-start his track season off with a one mile race, recording a great time of 4:50 min. "Front ran the whole thing in breezy conditions, happy enough with that to get me back into track mode."

WILMSLOW HALF MARATHON: Sun 23rd. March



2,800 runners took on the Wilmslow Half Marathon. One Hoadie raced the one lap course on mainly flat rural roads.
Natasha Gray Gun Time: 1272 01:51:26 Chip Time: 1241st 01:48:12

FEIGHAN FURY: 24th. March



The Feighan Fury is a challenging 10 mile multi-terrain running race around private land in the rolling hills of mid Devon. With 70% of the course off-road, 166 runners took on hills, woods, trails, and rivers'



Luke Turner had a superb run, finishing in 4th place in 01:13:03. "It was like a cross country race on steroids. Somehow enjoyable!"

Daisy Fletcher-Cooney 14th. Lady 01:43:07

21.

GB ULTRA: MANCHESTER TO LIVERPOOL 50



Congratulations to Terry Peat who completed this epic ultra for the second time.

11:57:50

'GB ULTRAS Manchester to Liverpool 50 ultra Good Friday 29th March 2024. Completed with my mum and dad on my right shoulder all the way. I promised we'd do it one day mum and so we did. I hope you're not too tired. Thanks to Alastair Macdonald for your encouragement mate.'



KARL'S RACE DIARY

April 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.

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 21st 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.

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.

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.

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.