



**HOAD HILL HARRIERS**  
**NEWSLETTER**  
**AUGUST/SEPTEMBER 2018**



**GOODBYE AMANDA JENKINS SETZER**  
**FROM ALL AT HOAD HILL HARRIERS**

## **EDITORIAL: Adrian.**

I knew that my aim of producing a monthly newsletter this year was going to fail over the summer period. Holidays, preparing for our cross country and other projects that I have been involved in, meant my time was really stretched, and I have struggled to keep up with everything that has been happening at the club. Hopefully, I can get back on track as things settle down over the quieter Autumn months. I have slipped in a couple of items I missed in August, and have already started the next newsletter, starting with our x country event at Glaxo.

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 members Andrew Dorrian, Jon Press, Leah Greaves, Ian Walker, Lauren Eastburn. Matt and Becca Rooke. Juniors: Alfie Barnes, Oliver and Harry Morris, Michael Roberti, Frazer Joy, Quinn Thompson.

**CONGRATULATIONS TO:** Tor Thompson and husband Matthew, on the birth of their baby girl Beatrice Elizabeth.

## **CONGRATULATIONS:**



**TO:** Amy Whelan, competed in the Oulton park Autumn Duathlon, Standard Distance 2019 1st, in age group.

## **GOODBYE:**

...to our 'Cover Girl' Amanda Jenkins Setzer, who has returned to the States after working here and running with us for four years. She has certainly made the most of her time over here, taking her running to new levels and throwing herself into club life. You will be missed, and everyone wishes you all the best for the future.

## **A BIG THANK YOU**

Over the last two months, the club has hosted three events, the Summer 10k, Charter 5K and the Mid Lancs X Country.

The first two saw record attendances in both the senior and junior races, and the cross country was highly successful despite atrocious weather conditions.

The success of these is always down to club members, partners and friends who help in numerous ways, beforehand and on the day. But an even bigger **thank you** has to go to Race Director Louise Thompson, and the team at the GSK clubhouse – Michael, Audrey and Claire.

## **LONDON TRIATHLON: 4<sup>th</sup>/5<sup>th</sup> August**



The London Triathlon has spent the last 21 years facilitating the dreams of triathletes across the globe. Its closed road route weaves past iconic London landmarks and welcomes participants of all abilities. With over 30,000 spectators cheering you on as you race alongside some of the best athletes in the world, it's easy to understand why this award-winning event is the biggest in the world. Entering as a Team Relay is a great introduction to triathlon.

The concept is simple: 1 person swims, 1 person bikes and 1 person runs, in turn. The 'baton' (timing chip) is passed between team mates in transition. Then all team members meet at the 'team meeting point' to cross the finish line together.

Dave Fulford entered a team over the Olympic distance, with Dave running the '10k' (it was over 7 miles!) They finished 5th out of 150+ teams in the end. Top Job!!

### **ULVERSTON 10K: Adrian**

Well the local clubs were certainly out in force for our Summer 10K, bolstering the numbers to a record high of 226 runners. The fast course and perfect conditions produced more than 35 PB's amongst the club runners, and 32 season's best times, including 7 PB's in the first ten runners.



It was a close battle between previous winner, Barrow Strider Ross Campbell, Chris Steele of Netherall AC and our own Matt Elkington, in the early stages of the race. Behind them, a host of club runners from Kendal, Black Coombe, Helm Hill, Windcheetahs, Levens and host Hoad Hill Harriers, battled for positions.

Eventually, Steele and Elkington broke away from the rest, sharing the lead, with Steele (32:50) just managing to beat Elkington (PB 32:52) to finish two seconds ahead. Previous winner, Campbell, finished third in (PB 32:50)



First female home was Black Coombes Holly Orr (39:34), a minute ahead of second placed female Karen Ball (Ackworth AC 40:37). Third was Lindsay Walker of Keswick AC in 41:51. There were certainly some close Hoadie battles, especially between Luke Turner and James Corbishley, who raced each other shoulder to shoulder all the way round, with Luke just beating him on the finish straight.

