



HOAD HILL HARRIERS
NEWSLETTER

APRIL - MAY 2019



Glaxo Hoad Hill Harriers

Junior fell run 7.00pm £2
minimum AGE 9
1.04 miles/1.7k 81m gain

NEW 2019 COURSE

Senior fell run 7.30pm £3
minimum AGE 14
3 miles/4.4k 198m gain

Thursday 4th July

Ford Park Ulverston, LA127JP

Hoad Hill Fell Race

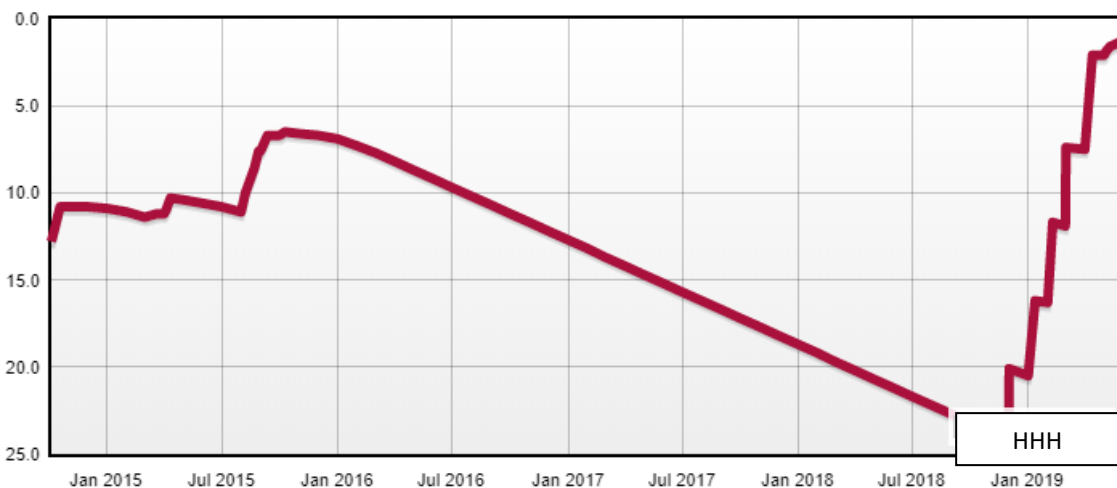
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ER, LK, NS, PM, AS

www.hoadhillharriers.co.uk

EDITORIAL: Adrian

I am often asked when people enquire about joining the club, what are the main benefits of becoming a club member, especially by runners who have always run on their own. My response is that people join for many reasons and that the benefits are varied - companionship, personal motivation, help with preparation for a major race, working with trained coaches using a structured programme, participation in a range of competitions/races and being a member of a team etc etc etc.

Handicap Progress Graph



The hardest question to answer is - will it improve my running and take it up to another level. I suppose the only real answer to that is that you will only get back, what you are prepared to put in. Someone, since joining the club has really strived to improve his strength, fitness and speed. His times are falling, and I was impressed when I 'trolled' him recently on his run

England profile and viewed his Progress Graph. You can clearly see when he joined the club!

Once again, many thanks to all those who have sent in reports and photos this month, it certainly makes my life easier, and hopefully produces an interesting read. If you have any ideas on what could be added to the newsletter, please let me know. In producing this, 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 e mail your article to me, Adrian at adrian.newnham@btinternet.com - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, missed you from a result or if you don't like the photo I used of you!!

WELCOME: To new senior members Martyn Willacy and Glen Boulter

CONGRATULATIONS:

Well done **Heather Travis** on completing your 100th. Parkrun.



Congratulations to Rob and Lizzie Browne on the birth of their daughter Aila Evelyn Browne.

HOAD HILL FELL RACE: (Advanced warning)

This is the first time these new courses have been run on our venue over the club's namesake- Hoad Monument. Junior and senior races commence at the base of Hoad Monument, by Ford Park.

Fell runners are invited to set our first records for 2 courses on the evening of Thursday 4th July 2019

Kit requirements: full kit required, Hoad can be quite exposed and slopes can become very slippery if wet. Fell shoes are advised.

Please note that no toilets are available onsite, the nearest in Ulverston is approximately 5 minutes' walk away. Parking in and near the entrance to Ford Park is on public roads. Ulverston town car parks are 5 minutes' walk away.

Age categories junior minimum age 9 on the 31st December 2018

Parental permission is required for all under 18's.

NEW 2019 COURSES

We have kindly been given permission to use the adjoining fell side heading toward Newland this year to extend our fell race for seniors to 3 undulating miles.

Junior Fell Race

7.00pm

£2

Min age 9

1.04 miles-1.7k 81m gain

Senior Fell Race

7.30pm

£3

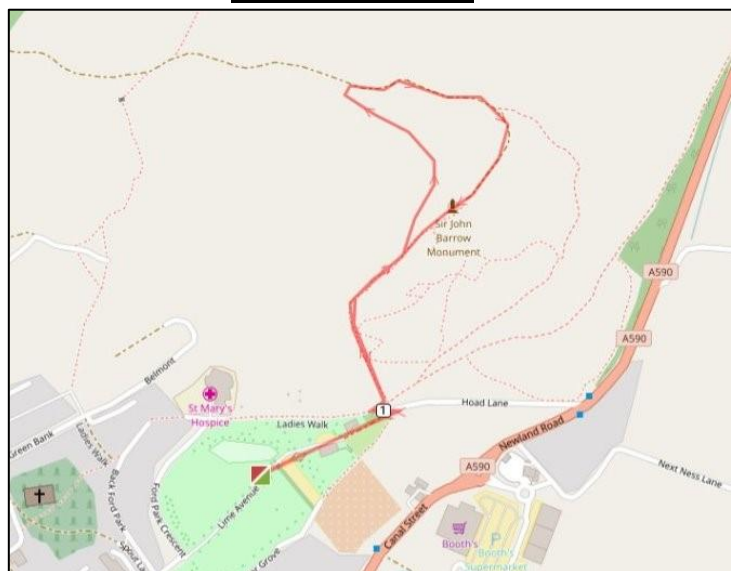
Min age 14

3 miles-4.4k 198m gain

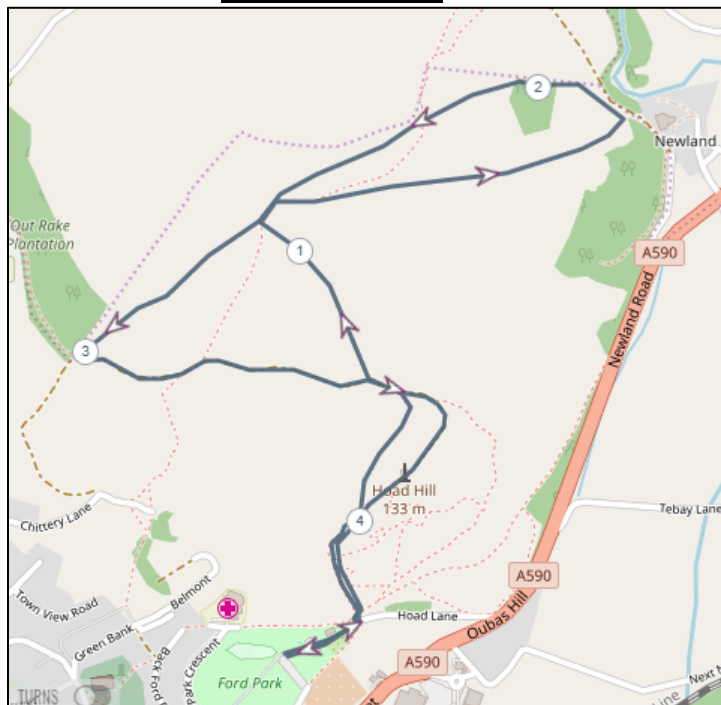
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Kit

JUNIOR RACE MAP



SENIOR FELL RACE



Larger, clearer maps can be viewed in our events section on the club website. Help will be required on the night with registration, timing, recording, marshalling and collecting the marker posts after the event. Please let Louise know via our Facebook site, when the request for help goes out.

