



# **HOAD HILL HARRIERS** **NEWSLETTER**

**JULY – AUGUST 2018**



## **HOAD HILL FELL RACE**



## **EDITORIAL:**

I'm struggling to find time to keep up with club matters at the moment, and as I want to get this out before I go away, this will be a shorter issue.

The next eight weeks are busy for the club. Please try and volunteer to help or get volunteers for the next three events we are hosting, details of which are in this newsletter. You can email Louise Thompson directly at [nvlogcabins@gmail.com](mailto:nvlogcabins@gmail.com) , or let me know and I will pass it on.

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](mailto:adrian.newnham@btinternet.com) - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, missed you from a result or if you don't like the photo I used of you!!

**Welcome** to new junior member Joseph Connolly, we all hope you enjoy your time with us.

## **CONGRATULATIONS:**

.....to Cian, Kalyani and son Dylan on the new addition to their family with the birth of Cora.

..... to Alan(no cake) Wilson, who celebrated hjs 100<sup>th</sup>. Parkrun with a PB at Fellfoot.

.....to Damian Jones on completing and passing his England Athletics Coaching Course in Running Fitness.

## **CLUB 10K HANDICAP:**

**Congratulations** to our 2018 10k Club Champions Deborah Yearnshire and Mike Cubin. The chasing handicap format requires an excellent performance on the day to win it. Deborah produced a superb new pb of 49:29 to cross the line first and Mike ran the fastest time of the evening 39:37. Julie Hunter was second overall across the line and second lady with a time of 47:53 with Natalie Dodds third in 48:04. Second and third men were Adrian Newnham (48:57) and Keith Conway (45:10).

Thanks goes to Damian and crew, for organising the handicap times and the start/finish lines.



## **HOAD HILL FELL RACE: Evening Mail**



**MATT Elkington held off a chasing pack of Black Combe Runners members to take victory for Hoad Hill Harriers, in the Hoad Hill Fell Race.**



Hoad Hill Harrier Matt Elkington, completed the course, which started in Ford Park, made its way up Hoad, past the Sir John Barrow Monument to the back of the hill and back again, in 9mins 41secs, followed just over a minute later, by Black Combe's Edward Gleadowe (10:44).

Gleadowe's club-mate, Matthew Rooke, rounded out the podium places with an 11:09 clocking in the bright evening sunshine on the sun-scorched slopes.

Black Combe's James Harris (11:21), Harrier, Connor O'Hara (11:45) and Harvey Lord (11:51) were next home in quick succession.

Junior runner Olesia Winder triumphed in the senior women's race as the Leven Valley under-14s ace completed the course in 12:36.

Black Combe's Sarah Pike was second with a clocking of 13:44, and Winder's club-mate Emma Broadbent took third in 15:44. Another Leven Valley member, Lucy Saunders, rounded out the women's field in 17:26.

The other BCR finishers in the men's race were William Ross (13:54), Nick Selby (13:58), Simon Austin (14:02), Mike Jewell (14:21), Jonathan Bailey (15:36), James Goffe (15:38) and Karl Fursey (19:34).

Of the Hoad Hill contingent, Lee Winter was second to Helm Hill's Paul Winter in the MV40 category with his clocking of 12:54, and Jeff Chadwick took MV45 honours in 13:04.

Luke Turner's time of 13:20 saw him finish second in the under-23s category, with Stephen Peters (13:50), Cian Nutt (14:12), Mike Jewell (14:21) and Alastair Macdonald (14:36) finishing too. Jewell's time saw him finish as the fastest MV60 runner as well.

**Many thanks to Louise for organising the event, Pat, Penny Ian Jones and of course all the marshals, for making this event such a success.**

**We would also like to thank members of Duddon and Furness Mountain Rescue for providing First Aid for the event.**

## RESULTS Senior Women

1	Olesia Winder	12.36	Leven Valley	U14G
2	Sarah Pike	13.44	Black Combe Ru	W40
3	Emma Broadbent	15.44	Leven Valley	WSEN
4	Lucy Saunders	17.26	Leven Valley	WSEN