- |  |  |
|--|--|
| 11 <sup>th</sup> PB 00:36:48 Mark Bonner     | 15 <sup>th</sup> P.B 00:37:47 Mike Cubin V45 |
| 23 <sup>rd</sup> . 00:39:23 Connor O'Hara    | 28 <sup>th</sup> . PB 00:40:20 Luke Turner   |
| 29 <sup>th</sup> . 00:40:23 James Corbishley | 36 <sup>th</sup> . PB 00:41:31 Simon Austin  |
| 40 <sup>th</sup> . PB 00:42:02 Paul Managh   | 56 <sup>th</sup> . PB 00:43:34 Keith Conway  |
| 58 <sup>th</sup> . PB 00:43:36 Kevin Fox     | 64 <sup>th</sup> . 00:43:50 Elsie Roberts    |



- |  |  |   |
|--|--|---|
| 67 <sup>th</sup> . 44:11 Darina Delinova     | 75 <sup>th</sup> 45:15 Pete Davison        | 77 <sup>th</sup> . PB 45:27 Heather Travis      |
| 81 <sup>st</sup> . 45:45 145 Philip Horrocks | 90 <sup>th</sup> 46:45 Alison Cooke        | 91 <sup>st</sup> . PB 46:48 Julie Hunter        |
| 99 <sup>th</sup> 47:31 Alastair MacDonald    | 102 <sup>th</sup> 47:56 John O'Neill       | 103 <sup>th</sup> . PB 47:57 Deborah Yearnshire |
| 145 <sup>th</sup> . PB 52:31 Karen Bennett   | 194 <sup>th</sup> . PB 59:50 Steph Roberts | 195 <sup>th</sup> . 59:51 James Cooke           |

Hoad Hill men's team were second Connor O'Hara was First Under 18 finisher Alison Cookje 1<sup>st</sup> FVet 55

**GSK CHARITY FUNDING:**

The club applied to the GSK Charity, for some funding to go towards purchasing equipment to help organise our race events. We were granted £200, for which we would like to say thank you. This has gone towards buying some new signs and marker posts for use in our fell and cross-country races.

## RIVERSIDE HALF MARATHON:LANCASTER: 19<sup>th</sup> Aug

**Janine McNeill: 2:06:46**

## GRASMERE SPORTS FELL RACE: August 26<sup>th</sup>:

Matt Elkington running for Ambleside, finished 3<sup>rd</sup>. 13 seconds behind the winner.



## LANCASTER 5K: NIGHT OF THE PB'S 31<sup>st</sup> Aug

Well Pete Davison came home from this race well and truly disillusioned by the name of the race, and almost asked for his money back!! suffice to say he didn't get his Pb. To rub salt in the wound, he was also beaten by Pat Thomas **1st Vet 65 in a time of 20:54**

However, Pete should still be satisfied with 21:23.



## BEN NEVIS UP AND DOWN RACE: Sept 1<sup>st</sup>.

The Ben Nevis Race is a mountain race that takes place annually, from the foot of Ben Nevis to the top, then back again. The course is 14 km long and includes around 1,340 metres of ascent. Five hundred people took part, and **MATT ELKINGTON**, running for Ambleside, finished 8<sup>th</sup> in 1:36:27.

## **TIDAL TRIPLE SUMMER SAUNTER SERIES: 24<sup>th</sup> -26<sup>th</sup> Aug**

**Day 1:** 5k Steph Roberts – 2<sup>nd</sup>. 30:53

**Day 2:** 5k Steph Roberts – 3<sup>rd</sup> 32:26 10K Paul Managh – 1<sup>st</sup> 47:55 Karen Ann Bennett – 10<sup>th</sup> 1:01:51

**Day 3:** 5k Steph Roberts 6<sup>th</sup>: 29:03 10K: Paul Managh 1<sup>st</sup> – 47:57 Heather Travis 2<sup>nd</sup>. 51:16 Karen Ann Bennett 7<sup>th</sup>. 1:02:01

**3 out of 3 runner standings.** 5k Steph Roberts 2<sup>nd</sup> Overall



### **TRACK AND FIELD:**

The club has affiliated to the Mid Lancs Track and field for this coming season.

