



HOAD HILL HARRIERS **NEWSLETTER** **JUNE 2018**



CUMBRIA WAY **CONISTON - ULVERSTON**



EDITORIAL:

Well it makes a great change to be able to get out and run without getting wet, what a brilliant month we have had! However, the days are flying by, and it won't be long before the lighter nights start to get shorter, so make the most of them.

It has been a hectic month, with many well supported activities going on, hopefully I have managed to get them all down in this newsletter.

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 member, Naomi Capstick, we all hope you enjoy your time with us.

Congratulations to member Amy Arnold on her recent award (See below):-

Press Release: 27th June 2018

And Other Stories and New Writing North, are delighted to announce **Amy Arnold**, based in Windermere, as the winner of the inaugural £5,000 Northern Book Prize for her novel ***Slip of a Fish***. Amy Arnold's win was announced last night at the 2018 Northern Writers' Awards ceremony in Newcastle.

The Northern Book Prize 2018 judges commented: 'A fearless test of empathy, a tender sounding of a mind long since overgrown, and a disturbingly sensual work with a prose that skitters, sinks, hooks, pulls, resists, and flips high in gorgeous blinding flashes, *Slip of a Fish* heralds the arrival of a stunning new voice in English fiction.'

Amy Arnold said: 'I am overjoyed to have won the Northern Book Prize. Winning the award means that there are people out there who aren't afraid to look at different types of work and acknowledge that they have a place in literature. It buys me time and gives credence to the idea that hard work and taking risks pays off. I feel very fortunate and I am so grateful for this opportunity.'

About the book:

Slip of a Fish is an artful, allusive and quietly devastating portrait of motherhood, loss and love, in all its kaleidoscopic complexity.

LIFETIME HONORARY CLUB MEMBERS:

Ann and Mike Larbalestier have been made lifetime honorary members of the club, after their recent retirement from the club's committee. Both have worked tirelessly for the committee for many years, and regularly helped to register runners at our races.

INFO BARROW PARKRUN:

Just in case anyone has missed the shout outs - purple parkrun will now be on 28th July, NOT 14th July. Plenty of time to dust off those purple t-shirts then!!

CLUB CHAMPIONSHIPS: Alan Wilson:

The latest Men/Ladies Club Championship update is on the last page of this newsletter which now includes the results from the Hawkshead 10K. Kieran Ireland has now moved ahead of Steve Peters at the top of the Seniors and at the moment this table is looking like a two-horse race. Meanwhile it's looking very close at the top of the Vet 40s. Lee Winter is still leading but Mike Cubin has closed the gap and Mark Tomkinson has moved up the table. It's all very close at the top of the Vet 50s with some Wilson bloke leading!

Leanne and Darina have both moved ahead of Helen Walker at the top of the Senior's table but it's all very close. No change at the top of the Vet 40s with Janine still leading. In the Vet 50s competition, Alison is still top but Steph Gillies has moved up to second place.

GRASMERE GALLOP 2nd. July

This year's Grasmere Gallop took place amidst the spectacular surroundings of Grasmere village and Rydal Water. It is fast gaining a reputation as one of the friendliest fell races in the Lakes, each year attracting more and more first-time runners, Nordic walkers and families, racing alongside seasoned fell-runners, provide an ideal opportunity to challenge yourself to a scenic trail run in the Lakes.

You could choose from a 5.7km, 10km or 17km run or you could join the 10k Nordic Walk.



17K: Paul Managh 30/ in 1:25:24



Alastair Macdonald 1:29:28

PAUL MANAGH: The day started with a short drive to my good friend Alastair's to pick him up (on time for once), before heading over to Grasmere. It was an overcast and muggy morning, and on arrival we bumped into Christine, Amy & Alan. We had a bit of banter before registration, then as part of the pre-race brief, there was a bagpipe player throwing out some tunes on the walk down to the race start. I decided a quick change of shoes was necessary after being told the trails were slightly wet and slippery.

On the countdown from 10 to 1, everyone taking part seemed keen to get going.....off we went, trying to hold back the pace but being jostled along the narrow road to Red Bank. After the 1st 2 miles, a thought passed through my mind to take it a bit easier, as I was racing again tomorrow. So, I took it slightly easier on the uphill, then a downhill appeared, and my legs just took off, not like me. After a sharp descent, it was about a mile to the 2nd drinks station, where I took the decision to chill out and walk up the steep ascent around Loughrigg.

Once at the top, a quick look around highlighted there was no-one close behind or in front, so I ran to feel, rather than concentrating on my watch. I really enjoyed the trails through Deer Bolt, before contouring around Grasmere Water, dodging and weaving past the Nordic walkers, before entering the final stretch to the finish and who do I see, Christine about 50m's ahead. I shouted to her 'Don't let me beat you to that line!' and suddenly she put a little spurt on, which made me chase her down even more. Luckily, I managed to dip at the line before cheering with delight at collecting another medal. This was a brilliant event and venue, which I would recommend to anyone in the future.