## RESULTS SENIOR MEN

1	Matt Elkington	9.41	Glaxo HHH	MSEN
2	Edward Gleadowe	10.44	Black Combe	MSEN
3	Mathew Rooke	11.09	Black Combe	MSEN
4	James Harris	11.21	Black Combe	MSEN
5	Connor O'Hara	11.45	Black Combe	U18B
6	Harvey Lord	11.51	Black Combe	MSEN
7	TBC	12.08		
8	Paul Singleton	12.17	Helm Hill	M40
9	Gavin Lloyd	12.24	Black Combe	MU23
10	Jacob Nelson	12.32	Leven Valley	U16B
11	Edward Sargent	12.38	Leven Valley	U14B
12	Lee Winter	12.54	Glaxo HHH	M40
13	Jeff Chadwick	13.04	Glaxo HHH	M45
14	Bobby Guard-Storry	13.08	UA	MSEN
15	Alan Life	13.13	Clayton Le Moors	M50
16	Dave Parker	13.18	Leven Valley	M50
17	Luke Turner	13.20	Glaxo HHH	MU23
18	TBC	13.21		
19	David McNally	13.38	Leven Valley	M40
20	Stephen Peters	13.50	Glaxo HHH	MSEN
21	William Ross	13.54	Black Combe	M45
22	Nick Selby	13.58	Black Combe	M55
23	Simon Austin	14.02	Black Combe	MSEN
24	Cian Nutt	14.12	Glaxo HHH	MSEN
25	Mike Jewell	14.21	Black Combe	M60
26	Alistair Macdonald	14.36	Glaxo HHH	MSEN
27	Rikki Mayvers	14.46	UA	MSEN
28	Adam Williamson	15.16	Leven Valley	U16B
29	Tim Winder	15.22	Leven Valley	M55
30	Paul Corkhill	15.27	Leven Valley	MSEN
31	Ronnie Haddow	15.34	Leven Valley	M45
32	Jonathan Bailey	15.36	Black Combe	M40
33	James Goffe	15.38	Black Combe	M55
34	Andrew Johannessen	15.52	UA	MSEN
35	Al Bradley	17.56	Ambleside AC	M45
36	Frank McKeown	19.29	UA	M45
37	Karl Fursey	19.34	Black Combe	M45
38	Sean Robinson	20.09	UA	MU23
39	Nathan Lee	21.49	UA	MU23
40	Elliott Fletcher	26.18	UA	MU23
41	Mathew Nagg	DNF	UA	MU23



## CLUB WEBSITE:

The new website is still in its infancy and is being updated on a weekly basis. Most information concerning event dates, training programmes etc can be found on there. Anyone who has any ideas on anything which can be included, please let me know. Link to the website: <http://www.hoadhillharriers>

## TERRY GANNON:

It was great to see Terry back at the club this week, after his long absence whilst he cared for his wife Dorothy, after her operation.

Many thanks goes to Mike Fawcett, who did a

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sterling job, standing in for Terry's coaching sessions.

## **BENTHAM 10K July 8<sup>th</sup>: Adrian**

I did this race last year, and I was impressed with the set-up of the organising club, Bentham Beagles. Although a tough hilly course, I was looking forward to returning. However, this year they had a new start venue, the local golf club, so the route was also new.

It turned out to be a pleasant rural race, held on country roads, with spectacular views of Ingleborough and the Yorkshire 3 peaks. The course was undulating, not too hilly, so I still expected to be challenged. Unfortunately, the main challenge for the day was the heat, it was a scorching day, and with an eleven o'clock start, it was going to get hotter.



I decided to go off steadily and see how I felt at the half way stage, before deciding what to do. The heat certainly played a big issue in the race, with water available from marshals all along the course. I don't normally take a drink on a 10k race, but had to stop to have one and to pour a second one over my head!

Gary, Heather and Phil were ahead of me and were nowhere to be seen at this stage. I could see Ashley 400 metres ahead, and had expected Alan to have overtaken me by now. He was struggling from enjoying himself a little too much the night before, at the club dinner!

I concentrated on trying to catch Ashley and thought I was going to do so, having brought the gap down to 50 metres with a couple of minutes to go. Trying to creep up on him didn't work, as he turned round, spotted me and stretched his long legs to take him over the finish line, 10 seconds ahead of me. It was a struggle in the heat, in fact only 2 runners from the 108, finished in under 40 minutes.