To give you an idea about what is involved, it is run on a similar basis to the x country. These were last year's fixtures and dates, next season will be decided soon at their November AGM:

- . Sat 7th April. Witton Park, Blackburn
- Sat 28th April. Preston Arena, UCLAN
- Sat 26th May. Wilson Playing Fields, Hyndburn
- Sat 30th June. Litherland Sports Park
- Sat 28th July. Barrow
- Sat 25th . August - Medal Mtg Stanley Park, Blackpool

Jeff is quite happy to manage things if we go ahead, there is no cost on the day, and you can go to as many of the fixtures as you wish.

This is available for both Senior and Junior members.

**TRACK EVENTS:** 100m, 200m, 400m, 800m, 1,500m, 3000m, Relays at three of three meetings- 4 x 100 and 4x 400

**FIELD EVENTS:** Hammer, High Jump, Javelin, Shot, Triple Jump. Long Jump, Discus

More details to follow. More info on:

<http://www.midlancs.org.uk/> (under Track and Field)

### **TRACK TRAINING AT BARROW TRACK:**

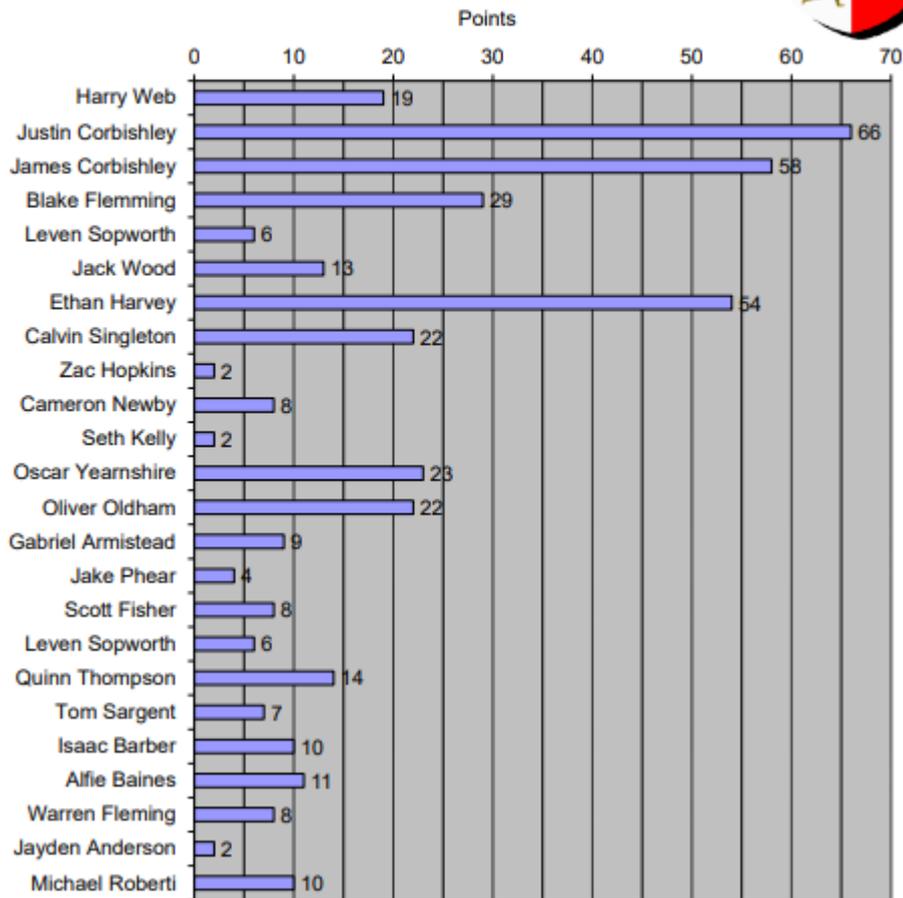
Ulverston Tri Club has kindly offered to allow us to share the track with them on their booked session on Tuesday Nights. 7:00 – 8:00. They provide the coach. Meet at the reception foyer at 6:50 to sign in and pay £3 for the session. There are changing rooms available.

It is adults only - as it is run by Ulverston Tri club, there is a safeguarding/insurance issue about juniors joining in.

