



HOAD HILL HARRIERS

NEWSLETTER

NOVEMBER/DECEMBER 2018



HAPPY CHRISTMAS EVERYONE

EDITORIAL: Adrian

Well that's the end of another busy year for the club, a year that has seen the club continue to grow and develop.

Our events have continued to attract more runners and PB's, and we have successfully added x-country to our repertoire.

Coaching plans and social runs have been developed to embrace the wide range of our member's needs and requirements, and additional coaches/helpers have been found to assist the junior section.

A new format for the club championship has rekindled a healthy interest in competition, increasing opportunities for members to participate, and more importantly, providing different prize-winners.

Moving forward to next year, we are introducing Track and Field to the range of activities we provide.

All these positives are down to a group of volunteers who strive to try to keep everyone happy and move the club forward. We welcome feedback, suggestions and ideas from all club members.

So..... to all our volunteers, a great big THANK YOU.

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 members, whether HHHarriers is your first or second shout club:- Cheryll Stanway, Lauren Booth, Frank McKeown, Mark Bailey, Rob Brown, Kath Whipple and junior Noah Zaboclicki.

, **CONGRATULATIONS:**to **Carol and Poss** on their marriage (about time too!)



.....to **Paul Managh**, who won the club place in the next Virgin London Marathon – the only club member who failed in the Virgin ballot, has not run it, and requested to go in the club ballot.



....to **Phil Horrocks** for completing 300 parkruns.

To **me**for doing my 100th. pakrun.



Commiserations to: new member

Lauren Booth, who fell whilst competing for her first-shout club in the final x country race of the season, injuring her ankle – OUCH!!!



....to **John Barstow**, who still has to spend six weeks in a hinged brace!!

.....and on a happier note, **Heather Travis** is now able to put weight on her ankle, and is back chasing PB's. Having got her PW at Ford parkrun in 51:27, she returned a week later to bring the time down to 29:30!

Sharon Dixon has started training again, and **Amy Arnold**, who has not really run for nine months due to ankle problems is back running confidently again.

AGM Thursday 24th January 2019 8:15 at the clubhouse.

Agenda

1. Chairman's remarks.
2. Treasurer's report
3. Cheque signatories
4. Committee nominations 2019
5. Notified constitution amendments
6. Club Charity 2019
7. Fees 2019
8. Notified other business.

You are all invited to attend and vote.



TUESDAY TRACK NIGHT:

Ulverston Tri Club have kindly offered to let our Senior members join them on their Tuesday night Barrow track session. If you are interested, meet at Furness Academy entrance foyer at 6:45pm. to register and pay your £3 for the session. There are changing rooms available, Session is from 7:00 - 8:00

The club has now affiliated to the Mid Lancs Track and Field League for 2019. (More details in the next newsletter).

CLUB WEBSITE:

We now are able to input newsflashes on the first page of the website ourselves. usually info /dates/times of internal/external events. They will obviously be changed on a regular basis.

THANK YOU:

A vey big thank you to **Mike Fawcett**, who over the last six months, has stood in for Terry on Monday and Thursday nights, running sessions and encouraging everyone in his group.

CLUB AWARD WINNERS 2018:

Congratulations to all our trophy winners this year:

Most Improved Runner:

Deborah Yearnshire

Most Supportive Non Committee Member: Mike Fawcett

Women's Seniors winner:

Darina Delinova

Women's Vet40 winner:

Janine McNeill

Women's Vet50 winner:

Alison Cooke

Men's Seniors winner:

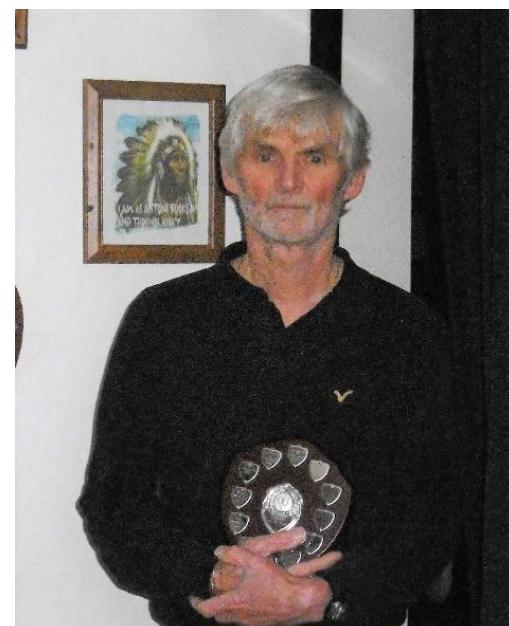
Kieran Ireland

Men's Vet40 winner:

Lee Winter

Men's Vet50 winner:

Gary Dover



CLUB 'ALTERNATIVE' AWARDS:

It has now become a custom when presenting the club awards at the Christmas Dinner to present 'alternative' awards. The two recipients this year were obvious choices.

Alan Wilson has on several occasions, been 'unable' to find his club vest when racing this year. Donning his favourite blue t shirt, he would take great delight in lining up for team photos wearing his favourite colour – blue. In order to remind him that he is representing Harriers, it was decided to present him with a blue t -shirt, with the club logo on the front and club name on the back.



The second winner was Phil Horrocks, who although he's a member of this club, he has also joined Walney Windcheetahs and is now racing against us in x-country. He was therefore presented with a t shirt containing both club colours, names and logos!

JUNIOR SECTION:

MY FIRST X COUNTRY: Oscar Yearnshire

On Saturday the 13th of October, the cross-country running event took place in a very wet, rainy, windy, muddy, and cold Glaxo. Lots of people were flocking to get registered, and collect their numbers. I showed up with my mum. I originally wasn't planning on running, however a very enthusiastic Chris came up to me, asking if I was ready to run, and I felt bad saying to him that I wasn't running, so I quickly changed into my spare running clothes (lucky I packed them) and decided to give it a go. I wasn't sure whether I could pull it off on a bottle of Lucozade and a quick scout of the route. I desperately tried to sketch together the route in my mind.