1st home was Lee Parrington of Lancaster & Morecambe in 00:36:05, second, Ross Campbell of Barrow Striders in 00:36:31, and 3<sup>rd</sup>. was Joel Birks, Skipton AC in 00:40:02

1<sup>st</sup> female was Louisa Thompson of Leigh harriers in 00:40:50, 2<sup>nd</sup>. Sally Brassington Lancaster & Morecambe 00:47:45, 3<sup>rd</sup>. Rebecca Barker 00:47:58



**HHHarriers Results:** Gary 8th - 1st Vet 50 in 42:54, Heather Travis 24th. 6th lady 1st F.Vet 40 in 49:11, Phil Horrocks 25th in 49:42, Ashley 32nd. in 51:09, Adrian, 33rd 1st Vet 65 in 51:19, Alan Wilson, 44th. in 54:33, Janine 80th in 1:02:59.

## **SUMMER CLUB BALL:**

Although numbers were slightly down, due to the fact that many regular attendees were on holiday. However, it was a resounding success. The night's star entertainment act, Pete Davison on the dancefloor, went down a treat and managed to clear the dancefloor in record time.

The whole event was highly organised, and the food was delicious, and well presented by the Chef, Jolie and the Ford Park team.

Thanks must also go to Alison Davison for organising the event.

The raffle, in aid of the club charity, The Bluebell Foundation, raised a total of £96.

## **THE CHRISTMAS PRESENTATION DINNER**

A date for your diary – we have booked Ford Park for the Christmas Club Dinner and Presentation Night for Saturday, 8<sup>th</sup> of December. More details to follow.

## **LAKELAND ULTIMATE TRAILS: 8<sup>th</sup> July**



**Ultimate Trails 23k:** Kieran Ireland 8<sup>th</sup> in 2:14:37

Darina Dalinova 8<sup>th</sup> lady in 2:40:40

**Ultimate Trails 55k:** Simon Austin 11:03:07

## **PARK RUNS:**

Congratulations to Sal and Simon, who both celebrate 50 Park runs.

Dave Fulford smashed the course record and also broke his PB in 16:50, with Jeff PB 19:08 and Dave Bridges 2<sup>nd</sup> and 3<sup>rd</sup>. home at the Millom Parkrun.

**Barrow Pb's** :Mike Cubin 18:57, Kev Fox 20:55, Heather Travis 22:15, Cian Nutt 21:27

Mark Tomkinson was the first finisher at Barrow Parkrun.



## **FORD PARKRUN: Ulverston**

Just a reminder that Parkrun has come to Ulverston. Called Ford Parkrun, it is held every Saturday at 9:00. Personal Barcodes can be downloaded if you register online at: <https://www.parkrun.org.uk/register/>

Event parking is at Booths Car Park. Café is open afterwards for coffee and bacon butties!

## **KENDAL 10k SERIES: ENDMOOR:11<sup>th</sup>. July**

Numbers were down slightly on last year, with just 40 entries, probably due to the England World Cup game. This is the toughest course of the series, with a steep three-mile uphill start, followed by a steep three-mile downhill section.

The winner was Seb Sillito of Helm Hill in 00:38:42 with Robin Regan, Eden Runners, second in 00:39:16 and third Rob Crawford, Howgill Harriers in 00:39:43.

First lady home was Howgill Harrier, Chloe Brown, in 00:47:33. Second, Harrier - Sharon Dixon in 00:47:21 and third was Kendal's Lucy Varney in 00:45:3.

Sharon was the leading lady for most of the way, but suddenly started to feel un well and was very ill at the end of the race, requiring ambulance treatment. She has still not recovered properly and is suffering from vertigo. She thinks she had picked up a virus days before the race. She has been off work since, so **GET WELL SOON SHARON.**

## **Endmoor 10k Results**

12<sup>th</sup>. 00:47: 21 Sharon 503 Dixon V45 F second lady

25<sup>th</sup>. 00:53:03 Philip Horrocks V50 M

23<sup>rd</sup>. 00:52:27 Alison Cooke 1<sup>st</sup>.V55 F

35<sup>th</sup>. 00:59:53 Janine McNeill V45 F

36<sup>th</sup>. 00:59:53 Ashley Cooke V60 M

## **PENDLE RUNNING FESTIVAL: 5 mile Trail Race**

You know how it is, you sit there browsing races on your phone and the next thing you've entered, only to say on the day, "What was I thinking of?" as the nerves kick in! Fortunately, I had my back up team of Simon there to support me.