CLUB HANDICAP 10K RACE: Thursday 27th. June

On **Thursday 27th June**instead of reps, we are holding our club 10k handicap race. Using our 10k race route, you will be setting off at intervals, with the slower runners setting off first, and the faster runners last. It is a chasing start, based on your predicted time. We'll aim to get the first runners away at 7:10 pm.

You will therefore have the opportunity of chasing after slower runners, whilst trying to prevent the faster runners catching you. The aim is that everyone should arrive back together at approximately 8:15!! Although this is a fun event, there are trophies up for grabs; first Male and Female back, and overall fastest Male and Female.

SUMMER DO: The Mill, Ulverston 29th. June

We now have 40 members wishing to attend.

As we will have to give final numbers to The Mill in the next few weeks, could you please let Julie Newnham know if you wish to go, or email her at adrian.newnham@btinternet.com

Cash or cheque to Glaxo Hoad Hill Harriers.

You can also pay through BACS: Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and **HHH DO** to identify your payment; and let Julie Newnham know you have paid it so we can add you to the list: adrian.newnham@btinternet.com.



SATURDAY 29TH. JUNE IN THE LOFT ROOM

6:30 pm START

BUFFET FOOD, BAR AND DISCO

ONLY £15 A HEAD

FOOD SERVED 7-7:30

Pay by cash/cheque/BACS

CUMBRIA WAY: (Advanced Warning) Sunday 7th July

This event clashes with Bentham Beagles 10K

On Sunday 7th. July, club members and friends are once again running part of the Cumbria Way from Coniston to Ulverston.

You can run the whole distance (approx. 15.5 miles), or from Coniston to Sunny Bank (Torver) (3.75miles) or Sunny Bank to Ulverston (11.7 miles) or Sunny Bank to Gawthwaite (6.5 miles) or Gawthwaite to Ulverston (5.2 miles)

Some are starting from Coniston at 10:00 meeting at the Crown Hotel.

The next starting point is from Sunny Bank (Just below the Landover garage, small carpark, halfway up the hill) meeting with the Coniston group at approx. 10:45.

The final meeting point is at the top of Gawthwaite at approx. 12:30 -12:45. We should arrive in Ulverston for approx. 2:00 – 2:15.

Afterwards, we are meeting at the Old Friends for a drink and pie and peas for those who have ordered it, which will be served at 3:00 (£5). This is leisurely Sunday run, and not a race, as there are a mixture of abilities running, and people may want to stop for photos, re- grouping, swim in Beacon Tarn, toilet etc. Meeting times en-route are approximate. Could anyone wanting to go, please fill in the form on the club notice board, saying where you wish to start and whether you want Cheese or meat pies. If you require transport, please try and sort it out with people who sign up. A map of the route can be viewed on our website under Internal Events.



M2L ULRA (Manchester to Liverpool) 18th April : Alastair Macdonald



This race was my second ultra of the year, and was part of the GB ULTRA GRAND SLAM SERIES, where there are four 50-mile races - Pennine Barrier, Yorkshire 3 Peak, then Snowdon 50 Ultra.

Race day morning, and it's an early start; 04:30 as the race started outside The Old Trafford ground at 0600 hours. Once Paul Managh and I collected our race trackers, we were ready for the off, on what was quiet a warm morning.

Unfortunately, the race start was delayed by 15 minutes, which didn't really matter, we just wanted to get stuck into it. I knew it was going to be tough, and as it was going to be a warm day.

So, my plan was to run as far as possible whilst it was still cool. The route was a mixture of canal towpaths, bridleways, and alongside the River Mersey and the Manchester Ship Canal, a route known as the TransPennine Way, which starts in Southport and goes to Sheffield. However, we only do 51.5 miles of this route; the section from Manchester to Liverpool, Aintree.

The first 30 miles went really well, as I was averaging around 9:30 pace with the odd mile around 10:30 after having an impromptu toilet stop!

The next 21.5 miles were a battle with the heat as temperatures got to 28 degrees max, with not a wisp of wind nor breeze. It was hot and sticky, and I was glad of any shade given by the tree-lined sections.

My fuelling and hydration went well up to mile 44 and it was then I felt lightheaded as the heat was getting to me. So, I just backed off my pace and at the last checkpoint at mile 45, I took on fluids and refilled bottles.

I pushed through and onwards along the remaining route which seemed to go on and on, along a bridleway about 10 miles in length. The last mile had a cheeky little climb and you could hear the finish line with the cheering crowds.

I was unsure of my position at the end, due to the changing of positions during the race, so I was surprised to get into the top 50 and receive a gold medal, which goes to the top 100. I actually finished 48th place in a time of 9 hours 16 minutes – a new PB for the 50-mile distance in the race which ended up being 51.5 miles long.

I was therefore obviously very pleased with the result and time, so it's now onto the Pennine Barrier 50 in June and the Snowdonia 50 in October, which will be much harder as there is a great deal of climbing involved.

Paul Managh 8:43:48 'M2L Ultra completed yesterday (amazed at finishing tied 23rd), wow what a demanding day in the heat, much appreciation to Alan and John for running with me for a lot of the way, you won't believe how much it helped, also great running by my friends Alastair, Steven, James, Karen & Shaun, I tip my hat to you all.....



BLACKPOOL10k: 27th. April

As always, the event is run on Blackpool's Promenade's passing all the great landmarks and tourist spots. The festival is ideal for all the family with distances ranging from 2k right up to a Full Marathon.

Heather Travis: 'After battling through the wind and rain of Storm Hannah at the Blackpool 10k this morning, then being missed off the results, it's now been sorted and I was 3rd lady in 45.50 and 27th overall out of 434. I can feel some drinks coming on at the all-inclusive hotel bar tonight!'

Frank McKeown 53:05:09



LONDON MARATHON: 28th. April: Terry Peet

A Tale of two Virgins - VET 60-65 admits his virginity!!!!

Let me confess I am 63½ years old and I was until very recently a virgin. 28th March 2019 was going to be my first time and I hoped it would not be too daunting. I tried to remember what others had told me was important; control your breathing, try to stay erect, and concentrate on getting the job finished, would I come first or last? Boy what an experience. I lasted for 5 hours 17 minutes and 33 seconds before finishing in an explosion of delight. [Ed. - More of the same please]

I had been accepted for the 2019 Virgin Money London Marathon on my first ever application to run any marathon. How lucky can you get? I was going to be a virgin marathoner. [Ed- Boring zzz!]

Regardless of the editor's facile comment, I am going to describe my route to the VMLM as a virgin marathoner. It was suggested to me that I produce a virgin marathoner's guide to training, so here goes,

1. Do more training than I did

2. Beginners listen to all those who have done it before.
3. Get a running partner to inspire each other
4. Make sure you do some long slow runs and try to get in an 18-22 miles to see how you will cope with the 'wall' and cramps etc.
5. Work on getting your nutrition and hydration right.
6. On race day just set out to finish don't get fixated on a time. Remember this one **will be a PB, but only if you finish.** Enjoy the day.

That's my beginners guide if you want more you'll have to go on t'internet and put a bit of effort in. If tha's too lazy to do that, thall never get round, so give up now.

The London Marathon is one of the major marathons and attracts a large field from the elite runners to charity runners and plodders like me. Depending on your point of view, London is a superb location with plenty of accommodation and attractions. Personally, having lived there for 11 years I am not exactly enamoured of London (diplomatic language employed). Caroline and I had gone down on Friday because of a prior engagement. So, we set off from Hampstead (posh) to the Excel centre to register, having been pre warned that on Saturday we could expect long queues for registration. I managed to get registered quickly but it would be nice if the organisers recognised that not all registrants live in the South, and that a postal service should be available for us runners up North. Perhaps – (oh no; surely this is too cynical) - the registration process is to get you to Excel, in the hope that you'll pay excessive prices for branded gear. We managed to search out a few freebies, so all was not wasted. (The organisers should take a tip from the Birmingham Dive show where gear is knocked down maybe 30 -40% and they really do move the merchandise) Getting back to Greenwich where we were staying, proved to be an epic with Uber getting our location wrong – hey we are at Excel Bus stop Q, what part don't you understand. So, we braved the DLR again and finally made it to the hotel 2 hours after our restaurant booking – all praise to Premier Inn for being so understanding and accommodating.