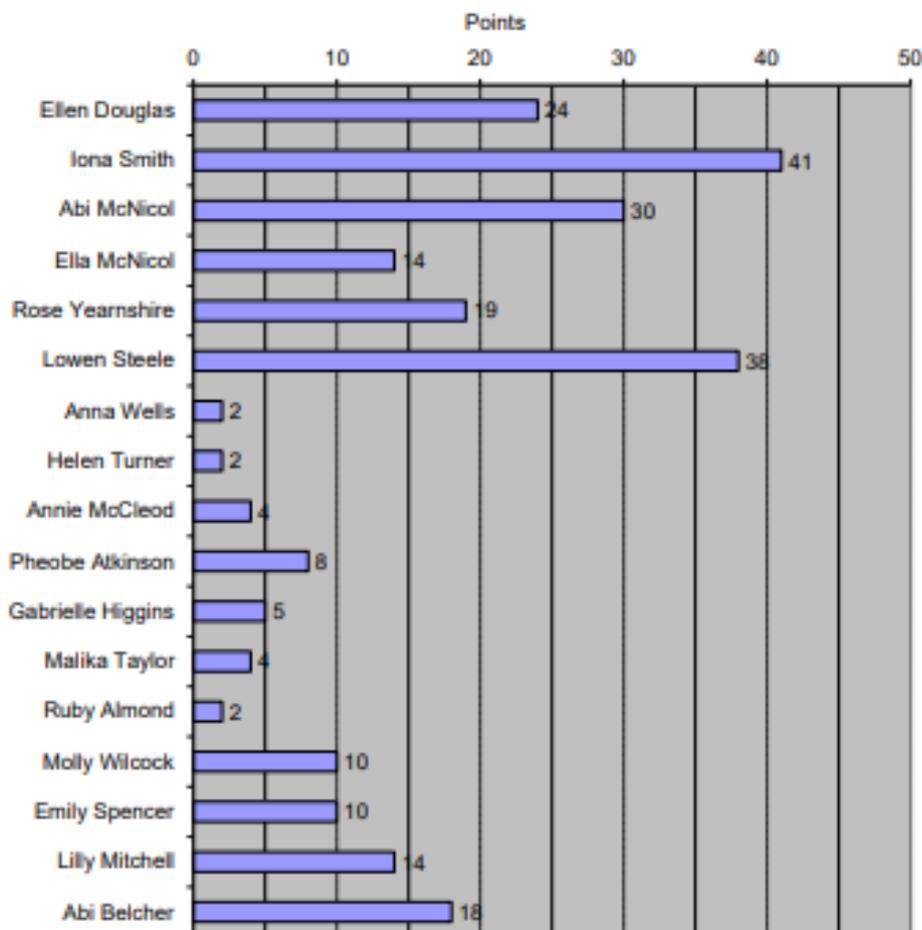


# JUNIOR SECTION:

Glaxo Hoad Hill Harriers  
Boys Junior Club Championship 2018



Glaxo Hoad Hill Harriers  
Girls Junior Club Championship 2018



## **JUNIOR SECTION: (Contd.)**



Junior members, Connor O'Hara and Justin Corbishley had superb runs in our Summer 10K, with Connor finishing in 23<sup>rd</sup> place in 00:39:23, and James 29<sup>th</sup> in 00:40:23.

## **JUNIOR PRESENTATION NIGHT:**

The Hoad Hill junior presentation evening is being held at the Bardsea Malt Kiln on Wednesday 28th November - 6pm till 7:30pm. Prizes will be awarded for the Junior Championship, Olympic Challenge Series, along with commitment and promising runner awards, and the much-coveted Sue Hool most Improved runner trophy.

The evening will start with a few active games, before the main presentations. We will finish with some food and nibbles. It would be great if parents can bring along some food to share. Please let me, Chris Howie or Louise know if you can bring some food, and the sort of food you would like to bring (eg. savoury or sweet). I will keep a list, ensuring a variety of different foods on the night.

Connor O'Hara 1<sup>st</sup> finisher at FordParkrun, Ulverston in 19:30

## **SUMMER FUN RUN MILE:**



A record number of 76 youngsters battled their way round the undulating fun run mile course at Glaxo sports ground, with thirty-one runners, some as young as six, managing to complete the course in under eight minutes.

First home was Leven Valley's Olesia Winder in 5:25, closely followed by Hoad Hill's Justin Corbishley in 5:29. Third was Will McNally in 5:32.