10K:



John O'Neill
1:00:00

Alan Wilson
doing some son bonding
1:01:





It's a family affair!! Amy Stitt 1:17: Christine Winder 1:25:



LAKELAND TRAILS MARATHON CHALLENGE: 3rd July 42nd/212 Simon Austin 5:11:51



PARK RUNS:

PB breakers this month at Barrow are Bill Sharp (again), now down to 23:38, Lee Winter 18:03 and Deborah Yearnshire 24:42.

Dave Bridges got his latest PB of 19:22, when he was the first finisher at Millom Parkrun.

Fellfoot parkrun saw Damian Jones and Terry Peet get their Pb's - 21:03 and 30:30 respectively.

NOTE: Car parking fees are now in force at Fellfoot Parkrun. £3 an hour, £4 for two, free for National Trust members.

FORD PARKRUN: Parkrun is coming to Ulverston. The planning stages have been finalised and they now have the go ahead to hold it. Based at Ford Park, the first run will be in early August. However, the club has been asked to trial it on Monday 29th July at 7:20. We will run down from the club, where we will meet event organiser Stuart Wallace. We will then carry on up the Hoad to Paul's bench, for our annual remembrance visit and photo.

TIDAL TRIPLE SERIES: BARROW: 1st, 2nd, 3rd. JUNE: Adrian

Organised by Barrow based Tri-Island Running, The Tidal Triple series introduces 3 coastal routes and combines them to make a 3 day, back to back bonanza of running events. The 3 events consist of both marathon and half marathon distances, as well as the shorter distances of 5k and 10k, which all involve completing a number of lapped courses, with an overall champion at the end of the series; if you have participated in all three events.



Day 1 is based at Ramside, Day 2 at The Dock Museum and utilises the local coastal paths, whilst Day 3 is on Sandy Gap Lane on Walney Island.

TIDAL TRIPLE 2018 – 3 IN 3 RUNNER STANDINGS

5km Race	Name	Day 1	Day 2	Day 3	Total Time
1	Justin Corbishley	0:23:05	0:21:22	0:18:34	1:03:01
2	Simon Barton	0:25:41	0:25:17	0:27:24	1:18:22
10km Race	Name	Day 1	Day 2	Day 3	Total Time
6	Sally Barton	0:59:19	0:58:25	1:03:49	3:01:33
7	Karren Ann Bennett	1:03:12	0:57:27	1:02:54	3:03:33



Justin Corbishley and Simon opted to compete in the 5k series, whilst Sally and Karren Anne Bennett decided to run the 10k series. James Corbishley also ran one of the 10k races a was first in 44:40.

Paul Managh and Ken Lamb opted to race the half marathon on the final day at Sandy Gap, Walney and finished 2nd and 3rd. respectively in 1:54:17 and 1:54:51.

MORECAMBE 10K: July 3rd: Adrian



It was a warm and sunny Morecambe, that greeted 14 Hoadies on arrival at this popular yearly event, organised by The Lancaster Race Series. The course had been changed from the traditional one, and consisted of a race along the prom towards, Heysham, then turn back after a mile and run in the opposite direction towards Bolton Le Sands until mile four, and then return to the start/finish area.

It is a flat, fairly straight course and potentially could be a good PB course, but the heat and congestion with runners racing in two directions, plus holiday makers, prams and bikes, made PBs out of the question.

After 5 minutes into her run, Alison was tripped and fell heavily, receiving grazed elbows, knees and thighs. After a little first aid, she was able to continue, and despite her stop, had a good run. (Our vets are made of strong stuff!)

Richard Walker was the first Harrier home in 6th place and 2nd Vet 40, and Andy 'Elbows' Jackson and Mike Cubin had a good tussle, with Mike gaining the better time by just 5 seconds, and Gary just 15 seconds behind them.

Positions changed a couple of times between Pat and Pet, but Pete continued his good form, finishing 30 seconds ahead.

Heather led our girls back, and was 1st FVet 40; sadly, she didn't get her bottle of wine, as race organiser Billy was handing wine out to all and sundry; a little disorganised on that account.

I really struggled in the heat at mile 3 to 4, and although having briefly stopped to check Alison was okay, I found the mid-stage of the race hard going, especially when Alison caught me up and passed me. I don't normally stop for a drink, but a bottle of water was certainly welcome at mile four. The return back along the prom was better, as we were running into a welcome cooling headwind. I managed to increase my pace and catch Alison in the final run in to the finish.

I found the new course boring, and probably won't be doing it again. For those of you who enjoy bling, the size and quality of the medal was brilliant, probably explained the £15 entry fee! However, it was a great turnout by HHH and Walney Wind Cheetahs, and as always, the banta was great.