We had a good night's sleep and enjoyed the following morning's breakfast before heading out to see the Cutty Sark and the Royal Observatory – both highly recommended. We made it back to the hotel this time in time for our restaurant booking. They put on 'runners' specials' i.e. pasta but at least they had tried to accommodate their running clientele and also they moved breakfast starts to 6.00am. Fuelled up by a relatively early breakfast, we headed off to find the start; somewhere towards Blackheath. The organisers advised that we should be there for 9.20, ready to hand in bags and then prepare for a start at 10.48. The VMLM has three starts. I didn't feel that the atmosphere was as electric as the Great North Run, where you do get a sense of being in a field with the elites, albeit 40000+ places behind.

The standing about waiting to start, meant that I was happy that I had taken the advice to wear a top that could be discarded; it was an amusing sight to watch people recycling each other's discarded clothes. People had discarded their warm tops too early and were running to the side of the pen to get anything to put on to keep warm. Image a jumble sale at Primark and you get the idea.

MISTAKE

Not being a pushy chap, I didn't make my way forward to get to a pacemaker. I knew that I wouldn't be doing a fast time, but I thought that 4.45 – 5.00 hours might be on the cards. So, I ended up starting the back of the field and I mean the back. I was in zone 8 and we crossed the start line at with a 7.00 hour pacer at 11.04 opposed to the 10.48 time we should have set off. You will be aware that some of the back markers were treated woefully by some bad-mannered officials and contractors and setting off quarter of an hour late certainly wouldn't have helped their situation.

Well this was it; my opportunity to lose my virginity had arrived. As I stepped on to the timing mat my own 'sweet mystery' started. I was no longer a marathon virgin now the only question was could I go all the way, and when would I finish?

As a beginner I had been warned that performance is all about rhythm and speed – too many beginners rush at it and flop too early, unable to finish. So, with this in mind I started slowly, used protection, and lubed up to prevent chafing. After a couple of miles, I was warmed up, with a happy rhythm, lubrication working well, and I decided that my protection was redundant, so I shed my fleece. [Ed. Is that a new brand?]

[To editor: Are we on the same wavelength? I'm describing a marathon road race – what are you on about?]

Like all beginners, concentration on the task takes away other senses and if you were to ask me exactly where I went to get to the first major landmark, which was the Cutty Sark, I wouldn't have had a clue. I was just concentrating on not trying to think how far I had to go. I had broken my race down into quarters and later halves. The reason I did this is that psychologically, it seemed much better to have achieved a quarter of the race than 6 miles with twenty to go. As for the halves this was a strategy my son used. It's outrageously simple and the argument goes, that once you get to the halfway line, the next step you take means it's further for you to turn back than it is to continue. It worked for me. Mental preparation is very important, and I think this is the key to running the distance. Concentrate on finishing and try to banish the negatives. Tell the chimp to stick his head where the sun doesn't shine. I found that music on the run helped me but also the crowd cheering is a great boost. Don't forget that you might be as entertaining to the crowds as you are to them. I remember belting out 'Won't get fooled again' by the Who including a fair bit of air guitar and a few of Keith Moon's drum flourishes! Sorry London at least you were spared my Sinatra.

You will get tired and sometimes a little despondent but two lessons I learnt that day I will share.

- The first was a veteran marathoner on the start line who said, 'don't be afraid to walk but when you do make sure it's before you need to, then you will have a reserve in the tank and you will find it easy to start to run again.'
- The second was written on the back of a runner and said '***if you are finding it hard going just think on, we are the lucky ones who are able to run***'.

Back to the route. The next landmark I remember for sure was Tower Bridge. There was a huge crowd cheering runners on as we crossed this iconic land mark. It was something special to run over it. What is it about bridges? The Tyne Bridge also evokes such a sense of pride as you run over it. [PS London you don't get the Red Arrows 'Why aye man']. Well I was nearly half way now and PB for the half in the bag (02:21:47)! This is turning out better than expected. Speaks too soon.

Crash Bang Wallop

I hit a contra flow in the race. Those who have done it will realise what a gut wrenching feeling this can be. You know full well that there are runners who are miles ahead of you but what the eye doesn't see, the heart doesn't grieve. At this point **the heart grieves really bad** as you see hordes of runners on the opposite side of the road. Well that's not too bad is it? I'm sure a few hundred yards down the road I must take a hairpin and start coming back on the other side. There I've just sorted the chimp out; he's not messing with my mind, not today. Then the little *!!!*** pulls his master stroke!

[Chimp] *Hi there my old friend, well done on getting to 13.1 miles. Now just take a look over the barrier, yes that one 5 feet away from you. What do you see there? You've been passing them all along the road 1, 2, 3, halfway. If I'm not mistaken that sign says 22 yes that's right TWENTY-TWO miles. That's nearly 9, did I say NINE, miles ahead of you.*

With a little help from Mick, Keith & co, suddenly bursting into 'Start me up,' I put the chimp securely back in his box. How apt a tune can you get at such a time? This bit of the race is a massive mental test as you run down into the docklands area. This area has seen massive changes with the wholesale redevelopment of the area into a major world financial centre. What the chimp didn't reckon with, was my desire to get out of the Village of Mammon as soon as possible.

As I mentioned earlier, it is important to get your nutrition right. I had learnt a few tricks during training and how easy it was to catch a cramp. Lack of sodium is a common cause of cramp and so I knew that I had to be able to be able to replace this. However, as I also have hypertension, salt is generally not a good thing for me. Just prior to the race, I ate a packet of crisps (carbs as well) and as I was running, I ate small dollops of marmite from single serving cartons left over from breakfast. Marmite is highly recommended as cramp prevention strategy. As for the haters of said magical foodstuff, please go to see your GP as you obviously need treatment. I had been using gels during practice runs and all had gone down well.

However, on the marathon I started to have some digestive tract discomfort, also affecting anybody following on too close!

At one point I felt that Cuadrilla was trying to frack my insides. Oh no, here comes a 'Paula' situation. I'll swear that the contractors were moving the loos, just as I was about to seek sanitary salvation. I managed to make a stop and with a weight off my mind and bowel, restarted the run. Bad Company's 'Running with the pack' blasted into my head. I thought how lucky I had been to get music that matched the mood at crucial moments. Soon the 22-mile marker in the dreaded contra flow section was crossed. I had run further than I had ever done before, then 23 miles. Barring a major cock up, the marathon distance was in the bag. Just a Parkrun to go! I remember seeing the London Eye, and enjoyed the run along embankment which was one of the few areas I liked in London. I saw the South bank complex and the Shell building. Not far to go now, just turn the corner and there it was- The Institution of Civil Engineers. Yes, this made a big impression on me. If only I'd passed the IMechE, IEEE, Inst Materials then all my dreams would have come true [sad I know]. Anyway, I carried on until towards a big house with 800m to go. I remembered that last 800m on the Great North Run that seemed to go on forever. Strangely this 800m was much shorter, then we switched to yards (this is more like it) then back to 200m. I had tried to save a little in reserve, so I could up my pace a little for the finish and cruelly overtake a few others at the finish and I did. I think the last 20 yards zoomed by at 7.46 min /mile. I had done it. Was I filled with emotion? No! I looked down at my watch and thought I've got an hour to collect belongings and get to Euston to be on the 5.23 to Oxenholme. We did it!

Would I do VMLM again?