It was another warm, sunny day with a little cloud. The race was well organised and very friendly. Once on the starting line, the nerves went and we were off. A small loop first to stretch out the field, ready for a narrow steep climb at the start. There was every type of terrain, most of the climbs were in the first half and there was some shady woodland by the river on the way back, which was very welcome. The heat was draining and on the last mile, I felt like I was stationary as I felt so tired, but managed a little sprint at the end.

At the finish we received a drinks bottle, a towel and a medal. Food was available in the village hall. I would go again. It was a hot and hilly run, but a lovely course. I was fairly happy with a time of 53.49. It was actually 5.2 miles long!.



## **HOLME HOWLER:**

Janie and friends took part in this event, and her ladies' team were the first finishers.



## **Warsaw Parkrun**

Amanda completed the Warsaw Parkrun on a recent trip to Poland

## HOADIES OUT AND ABOUT



Fast Group's Monday night club run up to Kirkby Moor.



## **JUNIOR SECTION:**

### **HOAD HILL FELL RACE**



## **RESULTS 2018**

### **JUNIOR BOYS**

<b>POS</b>	<b>NAME</b>	<b>TIME</b>	<b>CLUB</b>	<b>AGE CAT</b>
1	Will McNally	8.04	Leven Valley	U 12 B
2	Ethan Harvey	8.24	Glaxo HHH	10 B
3	Blake Flemming	8.41	Glaxo HHH	10 B
4	Oliver Oldham	8.55	Glaxo HHH	10 B
5	Robert Pike	9.01	UA	10 B
6	Charlie Martin	11.05	Leven Valley	U 12 B

### **JUNIOR GIRLS**

<b>POS</b>	<b>NAME</b>	<b>TIME</b>	<b>CLUB</b>	<b>AGE CAT</b>
1	Bethan Saunders	8.22	Leven Valley	U 12 G
2	Georgia Bell	8.23	Leven Valley	U 12 G
3	Iona Smith	13.12	Glaxo HHH	10 G
4	Evie Corkill	17.55	Leven Valley	10 G



Will McNally led the entire way to claim victory and make it a Leven Valley double in the Hoad Hill Junior Fell Race.

McNally finished the course in eight minutes, four seconds, closely followed by junior girls race victor and club-mate Bethan Saunders, in 8:22.

Saunders produced a strong descent from the Sir John Barrow Monument to claim victory by a single second from another Leven Valley runner, Georgia Bell. Bell had set the pace up the hill, but had to settle for third overall and second in the girls race, with Harrier, Iona Smith, finishing third.

The junior boys race saw Hoad Hill Harriers' Ethan Harvey take second, clocking 8:24 and Blake Fleming round out the podium places in 8:41.

Oliver Oldham (8:55), the unaffiliated Robert Pike (9:01) and Leven Valley runner Charlie Martin (11:05) made up the rest of the field.

## **LANCASTER 5k -NIGHT OF THE PB's: Frid 20<sup>th</sup> July**



Due to the fact they had so many entrants, and the narrow nature of the course, the organisers decided to hold two races, one after the other.

Simon Austin ran in the second race and finished first in 19:39

## **MONTANE LAKELAND ULTRA 50 Sat 28<sup>th</sup> July**

Alastair Macdonald and Paul Managh took on the challenge of this race and completed it together in a superb time of 11:22:38, finishing =124<sup>th</sup>. out of 756 finishers.

The Lakeland 50 is one the greatest ultra trail challenges in Europe, perhaps the world. It is run over the second half of the Lakeland 100 Ultra Tour of the Lake District, completing the final 50 miles of the 100 course. The Lakeland 50 is almost double the distance of a marathon, it's on rough terrain and there's approximately 3100m of ascent to deal with. Whether you choose the 50 or the 100 mile course... there is no 'easy option' available. The Lakeland 50 is a huge challenge, it requires commitment, drive and the ability to 'just keep going' when most folk would 'just rather not'.



The route starts from the Northern end of Ullswater within the grand Dalemian Estate before following the Eastern shore line as far as Howtown. A quick climb and descent followed by a trek along the banks of Haweswater sees you at Mardale Head. The route from here visits Long Sleddale, Kentmere, Ambleside, Langdale and Tilberthwaite before the final climb and descent to the finish at Coniston. It is a truly amazing route and you will visit places that you never knew existed, places which are ignored by the masses.