6th Richard Walker:36:35



21st Mike Cubin:40:38 23rd Andy Jackson:40:43



29th Gary Dover:40:59



69th Pete Davison: 45:55



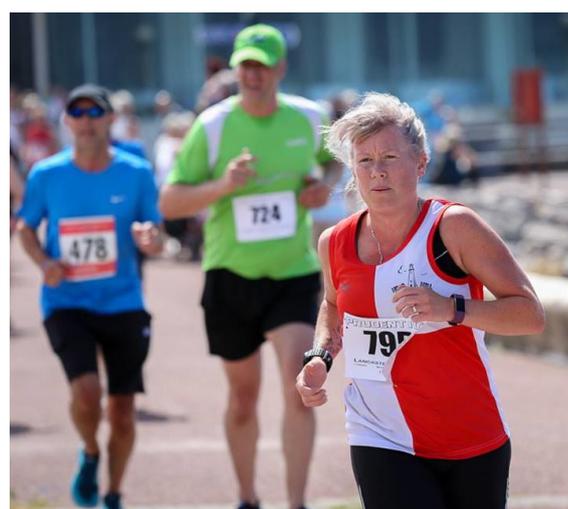
71st Pat Thomas: 46:22



83rd Heather Travis: 47:54



94th Stephanie Gillies:48:29



98th Helen Walker:48:45



102th Phil Horrocks:49:08



112th Adrian 49:45



117th Alison 49:55



134th Ashleigh 51:46



185th Janine 55:48

PRESSALL FIRE 10K 10th June 2018 :Heather Travis.

This was another new race organised by Fylde Coast Runners as a fundraiser for the Firefighters charity, so all in all, a good cause. It also appealed to me as we had a family holiday in Preesall/Knott End when I was 8 years old (I know, it was a LONG time ago!!) so it was great to go back with Mum and Dad and remember the good times we had.

Race day was once again very hot and sunny which was great for the spectators but not the runners! The route was mainly along the prom with lovely views across the bay. I struggled in the heat but there were lots of happy marshals all along the way shouting encouragement. I didn't run a very fast time (chip time 47.48) but I did my best in the conditions and was 5th lady and 1st FV40. Some local firefighters ran the race and credit to one of the ladies who ran in her full kit including helmet! I will definitely do this race again next year and hope to encourage a few more Hoadies to join me.



315 LANCASTER 5k 16th June 6th. Simon Austin 19:37

315 LANCASTER 10k 16th June 3rd Andy Jackson 41:31 1st Vet 45

CROSS COUNTRY FIXTURE 2018-2019:

These are the proposed dates for this coming season's six races. They could change when they are discussed at the AGM in August. WARNING: I have offered to host the first event at Glaxo on October 13th – at least it shouldn't be freezing! **This offer, along with other club's offers, will be discussed and finalised at the AGM**

2018 1) Saturday 13th. Oct (hopefully at Glaxo)

2) or 3) Saturday 24th Nov UK Cross Challenge – Liverpool (Date fixed)

2) Saturday 10th Nov or 3) Sat 8th Dec

2019 4) Sat 12th Jan

5) Sat 9th. Feb

6) Sat 2nd. March

Reserve if earlier ones are cancelled: Sat 16th. Feb

Presentation night: April 12th. 2019

CLUB WEBSITE:

Please try and find the time to visit the new club website (Google Hoad Hill Harriers); We are adding things to it on a weekly basis, and would welcome feedback and ideas on pages which could be included.



Christine Winder: 'The Keswick 10k trail is done! That was seriously hot! Stopped halfway round to assist a chap who'd. dislocated his shoulder, he wanted to carry on or for me to put it back in place - errr no.! I know I'm a senior nurse, but common sense had to prevail! This slowed me by 2-3 minutes, but who cares, at least I finished with my daughter just ahead, and friend Sheila cheering me on to a sprint finish.... uphill!!!'



5k Trail Results: Simon 26:07 27/331



10k Trail Results: Simon 1:07:20



Sal 1:08:24



Amy Stitt 1:29:26



Christine 1:32:46

This is a great event for any "off-roaders" as there are 18 different events over the 3 days. From a 5km swim; Sprint and Standard Triathlons, to 5km/10km/25km/50km Ultra. Runs.

There is also live music on the Friday and Saturday night to keep you entertained.

Four intrepid Harriers made the journey to Keswick, Amy Stitt, Christine Winder, Sally Barton and me!!

I did the 5km on the Saturday and joined the others in the 10km on the Sunday. Both days were - yes- hot!! The 5km started on the field at Crow Park, and takes you out down the east side of Derwent water and back to the park. There were so many starting that they split up the runners into two starts an hour apart. I was in the first race with about 200 others and bravely set off near the front!! The route is fairly flat with a lot of turns but I was very happy to get back in about 11th position, in a time of 26:07. There were some fast runners in the second race, but I still managed overall 25th, and second Vet60. So much effort was put in, that the following days 10km was going to be difficult!!