Yes, if somebody paid my expenses. Make no mistake, it is costly when you factor in hotels and travelling. At the time, I was pleased to have done it. Now, as I write this one week later, pleased has become pride. Anybody who finished, no matter what their time, worked hard for that medal. Let's hope that the organisers stamp out the despicable behaviour of some officials and contractors at this year's event.

What did you most enjoy about the VMLM?

- Completing it
- The crowds of cheering people.
- Knowing that I had started at the back but still managing to overtake 5000 others. [Sir Mo went backwards. I told you in my GNR 2018 race report, that GHHH runners were catching him, now there's even more proof tee he]

What didn't you like?

- The race registration system.
- My race photos – I never smile
- Poor treatment of tail end runners
- Myself, for not following a pacemaker

Will I run anymore marathons?

Yes

- Chester October 2019
- Manchester April 2020



Is there anything else you would like to achieve in endurance running?

I actually ran 26.6 miles according to my Garmin, so technically, if not officially, I have run an ultra. I told Caroline that my vision of running an ultra when I'm 64 as part of my 60-70 years challenges had disappeared. Now I'm not too sure. **Paul Managh** and **Alastair Macdonald Re** watch out I'm behind you – a long, long way behind you.

THANKS



My Runderwear™ offered me much support*but this would have been pointless without GHHH. *[other brands are available blah blah blah
Special thanks must go to Mike Fawcett, Mike Lavery, and Terry Gannon and also to the Saturday group [♀] who have given me plenty of laughs along the way

[♀] you will learn an awful amount about, nail polish, hair do's, underwear, how to complain in supermarkets, gin, and female psychology (but men, it still won't clear up the mystery)

London Marathon : Paul Managh:



'Super fantastic weekend completing the London Marathon, still can't believe my time after completing last week's M2L 50 mile Ultra. Massive thank you to Alastair for all his help and support this weekend, thank you to everyone who sent kind wishes of support, it is very much appreciated.' 3:37:53

London Marathon: Mark Tomkinson:

After the heat of the 2018 London Marathon, I felt I needed to give it another go at getting closer to 3hours. My training hadn't gone too well, and I was playing catch up after an illness in the middle of the plan, so I wasn't very confident going into the race.

My family and I travelled down to London on Friday evening, ready for an early visit to the Expo on Saturday morning. With my number collected, we went for a mooch around the Expo hall, where I had a go on a giant treadmill set to Eluid Kipchoge's world record pace. The idea was to keep pace with it for 400m. How he did that for 26.2 miles is beyond belief.

The day of the race was an early start, to get to the yellow start at Blackheath. It was cold and breezy, but I'll take those conditions over last year.

I decided to stick as close as possible to 3hr pace until Cutty Sark (6 miles) and then see how I felt. The hooter sounded and we were off, it was so difficult holding back while getting passed, by what felt like everyone!

The pacing went well so I decided to try and hold it to mile 20. I caught myself daydreaming through miles 12 and 13 and had a word with myself. At miles 19-20 I felt strong so upped my pace slightly and was passing plenty of other runners and was thinking of maybe just scraping a pb.

Sadly, within ½ a mile, my hips had cramped up and my left shin had become very painful. So, I'd gone from a possible pb to worrying about finishing. Spotting my family on the Embankment gave me a real boost. As I rounded the end of Birdcage walk onto the Mall, I could see the clocks above the finish line showing 2:59:00. It was going to be close, I knew I'd got about 20 seconds in hand on my chip time but the finish line seemed a very long way off. So, I pushed as hard as I could on legs that didn't want to work, my mind screaming at me to STOP. And I'm there, wobbling and shattered, with my head swimming with endorphins. Did I make it? I walk and get my medal before I can look at my watch. 2:59:41 . Made it.....just!!!

Thank you to everyone for your support on Facebook and Strava. it's much appreciated.



WRAY SCARECROW 10K 27th. April



Every year on the Saturday before the May Bank Holiday weekend, the Wray Scarecrow 10k road race is the opening event of the much-loved Wray Scarecrow Festival.

Runners can bring their families to wander around the village to look at the fantastic and often hilarious creations adorning every pavement while they go off to run through the northern area of the Forest of Bowland AONB, on one of the most stunning courses in the North West of England.

Such is the popularity of this event, entering online was full after just a few weeks and several Hoadies who were going to enter on the day were unable to do so.



40th. 00:47:42 Alan Wilson
4th Vet 55.



51st. 00:49:00 Simon Barton
4th Vet 60



93rd 00:52:41 Sally Barton
3rd Vet 55

SILLY HILLY HALF MARATHON: MILLOM: April 28th.

Karl Fursey 2:20:25

PARK RUNS:



Edinburgh Parkrun-

Matt Elkington 1st finisher at Barrow – 16:13 Tom Southward, first finisher at Ford Parkrun 20:24.

PB's for Cian Nutt 21:07, Damian Jones 22:01, Leanne Bayliff 25:59 Ashleigh Mavers 28:56

Andrew Dorrian 17:10 Simon Barton 22:30 (all – time 5k PB), Bill Sharp 22:35 (Barrow) 23:18 (Ford Park)



JUNIOR SECTION:



Park Runs:



Many congrats to the Corbishly lads, with both achieving Pb's at Lytham Parkrun, James 18.17 and Justin 18.25 – the training is certainly paying off!

At Morecambe Park Run (374 runners)
4th James Corbishley 17.46 new pb
8th Justin Corbishley 18.10 new pb

Leven Sopwith PB 21:20 at Ford Park.

Oscar Yearnshire PB 30:08

Oliver Morris 23.39 new pb at Fell Foot

Dalton 1mile fun run

Iona Smith enjoying the last few metres of the fun run.



The Corbishleys at Mid Lancs Track and Field

DALTON Charter 10K Friday 3rd May

Celebrating its 30th year, 108 runners tackled this undulating course on a coldish but dry evening. It was certainly a battle between the local clubs, with Hoad Hill Harriers, Barrow Striders, Walney Windcheetahs, Leven's Valley and the newly formed Millom Striders being well represented.

Previous winner, Barrow Strider's Ross Campbell, finished first in 33:12, followed by Vet teammate Bob Atkinson in 35:25. Third place went to Hoad Hill Harrier **Connor O'Hara**, who at only 17, had a superb race knocking four minutes off his Pb.

First Lady was Charlotte Ward, from the Sheffield Club Hallamshire Harriers (37:28) followed by Amy Singleton from Walney Wind cheetahs (44:34) and third place went to Barrow Strider Margaret Murphy (44:46).

Hoad Hill were once again very well represented, with 24 runners taking part. The ever-improving Andrew Dorrian, certainly gave Connor O'Hara a tough time, finishing only 7 seconds behind him in fourth place.

Mike Cubin, 9th (38:58) and Gary Dover 10th. (39:27) had a good close battle, picking up the Vet 45 and Vet 55 prizes.

The rest of the Hoadies:

15th Darren Coward 40.39

30th Mark Bailey 44.06

37th Pete Davison 45.19

44th Julie Hunter 46.31 1st v45

54th Will Sharp 48.08

70th Adrian Newnham 50.38

78th Leanne Bayliffe 52.58

22nd Mick Cull 41.55

35th Damian Jones 45.03

38th Pat Thomas 45.22 1st v65

46th Deborah Yearnshire 46.31

55th Alison Cooke 48.10 1st v55

71st Jeanette Chester 50.39

85th Sally Barton 54.24 PB

27th Luke Turner 43.28

36th Alan Wilson 45.14

40th Erik Hampton 45.30

52nd Ashleigh Cooke 47.38 1st v60

67th. Glen Boulter 50:04

75th. Frank McKeown 51:00

101th Naomi Capstick 64.20



MID LANCS TRACK AND FIELD: Hyndburn 4th.May



Heather – 'Well I came last in my race yesterday but was actually pleased with my time of 6 min 2 seconds for 1500m and quicker than last time. Most of the girls running were more than 25yrs younger than me.'