## **Summer HHH Fun Run Results**

2<sup>nd</sup>.. 05:29 602 Cobishley Justin  
15<sup>th</sup> 06:52 605 Singleton Calvin  
20<sup>th</sup> 07:07 646 Steele Lowen  
25<sup>th</sup>. 07:19 615 Thompson Quinn  
29<sup>th</sup>. 07:50 628 Spencer Emily  
30<sup>gh</sup>. 07:50 631 Mitchell Lily  
39<sup>th</sup>. 08:21 603 Yearnshire Oscar  
48<sup>th</sup>. 09:07 604 Yearnshire Rose



Abigail Mcnicol PB at Ford Parkrun 27:30

## Charter Fun Run Results

A record number of 91 children participated in this event, on a splended summer' evening.

16 07:03 Calvin Singleton    18 07:10 Lowen Steele    19 07:12 Dougie Mitchell    21 07:17 Ellen Douglas  
 22 07:17 Iona Smith    30 07:35 Quinn Thompson    31 07:35 Jayden Anderson    41 08:03 Ella McNicol



3 06:02 Ethan Harvey



4 06:03 Blake Fleming



5 06:17 Oliver Oldham



06:26 Warren Fleming



23 07:19 Cameron Newby

7



24 07:26 Abi McNicol



53 08:48 Rose Yearnshire



58 09:09 Frazer Joy



30 07:35 Quinn Thompson 31 07:35 Jayden Anderson

**GOLDEN BALL: LANCASTER: 20 MILES: 2<sup>nd</sup> September.**



Charlie Satterly - Sprint finish Photography



Charlie Satterly - Sprint finish Photography



Charlie Satterly - Sprint finish Photography

3<sup>rd</sup>. Mark Bonner: 2:13:20 1<sup>st</sup> Vet 45     Janine McNeill 3:41:23     Penny Moreton 4:22:59 2<sup>nd</sup> FVet55

**REMINDER:** Please remember to enter races as a member of **GLAXO HOAD HILL HARRIERS**

**JOHN BARSTOW:** Running around Birkrigg even has its dangers. John snapped a quad tendon! He will spend 1 week more with a full plaster, then 3 months with a brace, then up to 6 months further rehab. Duddon and Furness Mountain Rescue Team were called out – a bit embarrassing as he's a member of the team! GET WELL SOON JOHN.



## ULVERSTON CHARTER 5k: Sept 5<sup>th</sup>.



A record number of 170 runners saw their PB's tumble on this popular fast, flat course.

Barrow & Furness Striders runner, Ross Campbell, followed up his third place in the Summer 10k race in the town two weeks prior, with a win over the shorter distance, completing the course in a brisk time of 15mins 56secs.

Campbell finished with a 40 second lead over second-placed Hoad Hill Harrier, Dave Fulford, Fulford clocked 16.36 and Ryan Everett, of Leven Valley, took third place in 16.45.

Junior runner, Olesia Winder continued her impressive run of results by finishing as the first female runner home.

The Levens Valley member went round in 18.33, just ahead of Hoad Hill's Amy Whelan, who took second in 19.06. Hailey Fletcher, of Keswick AC, rounded out the female podium places in 20.08.