I stood shivering outside the clubhouse, preserving body heat within my hoodie. Finally, it was time for the younger racers. I saw kids racing past. I saw Abi McNicol sprinting past, closely followed by her sister, Ella. Then was my favourite race yet. The boy's under 11's. They lined up, their faces set with determination, their eyes slits and their teeth gritted. My friend Otis Leah, took part in the race. I loved this race so much because it was like something off The Hunger Games. They chased each other down, like wolves. Finally, it was my race. I lined up freezing cold, wishing that it would start. After what seemed like an age... We were off. It was hard, wet and mud splattering. The hills were steep and slippery, and people fell a few times, however we got back up to carry on running. I completed the race in 16 minutes. It was 3k and an excellent event.



GLAXO CROSS COUNTRY JUNIOR REPORT: Adrian



We were well represented in the **Under 11 girls race** with Abi McNicoll leading the team back in 21st (10:22), followed by Iona Smith in 29th (10:36), Ella McNicol, 33rd (11:09) and finally Lily Mitchel, 35th (11:13).





Will McNally, of Leven Valley AC got off to a blistering start in the **Under 11 Boys race**, and kept his lead, to finish first in 8:09. Hoad Hill Harrier, Ethan Harvey had a cracking run, finishing in 11th.(8:51) just ahead of team mate, Blake Fleming 13th (9:00). The final Harrier team member, Alfie Baines finished in (10:29).

Hoad Hill Harrier finishers in the **Under 13 Boys race** were Oliver Morris and Oscar Yearnshire, (16:28)



Our **Under 15 finisher** in the boy's race was Michael Roberti, (23:23).

Hoad Hill Harrier, Connor O'Hara had a great run in the **Under 17 Boy's race**, finishing in 5th, place in 25:03.

All in all, it was a great turn-out by our juniors, most racing in their first x country, and some after only being with the club for a few weeks. **WELL DONE.**

JUNIOR TRAINING 2019

The first junior training sessions in the new year are as follows:

Monday 14th Jan, 5:30 at the Hall

Wednesday 16th Jan, 6pm at Siemens

PARK RUNS:

Congrats to **Oscar Yearnshire, Ella McNicol and Iona Smith** for gaining their Ford Parkrun Pb's.

Connor O'Hara has been the first finisher at the same Parkrun.



JUNIOR PRESENTATION NIGHT



Junior Championship 2018

Boys: 1st Justin Corbishley 2nd James Corbishley
3rd Ethan Harvey

Girls: 1st Iona Smith 2nd Lowen Steele
3rd Abi McNicol



Junior Olympics 2018

Older girls: 1st Anna Wells 2nd Helen Turner 3rd Annie McCloud

Older boys: 1st Isaac Barber 2nd Tom Sargeant 3rd Zac Davies

Younger Girls: 1st Ellen Douglas 2nd Lowen Steele 3rd Iona Smith

Younger Boys: 1st Calvin Singleton 2nd Zac Hopkins 3rd Oscar Yearnshire

ALLITHWAITE 8: James Corbishley was the first of 13 Harriers to finish, coming in at 19th. in 1:03:55.

JUNIORS AT PARK RUN: Ford Parkrun: Connor O'Hara was the first finisher and Ella McNicol and Iona Smith have both got their PB's.

LIVERPOOL CROSS CHALLENGE X COUNTRY:



Two juniors represented the club at Liverpool.

Iona Smith ran in the opening race of the event, Under 11 Girls, and had a creditable run, finishing just a minute behind the winner.



Connor O'Hara continued with his x country successes by finishing 14/42 in a time of 19:32 in the Under 17 Men's race.

JUNIOR PUDDING RACE FUN RUN MILE: Adrian

Despite the rain and damp conditions, there was still a great turnout for this one-mile race. Seventy brave children tackled the rearranged course, and at the halfway stage, it was certainly a close race. However, the leading group managed to forge ahead on reaching Canal Foot, providing Levens Valley AC with the first three finishers. Eventual winner, Olesia Winder (5:31) just edged ahead of 2nd placed Finley Corkill (5:35) who narrowly pipped 3rd placed Jessica Bailey (5:36) by one second. There were some close battles between some of our club members, with Ethan Harvey being the first Harrier home, just getting the better of Blake Fleming.

Hoad Hill finishers:

8th, 6.23 Ethan Harvey
14th, 6.45 Robert Pike
26th, 7.42 Ellen Douglas
32nd, 7.56 Gabriel Armitstead
41st, 9.03 Frazer Joy

9th, 6.26 Blake Fleming
20th, 7.2 Alfie Barnes
27th, 7.42 Iona Smith
36th, 8.12 Rose Yearnsire
49th, 9.28 Joseph Connoly

13th, 6.43 Calvin Singleton
21st, 7.25 Abi McNicol
28th, 7.47 Lily Mitchell
37th, 8.12 Oscar Yearnsire



MID LANCS X COUNTRY-GLAXO – Adrian

Having hosted this event last March in freezing cold windy conditions, and trying to set up the course in snow, we decided to host it in early October, when the weather should be better. How wrong we were! Whilst we were blessed with glorious sunshine setting up during the week before, someone up there certainly didn't look down on us favourably. Below is the report I sent to the evening mail:

DREADFUL WEATHER CERTAINLY DIDN'T DAMPEN X COUNTRY SPIRIT

Horrendous wind and rain, failed to prevent the successful staging of the opening race, of the Mid- Lancs x country season, by Hoad Hill Harriers. Conditions made this challenging, technical course even tougher, as almost 700 runners from Lancashire and Cumbria, bravely tackled the muddy, flooded course at GSK sports ground at Ulverston.



In the senior men's race, Matt Elkington, of the host club Hoad Hill Harriers, improved his 3rd place finish from the previous Ulverston event, by finishing 2nd in 33:00, ahead of last year's winner, James Douglas of Border Harriers who finished 3rd in 33:31. First home, in a time of 32:24 was Kendal AC runner Alasdair Russell.

Elkington lead the way for Hoad Hill's newly promoted men's first team, who along with Mark Bonner, Mathew Rooke, Lee Winter, Richard Walker and Andy Jackson, secured 3rd overall, and 1st. place in Division one, with Kendal AC taking the top spot.