Mid Lancs Track and Field events – Heather Travis

HHH have attended 2 track and field events so far in this series with great results. There are a wide variety of events to choose from and once you are registered with Mid Lancs, you just go to the start of whichever race or field event you want to compete in, they note your number down and off you go. Each competitor can enter up to 3 events plus a relay. These events are open to everyone, not just the speedy ones, so it would be great if we could get some more people involved; our teams are in the lower division so all points help!! By the time the newsletter is distributed, the next event is on 7th. July at SALT AYRE TRACK, Lancaster and kicks off at 12 noon so all are welcome to attend. But please let Jeff know in advance as he needs to register you to compete. Personally, I have been doing the 1500m and it's been quite daunting lining up beside all the young ones and seeing them take off like greyhounds when the gun goes off, but it's been great to try something different and to push myself more than usual. It's also great fun watching the rest of the team compete and cheering them on... a bit like a day out at cross country but no mud or hills!!!

Senior Men 800m

Senior Men 1500m

Senior Men Javelin Throw

Under 17 Men 800m

Under 17 Men 1500m

Under 15 Boys 800m

Senior Women 100m

Senior Women 400m

Senior Women 800m

Senior Women 1500m

9TH. Luke Turner 2:25:40__10th. Jeff Chadwick 2:29:00

5th. Andrew Dorrian 4:35:60 7th. Mark Bonner 4:38:80

3rd. Jeff Chadwick 23:04 metres 4th. Andrew Dorrian 16:98 metres

7th. James Corbishley 2:27:30

9th. James Corbishley 5:13:60

11th. Justin Corbishley 2:33:30

6th. Steph Roberts 17:20

2nd. Lauren Booth 65:70

2nd Lauren Booth 2:35:80 (Revised to first as the winner was a guest.)

3rd. Heather Travis 6:02:50

TRAINING FOR TRACK AND FIELD:



Training on the Barrow track with Ulverston tri Club and WWCheetahs Tuesday night 7:00 £3

LAKELAND TRAILS 10k: STAVELEY 4th. May

Steph Gillies 1:07:47 1st lady Vet 50 76/450 **Sally Barton** 1:16:18 157/450



KESWICK HALF MARATHON

Tom Southward 1:30:32 – pace 6:56 49/812

'Great hit out at the Keswick Half Marathon ahead of Manchester. Tough course but cracking views then a beer with an Olympian, John Kirkbride Penny. He ran 1500m in Munich, plus some amazing times in local races – he gave me some great running tips.'

SUNDAY RUNS

On Howbarrow Fell, Cartmel, looking towards Ulverston



Bluebell run

KENDAL 10K: 9th May: Adrian



Kendal AC's 10K race season kicked off on a blustery evening, with the threatening rain deciding not to put in an appearance. However, 13 members did put in an appearance, with good runs had by all!

The course record (32:33) was smashed by Wesham's Rob Danson in 32:10, who finished way ahead of 2nd placed Joel Jamison of Helm Hill (33:53) and Border Harrier, Rob Hodgson (34:31).

The first lady back was Eden runner's Heather Eccles in 43:25.

Mr. Consistent - Gary Dover continued his good form, recording the exact same time as Dalton 10K and another sub 40, and although there were no prizes for his age Category, he was the first Vet 55. New member, Martin Willacy donned a club vest for the first time, and was our second runner back (Note: he will be a great addition to our Vet 50 x country squad, must get him on board!)

Alan Wilson was given a time of 45:15, despite his Garmin recording 44:43!

Our trio of Heather Travis (1st F Vet 40) who just managed to keep off Lauren Booth (racing her first 10 K for us) and Alison Cooke (1st F Vet 50) teamed up together to secure the first ladies' team prize.

Ashleigh Cooke knocked a few seconds off his Dalton time to win the 1st Vet 60 prize, whilst I was the first Vet65 back.

Leanne, Kath and Sally all finished fairly close to each other, with Leanne and Sal (PB) recording quicker times than Dalton, as did Naomi; who also got a PB. Dual club member, Phil Horrocks (running for WW Cheetahs) split our first two girls up, with a time of 46:08.

Certainly, a great start to the Kendal Wednesday Night Series by the Harriers. Well done all.

21st. 00:39:27 V50 M Gary Dover
38th. 00:44:20 Martin Willacy
42nd. 00:45:15 Alan Wilson
49th. 00:45:51 Pete Davison
52nd. 00:46:05 Heather Travis V40 F
54th. 00:46:11 Lauren Booth
57th. 00:47:31 Ashleigh Cooke V60 M
61st. 00:48:07 Allison Cooke V50 F
77th. 00:51:36 Adrian Newnham V60 M
84th. 00:53:32 Leanne Bayliff
85th. 00:53:43 Kath Whipple
86th. 00:53:53 Sally Barton **PB**
105th. 01:04:10 Naomi Capstick **PB**



BLACKSTICKS BLUE 10k Sun 12th May: Ashley Cooke



91st. 00:49:53 Alison Cooke Ist.V55 F
201st. 01:02:36 Janine McNeill

Starting and finishing at Whitechapel Village Hall, Nr Inglewhite, Preston this road race offers stunning views overlooking the Bowland Fells.



Three hoadies decided they would like some Blackstick blue cheese, but instead of the easy option go to shop and buy some they decided to do the Blackstick Blue 10km It was the 10th year of the race with over 250 runners and a steep climb (which I did not get too) . The first lady home was Gwen Kinloch (Burnden runners) 43;10 Alison was 1st FV55 49:53 , while Janine ran her first race of the year in 62:36 I only did the first mile then my hamstring decided to call it a day. So, sfter a lift back to the school and I was first to attack the bacon butties and cake.

All three of us have said we will to it next year a great race with views towards Blackpool.
May-be a club champs race next year please Alan???

THURSDAY NIGHT : SENIOR TRAINING PROGRAMME:

6 th Jun	GSK Sports field	4 x 400, 2 x 800, 4 x 400		Form – posture (helium balloon!)	GSK Sports field	3 x 1 mile	Speed	Pace judgement
13 th Jun	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Form – active leg recovery	GSK Sports field	5 x figure of 8's	Speed/hills	Style
20 st Jun	GSK Sports field	Pyramid 2x100m, 2x200m, 2x400, 800m, 1k, 800m 2x400, 2x200, 2x100m. Active jog recoveries	Speed	Form – Stride	GSK Sports field	10 x 2 mins	Speed	Pace control
27 th Jun	Club 10k Chasing Handicap Championships Normal 10k course							
4 th July	Hoad Hill Fell Race 19:00							
11 th July	GSK Sports field	2 x 2 miles aiming for 3 negative splits	Pace judgement	Upright posture	GSK Sports field	2 x half mile, 2 x 1 mile	Endurance	Pace control
18 th July	GSK Sports field	2 mile time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split and form overall		5k time trial	Progress check	Pace judgement

PAUL JARVIS MEMORIAL MILE:

What a glorious day to celebrate Paul's favourite distance, the mile. Numbers were slightly down this year, but there was still a great turnout for this charity event. It was also great to see Paul's wife Barbara, present the certificates to the junior runners. Despite the heat, there were some really fast times posted.