Sunday brought a day, with the light winds from Saturday disappearing, and hot!

The 10km is run on the west side of Derwent water, and to get to the start 10km away from Keswick, you have to take one of the Keswick launches, across and down the lake!!

The run start then takes you a mile south, down the lake before, turning back on yourself, over the shoulder of Cat O Bells/ Definitely a walking gradient for 2 miles, before descending towards Portinscale and back to Keswick.

There were 436 finishers in the 10km, but it would be impossible for everyone to start at the same time, so there are 4 starts from 09:00 to 12:00. Also, it's 10.7km too!!

Overall Classification:

Simon 130th 67:20

Sally 146th. 68:24

Amy. 384th. 89:26

Christine 391st 92:46

A great result by everyone, considering the heat and lack of wind!!

Oh, and Christine had a short delay during the race when a guy in front of her decided to fall over and dislocate his shoulder!! - and he was determined to carry on, so Christine had to explain the implications of what would happen if he did!! Needless to say, his race was finished!!

OLSA ACTIVE RACE FROM POLAND TO CZECH 8th/9th June: Darina Delinova



Whilst visiting my parents in Czech, Kieran and I decided to participate in two running races which were part of a series of seven running and cycling races, being held for the first time. Each leg started from the town where the previous race finished. The 5th and 6th legs went to and from my home town Jablunkov, in the Czech Republic. My brother, also a runner and a member of a local running club, was running it as well, plus a few more members of the club. The entry was £10 and you received 2 chocolates, a bottle of water, a chipped number with a medal at the finish, plus a T-shirt or vest at some of the races.

Istebna, in Poland was where the 5th race started from. It is a picturesque little village surrounded by the Beskydy mountains, therefore it was obvious the route would go over some big hills; an altitude of

612,02 m for 14.3 km of distance says it all.

A few minutes before the start, the organiser tried to explain the route in Polish, so I of course understood nothing, and Kieran even less! The registration pack included the route map, but I assumed I would not need it as there would be plenty of marshals -right? - WRONG! What's more, they said they had run out of water, so there would be no water stations. Fabulous news, with the heat approaching 40°C!!

The gun went off and we set off. We climbed 400m in first 5k. The route was brilliant, only about 2k on road, the rest in forest, fields, sandy footpaths and rocks. I couldn't stop yelling 'wow' to the glorious views and staggering rock formations right at the top. I felt good, and as we started descending, I gained good speed and started overtaking. Suddenly, I reached a point where a group of runners with numbers were running towards us, from the direction we were headed. My first thought was another race? It was then I noticed that they wore identical numbers to mine. Hang on, something was wrong! In that group was Kieran as well. They had missed a turn and run about 2 miles in the wrong direction, climbing another hill. I had no idea where the turn was, but we needed to turn back to find it out. I was furious, as 2 girls who were behind me were now in front as they had obviously regrouped. I felt like I had lost all my motivation, as did Kieran. He started so well and was aiming for a first 5 finish.

They found the right turn, which was unmarked with no marshals, so we still weren't sure if it was the right way, but anyway, most of us had lost our motivation to race, so we just jogged and laughed about it.

After a few miles of steep downhill running, we finally found a sign. So, I got my motivation back and tried to overtake the current 2nd lady. I ran as fast as I could, leaving everybody behind and chased after the girl who was about a mile in front of me. After 5 minutes, I got her. My lead was increasing, until I got to the point where the road split left and right or straight on into the woods. I spotted a sign, but it was pointing nowhere; I thought someone must have moved it accidentally. I thought the route should go to the left but at the last second, I noticed a mark aiming to the woods!!! I ran there immediately, as there was no doubt it was right. Luckily for me and unfortunately for the whole group behind me, they didn't notice it, and were heading off to a different town. The last few miles was easy and well-marked, finishing in the amphitheatre in Jablunkov.



Kieran finished 16th in 1hour 13 min time and I was the 2nd lady and 19th overall in 1hour 15min. As a prize, I got very nice backpack worth £40, so I was very pleased with it. The 3rd lady who came 8 min after me had won all the previous races and got the same prize from each of them, so that's another thing the organisers should take into account. To sum this race up, everyone was friendly, registration was quick, it was a beautiful route, super quick results and a good prize if you ran only 1 race.

The next day, we decided at the last minute, to run the 6th leg of the serious, which was mostly on road measuring 16.2k. The route was surprisingly well marked, they even had a water station which I nearly missed as it was hidden behind a van.

Even though I ran slowly, I finished 1st lady (I don't want to mention it, but I'll have admit the 2nd lady was also the last lady and was running with a dog and finished 1 hour after me). Kieran finished 7th in 1h24min and me 11th 1h37min. **RACING IS ADDICTIVE!**

JUNIOR SECTION:

TIDAL TRIPLE SERIES 1st-3rd- JUNE



On the final day of events, at the three -day Tidal Triple Series, James Corbishley won the 10k race in a time of 44:40, on the Sandy Gap Gallop Course on Walney Island.