There was also further success for the Harriers vet teams as the quartet of Mark Tomkinson, Lee Winter, Richard Walker and Andy Jackson took top spot in their Vet 40 League. Our Vet 50 team of

Sean Dixon, Jeffrey Chadwick and Graham Pinder finished 5th, and Vet 60 team of Graham Pinder, Pat Thomas and Adrian Newnham also finished first.

Barrow Striders had two finishers in the top ten, with Ross Campbell coming home in 4th place, followed two minutes later by Bob Atkinson, who was the first Vet 60.

The women's race was won by Jacqueline Fairchild of Preston Harriers, with Blackpool's Emily Japp second and Sharon Taylor of Helm Hill Runners third.

Barrow Striders Ladies featured well with Anna Lupton (4th) Hollie Orr (6th) Lynn Murray (20th), giving their first team third place. Walney Wind Cheetahs team of Amy Singleton, Janice Callister and Karen Maggio-Poyntz finished in 10th.place whilst Hoad Hill Ladies comprising of Elsie Roberts, Rebecca Rooke and Deborah Yearnshire were 13th out of 36 teams.

Our ladies' Vet 35 team were 6th/18, Vet 45 team were 6th/12, Vet 55 team 2nd/5.

INDIVIDUAL LADIES' RESULTS

26th. Elsie Roberts 31:26 37th. Rebecca Rooke 32:43.
54th. Deborah Yearnshire 34:05. 59th. Steph Gillies 34:30.
73rd. Alison Cooke 35:31 85th. Stevie Barron 36:15
92nd. Jeanette Chester 37:01. 117th. Leanne Bayliff 40:15.
121st. Carol Whittle 40:42 124th. Sally Barton 40:54.
140th. Steph Roberts 45:18. 141st. Karen Morgan 45:31.
143rd. Julie Newnham 45:55 154th. Christine Winder 50:22
155th. Naomi Capstick 50:59. 156th. Caroline Peet 50:59





MEN'S RESULTS:

2nd. Matthew Elkington 33:00.
35th. Lee Winter 38:32.
92nd Michael Doherty 42:07.
107th. Tom Southward 43:00
131st. Simon Stanway 44:38.
165th. Simon Austin 46:31.
188th. Alan Wilson 48:41.
242nd. Jon Press 1:01:12.

11th. Mark Bonner 1st. V40 36:28.
44th. Richard Walker 39:04.
102nd. Sean Dixon 42:41.
108th. Luke Turner 43:01.
143rd. Kevin Fox 45:17.
175th. Graham Pinder 47:19.
209th. Adrian Newnham 51:50.
248th. Karl Fursey 1:04:11.

33rd. Matthew Rooke 38:24
77th. Andy Jackson 41:13.
105th. Jeffrey Chadwick 42:49
127th. Cian Nutt 44:25.
164th. Keith Conway 46:25.
177th. Pat Thomas 47:40.
233rd. Simon Barton 57:47.



GLAXO X COUNTRY COMMENTS:

copied from Kendal AC posts:

'Ulverston X/C swim that must be the wettest ever - Ultimate Warrior would charge £100 for one lap! '

'Brilliant photos that underwater camera is excellent.'

'well done all of us. I think I have webbed feet now.'

'Bloody hard work in that weather!! Great fun though.'

'I enjoyed the course today, weather was appalling.'

'I have just looked on the Mid Lancs XC page; apparently the results are 'drying out' 😊😊'

'Great course at Glaxo, got a bit of everything.'

'A huge thank you to the superb HHH team, for what can only be described as a "bit wet and muddy" X country day out! The most enthusiastic and supporting Marshall's, amazing hospitality and a brilliant day!'

Many thanks from Thornton Cleveleys Running Club!!

'Thanks for organising the xc today, a good little course with all the right ingredients for a proper race, the weather was not a problem...just to be expected this time of year. Very good facilities too. Cheers Neil.'

Thank you letter from Mid Lancs:

Dear Adrian

I am writing on behalf of the Mid Lancs. League to thank you and Glaxo Hoad Hill Harriers for staging the cross-country event for us on Saturday 13th. October at GSK Sports Club, Ulverston.

Just as with the March event, there were many expressions of enjoyment and of admiration for the courses and organization. Even the unfortunate weather did not dent competitors' enthusiasm which seemed to extend even to the young juniors who enjoyed splashing through the puddles.

The weather presented many problems that wouldn't have been encountered in dry and windless conditions and it's credit to you and your helpers that you coped with the difficulties so effectively. You may like to look at the race photos on the cross-country page of the Mid Lancs. website which show the wetness of the day.

The facilities at the GSK Sports Centre are ideal. The grounds provide features that allow for interesting, exciting and testing courses which you used to the full in your excellent planning; the parking is adequate and handy and inside there was sufficient room in the sports hall for athletes to shelter and dry out and the bar offered a comfortable respite with refreshments. My thanks, too, go to Julie for the officials' lunches.

I would like to offer my sincere thanks to you and to all Glaxo Hoad Hill Harriers who marshalled, set out and dismantled course, served food and drink and generally contribute to the success of the day. Please convey my thanks to all at Glaxo Hoad Hill Harriers. Your efforts were most valued and appreciated.

Yours sincerely,

P.D. Lock,

Dawn Lock
Cross-Country Secretary,

LANGDALE MARATHON AND HALF: 20th.Oct



'THE MOST SCENIC UK HALF MARATHON'

This stunning course takes in the Great Langdale and Little Langdale valleys, with 360° views of the surrounding fells. To add to the experience this course has a reputation as one of the toughest half marathons in the UK. There are some steep climbs with gradients reaching 1:3 in places! The runners follow an anti-clockwise course from Great Langdale to Little Langdale and on to the picturesque hamlets of Skelwith Bridge and Chapel Stile. Climbing up to Blea Tarn and Foulstep.

The friendly atmosphere attracts both seasoned runners and those looking for their next challenge on a beautiful course.

Tom Southward: Marathon:

To make up for missing Chester Marathon due to illness, I decided to give Langdale Marathon a go. I made it round in 3.44, finishing 20th, after breaking on red bank. My quads, hamstrings, calves and other areas are a mess, but I was glad to have stuck it out, and not bailed at the half – way stage.