Senior Men

1	Connor O'Hara	GHHH	5.11
2	Mathew Rooke	GHHH	5.13
3	James Corbishley	GHHH	5.15
4	Justin Corbishley	GHHH	5.19
5	Tom Southward	GHHH	5.24
6	Paul Managh	GHHH	5.36
7	Paul Corkill	LV	5.44
8	Stephen Leadbetter	LV	5.59
9	Eric Hampton	GHHH	6.26



Senior Women

1	Olesia Winder	LV	5.28
2	Heather Travis	GHHH	6.28
3	Ashleigh Mayvers	GHHH	7.55

Junior Boys

1	Ethan Harvey	GHHH	6.10
2	James Fulford	UA	6.33
3	Ivan Winders	LV	6.35
4	Seth Kelly	GHHH	7.06
5	Kyran Harvey	UA	7.17
6	Oscar Yearnshire	GHHH	7.40
7	Alfie Dale	UA	7.46
8	Stanley Mitchel	UA	8.46
9	Will Lister	UA	10.47
10	Rowan Griffin	UA	12.10

Junior Girls

1	Sophie Leadbetter	UA	6.44
2	Abi McNicol	GHHH	7.27
3	Rose Yearnshire	GHHH	7.38
4	Evie Mai Managh	WWC	7.42
5	Sophie O'Neill	UA	9.47
6	Isabelle Lister	UA	10.49
7	Lucy Gill	UA	10.49
8	Harriet Rooke	BCR	18.21



The BBQ took £109, and entry donations took £85:68, so the total raised for our club charity, Duddon and Furness Mountain Rescue was £194:68. Well done Louise for the excellent organisation, all the helpers, Keith Herbert for the photos and lastly everyone who ran.

K2B Jeanette Chesters: 3rd lady back in a brilliant time of 6 hrs 30 mins and was 19 mins faster than last year. Penny Moreton and Karl Fursey also completed it.

C2B

Congratulations to **Mark Bonner** for finishing first in the Coniston to Barrow and breaking the course record, finishing in 2H 19m 17s.



Mark Bonner 1st finisher 2:19:17
Janet Heffernan 14th in 03:00:50

Mark Lehrle 9th finisher in 02:51:15

Darren Coward 16th. in 03:03:22
Stanway 03:50:59

Mick Cull 25th. in 03:13:58 **Cheryll**

Simon Stanway 03:51:13

CAW FELL RACE: 15th. May

Matt Elkington came first.

PILLING 10K: Sat 18th. May

Pilling 10k, Gary 38.56 1st vet 55, Heather 44.54 (10k PB) 4th lady 1st vet 45, Ken 50.59 on his first race in quite a while so great runs all round.

MANCHESTER 1/2 MARATHON 19th. May



Tom Southward 1.29.01
Kath Whipple 2.00.41



KESWICK MOUNTAIN FESTIVAL 5k/10K: 18th May: Simon Barton

Three of us travelled to Keswick to take part in the annual 2019 Keswick Mountain Festival. It's a grand do with loads of stalls selling running gear and food, oh and Timothy Taylor's Landlord Ale - most important. There are all sorts of events from trail races/ Ultras/triathlons/swimming/talks on various activities too. However, due to the algae bloom in Derwentwater all swimming activities were either cancelled or modified!

There is music on the Friday and Saturday night with Big Country headlining on the Saturday!!

For us it was the 5km and 10km trail races:

5km

Simon Barton 24.01 (pb) achieved 1st Vet 60 out of 16, (going one better than 2nd place last year) and 34th out of 373.

Christine Winder 32.55 17th Vet 50 out of 62, and 196th out of 373.

Then on Sunday in the **10km**, **Sally Barton** 63.55, (pb by 10 mins!) was 3rd Vet 50 out of 62 and overall 33rd finisher.

Great weekend, and Keswick is such a great place to visit with lots of activity-based shops, oh and a few good charity shops too!!



CHESTER 1/2 MARATHON



Richard Walker 1.21.38
Alastair Macdonald 1.47
48Helen Walker 1.48.21

Alastair – 'it was tough today, over the last 500 m my stomach decided to erupt like a volcano and was sick 4 to 5 times whilst running. Not a good look!!'

BRATHAY/WINDERMERE MARATHON: 19th May

Brathay Windermere Marathon results from a field of 943. Julie Hunter 249th in 3-58-27 PB, Deborah Yearnshire 279th in 4-03-20 PB by over 30 minutes, Karl Fursey 643rd in 5-30-21 and Penny Moreton 907th in 5-57-18.



BRATHAY MARATHON: JULIE HUNTER:

After deliberations over which marathon to do this year, Deborah and I decided on Windermere – I'm still not sure which of us persuaded the other!

The advantages of a local Marathon were a pre-race sleep in my own bed and less 'hanging around' for very patient other family members. The beautiful views would be a bonus, but then, there would be hills!

Training went pretty well, vaguely following a couple of training plans and clocking up 150 miles a month – more miles than we had done in previous years, but a pre work, 6am Wednesday morning run was topping up the extra miles.

A couple of pre Marathon races yielded PBs - Coniston 14 and a 10K PB which had stood for 10 years, so with no injuries, all felt to be going pretty well. The worrying issue for me was the extra pounds gained prior to the race, probably in the tapering weeks – extra baggage to carry round wasn't in the plan!

Nerves seemed to kick in the week before with imaginary leg pains and a bit of self-doubt, but the time seemed to go fast and race day arrived.

I'd never been to Brathay before – the views and the pre-race atmosphere were great. Our numbers were soon pinned on and with my usual dose of Dairy Milk (bananas – 3 of, porridge and toast) the time had arrived to head to the start line.

Deborah and I set off together – neither wanted to hold the other back, but running together in training and for the whole race at Coniston 14 had worked well, so it was great to be running together, though the first few miles a lot of weaving between slower runners was needed.

Pace was going well at sub 9-minute miles and we tried to slow down a bit as plenty had advised us.

We soon started to see friendly faces of those who were out on the route to support – it was motivating and humbling. It gives such a boost to be encouraged along the way and reminds me what a great team the club is. We had been warned of a big hill around 7 miles, but lots of training runs up old hall road to Lowick must have helped as we were at the top with less of a problem than we anticipated and by 8 miles we were running comfortably and chatting like a normal training run.

We reached Newby Bridge, to a lively supporting crowd and after feeling quite good a lull of energy seemed to hit me as I rounded the corner to head to Bowness – a welcome bottle of Lucozade we collected from Carol near Fell Foot, helped to power us up and down the next few hills – sharing carrying it and water bottles from the drinks stations helped too.

The miles ticked by, but Deborah and I drifted apart at about 19 miles – I was struggling and Deborah had some tightness in her calf – I didn't like leaving her but was aware how difficult it is trying to run at a pace that's not comfortable. It was quite emotional as having trained together so much and having run most of the race together, I wanted to finish together but also didn't want Deborah to make her leg worse.

At 20 miles, the physical and mental battle started for me – only a 10k to go, but that's a long way on tired legs. I finished my gels and had dextrose tablets and water along the way. The sun got hotter, but fortunately the trees gave some shelter.



I tried to keep counting from 1 to 100 to keep my mind off the tiredness and the view was a welcome distraction, unlike the pedestrians in Bowness and then Ambleside – but I guess if you are not a runner, you just don't 'get it' and having any spatial awareness or appreciation of quite how exhausted you are by that point doesn't register with them.

The last couple of miles seemed to go on forever, but I finally turned the last corner to see – a hill! - the driveway up to the finish, which I had not

seen on arrival. My heart sank, but a cheery shout for a 'Hoadie' from the crowd and the realisation I could soon stop, powered me up the last hill to the final 'sprint'

The crowd was great, and I spotted Gordon and a Butterfly painted face – Phoebe on the way to the finish – the result of a visit to her school May Fayre to Maypole dance and eat cake – far better than hanging around on the roadside for a quick glimpse of Mum running past!

Deborah soon followed (I was so glad to see she hadn't been injured) and Rose joined her for the final section – a perfect photo moment captured

I was exhausted, elated, a bit 'vacant' for a while, but a Mars bar helped with that!

My time was a surprise and a bonus.

Completing a marathon is something that 10 years ago I would have said was a ridiculous notion and I would never achieve.

The support from my family makes it possible to manage the training and the 'well done Mum, I'm proud of you' and cuddle, makes it worth it.

Having a training partner who can talk and listen for 20 miles and still not run out of conversation for the next run is a privilege.



BRATHAY 5K 19th May

7th Darren Coward 20.40

9th Lauren Booth 22.40 **1st Lady**

14th Stephanie Gillies 23.50 **3rd Lady**



BLACKPOOL 10 miler: 25th May

Mike Cubin:

'Action shot from Blackpool 10 miler where I finished 6th in 63:11. Not as pained an expression as my usual 'race face' so must be getting fitter!' 2nd. Vet 45!