Brother Justin, entered the 5k races on all three days, gaining 2 first place finishes and a second, and was the overall winning champion of the series.

Congratulations to **Conor O'Hara**, who won the recent Cumbria School's 3,000m in 10:26.

Also, congratulations to **Calvin Singleton**, who achieved a PB at Millom Parkrun in a time of 23:06.

JUNIOR COACHING:

After last month's request for help at the junior sessions, some of the senior members of the club have volunteered to help when available, on Monday or Wednesday nights – Luke Turner, Catherine Haygate, Darina Dalinova, Tom Evelin, Deborah Yearshire and Stevie Barron (after August). We also have a junior parent who is interested in going on a coaching course, as well as one of our senior members.

Many thanks for stepping up to help out with our request, and if there is anyone else who would like to help, please let me know.

HOADIES OUT AND ABOUT:



GRASMERE GALLOP.



Catherine Haygate competes in the Leeds Triathlon



Kieth Conway finishing the Lakesman.



Richard, Helen, Paul and Alastair out over Great Burney and the Moor.



Paul on Green Gable



Anna Shaw on Haystacks, above Derwent Water.

CRAZY COW 10K 17th June



Phil Horrocks, proudly displays his cowbell 'bling' after completing in the Crazy Cow 10K, for the second year running. 47:48

Alison Cooke 48:15

Ashley Cooke 48:25



The Crazy Cow 10km: Ashley Cooke

I was told by Janine after the last 10km, that this was a race worth doing just for the Cow Bell (no medals here). So, I found myself on the start line with another 553 runners including 2 other Hoadies. Philip Horrocks and Alison.

There was a lovely park to explore after the race, right by the side of the river Ribble. The race started with a nice short climb up and across the bridge on to the first loop. It was a nice traffic-free course with loads of support along the way. My problem was, my stopwatch stopped at 36 secs and the markers were in km, not miles and it did confuse this runner! I know how long it takes to run a mile, but trying to work out how long time wise I had left to run, at 4 or 3 km was not easy!!!!

I kept on pushing, and the final km back into the park was nice, until you hit the bridge ramp again. I was pleased with my time of 48:38 and 85th place. Phil was 78th in 47:46; I managed to stay with him for the first 2km. Alison was 82nd (1st lady vet 55) in 48:21. I could see her for the last 2km, but once again I could not catch her!.

This is a must for the club next year, a good course, nice park and a café at the finish!

HAWKSHEAD 10K 22nd June: Adrian

'I'm only here for the burger!'



It must have been the offer of a free burger after the race, that tempted 23 hoadies out on this beautiful undulating race around Esthwaite Water; had it been cake, I'm sure we would have had more entering!

This popular race, organised by Kendal AC, is the penultimate race of their 10k series, and attracted 175 entrants, on what proved to be perfect conditions for racing.

The first three miles was led by John French of Eden Runners, with Niall Malone and our own Dave Fulford close behind. In the final miles, Dave caught the leader, and over the next mile, the lead changed between them several times. Fortunately, Dave proved to be the stronger of the two, and finished first in 34:46, with French second in 34:50, and Malone third in 35:01.

The first female finisher was Hailey Fletcher (unattached) in 43:25, with Allison Daley of Kendal AC in second in 43:55. Third place went to Rebecca Baker 44:34.

Mark Tomkinson continued his good form with a tenth-place finish in 37:19 whilst teammate Kieran Ireland broke his 10k PB for the second time this month with a time of 39:36. Other PB's for HHHarriers were Simon Austin, Deborah Yearnshire and Julie Hunter, with Gary Dover 1st Vet50 .

The men's team winners were Kendal AC, whilst Eden Runners won the ladies 1st Team prize.





1st 34:46 David Fulford
 22nd. 39:49 Mike Cubin
 33rd. 42:04 Dave Bridges
 77th. 46:57 Darina Delinova
 88th. 48:00 Philip Horrocks
 95th. 48:19 James Cooke
 114th. 50:42 Ken Lamb
 155th. 55:25 Carol White

10th 37:19 Mark Tomkinson
 24th. 40:10 Gary Dover
 36th. 42:29 Simon Austin
 79th. 47:02 Stephanie Gillies
 91st. 48:05 Elsie Roberts
 99th. 48:41 Julie Hunter
 122nd. 51:39 Leanne Bayliff
 160th. 56:11 John Barstow

20th 39:36 Kieran Ireland
 25th. 40:16 Andy Jackson
 55th. 44:59 Alan Wilson
 87th. 47:54 Adrian Newnham
 98th. 48:35 Alison Cooke
 109th. 50:08 Deborah Yearnshire
 149th. 55:01 Ian Peters

HAWKSHEAD 10K: Ashley James Cooke

What is wrong with me? Two days after the Crazy Cow 10km and I'm on the start line of the Hawkshead 10k. Now a few years ago when I was younger and fitter, that wouldn't have been a problem - but now!!! Oh well.... it was another good Hoadies turn-out and a lovely evening for a race.