Half Marathon:

Steph Gillies: Half: 2nd Vet 50 (behind the first by only 2 mins)1:59:58



Alastair Macdonald: Half: A great day at races, Langdale Half marathon in 1hr.53.14. Much better than I expected as I'm not a big fan of road racing.

Paul Managh: Half: A brilliant day up in the Langdale Valley for the 1/2 Marathon. I managed 1:46:45 on my first effort,... think I'll be going back to nail a faster time.

Penny Moreton (Half): 3:12:59

Karl Fursey (Half):



HOAD HILL HARRIERS BOXING DAY HANDICAP 5K

To all those Harriers who wish to start running off the Christmas excesses can start by joining us on Boxing Day at the clubhouse, for a 5k handicap run (predict your finish time –no watches allowed!), starting at 11 o' clock. The route sets off from the clubhouse car park, and goes down the canal tow path and back up North Lonsdale Road to the clubhouse. Everyone is welcome to run – friends and family; fancy dress is optional. Please bring along some snacks/nibbles to enjoy after the race. Collection buckets will be available on the day, with donations going towards the club charity, 'The Bluebell Foundation.'



SLAITHWAITE 10K:Nov. 4th.

Terry Peet: hosted by 'It's Grim up North Runnng.' Results not yet out but around 1.08 mark. Plenty of tea and cake and nice run along the Huddersfield narrow canal to Stanedge tunnel and back.

Terry Peet 01:07:42
Caroline Peet 01:07:43



CHRISTMAS TREE LIGHT RUN



The club Christmas lights run will take place on Thursday, December 20th at 7:00 pm, there will be no reps session that night. For those who have not done this before, it is a whole group run around the streets of Ulverston to view the festive light displays, which adorn the town's houses. It will be led by Karen and will be approximately 4 miles long. Stevie Baron has kindly offered mulled wine, nibbles etc at her house on The Drive afterwards.

ALLITHWAITE 8 mile Race: 3rd. Nov: Ashley Cooke

A very windy day greeted the 103 runners on the start line of this multi terrain 8-mile race, which also included 12 Hoadies. The few supporters decided not to try to follow the race but stayed at the start/finish area trying out the bacon butties and cakes to make sure it was okay for the runners to eat after their run!

The first runner home was Black Combe club runner Josh Hartley in 52:41, and the first

Hoadie home was James Corbishley in 19th place in 63:55.



23rd Kieran 64:54 , 29th Gary Dover 66:31 , 38th Kevin Fox 69:09 , 39th Simon Austin 69:10 , 42 Alan 71:01, 51st Alison 72:18, 54th Alastair 72:40, 63rd Phil Horrocks 75:18, 66th Darina 75:56, 85th Catherine Heygate 82:21, 93rd Sally Barton 89:17 and 102 Penny 112:14. Well done to all you runners who battled the strong wind and rain on top of Hampsfell.



AN ALLITHWAITE 8 ADVENTURE: Alan Wilson

I was really quite determined to run the Allithwaite 8 this year for several reasons. Firstly, the start and finish (at Allithwaite Community Centre) is about 50 yards from my front door. Secondly, Allithwaite Running Club are my second club, and thirdly Darina had told me it was her favourite run last year – albeit that was on a gloriously sunny crisp Autumn day.

Therefore, I applied early to make sure I got a place, as soon as entries were available. I was the second online entrant! A few weeks later, with only 2 weeks to go to the run, there were only about 5 entrants in total! – and one of them was Sally from Hoad Hill. I was beginning to get a little worried about a poor turnout with more marshals than runners – which has happened before to an Allithwaite run (although that was a hilly half marathon). I need not have worried. In the end there were over 100 runners taking part in the November race, with 102 official finishers.

I agree with Darina. It is a great race – multi-terrain including field, forest, track, a bit of road, and a significant fell climb up and down Hampsfell in the second half of the race. I wonder whether anyone can spot the Hampsfell climb in the run elevation profile below?



On race day, the weather was a little damp, but it didn't rain during the run, and I think the cloud and mist added to the atmosphere. At least you could still see the views across Morecambe Bay and back to the Hoad from the top of Hampsfell. In addition to many runners from Black Combe and Helm Hill, Hoad Hill Harriers were well represented.

If I'm voted back in to be Club Championship organiser next year, I intend to include this great run again – hopefully with even more Harriers taking part. By the way, Sally said she loved it!

NEW YORK MARATHON: Nov 4th. Amanda Jenkins



Great race today in NYC! It's a hillier course than I expected (and it finishes on an uphill!) but the crowds were amazing and got me through the tough hill on the last few miles of the course! I'd recommend it if you ever get the chance to do it!
4:13:06



DUNNERDALE FELL RACE: 10th. Nov.

A popular little classic, the route takes in a lung-busting uphill road section to the foot of the Knott, which is then climbed before runners take in the checkpoints at Raven Crag, Stickle Pike and Great Stickle. Then follows a fast, almost all downhill run, including another road section, back to the finish in the field opposite the Blacksmith's Arms pub.

Dry weather made this year's race a joy to run, but the ground conditions were slippery at times and boggy following a lot of rain in the hours leading up to race day, when an entry field of 187 runners lined up to start.

Leading from the front was Maryport firefighter Ricky Lightfoot (Ellenborough AC), who earned another Cumbrian event title, as he pipped Matthew Elkington (Ambleside AC) by clocking 39 minutes 45 seconds. Elkington was only 37 seconds behind, whilst third place went to Calder Valley Fell Runners' Matt Edwin, who clocked 41:22. Rob Jebb (Helm Hill Runners) also dipped under 42 minutes for fourth.

Three members ran this, representing other clubs:

2nd. Matt Elkington 40:23

98th. Simon Austin 1:00:21

181st. Karl Fursey 1:24:56

GRIZEDALE FOREST NIGHT RUNNER 10K: DEC 1st.

Keith Conway 53/316 51:24



16.

KENDAL MOUNTAIN FESTIVAL 10K: Nov 17th.