EDINBURGH MARATHON 26th. May

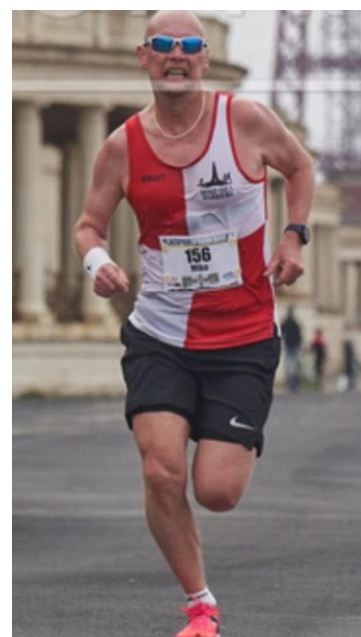
John O'Neill 4:14:45

EDINBURGH HALF MARATHON: 26th May

Kathy Edmondson 2:19:19

EDINBURGH 10K 25th. May

Heather Travis 46:39



ADVANCE NOTICE: Dallam Running Club annual 20 Barriers Race at Carnforth.

Tuesday 2nd July 2019, 7pm start, entry fees: £5 on the night

A great little Tuesday evening run for those of you that have never tried it, ideal to get your legs going again after the stresses and strains of the weekend. It's just a great fun run out with FABULOUS spot prizes from THE RUNNERS CENTRE, Lancaster and ROWAN WOOD SPORTS THERAPY. Also 1st, 2nd & 3rd Male & Female prizes.

The 20 Barriers follows a 5.5 mile scenic route on the field paths, trails and canal towpath in the countryside to the south of Carnforth 'Gateway to the Lake District'.

The race gets its name from the number of stiles and other field boundaries crossed en route but none of the '20 barriers' should present any unusual hazards or difficulties. Trail or studded shoes advised.

Event info: Carnforth High School, Kellet Road, Carnforth, Lancs GR 503703 on OS 97, Explorer OL7 Cat CS, 5 miles, 500ft trail and fell race, under FRA rules. Open to age 16 and over.

<https://20barriersracecarnforth.blogspot.com/> or Contact: Greg Tagney 01524 761557 –

Pets Davison has done this race before and has always raved about it!!

KENDAL 10K SERIES: LEVENS: May29th: Adrian

Well the rain that started mid-afternoon, did not relent by the evening start for this race, so the runners were greeted with a wet miserable evening!

However, it didn't dampen the spirits of the spirits of the 20 Hoadies, who were brave enough to tackle the next counter in our championship series.



The course is a cracker, with a fast-downhill start, then pan flat for 3 miles along the Lyth Valley, before hitting the hills through Brigsteer Park Woods, followed by a fast-downhill finish into Levens Village.

The winner was Rob Danson of Wesham Road Runners in 32:30, who also won the Kendal Race, 1st lady was Katherine Cousins of Lancashire and Morecambe AC in 40:24.

First back for the Hoadies was the ever-improving Andrew Dorrian, who finished in 5th place in 36:27. Our first lady back was Lauren Booth in 45:36, with her best 10k time for three years.

There were some good battles further back in the field, between club members, but all rivalry was soon forgotten as the club celebrated winning the ladies team prize (Lauren, Heather and Steph) back at the pub afterwards! The pizza and chips provided by Kendal AC went down a treat as well.

Special thanks go to Mike Lavery, who ran more than 10k, as he kept looping back to act as a pacemaker for some of our members.



LEVENS 10K RESULTS:

5th. 00:36:27 Andrew Dorrian
40th. 00:45:50 Alan Wilson,
46th. 00:46:32 Heather Travis
55th. 00:49:47 Simon Barton
65th. 00:53:34 Leanne Bayliff
85th. 01:03:46 Cheryl Young **PB**
91st. 01:07:10 Winder Christine **PB**

17th. 00:40:17 Gary Dover,
45th. 00:46:24 Phil Horrocks, running for Walney Wind Cheethahs
53rd. 00:49:37 Bill Sharp
56th. 00:49:58 Allison Cooke
66th. 00:54:38 Sally Barton
86th. 01:05:20 Naomi Capstick
92nd. 01:07:10 Mike Lavery

39th. 00:45:36 Lauren Booth
54th. 00:49:38 Steph Gillies
61st. 00:53:27 Frank McKeown
73rd. 00:56:32 Carol Postlethwaite
87th. 01:05:32 Steph Roberts

BIRKRIGG FELL RACE: May 29th.

Sadly, the poor weather also hit Birkrigg, making conditions miserable for our 'inhouse' fell race. The weather, half term holiday, and a clash with Leven's 10K, had an affect on the number of runners entering, however 11 brave souls gave it a go, well done to you all.

RESULTS:

JUNIOR BOYS

1 Ethan Harvey J 10.50
2 Quinn Thompson J 13.20
3 Sam Sibley J 15.40

JUNIOR GIRLS

1 Lily Mitchell J 16.06

SENIOR MENS RACE

1 Jay Heaton S 16.24
2 Matt Rooke S 16.28
3 Robert Pike J 20.36
4 Max Hazlehurst J 20.40
5 Calvin Singleton J 23.58

SENIOR WOMENS RACE

1 Stevie Baron S 24.01
2 Sarah Pike S 24.54



Many thanks go to Louise, Chris Howie and all the people who helped to organise and marshal on such a damp night.

GAP- FILLER: Steph Roberts busting a gut in the 100 metres track and field.



CLUB SERIES CHAMPIONSHIP:

Current Championship Race List

- 12 th January – Mid Lancs Cross Country, Towneley Park, Burnley – Complete
- 19 th January – Millom Parkrun (5K) – Complete
- 9 th February - Mid Lancs Cross Country, Leigh Sports Village – Complete
- 23rd February – Ford Parkrun, Ulverston (5K) – Complete
- 2 nd March – Mid Lancs Cross Country, Cuerden Valley Park – Complete
- 9 th March – Dentdale Run (14.2m & 7.9m) – Complete
- 16th March – Cartmel Lakeland Trails (5K, 10K & 18K) – Complete
- 30th March – Coniston 14 – Complete
- 14th April - Lancaster 3 Bridges 10K – Complete
- 27th April - Wray Scarecow 10K – Complete
- 3rd May - Dalton Charter 10K – Complete
- 8 th May – Kendal 10K – Complete
- 19th May - Windermere Marathon – Complete
- 29th May - Levens 10K - Complete
- 2nd June - Coniston Lakeland Trails Marathon & Half Marathon *Complete*
- 19th June - Hawkshead 10K
- 29th June - Barrow Parkrun (5K)
- 7 th July - Bentham Beagles Bash 10K
- 10th July - Endmoor 10K
- 24th July - Lancaster 10K
- 28th July - Caldervale 10m
- 4 th August - Riverside (Lancaster) 10m
- 10th August - Tri-Island Roa Island Ruckus (Summer Saunter series) - 5K, 10K, 1/2m & marathon
- 24th August - Pilling 10K
- 1 st September - Golden Ball 10m & 20m (Lancaster)

The following HHH organised races will qualify for 5 points for marshalling, but no running points:

- 4 th July – Hoad Fell Race
- 21 st August - Summer 10K road race
- 4 th September – Charter 5K Road Race

More Races to be added in due course. Please let Alan Wilson know if you want any specific races to be considered.