Unfortunately, my legs felt rubbish at the start. I had decided to start with Phil and tried to stay with him as long as possible, but by mile 2, the road went up and I went backwards! Oh well, just keep plodding now. With kind words of encouragement, Julie came by me at about 3 miles and pulled away. I really struggled up the steep climb to the main road, losing more places in the process. But when we hit the main road, my legs came to life and I started moving forward. I caught Julie at about 5 miles and we both gave each other some encouragement. A runner in green was soon passed, then there was another Hoadie vest just in front of me. I knew the running style, it was my better half and I caught Alison just before 6 miles. I told her to try and come with me, I managed to pick off two more runners before the finish and record a time of 48:19 my quickest yet in a Hoadie vest Alison just 16 secs behind me. Another good race and a well-deserved burger for the runners and the finish.

I hope to get a few weeks off from racing and try to get some training in. Well done to all the Hoad Hill Harriers and thanks to all the supporters.

MORECAMBE HALF MARATHON:1st JULY:Gary Dover



'Morecambe half marathon finished in 1:31it was very hot! I finished 8th and was the first vet 50. It was great to be cheered on by Gwen and Mike Cubin.

Editors Note: Congratulations to Gary, who having trialed their cap at Morecambe, has been finally accepted to join the French Foreign Legion.

Bon Voyage!

LIGHTHOUSE 10K: MILLOM: 1st July: Dave Fulford



Dave Fulford 1st – 39:19
Jeff Chadwick 3rd. – 42:02
Dave Bridges 5th. - 44:46
Penny Moreton 1:15:34



The inaugural Lighthouse 10k took place to help Emma and Laurie (the organisers) to raise funds for the British Heart Foundation, due to family and friends having suffered.

After finding out about this event, I had to enter it! It literally goes straight past my house in Haverigg and along my favourite route, the sea wall in Haverigg. An impressive 83 people ran and walked the event, most running. I knew it would be a tricky course to navigate as plenty of roads to cross but was certainly successful, with plenty of marshals en route to help everyone. Local knowledge also helped me personally.

I headed off at a fastish but steady enough pace, the temperature hitting 27degrees Celsius, so I wanted to conserve as best as possible. After about 400m I drifted off the front and enjoyed every minute, seeing plenty of familiar faces! I kept a consistent pace and enjoyed the last section round the sea wall, great views and all a bit strange, actually racing on my training area.

A ribboned finish and balloons made it feel like a celebrity finish! And an engraved medal for finishing 1st was a nice touch. A hit for the locals and hopefully just not a one-off event.

PENNY MORETON: Lighthouse 10k – a new race around Millom and Haverigg

A couple from Millom lost a friend to heart disease and a family member suffered a fatal heart attack. These two instances prompted them to organise a charity 10k road race around Haverigg and Millom. A very low-key event mostly advertised through the Facebook community in the area, attracted under 100 runners and walkers at £20 per head entry.

The route is a favourite short run for David Fulford, Dave Bridges Karl Fursey and myself. It started at the water ski bar at the lagoon, near the sea wall in Haverigg, passed through the village along the main street and across the railway towards the two disused barns at the road head. Turning right along the main road to Millom it veered left to climb the local hill known as the Knott. A substantial climb to relatively new runners, once over the summit it descended to turn right at Low House Farm back on the main road to Millom and through its town centre before heading towards the RSPB nature reserve on the sea wall. The finish line was a welcome sight on the banks of the sea just beyond the RSPB reserve.

It was a scorcher of a day, the sponsored walkers set off at 10.30 and the runners at 11.00am. The sun was high in the sky and virtually no wind, made for a very tough run, despite only one hill. The organisers pulled off a good race considering their inexperience, plenty of water stations and even buckets with sponges to douse the hot spots. I found these very welcome totally soaking my neck buff at the bottom of the Knott and completely rinsing through my athletics vest to have a wonderfully cool torso 'till the finish. The vest within half a mile to the finish had dried completely as temperatures reached 28c when the last runners finished. Times were understandably very slow; however, Dave Fulford won, bursting through a red finish ribbon in 39.19.



Overall the event has raised over £1200 for the British Heart Foundation. I hope the event is repeated next year and that it is not as hot and I am a lot fitter.

LANGDALE GALA FELL RACE 1st.July



This is a very short, steep scramble up the western slopes of Silver How as far as Spedding Crag, along the ridge and right back down again.

1.9km with 178 metres of ascent.

Congratulations to **Mathew Elkington**, who won in 10:25, breaking the course record.

REMINDER: Please remember when entering races, to do so as a member of Glaxo Hoad Hill Harriers. This will help if team prizes are being allocated.