Matt Elkington (running for Ambleside) 3rd in 40:37

Alastair Macdonald 166th. 0:57:11

Kevin Fox 160th. 56:57

RUN PRESTON 10 miler 18th Nov

Nigel Storey: 'a bit windy but happy with that- the fastest run for a long time, and the lucky union jack shorts are back out!' 164/ 508 1:11:22



NEW CLUB VESTS:

If you have ordered a new club vest, they should be here by the second week in January. We have got a few new orders to go on the next list (minimum order of 10) so please let me know if you want one. You can try on various sizes at the club. £24:50

PARK RUNS:

Congrats to **Andrew Dorrian** for being the first finisher on several occasions at both Barrow and Ford Parkrun, and beating his PB. **Cian Nutt, John Press, Alan Wilson, Pete Davison** and **Amanda Jenkins** also recently achieved Ulverston PB's.

At Barrow Parkruns, all the following have got their PB's: **Bill Sharpe** 22:44, **Deborah Yearnshire** 22:22, **Julie Hunter** 23:28.

Lauren Booth was the first female finisher at Fellfoot Parkrun 22:33

HOADES OUT AND ABOUT



Alastair with Alistair Brownlee

Sunday Off Road Run



2018 CLUB CHAMPIONSHIP REVIEW: Alan Wilson

After the completion of 29 qualifying races from mid-February to early November, and 5 opportunities for marshalling, the 2018 Hoad Hill Harriers' Club Championship is complete, and we have 6 winners as follows:

- Women's Seniors winner: Darina Delinova
- Women's Vet40 winner: Janine McNeill
- Women's Vet50 winner: Alison Cooke
- Men's Seniors winner: Kieran Ireland
- Men's Vet40 winner: Lee Winter
- Men's Vet50 winner: Gary Dover

Overall, the competition league positions have primarily favoured regular participation in the selected events, which I believe is a good thing.

In the Women's leagues, Darina and Leanne finished fairly close together in the Senior competition, with Darina's regular participation in the latter part of the competition winning out. In the Women's Vet40 competition, Janine romped home fairly convincingly with a points' total that was more than double Heather's in second place, although Heather's injury ruled her out of competition in the final races. The women's Vet50 league was somewhat closer for most of the season with Alison, Sally and Penny all competing for top spot, with Alison winning in the end.

In the Men's Senior league, Kieran, Tom and Stephen all competed for top spot initially, but Kieran's more regular participation in the second half of the season meant he finished top at the season end. Lee led the Vet40 league for some time and just held out for the win, despite a late surge from Paul. Meanwhile in the Men's Vet50 competition, there were a number of different leaders in the season with more than six different leaders throughout. However, Gary just edged it in the end for a second successive Vet50 win.

Our Championship races included cross country, road races, trail races, multiple terrain, large events and small local races. Distances included 5K, 10K, 8 miles, 10 miles, 14 miles, half marathons, full marathons and a metric marathon, with locations across south Cumbria, Lancashire and further afield. Highlights for me included the Dalton 10K in May, where we had 30 runners taking part on a lovely spring evening. Our team photograph before the race still heads our group Facebook page. Another of my personal favourites was the Wray Scarecrow 10K in April – a pretty race on an undulating course with a nice village atmosphere at the start and end. There was great participation by Harriers throughout the competition.

For your delight and further perusal, I have shown the final league tables in this article, together with the full race list.

I hope you have all enjoyed the competition. I have really welcomed all suggestions and will continue to do so into next year – if I'm voted in again?

FINAL LADIES' SCORES:

Senior		
Overall Position	Total Points	Name
1	59	Darina Delinova
2	46	Leanne Bayliff
3	41	Helen Walker
4	36	Amanda Jenkins
5	32	Amy Stitt
6	26	Deborah Yearnshire
7	20	Amy Whelan
8	19	Natalie Dodds
9	17	Stephanie Roberts
=10	9	Catherine Keygate
=10	9	Kathy Edmondson

Vet 40		
Overall Position	Total Points	Name
1	182	Janine McNeill
2	87	Heather Travis
3	50	Elsie Roberts
4	30	Sharon Dixon
5	29	Julie Hunter
6	9	Karen Bennett
7	4	Louise Thompson

Vet 50		
Overall Position	Total Points	Name
1	119	Alison Cooke
2	91	Penny Moreton
3	70	Sally Barton
4	60	Stephanie Gillies
5	31	Christine Winder
6	26	Carol Whittle
7	13	Caroline Peet
=8	8	Dianne McMillan
=8	8	Julie Newnham
=10	6	Rachel Ashton
=10	6	Karen Morgan
=12	4	Helen Towers
=12	4	Stevie Barron
14	2	Jeanette Chester

FINAL MEN'S SCORES:

Senior		
Overall Position	Total Points	Name
1	68	Kieran Ireland
2	52	Tom Southward
3	45	Stephen Peters
4	35	Alastair Macdonald
5	27	Simon Austin
6	17	Cian Nutt
7	15	Luke Turner
8	12	David Fulford
9	10	Matthew Elkington

Championship Race List 2018

- 17th February – Mid Lancs Cross Country, Lancaster
- 17th March – Lakeland Trails at Cartmel, 5K or 10K
- 24th March - Coniston 14
- 14th April - Lakeland Trails at Hawkshead, 10K
- 15th April – Lancaster 3 Bridges 10K
- 28th April - Wray Scarecrow 10K, Lancashire
- 9th May – Kendal 10K
- 18th May - Dalton 10K
- 20th May – Windermere Marathon
- 30th May – Levens 10K
- 2nd June - Grasmere Gallop, 10K or 17K
- 3rd June - Morecambe 10K
- 20th June – Hawkshead 10K
- 1st July - Morecambe Half Marathon
- 8th July – Bentham Beagles Bash 10K
- 11th July - Endmoor 10K
- 25th July - Lancaster 10K
- 28th July - Pilling 10K
- 5th August – Riverside 10M, Lancaster
- 12th August – City of Preston 10M
- 19th August – Riverside Half Marathon, Lancaster
- 25th August – Lancaster 5K (3-1-5 Summer series)
- 2nd September – Golden Ball 20M, Lancaster
- 9th September – Ribble Way Trails, 10K and Half Marathon
- 16th September – Lancaster Castle 10K
- 22nd September – Coniston Lakeland Trails
- 29th September - Lancaster 5K (3-1-5 Summer series)
- 7th October - Chester Marathon and Metric Marathon
- 20th October – Langdale Marathon and Half Marathon
- 3rd November – Allithwaite 8