Women's Scores @21/5/19

Senior

Overall Position	Total Points	Name
1	39	Stephanie Roberts
2	19	Leanne Bayliff
=3	10	Ashleigh Mayvers
=3	10	Lauren Booth
=3	10	Kathy Edmondson

Vet 40

Overall Position	Total Points	Name
1	55	Naomi Capstick
=2	30	Heather Travis
=2	30	Julie Hunter
4	27	Deborah Yearnshire
5	9	Louise Thompson
=6	8	Cheryl Stanway
=6	8	Andrea Anderson
8	7	Mel Simmonds

Vet 50

Overall Position	Total Points	Name
1	82	Sally Barton
2	78	Alison Cooke
3	58	Penny Moreton
4	48	Stephanie Gillies
5	36	Kath Whipple
6	32	Christine Winder
7	25	Stevie Barron
8	20	Julie Newnham
9	16	Jeanette Chester

Senior

Overall Position	Total Points	Name
1	50	Darren Coward
2	48	Andrew Dorrian
3	29	Luke Turner
4	25	Mick Cull
5	18	Tom Southward
6	16	Matt Rooke
7	10	Matthew Elkington
8	9	David Fulford
9	7	Stephen Peters
10	6	Glenn Boulter

Vet 40

Overall Position	Total Points	Name
1	37	Michael Cubin
2	35	Frank McKeown
3	28	Mark Bailey
4	20	Mark Bonner
5	18	Richard Walker
6	17	Karl Fursey
7	16	Mark Tomkinson
8	10	Andy Jackson
9	8	Erik Hampton
10	6	Mark Lehrle

Vet 50

Overall Position	Total Points	Name
1	79	Gary Dover
2	55	Alan Wilson
3	48	Simon Barton
4	39	Adrian Newnham
5	31	Pat Thomas
6	30	Ashley Cooke
7	25	Peter Davison
8	19	Graham Pinder
=9	18	Sean Dixon
=9	18	Phil Horrocks
11	17	Nigel Storey
12	15	Damian Jones
=13	14	Simon Stanway
=13	14	Bill Sharp
=15	10	Jeffrey Chadwick
=15	10	Mike Lavery
=15	10	Mike Fawcett
18	9	Martin Willacy
=19	8	Ian Walker
=19	8	John O'Neil
21	6	Terry Peet
22	3	Tony Clarke



KARL'S RACE DIARY:

Fri 07 to Sun 09 Jun: Barrow-in-Furness Tidal Triple Series of races comprising of 5k, 10k, half marathon and full marathon on each of the three days from a different starting point in Barrow. Full details on their Facebook page...Tri-Island running or the Si Entries website. Prices and start times vary so please check for the race(s) you are doing.

Sun 09 Jun: Catforth 10k near Preston. See John Schofield's UK Results website for further details and entry fee. 10:30am from Catforth Primary School.

Sun 09 Jun: The Blaydon races. This is the UK's oldest running races having been established on the 9th June, 1862, and is always held on the same date each year. See blaydonrace.co.uk. Word of warning....it's a long way to go to this event, being just outside

Gateshead.

June: (Date TBC) The Windmill race. Scenic trail type race taking place from the station hotel sports field at Caton, near Lancaster. See the windmill race website for start times and entry details.

Wed 12 Jun: Gosforth 10 mile race. 7pm from the Wellington end of the village. Registration on the evening at the Wheatsheaf Inn. £10 entry I think. Undulating. Several Hoadies have raced this in the past. Blengdale Runners' website. CLUB CHAMPS COUNTER RACE?

Sat 15 Jun: Pilling 10k race series no.2. 11am from the Golden Ball Hotel, School Lane, Pilling, near Preston. Series of 10k races every month between May and September. Entry is steep at £15 and more details on John Schofield's UK Results website.

Sun 16 Jun: Lancaster Father's Day 10km race. 11am from Salt-Ayre running track. £15 entry fee on the day. see John Schofield's or Lancaster races website for further details. Part of Lancaster & Morecambe ACs race series.

Wed 19 Jun: Hawkshead 10km. Need I say more? Popular event. MUST BE A CLUB CHAMPS COUNTER RACE. £10 in advance or £12 on the night entry fee. 7:30pm start. Free BBQ after the race, and free results. A highlight in the race calendar. Race 3 of 4 in Kendal ACs Grand Prix series.

Sat 22 Jun: Carlisle rat race at Carlisle castle. See ratracethewall.com for all details.

Sat 22 Jun: TBC Gibson Grind Trail race 14km. Start and finish at Dean Gibson junior school in Kendal, just up the lane from Kendal college where free car parking is available. A very scenic and at times fast race over Scout Scar and nearby hills. 2pm start and £15 entry on the day....a cheaper alternative to the Lakeland trails.

Sun 23 Jun: Barrow-in-Furness 5km Colour Run. 1pm from Barrow Park. £10 adults, £6 juniors...no age limit. Enjoy the fun of running whilst being caked in powdered colour. Steph Roberts and Karl amongst others, took part last year. More info on its Facebook page, plus entry info.

Sun 30 Jun: Lancaster summer 5km. 11am from the 3-1-5 Health Club close to Jct 36 M6. More details on Lancaster Races website.

Sun 30 Jun: Haverigg (lighthouse) 10km, starts from the Ski Bar at Port Haverigg holiday park, near Millom. 11am start, but entry is steep at £20 and there are details on the Lighthouse 10k Facebook page. Karl and Penny ran the inaugural race last year, and is not a pb course.

Sun 07 Jul: Morecambe half marathon and 10km races. Yes, a chance for runners to run along part of this most infamous of seaside resorts. See John Schofield's UK Results website for more details. 11am from the Superbowl, Central Drive. £20 in advance, £22 on the day. 2 mile junior unique run at 11:10. £5 on the day.

Sat 29 Jun: Lakeland trails ultra 110km and 55km races. Also a 23km option is available. ALL ENTRY FOR BOTH ULTRA DISTANCES IS NOW FULL. This is for info only and full details can be found on the Lakeland Trails website.

TBC: (Summer) Lancaster marathon. 10am from the castle. New race in 2017, but entry is steeper than London and Windermere at.....£40! If the weather is hot then people will struggle with this. Lancaster races website for further details.

Tue 02 Jul: Carnforth 20 barriers 5 mile multi-terrain race. As it says, the 20 barriers will be fences, gates or other obstacles to negotiate along the course. 7pm from Carnforth High school close to J35 M6. Entry is available on the night. £5 More info on John Schofield's website or <https://20barriersracecarnforth.blogspot.com/>

Tue 02 Jul: Lambfoot Loop 10km road race. 7pm from Cockermouth School (Registration is £6 attached, which is excellent value for money for a 10k in 2018, at Derwent ACs clubhouse a km away in Kirkgate....use that as a warm up to get to the start). "Once you've climbed the hill, it's easy" is their motto.

Thur 4th Jul: Hoad Hill Harriers Hoad Hill Fell Race. (No club night session) Juniors 7:00 - £2 Seniors 7:30 - £3

Sun 07 Jul: Bentham Beagles Running Club Bentham 10km race. 10am from Bentham Golf Club. £8 entry and not a pb course, on a par with Endmoor or Hawkshead covering hilly country lanes. An alternative to the very busy races happening 20 miles away at Morecambe on the same day.

Wed 10 Jul: Endmoor 10km race. Last of the Kendal AC midweek series of races and the toughest to. Very hilly and undulating, especially the first half....runnable second half. 7:30pm from Endmoor village hall, near Jct 36 M6. Entry £10 and on the night also available. Kendal AC or John Schofield's websites has details and more info.

Sat 13 Jul: Warton (near Carnforth) 10km race. 11:30am from Archbishop's Hutton primary school. Also a 1km fun run at 11am. Scenic run on country roads close to Morecambe Bay and Warton fell. More details on the link from John Schofield's UK Results website. School summer fair also on.

Sat 13 Jul: Holme Howler 10km obstacle race. Interesting alternative to a road race. See John Schofield's website for the link. Entry is steep at £20. Close to Milnthorpe, so not far to travel. Water and mud obstacles are also included. A similar event is due to take place at Haverigg on the 28th July.

Sun 14 Jul: Garstang (Ice Cream) 10km and 3km fun run. Similar to January's race that some Hoadies go to is this summer version. Same course, but full details on the link from the UK Results website. 11am fun run, noon 10k starts.

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