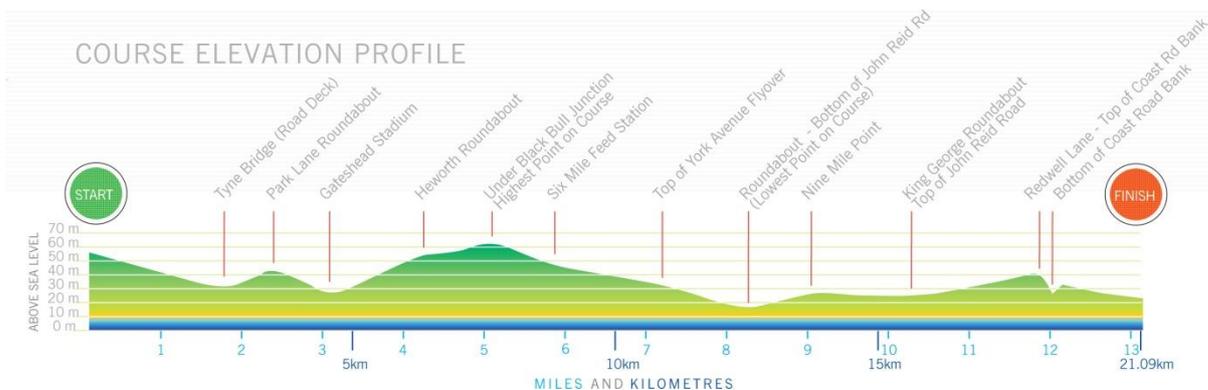
### **HOAD HILL FINISHERS:**

2<sup>nd</sup>. 16:36 David Fulford  
11<sup>th</sup>. 17:57 Connor O'Hara  
20<sup>th</sup>. 18:39 Luke Turner (PB)  
25<sup>th</sup>. 19:06 Amy Whelan (PB)  
35<sup>th</sup>. 19:49 Simon Stanway 1<sup>st</sup>. Vet 55  
55<sup>th</sup>. 20:46 Stephen Peters (PB)  
65<sup>th</sup>. 21:13 Conway Keith (PB)  
75<sup>th</sup>. 21:42 Travis Heather (PB)  
91<sup>st</sup>. 22:32 John O'Neill (PB)  
160<sup>th</sup>. 33:36 Naomi Capstick  
HHHarrier Men's team – 1st.

5<sup>th</sup>. 17:01 Mark Bonner (PB) 1<sup>st</sup> Vet 45  
15<sup>th</sup>. 18:19 Mike Cubin (PB)  
21<sup>st</sup>. 18:39 Jeffrey Chadwick 1<sup>st</sup>. Vet 50  
26<sup>th</sup>. 19:10 Simon Austin (PB)  
49<sup>th</sup>. 20:30 Kevin Fox (PB)  
57<sup>st</sup>. 20:52 Darina Delinova  
69<sup>th</sup>. 21:16 Davison Pete  
77<sup>th</sup>. 21:48 Dennis Metcalf  
92<sup>nd</sup>. 22:34 Alison Cooke 1<sup>st</sup> Vet 55  
161<sup>th</sup>. 33:36 Anthony Clarke

10<sup>th</sup>. 17:53 Lee Winter (PB)  
16<sup>th</sup>. 18:21 James Corbishley (PB)  
22<sup>nd</sup>. 18:43 Tom Southward (PB)  
34<sup>th</sup>. 19:47 Paul Managh (PB)  
50<sup>th</sup>. 20:31 Patrick Thomas  
58<sup>th</sup>. 20:54 Jones Damian (PB)  
73<sup>rd</sup>. 21:39 Horrocks Philip  
85<sup>th</sup>. 22:15 Alastair McDonald  
93<sup>rd</sup>. 22:38 Amanda Jenkins (PB)

## Catching Mo – The Great North Run



Newcastle did the GNR runners proud as the weather improved over the weekend. By 9.00 am the sun was starting to shine amidst the few remaining light showers. According to the race statistics the field comprised of 57000, but it's doubtful if this was the actual number of starters and more probably, number of applicants for a place. The number of finishers is quoted at 43600, so this would imply an attrition rate of a 1000 runners per



mile! I certainly did not see that number along the route, although I witnessed several ambulances on blues and twos. For those not familiar with the start it is a tremendous sight to see the field packed into a column about a mile long. The poor tail enders, such as myself, have up to a mile to walk to their position in the starting pens. Thankfully Caroline was taking my bag to the finish, so I didn't have the near two-mile round trip to the bus and back to the start.

The wheel chair race got off first, followed by the elite women's race. Then the mass warm up started and if only we could harness that energy, we would be carbon free within a week! The elite men were introduced with a massive cheer going up for Sir Mo and shortly we were on our way to the strains of Going Home, which is the anthem of the GNR, from the film Local Hero. Well to be truthful some were on their way as the vast hordes were in slow procession to the start line. It took me 32 minutes and 10 seconds after the gun before I crossed the start line, by which time they had put the kettle on at the finish in readiness for a brew for Sir Mo. From the start I made reasonable time and just caught the Red Arrows as I hit the iconic Tyne Bridge.