The following HHH organised races qualified for marshalling points only:

- 3rd March – Mid Lancs Cross Country at Glaxo Ulverston
- 6th July – Hoad Fell Race
- 22nd August - Summer 10K road race
- 5th September – Charter 5K Road Race
- 13th October - Mid Lancs Cross Country at Glaxo Ulverston

CLUB CHAMPIONS: MY VIEW: Ashley Cooke

I would like to thank Alan for organising the club championship. I have been a member of 5 other running clubs in my time and normally there were only 3/4 races a year to collect points, so the club champ was always the fastest runner in the club. But with so many races in our club championship, it means the more races you go too, you are not only advertising the club, but you have a chance of picking up more points, giving yourself a chance of being somewhere near the top of your age group. So thanks Alan, I've enjoyed the new races I've run, been amazed at the number of Hoadies at some these races, and I hope to be fit enough next year to run a few more!

Vet 40		
Overall Position	Total Points	Name
1	60	Lee Winter
2	48	Paul Managh
=3	40	Michael Cubin
=3	40	Mark Tomkinson
5	34	Richard Walker
6	24	Andy Jackson
=7	20	Jeffrey Chadwick
=7	20	Mark Bonner
9	13	David Bridges
=10	10	Kevin Fox
=10	10	Mark Lehrle
12	8	Karl Fursey
13	6	Erik Hampton

Vet 50		
Overall Position	Total Points	Name
1	102	Gary Dover
2	100	Phil Horrocks
3	89	Adrian Newnham
4	72	Ashley Cooke
5	64	Peter Davison
6	52	Simon Barton
7	42	Pat Thomas
8	30	Ken Lamb
9	22	Tom Evelin
10	19	John O'Neil
11	18	Terry Peet
12	15	Ian Peters
13	14	Dennis Metcalf
14	11	Damian Jones
15	9	Nigel Storey
=16	8	Graham Pinder
=16	8	Chris Howie
18	7	Paul Quinn
19	6	John Barstow
=20	4	Mike Fawcett
=20	4	Mike Lavery
=20	4	Terry Gannon
=23	2	Sean Dixon
=23	2	Tony Clarke

MID LANCS X COUNTRY: LIVERPOOL CROSS CHALLENGE: Nov 24th.

Sefton Park in Liverpool, hosted the next stage of The British Athletics Cross Challenge Series. One of five highly-competitive races acting as fixtures in the domestic winter calendar for athletes of all abilities; from club runners to the country's best endurance athletes, targeting British teams at the European and World Cross Country Championships.

The battle for positions on the British team for the Europeans took place this weekend, and saw 28 Harriers lining up with the best in England; no pressure then!

Conditions couldn't have been better, the twists and turns of the Merseyside course were firm underfoot and some fast times were on the cards.

An incredibly close senior women's race saw Jess Piasecki and Verity Ockenden battling with Charlotte Arter throughout as the lead changed hands several times, but the latter kicked when it mattered, taking first place in 26:10.

Ockenden and Piasecki crossed the line together in 26:14 to secure their automatic spots on the team.

In the men's race Millington, a course winner in Liverpool back in 2015, was part of a five-strong leading pack that pulled clear early on, before moving swiftly through the gears and showing great speed in the closing stages to stop the clock in 28:00 and claim his second win in Liverpool.

The Stockport athlete was chased home all the way by Nick Goolab, who required a sprint finish to hold off Marc Scott.



HHHarrier, Steph Gillies lead our ladies' team home, closely followed by Alison Cooke and Stevie Barron. The Harriers Ladies' team enjoyed the good conditions, with the first team finishing 22nd out of 34 teams. The Vet 35 team were 13/15, the Vet 45 team were 8/13 and the Vet 55 team were the first team to finish with Alison Cooke being the 3rd Vet 55 overall.



62nd. Stephanie Gillies: 38:00



70th. Alison Cooke: 38:27



93rd. Stevie Barron 40:14



115th. Leanne Bayliff: 42:23
151st. Stephanie Roberts 50:45



143rd. Sally Barton: 46:02
153rd. Julie Newnham: 50:52



150th. Penny Moreton: 48:20





Liverpool saw a huge turnout for the Men's race, with 624 runners participating, of which 324 were representing the Mid Lancs League.

Firm conditions provided faster times than usual, which suited Harrier Dave Fulford, who led our first team home, knocking four minutes off last years' time. There were great runs from everyone, all running quicker times, Pat Thomas eventually got the better of Alan Wilson, leading our Vet 60 team back into 1st place.

34th. Dave Fulford: 33:12
125th. Jeffrey Chadwick:37:51
206th. Luke Turner 41:19
235th. Damian Jones:42:39
247th. Alan Wilson:43:21
305th. Simon Barton:49:16

61th. Mark Bonner:35:05
196th. Gary Dover: 40:40
217th. Nigel Storey 41:43
242nd. Graham Pinder:43:04
285th. Adrian Newnham:46:10
321st. Tony Clarke:54:12

90th. Mark Tomkinson:36:21
197th. Mark Lehrle:40:53
223rd. Keith Conway: 42:01
245th. Pat Thomas:43:16
290th. Erik Hampton:46:56

HHH Men's Team: 14/35 Vet 40 Team: 6/17 Vet 50 Team: 6/15 Vet 60 Team 1st.



ULVERSTON PUDDING 10K RACE. Dec 2nd.



262 brave runners battled the extreme conditions to tackle this fast course to Conishead Priory and back, with many Cumbrian clubs using this race as one of their Championship counters.

Matt Elkington, fought through the wind and rain to take victory for the host club in this year's race.

The Hoad Hill Harriers member completed the course in a time of 32mins 44secs, finishing over a half a minute clear of runner-up Sam Stead, of Keswick AC.

There was double delight for the home contingent as Elkington's clubmate David Fulford took third place, just 10 seconds behind Stead in 33.27, with last year's winner, Striders' Ross Campbell, fourth in 33.35.