HOODIES:

Orders are going in for another batch of Hoodies. Currently on the list are Mike Lavery, Jonathan Cody, Ian Peters.

CUMBRIA WAY: CONISTON TO ULVERSTON: Adrian



It was another great turnout for this annual event, and we were certainly blessed with great weather (too hot really!)

The first batch of thirteen runners, set off along the shore of Coniston, and were greeted with the wafting smell of bacon as they passed the various camp sites en route.

On reaching the second wave of runners at Sunny Bank, Torver, first aid was required by Bill and Chris to stem the flow of blood from cuts received from falls, on the final section of this stage. Fortunately, our support crew, (Ashleigh), had medical supplies and the injuries were swiftly dealt with, and water bottles were topped up.

The group had picked up five more runners, and headed off

over Torver Common to Beacon Tarn, where most enjoyed a quick swim to cool down, or nursed various injuries as we had three more fallers on this section. We were joined here by Ian Peters and Pat. The sky was crystal clear, and the views of The Old Man and Dow Crag were superb.



The next stage of 6.5 miles, took us over the bridle ways and footpaths of Woodland Fell, where conditions underfoot were perfect- no bogs to run through, due to the dry spell. Water bottles soon began to empty at this stage, but thankfully a nice lad at Kiln Bank Farm topped them all up for us.



Graham, had to walk the last half mile of this stage, as his ankle had swollen after his fall, and he was finding it rather painful. On reaching Gawthwaite, we were joined by Simon, Sal and Christine, and Graham and I stopped. The final stage to Ulverston gave spectacular views over Morecambe Bay, and it was a hot sweaty group that finally arrived in the Gill in Ulverston, most having covered a distance of 15.5 miles, which in that heat, was quite an

achievement. Pies, peas and a pint at The Old Friend's had certainly been earned! In all, 24 runners took part, and many thanks must go to friends and partners who gave lifts on the day, and especially support crew Ashley, for providing water, first aid, and sun cream.

It was a great day, a chance to mingle and chat with members we often don't get a chance to run with, and it was brilliant to see the faster runners encouraging and supporting others. It epitomises what the club stands for – time to attempt the whole distance again from Carlisle next year???



KARL'S RACE DIARY:



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

Wed 11 July: Endmoor 10km road race. This is a tough course where you are guaranteed to run the second half faster than the first 5k...which is mostly all uphill. 7:30pm from the village hall, with £12 entry on the night. Handy for the M6 being only a mile or so from exit 36. This race is the last of the four in the Kendal AC "Grand Prix" 10km race series.

Wed 11 July: (TBC please check) Newlands Valley Round 10km race. 7:30pm from Stair village hall. £9 on the night only. Undulating route on rural roads close to & including parts of the Newlands Pass. See Keswick ACs website for more info, and a race Karl has yet to do. (This race may be on 18 July, so do check their website for updates).

Thu 12 July: HOAD HILL HARRIERS ONLY: Annual club handicap 10k race round the regular summer / pudding 10k course. This is the club race starting around 7:15pm after the committee meeting, and when you've been given your handicaps. We don't all start together, so the slowest ones will start first, whilst the fastest club members may have to wait until 7:45 before they are off. If you have trophies from last year's event, please bring them back ready for tonight.

Tue 17 July: Whitehaven Harbour 5k. A new event which was trialed a few years ago, which Karl ran when on an autumn Saturday, was withdrawn, now resurrected again as a midweek race at a better time of year. Start from near to Tesco superstore (park there or catch the train....last one south is 8:18 direct to Preston via Barrow) at that end of harbour on the out and back course that passes the Beacon and up to Haig Pit. Not a pb course. Registration at Youth project further along the harbour from 5:30 to 6:45. Race starts at 7pm. £5 in advance or £6 on the day.

July: The Lancaster 10km race from the track at Salt Ayre sports centre. £8 attached in advance, more on the night. 7:30pm. There are details on John Schofield's website race calendar.

At time of submitting this race is likely to be on Wed 25th this year, but please check.

Sun 22 July: TBC Take a trip to the seaside at the start of the school holidays with the kids, and whilst they are occupied with Blackpool's attractions, you can take part in it's summer 10km road race, however, it's a 9:30am start from the Hilton, and a tenner on the day to take part. CHECK AS THIS DATE IS PROVISIONAL ONLY.

Sat 28 July: Lancaster 5k and 10k race series (3rd of 5) from the 3-1-5 Health Club close to J 34 of the M6, at 6:00pm. You can enter either race on the night or in advance, which is cheaper to enter. Fast, flat out and back course with pb potential. Both races start at the same time with 5k runners doing one lap and 10k two laps. More details on Lancaster races website which lists all their races and distances for the whole year.