Even at this early stage I had passed one or two early casualties being tended to by the paramedics. Quite a few runners, from the forward pens were already dropping behind. This was not a good sign for them as the route to the Tyne Bridge is downhill. My 5K time was 31.20 and I was quite pleased with this given the numbers of runners surrounding me. Beyond 5K the route rises gently until about 7K (see profile above) which slows down the masses and causes bunching. I picked a path through as best I could to follow another runner and we swapped leads running about 9.46 pace and consequently made 10k in 1:05:44. The next 2k continues downhill to the start of John Reid road which rises steadily until the 19k (12 mile) mark. At about 14k I got a twinge of cramp but St. Johns didn't have any salt and all they could offer was jelly babies! I think that the spectators had already mopped up the futures market in jelly babies and consequently I was well supplied already.





The weather had turned out to be very sunny reaching 17C and thankfully a little boy and his mother were supplying runners with ice lollies. This is just typical of the GNR support. As I got towards the top of John Reid road a very thoughtful running club had turned out with salted baked potatoes – magic carbs and salt all in one package – brilliant. Then it was over the top and down the hill and on to the sea front. This is the most teasing part of the run – it’s all over bar the finish which is not far away now. Well I think I can speak for most when I say that the course designers were looking through the wrong end of the telescope. That mile and a bit seems to go on forever only relieved by the massive swell of support as you approach the finish. As Mo even complained about the headwind on the final run in it would be churlish of me to reject this as the reason for my slow progress. However as soon as I

started into the finish funnel the prospect of a cuppa beckoned and that last 10m were covered at warp speed (or so it felt). It was a great day and I set a PB of 2:32:04 and more importantly raised over £1200 for Prostate Cancer UK. My old workmate Steve Evans was on my back all the way in photo form.

**Analysis (Catching Mo) – You may take this seriously if you wish!**

In such a big field it is difficult to draw any firm conclusions as to who the best runner was on the day, but I have attempted an analysis for the male Hoadies competing against Sir Mo. ***The statistics reveal the truth(!) behind the race results.*** Please also bear the following in mind

- All but the elite athletes’ have to find their own way to the start and may have experienced all kinds of problems not faced by the elites’, for instance mum forgetting to iron their kit or do their shoe laces up.
- The distance to the start is not the same for all. Lower graded runners may have had to add as much as four miles to their race distance compared to the elite.
- To win, the elite runner will not have to overtake nigh on 50000 other runners.
- The elites do not have to wade through a sea of ball bearing like water bottles (spare a thought for the last runner)
- The elites have the first pick of the jelly babies and can nick all the good ones and leave all the green and yellow ones behind.

**Comparative Race Stats**

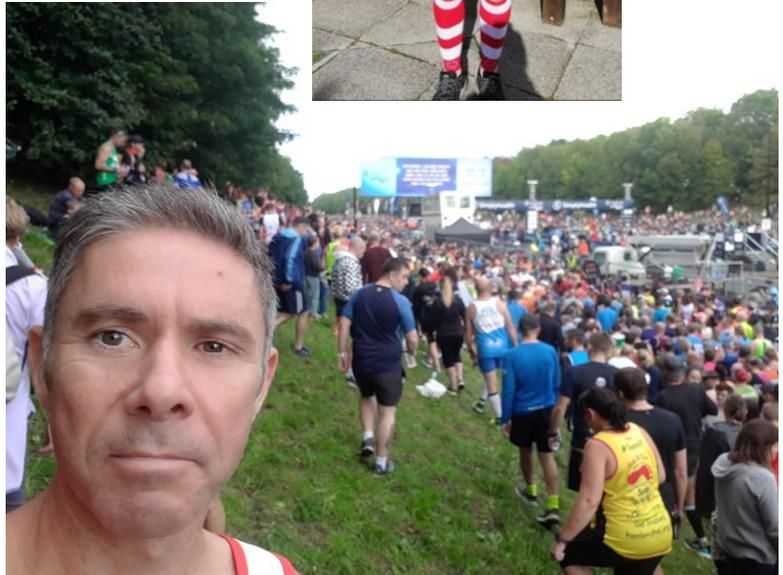
Runner	2016 Time	2018 Time	Time Difference	Performance Increase	Differential cf. Sir Mo
Mark	1:32.02	1:23:35	00:08:27	9.18%	00.07.49
Terry	2:39:57	2:32:04	00:07:53	4.93%	00.07.15
Sir Mo	1:00:04	0:59:26	00:00:38	1.05%	-----