The Helm Hill duo of Kelli Roberts and Sharon Taylor, were the first ladies home in 36.59 and 37.03 respectively, with clubmate Catherine Slater ensuring it was an all-Helm Hill top three in the ladies' race, as she crossed the line in 39.36, winning their team 1st. prize.

Keswick AC men's team just beat Hoad Hill's trio of Elkington, Fulford and Tomkinson (all of who achieved PB's) to win the team prize by just 1 point!

It was great to witness several runners racing for HHHarriers for the first time, many achieving PB's – Well done all.

HHHarriers Results:

1st. 00:32:44 Matthew Elkington PB. 3rd. 00:33:27 David Fulford PB. 12th. 00:36:45 Mark Tomkinson PB.
19th. 00:38:29 Connor O'Hara (1st U18) PB. 20th. 00:38:38 Andrew Dorrian.P.B 39th. 00:41:31 Simon Stanway.
56th. 00:43:14 Simon Austin. 69th. 00:44:05 Nigel Storey. 82th. 00:45:18 Philip Horrocks.
96th. 00:46:09 Stephen Peters. 103rd. 00:46:59 Dennis Metcalf. 107th. 00:47:14 William Sharpe (1st Vet 60)
110th. 00:47:43 Alison Cooke (1st Vet 55) 206th. 00:58:57 Terry Peet (PB) 223rd. 01:01:14 Caroline Peet PB
226th. 01:01:45 Jeanette Chester (ran with her daughter) 229th. 01:02:54 Nicola Williamson PB 230th. 01.02.54 Mike Lavery



Thursday Night Coaching Plan Q4 2018

Overall Focus – stamina and endurance for Cross Country and early Marathon preparation ready for next Spring

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 – Don't forget high viz clothing, 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%

Christmas & New Year break – don't forget the Fancy Dress Blind Handicap on Boxing Day								
3 rd Jan	Morecambe Road	2x1 mile in trains then 4x1 minute	Working together	Strong finishing	Priory Road	Lamp-post Intervals	Gentle start to new year	Form
10 th Jan	Siemens Ind Estate	12x1 minute (400m for those not racing). 70s recovery	Pre-XC easy session	Stance	North Lonsdale Road	10 x 400m	Steady to fast	Form, stride, breathing
12 th Jan – Mid Lancs Cross Country								
17 th Jan	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rest: 1m after 200m & 400m, otherwise 2m	Endurance	Stride	Siemens Ind Estate	200 m relays	Speed endurance	Form, stride, breathing
24 th Jan	North Lonsdale Road	2 mile time trial	Progress check	Pacing – aim for negative split	Lyndhurst Road	10 Hill reps. Short side recovery	Hills/stamina	Climbing and descending form

YORK MARATHON: Oct 14th.

Janine McNeill 5:30:52

KIRKBY MOOR FELL RACE: Nov 25th.

Matt Rooke 1:01:33

Rebecca Rooke 1:09:23

Simon Austin 1:11:32

Peter Davison 1:15:46



KARL'S RACE DIARY:

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

If I get word on more road races not mentioned in this e-mail, I will forward details on in a future update.

Wed 26 Dec 18: Leyland (Boxing Day) 10k from Worden Park. A busy race. £12 in advance (by 20/12) or £12 on the day. 10am. Steve Ashcroft for details and is also mentioned on the UK results website with entry form.

Wed 26 Dec 18: Ulverston Boxing Day 5km Blind handicap. From Glaxo Sports club.

See Hoad Hill Harriers website, and Facebook for details. 11am start.

Wed 26 Dec 18: Cumberland ACs Boxing Day run from Pica. See their website for more details as it can vary from year to year. There's usually an entry fee and runners are encouraged to bring a prize (unwanted Xmas gift?) to receive a prize, the higher you finish, the more choice there is.

Thu 27 Dec 18: Wansfell fell race, 2.5 miles, 1500ft ascent from the Salutation hotel, Stock Ghyll Lane, Ambleside at 12noon. I've put this in as it's a popular festive calories burn-off race. Small entry fee (same price) applies to all runners whether attached or not.

Thu 27 Dec 18: Lancaster festive 4km fun run / race. Like the Wansfell race, it is another burn-off the excesses event, this time on tarmac. 11am. John Schofield's website for more details. £5 on the day.

TBC denotes: to be confirmed and should be treated as provisional only.

2019:

Tue 01 Jan: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Meet at Broughton Mills car park opposite village hall to work off the festivities by running the 5 mile, 1804ft ascent Dunnerdale Fell race route. 11am handicapped start, so slowest runners off first, the likes of Matt Elkington will have about half an hour to wait before he goes. FREE Entry.

Fri 04 Jan: Morecambe Power of 5k road race. Unusual for a Friday race to happen in the dark on a cold winter's night thanks to its 7pm start. Please see Lancaster Athletics website for more details and start location, where to park. Good race to start the New Year off. 150 limit.

Sat 05 Jan: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Appletreeworth 6 mile tracks / trail / cross-country race. Please park at the Hawk, near Broughton Mills. 10:30am start. Handicapped as for Dunnerdale above. Free entry.

Sat 05 Jan: TBC Lancashire AA cross-country championships, Witton Park, Blackburn. For info only. I've put this in as some Hoadies may qualify by residence or birth there. Full details on John Schofield's UK results website fixtures page. Entry fee applies, though no details of prices.

Sat 05 Jan: Cumbria Cross-Country Championships. Venue tbc at time of submitting this, but likely to be at Hunter Hall, Penrith. 1:30pm seniors, entry in advance or on the day. 4 large laps, approx 5.5 miles. Junior races from noon are also featured. THIS IS ALSO THE JUNIOR COUNTY CHAMPS RACE. £6 entry all runners, all ages. See Eden Runners website where a form is also available to download.

Sun 06 Jan: The North Lakes New Year half marathon. For info only. This starts from Cockermouth. See Run Britain's website with a link to it for more details. No idea of entry fees. Starts 10am. 400 limit.

Sat 12 Jan: For reference only: Mid-Lancs cross-country fixture at Burnley (Towneley Park). HHHs men's and ladies teams will be required to keep the club in their respective divisions by taking part. Start times from noon onwards youngest juniors, whilst senior ladies is 2pm, men 2:30pm.