## **YORK 10K:**

Phil Horrocks: 45:49



## **LANCASTER 10K: 25th JULY. Adrian**

Another warm night greeted the 190 runners, participating in this year's midweek 10k. Numbers were bolstered due to the fact that it was also being used by the police federation as part of their championship final. The course route had changed slightly from previous years, but started on the race track, then headed off down the cycle track along the Lune, before hitting the country lanes, then back along the Lune again.

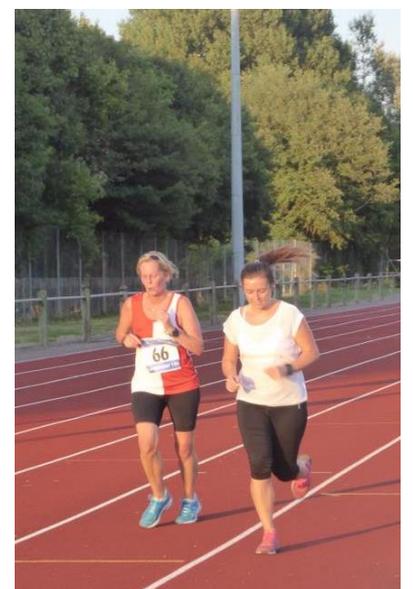
A record turnout from our club for this event saw 13 line up at the start. It was an enjoyable race, made even better with the goody bag containing a sandwich, crisps, fruit and chocolate bar!



14th. Lee winter 38:10,  
21st. Kieran Ireland 39:42,  
52nd. Darina Delinova 45:00,  
77th. Adrian Newnham 48:07 1st V65, 89th. Alison Cooke 49:35 1st. FVet55,  
140th. Janine McNeill 56:28 1st FVet 45

18th. Connor O'Hara 38:56 PB,  
24th. Gary Dover 40:17 1st Vet 50,  
68th. Phil Horrocks 46:21,

20th. Tom Southward 39:41,  
50th. Alan Wilson 44:50,  
71st. Heather Travis 46:40,  
100th. Ashley Cooke 51:31,



## **LEIGH TRACK HALF MARATHON SAT 28<sup>th</sup> July: Heather Travis**



This race appealed to me as I love running on the flat, and the fact it was laps didn't put me off at all. It was just everyone else that thought I was bonkers!!

I was able to get a couple of track sessions in with UTC on Tuesday evenings and I found it a great help to get used to running on the track. On race morning I was quite relieved that there was a break in the scorching weather, although when I arrived at Leigh it was wet and windy, which wasn't ideal either! There were around 50 of us altogether and the organisers called us all over for a briefing and reminded us (as if we needed reminding!) that it was 53 laps for the half marathon and 106 for the marathon.

Off we went and I tried not to get carried away and just settle into a rhythm. Each of us had an ankle chip so every time you crossed the lap marker you clocked up another lap, then every so often marshals would shout out your total number of laps done. They played music to try and keep us going but as it was quite windy it was actually hard to hear it, so I didn't find it much help really.

There was a drinks station on the track, so you could stop anytime for a variety of drinks/energy gels/sweets. The runners all became strung out and I found I was having to weave in and out, past the slower people, some were also running in pairs or small groups, so it took more of an effort to get past them. I soon realised that the number of laps I'd done didn't tally with the miles on my Garmin, in other words all the weaving in and out meant I was running a lot further than 400 metres per lap. Saying that I felt surprisingly good and was enjoying the cooler weather, although a headwind on one side of the track meant I had to push a bit harder, but in a way that was good as it broke up the monotony.

I tried not to think about the lap count until I reached the 40s and could start counting down to the finish. My legs really started to tire around lap 46 and my left shoulder was aching from leaning into the corners but I just kept plodding on. Finally, I got to number 52 and knew that there was only one left so I tried to lift my legs and quicken up. It was a huge relief to cross the line and I wasn't sure my legs would actually be able to stop! My official time was 1 hour 43 mins, 1<sup>st</sup> lady and 9<sup>th</sup> overall out of 23. I was pleased with how I ran and that I overcame the mental challenge of running in circles! Hats off to the marathon runners who were still out there running when I arrived home over 2 hours later!!