Sun 29 July: TBC Bernard & Evelyn Elkington's birthday bash Lancaster 5 mile road race. 11am from the Salt Ayre leisure centre athletics track. £6 in advance, £8 on the day. A 1.5 mile junior fun run at 10am also takes place and this is £3 on the day. New event, but likely to be a fast and flat course. Medals to all finishers. John Schofield's website has more info. At time of submitting it wasn't confirmed if this is happening in 2018.

ALSO TODAY: Caldervale summer 10 mile road race. 11am from Caldervale village hall, near Garstang. Use J 33 of M6 if coming from the north. Undulating / hilly course around country lanes over 1 looped lap. Not a pb course. £12 in advance, £14 on day. Plenty of prizes including spot prizes. Dave Clarke's website UK road races has a link to this race.

Wed 1st Aug: Provisional date see note. Maryport 10km race. 7:15pm from Netherhall Rugby Club next to the school. £8 on the day. Advance entry may be possible. Undulating/ hilly course. Organised by Ellenborough AC. Not a pb type course, but Karl enjoyed it in 2011 during his summer week off work. Good value race with free buffet after for all finishers. (Please note the race may be the previous or following Wednesday, watch this space for update just in case).

Sun 05 Aug: The popular Riverside (formerly called the Wagon and Horses) Lancaster 10 mile race takes place from the George and Dragon pub on the quayside, and has been a HHH club champs counter in the past. 11am and £12 on the day to enter. More details on John Schofield's website. A HHH and BCR road club champs counter this year. Also this year is a 1 mile fun run, so why not take the kids along and they can do that.

Sun 12 Aug: City of Preston 5 mile and 10 mile road races. 10am (both races start) from Walmer Bridge village hall in Preston. Fast, slightly undulating course over 1 lap or two laps for the 10 miler. Plenty of prizes with spot prizes up for grabs to. £12 or £17 in advance, slightly more on the day to enter. A busy race.

Wed 22 Aug: NOTE CHANGE OF DATE THIS YEAR. Ulverston Summer 10km. Need I say more? 7:30pm and £8 on the night. Let's hope for good weather, and remember that if you are running you'll need to have a marshal with you to take your place....they could then return the favour at the pudding 10k on the 2nd Dec.....remember the pudding race in 2014 had a record turnout and last summer's 10k also had over 200 runners taking part.

Sat 11 Aug: Catforth Canter 5km road race. 6:30pm from Catforth village hall, near Preston. Fast course on lanes around the area. Pie and drinks provided to all finishers. Ages 11 upwards can take part. £6 entry fee in advance, £8 on the night. UK results website for more info.

Sun 12 Aug:TBC Ulverston Triathlon Club ladies sprint triathlon. 12:00 for 12:45 briefing and 1pm start. At Ulverston leisure centre. £20 solo, £30 team entry fee. For info only....please see UTCs website for more details. Limit 50 places.

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.

CLUB CHAMPIONSHIP 21/06/18

Senior

Overall Position	Total Points	Name
1	49	Kieran Ireland
2	43	Stephen Peters
3	28	Tom Southward
4	17	Cian Nutt
=5	15	Luke Turner
=5	15	Alastair Macdonald
7	12	David Fulford
8	10	Matthew Elkington
9	8	Simon Austin

Vet 50

Overall Position	Total Points	Name
1	71	Alan Wilson
2	60	Peter Davison
3	53	Adrian Newnham
4	50	Gary Dover
5	48	Phil Horrocks
6	36	Pat Thomas
7	35	Simon Barton
8	31	Ashley Cooke
=9	19	John O'Neil
=9	19	Ken Lamb
11	17	Tom Evelin
12	12	Dennis Metcalf
13	10	Terry Peet
=14	9	Damian Jones
=14	9	Nigel Storey
16	9	Ian Peters
17	7	Paul Quinn
18	5	John Barstow
=19	2	Chris Howie
=19	2	Graham Pinder
=19	2	Mike Lavery
=19	2	Sean Dixon
=19	2	Terry Gannon
=19	2	Tony Clarke

Senior

Overall Position	Total Points	Name
1	40	Leanne Bayliff
2	39	Darina Delinova
3	37	Helen Walker
4	34	Amanda Jenkins
=5	22	Amy Stitt
=5	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	38	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 Furse
10	10	Mark Bonner
11	8	Mark Lehrle
12	6	Erik Hampton

Vet 40

Overall Position	Total Points	Name
1	72	Janine McNeill
2	53	Heather Travis
3	48	Elsie Roberts
4	27	Julie Hunter
5	20	Sharon Dixon
6	9	Karen Bennett
7	2	Louise Thompson

Vet 50

Overall Position	Total Points	Name
1	67	Alison Cooke
2	48	Stephanie Gillies
3	46	Sally Barton
4	27	Christine Winder
5	20	Penny Moreton
6	10	Carol Whittle
7	9	Caroline Peet
=8	2	Dianne McMillan
=8	2	Helen Towers
=8	2	Rachel Ashton
=8	2	Julie Newnham
=8	2	Karen Morgan