Sat 12 Jan: (Lancaster) 3-1-5 Health Club winter series 5k and 10k races. From the venue of the same name close to M6 Jct 34. 11am start both races. No details of entry fees, but you can enter either on the day.

Sun 13 Jan: Garstang 10k road race. 11am. Junior 2 mile fun run also. Steepish entry fees, especially on the day.

Sun 13 Jan: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Birkrigg and Sea Wood. 2 flagged laps covering 6 miles of multi-terrain on the common and in the wooded section. Route on BCRs website. Park near the junction of the turning to Urswick close to the bit they call the "ski slope". 10:30am start. Handicapped. Free.

Sat 19 Jan: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Blawith and Beacon Tarn. Approx 5 miles and you get to visit Beacon fell twice, both outward and return over this multi-terrain trail course on Torver common. Park at Crake Valley layby. Further details on the calendar section of BCRs website. 10:30 start. Handicapped. Free.

Sun 20 Jan: Inskip half marathon. Near Preston. 11am. See John Schofield's UK results website for further details on this useful early spring marathon training run. Steepish entry fee, but no details of prices.

Sun 20 Jan: Cumbria Cross-Country series races final race of the season. Venue tbc, but likely to be Rickerby Park, Carlisle. An entry form and more details is available on John Schofield's UK Results website (fixtures). 12:00 juniors, 1pm approx senior women and men.

Sun 20 Jan: Carlisle "Resolution" 10km road race. Newish event in Cumbria, from Carlisle racecourse on mainly quiet roads. 11am with entry at £12 in advance, more on the day. Run Britain website for more details. A 5km option is also available.

Sat 26 Jan: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Roanhead 6 mile beach and sand dunes off-roader over a two-lap course. Please check the BCR website during January for exact route details. 10:30. Handicapped starts. Free.

Sun 27 Jan: Hunter's (formerly Welcome Tavern) 10km race. Walton Park, Preston. £14 on the day entry. 11am. See Dave Clarke's UK Road Races website for further details.

Sun 27 Jan: Kendal winter training league Birkrigg Common race. This will be much different to BCRs WTL race a fortnight earlier, as it starts and finishes near the petrol station at the end of Ulverston's Mountbarrow Road. £5 on the day. 12 noon start, with junior races also heavily featured.

Sun 27 Jan: That's Lyth 23 mile winter walk / run LDWA event which is also popular with runners. Starts at 8am in Kendal. Entry is £6 in advance and usually closes before Xmas due to its popularity.

Sun 27 Jan: TBC Ulverston Triathlon Club winter race series race Duathlon at Ulverston. Details from Ken Lamb or any other Hoadie who's a member of UTC.

Sat 02 Feb: (Lancaster) 3-1-5 Health Club winter series 5k and 10k races. See details as for 12 Jan further up.

Sun 03 Feb: TBC (may be following weekend) Black Combe Runners' WINTER TRAINING LEAGUE RACE: Broughton Mills 6 mile road loop, which goes via the scissors crossover close to the Hawk car park where the 5th Jan's event starts from. This is a hilly road race, so don't expect fast times. Park at Broughton Mills village hall car park close to the pub. 10:30am. Handicapped. Free.

Sun 03 Feb: Blackburn "winter warmer" 10km race. Mostly road, but starts and finishes on the athletics track at Witton Park. 11am start. Register at the Pavilion. £10 in advance, £12 on the day. Chip timing, race pacers, medal and goody bag. A 2km junior race, all within Witton Park, also happens, starting at 10am for ages 5 upwards, and £2 entry on the day only. See John Schofield's or Blackburn road runners' websites.

Sun 03 Feb: TBC Montane Grizedale trail marathon and half-marathon races. 9:30am and 10am start times respectively. (Pre-entry only.....BOTH RACES ARE USUALLY FULL BEFORE XMAS) A Junior kidz trail race is also available with entry on the day only. Starts from the visitors centre, near Hawkshead. See John Schofield's website which has a link to this one for details.

Sat 09 Feb: For reference only: Penultimate mid-Lancs cross-country fixture at Leigh Sports Village Park, Near Wigan. Car parking will be limited nearby. Was a fixture here in 2015. As many Hoadies as possible needed to run to secure valuable points for the club.

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

Fri 15 Feb: Morecambe Power of 5k road race. Must be a series of these Friday night 7pm races, but see 4th Jan above for further details.

Sat 16 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Tottlebank Giant's Grave. Two laps of Tottlebank and Blawith Knott, starting and finishing at the Giant's Grave, close to Gawthwaite (A5092). See BCRs website calendar for more details and a link for where to park. 10:30. Handicapped start. Free.

Sun 24 Feb: Maryport 10 miler. This popular undulating / hilly Cumbrian race starts at 11am from Netherhall School with entry (£10) available on the day. Free buffet after for all finishers. Cumberland AC or Netherhall ACs website for more details.

Sun 24 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Black Combe up and down fell race covering 4.5 miles and 1800ft ascent to the summit and back, from Whicham Church, Silecroft. There's a large car park there, now and off time is 10:30am. Handicapped. Free.

Sun 24 Feb: TBC Ulverston Triathlon Club winter series race Duathlon at Ulverston. As 27 Jan mentioned above. Entry fee applies. See any Hoadie who's also a member of UTC for all the details you need.

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

Sun 03 Mar: Haweswater Half-Marathon, 11:30am from Bampton School, 9 miles outside Penrith. Registration at nearby village hall. £18 in advance, £20 on the day if limit not reached. Very scenic, but challenging out and back route to Mardale Head. A 1.6 mile junior race is also taking place and entry for this is on the day only. See Eden Runners website (they organise it) for full details and entry form.

ADVANCE NOTICE: Sat 09 Mar: Dentdale 14.2 AND, ALSO FOR 2019, a single loop race of 7.9 miles is also available. See Dent village's website for more details. 1pm start. A popular race with Hoadies, now there's 2 distances to choose from.

Races for the spring will be in a forthcoming newsletter, but there's plenty here to choose from now.