### **PILLING 10K : Sat 28<sup>th</sup> July:**

Carol Whittle 00:53:30, 9<sup>th</sup> Lady 1<sup>st</sup>. FVet 55. Janine MacNeill 00:55:19 Amy Stitt 1:07:39 PB

### **LANCASTER RIVERSIDE 10 MILER: Penny:**

Fantastic running in hot very humid conditions.  
Simon Austin 62nd 75.52,  
Heather Travis 4th lady 69th 76.46, 1<sup>st</sup> FVet40  
Janine McNeill 167th 100.17,  
Penny Moreton 197th 118.36.  
207 runners –  
winning male time 56.30,  
winning female time 69.29



**BEETHAM FELL RACE: Sat 29<sup>th</sup> JULY**



Pete Davison 52:17 Ian Conway 60:32





**Our annual visit to Paul Jarvis's memorial bench on Hoad Hill**



## **HOODIES**

The latest order has been sent and they should be arriving shortly.

## CLUB CHAMPIONSHIP UPDATE: Alan Wilson

**Women's Club Champs Update:** Latest tables attached, which now include the results from the Lancaster Riverside 10miles and the Preston 10miles. No changes in the Seniors table, and Penny has moved up a couple of places in the Vet 50s league. Meanwhile Janine has extended her lead even further at the top of the Vet 40s, despite Heather's numerous PBs and prizes! 9 Next opportunities for points are the Lancaster Riverside half marathon on 19th August and Lancaster 5K (3-1-5 series) on 25th August.

**Men's Club Champs Update:** Latest tables attached, which now include the results from the Lancaster Riverside 10miles and the Preston 10miles. In the Seniors' table, Simon Austin has jumped up from 9th to 4th. There are no changes in the Vet40s, but in the Vet 50s, Phil Horrocks is now closing in on top spot. Next opportunities for points are the Lancaster Riverside half marathon on 19th August and Lancaster 5K (3-1-5 series) on 25th August.

### Senior

Overall Position	Total Points	Name
1	49	Darina Delinova
2	42	Leanne Bayliff
3	37	Helen Walker
4	34	Amanda Jenkins
5	32	Amy Stitt
6	22	Deborah Yearnshire
7	20	Amy Whelan
8	15	Stephanie Roberts
9	9	Natalie Dodds
10	7	Kathy Edmondson

### Vet 40

Overall Position	Total Points	Name
1	128	Janine McNeill
2	83	Heather Travis
3	48	Elsie Roberts
4	30	Sharon Dixon
5	27	Julie Hunter
6	9	Karen Bennett
7	4	Louise Thompson

### Vet 50

Overall Position	Total Points	Name
1	87	Alison Cooke
=2	48	Stephanie Gillies
=2	48	Sally Barton
4	32	Penny Moreton
5	27	Christine Winder
6	22	Carol Whittle
7	9	Caroline Peet
=8	4	Dianne McMillan
=8	4	Helen Towers
=8	4	Julie Newnham
=8	4	Karen Morgan
=12	2	Rachel Ashton
=12	2	Stevie Barron

### Senior

Overall Position	Total Points	Name
1	58	Kieran Ireland
2	43	Stephen Peters
3	40	Tom Southward
4	18	Simon Austin
5	17	Cian Nutt
=6	15	Luke Turner
=6	15	Alastair Macdonald
8	12	David Fulford
9	10	Matthew Elkington

### Vet 40

Overall Position	Total Points	Name
1	48	Lee Winter
2	31	Michael Cubin
=3	30	Richard Walker
=3	30	Mark Tomkinson
5	27	Paul Managh
6	22	Andy Jackson
7	20	Jeffrey Chadwick
8	13	David Bridges
9	12	Karl Fursey
10	10	Mark Bonner
11	8	Mark Lehrle
12	6	Erik Hampton

### Vet 50

Overall Position	Total Points	Name
1	86	Alan Wilson
2	85	Phil Horrocks
3	80	Gary Dover
4	69	Adrian Newnham
5	62	Peter Davison
6	54	Ashley Cooke
7	38	Pat Thomas
8	37	Simon Barton
=9	19	John O'Neil
=9	19	Ken Lamb
=9	19	Tom Evelin
=12	12	Dennis Metcalf
=12	12	Terry Peet
=14	9	Damian Jones
=14	9	Nigel Storey
=14	9	Ian Peters
17	7	Paul Quinn
18	5	John Barstow
19	4	Graham Pinder
=20	2	Chris Howie
=20	2	Mike Lavery
=20	2	Sean Dixon
=20	2	Terry Gannon
=20	2	Tony Clarke

## 2018 Club Series Championship

### Current Championship Race List (Remaining)

- 12<sup>th</sup> August – City of Preston 10M
- 19<sup>th</sup> August – Riverside Half Marathon, Lancaster
- 25<sup>th</sup> August – Lancaster 5K (3-1-5 Summer series)
- 2<sup>nd</sup> September – Golden Ball 20M, Lancaster
- 9<sup>th</sup> September – Ribble Way Trails, 10K or Half Marathon
- 16<sup>th</sup> September – Lancaster Castle 10K
- 29<sup>th</sup> September - Lancaster 5K (3-1-5 Summer series)
- 7<sup>th</sup> October - Chester Marathon or Metric Marathon
- 20<sup>th</sup> October – Langdale Marathon and Half Marathon
- 3<sup>rd</sup> November – Allithwaite 8

Note: Further races may be added in due course.

The following HHH organised races will qualify for marshalling points, but not running points:

- 22<sup>nd</sup> August - Summer 10K road race
- 5<sup>th</sup> September – Charter 5K Road Race
- 13<sup>th</sup> October - Mid Lancs Cross Country at Glaxo Ulverston

...GLAXO HOAD HILL HARRIERS...  
**SUMMER 10K & FUN RUN**  
Flat and fast 10k course  
Wednesday AUG 22nd 2018  
FUN RUN 7.00 pm  
10K 7.30 pm  
MEDALS TO ALL FINISHERS IN THE 10K & fun run.....  
Online registration at UK ROAD RACES  
On the night registration from 6.00 pm  
FUN RUN £2, 10k off £8 non aff £10  
[www.hoadhillharriers.co.uk](http://www.hoadhillharriers.co.uk)  
GLAXO SPORTS CLUB, NORTH LONSDALE RD,  
ULVERSTON, CUMBRIA, LA129DR

...GLAXO HOAD HILL HARRIERS...  
YOUR SPORT  
**CHARTER 5K ROAD RACE & 1 mile FUN RUN**  
WEDNESDAY, September 5th 2018  
5k 6.45pm  
Fun Run 6.15pm  
Medals to all competitors  
5k entry £4 aff £5 non aff, fun run entry £2  
REGISTRATION ONLINE AT UK ROAD RACES,  
ON THE NIGHT REGISTRATION FROM 5.30PM IN THE SPORTS HALL.  
[www.hoadhillharriers.co.uk](http://www.hoadhillharriers.co.uk)  
GLAXO SPORTS CLUB, NORTH LONSDALE RD, ULVERSTON CUMBRIA, LA129DR

### MID LANCS X COUNTRY:

Hoad Hill Harriers has been asked to host one of the races this year, and I am pleased to **confirm** that we will be hosting the first event of the season on **Saturday, 13<sup>th</sup> of October.**

The only other date I can confirm is the Liverpool fixture, which once again is a national event, so the date was fixed earlier in the year.

Saturday 10<sup>th</sup> Nov or Sat 8<sup>th</sup> Dec, Saturday 24<sup>th</sup> Nov UK Cross Challenge – Liverpool (Date fixed)

**2019** 4) Sat 12<sup>th</sup> Jan      5) Sat 9<sup>th</sup>. Feb      6) Sat 2<sup>nd</sup>. March

The dates will be confirmed with a fortnight, and I will let you know them as soon as I have them.

## SENIOR COACHING TIMETABLE:

### Thursday Night Coaching Plan Q3 2018

Overall Focus – maintaining speed for summer 10k races gradually building stamina and strength for the XC season.

These sessions will cater for anyone new to interval work through to experienced athletes – we'll help you get into the right group and help you move between groups at the right time.

Safety – Let the coach/run leader know if you need to drop out early, and take it easy if you are racing soon, recovering or not feeling 100%.

Don't forget Hi-Viz clothing mid September onwards.

Intermediate and Advanced Groups					Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
22 Aug	<b>GHHH Summer 10k Race</b>							
23 Aug	GSK Sports field	10min x 400m, 10 min x 200m, 10 min x 400m In matched pairs relay style			Morecambe Road	1 mile Trains, 2 off	Stamina	Pace change/pace control
30 Aug	<u>Knothallow Murder, Maniac mile</u>	2 x 1 mile, 4 by 1 min and 4 x 100m	Strong, fast finish on tired legs		GSK Sports Field	Run and Drops, 10 off by 90 secs	Speed management	Form and pace stamina
5 Sep	<b>GHHH Charter 5k Race</b>							
6 Sep	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Arm drive	GSK Sports Field	12 x 400m, jog recovery	Speed stamina	Form
13 Sep	GSK Sports field or Siemens Estate	Pyramid 2x200m, 2x400m, 800m, 1 mile, 800, 2x400, 2x200. Jog recoveries	Speed	Active leg recovery	Siemens Estate	8 off end to ends	Pace endurance	Form
20 Sep	Siemens Estate	14 x 400m 1 min recovery	Stamina	Sustained effort	Memorial Garden	10 double laps with ½ lap recovery	Pace control	Pacing – aim for equal splits
27 Sep	Belmont/Greenbank	5 reps, jog back to recover	Stamina	Hill Reps	Triangle	Alternative side efforts and rests, 4 sets	Pace and strength	Form and pace stamina
2 Oct	North Lonsdale Road	3k time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split	Station approach	12 off double length sprints	Sustained speed	Speed

## PRESTON 10 miler:



Phil Horrocks 71:30

## **KARL'S RACE DIARY:**



All races are for CUMBRIA and LANCASTER AREA only and entry fees are based on ATTACHED club runners only.

**Sat 18 Aug: Rusland 5 trail race.** Although an off-roader with 800ft climb, there are a lot of other attractions here that make this a good afternoon out for all ages at a traditional Lakeland show, from Whitestock Meadow just beyond Oxen Park. There is a shorter 1.75 mile trail race and junior / senior track races on the showfield also. See the Rusland website for further details. Just £5 entry to the show and you can take part in any or all of the races at no extra charge.

**August: The Pilling 10km race** series race from the Golden Ball hotel in Pilling, Lancashire at 11am. £12 in advance or £14 on the day. There's more info on UK results website. At time of submitting it's likely this race will be on Sat, 25th Aug.

**Sun 19 Aug:** If you missed the Riverside (formerly called the Wagon and Horses) 10 miler from Lancaster quayside two weeks earlier, why not try the half marathon (new race in 2013) from here instead / or as well? Same pub. This race is likely to be very busy, so pre-entry is advised at £20. It could cost more on the day if not full. See Lancaster race series or John Schofield's results websites for more details. 11am start.

**Sat 25 Aug: Lancaster 5k and 10k race series (4th of 5).** Details as 28 July above.

**Sun 02 Sep: Garstang half marathon.** Details on John Schofield's website OR HOW ABOUT The Morecambe (Golden Ball) 20 miler on the same day? Again more details on his website, but basically this 20 miler is the same course as the March Trimpell 20, but at a much better time of year both weather and temperature wise.

<http://www.ribblewayrun.com/>

*Ribble Way Trail Races - sponsored by Conlon*

**Sunday 9th September 2018**

### **The Dolphin Inn · Longton**

The Ribble Way **Trail** Runs return for their second year organised by the Rotary Club of Preston Guild. The runs will take place along the scenic banks of the River Ribble starting and finishing at The Dolphin Inn – Marsh Lane, Longton, Preston. The courses are part of the Ribble Way footpath, crossing fields and traditional stiles and passing through kissing gates. The races are 10K, half marathon and fun run. All proceeds will be donated to local, national and international charities.

## **KENDAL MOUNTAIN FESTIVAL:**

Entries are now open for the [Kendal Mountain Festival 10k Trail Run](#), on 17 November 2018, during the Festival weekend.

Members of Hoad Hill Harriers can get a £5 discount on the **online** entry fee, making it £10 instead of £15.

(No discount is available for entry on the day).

Discount code **KMF4901** should be used with your online registration!

Please note: this code is only valid for members of Hoad Hill Harriers.

We trust club members not to abuse the offer by sharing with non-club members.

To enter please visit: <https://www.openadventure.com/kmf/>

If you have not taken part in the run before, it's a fantastic course: with a Kendal Town Centre start, the route heads straight up Beast Banks (the clue is in the name), before heading across country to the stunning wide ranging panoramas of Scout Scar. With a cobbled downhill finish and an enthusiastic welcome back – it's an all round feel good experience.