This goes to show that the Hoadies performance outstripped that of Sir Mo who only managed a measly 38 seconds improvement compared to the Hoadies +7 to + 8 minutes. **We Hoadies are catching Mo.**

Would I do the GNR again and would I recommend it to others? Most definitely, it’s a great experience. My only gripe with this year’s organisation is that no isotonic, except for gels, were provided on the course. I was aware that I had not trained on gels and had heard of nasty repercussions if you were not used to them. However, as they were being dished out free at one point on the route, I took the gamble to try one, or more accurately a quarter of one. Next time I’ll supply my own revolting baby food!

<https://www.justgiving.com/fundraising/terry-peat>

## GNR (Continued) : Karen Ann Bennett 2:26:35



**GNR: Mark Tomkinson:** 1:23:35 157<sup>th</sup>/45,000 10<sup>th</sup> Vet 45 Average Pace 6:23 min/mile

### **RIBBLE WAY 10K 9<sup>th</sup> Sept:**

24<sup>th</sup>. 00:50:21 Alison Cooke

39<sup>th</sup>. 00:54:28 Ashley Cooke

68<sup>th</sup>. 01:00:23 Janine McNeill

### **Ashley Cooke:**

Well finally the rain had stopped but the wind was still blowing a gale as three brave/silly Hoadies lined up for The Ribble Way 10km, along with another 150 runners. The start, on a very narrow lane (4 people wide), was slow for me, as I had started a bit far back. But after 300mts, we went up onto the flood bank so passing runners was easy. The course was out and back across fields and on the flood bank, with a few stiles to slow you down and give us all a breather. Before the turn round point, we had passed the tail end runners of the half marathon, who had started 15 mins before us. I did feel for them as we turned round into a very strong head wind, we only had to run 5km into this, they would face 6 miles of it!



Alison was the first Hoadie home, 24<sup>th</sup> in 50;21 (1st vet 55), Ashley 39<sup>th</sup> 54;28, Janine 68<sup>th</sup> 60;23. T shirt and medals and hot soup. apple and a packet of Haribos to all finishers. It was a nice race, well organised but a bit flat and boring if I'm honest!

**HOADIES OUT AND ABOUT:**



Simon and Sal do Ganavon Sands Parkrun in Oban



Alastair and Richard 'run down' Street star!



Where's Karen – spot the HHH vest.



Alastair up early in the morning! Paul and Lee cooling down!

## **BERLIN MARATHON 17<sup>th</sup>. Sept**



The morning of the race was warm and sunny, and I headed across the street from our hotel to catch the S-Bahn to the start. The start area is next to the Reichstag and was easy to find. It was a bit chaotic however, and the queues were very long. After checking my bag, I wandered through the woods to the starting corrals and waited for my wave to start.

The first few miles were very crowded. I struggled to achieve a 9 min/mile pace because the crowds were so dense! When things cleared up a bit and we headed out of the city centre, I started cruising at my goal pace. The course is fast and flat as advertised and there were quite a few musicians on the route. Lucas had arranged to see me at two points on the course and the crowds weren't huge, so I was able to spot him both times. The water stations were interesting as well- instead of Lucozade they offered water, beet juice and hot or cold tea! I brought my own electrolyte tabs, but after the race I talked to a guy who said he wouldn't have made it through without the beet juice!

Things were going well until about mile 23, I was on track for 4 hours and felt ok. Then I really hit the wall. The last three miles were a struggle and my pace dropped quite a bit. I was able to keep running but the race photos from the last few miles were not pretty! Finally, the Brandenburg Gate was in sight and I knew the finish was near! I picked it up for the last quarter mile and finished in 4:02! I'm happy with the PB, it's 8 minutes faster than I ran London last year and it was really neat to run in the world record marathon (even though I didn't know it had been broken until I finished!) Now I'm trying not to think about doing it all again in a few weeks in New York!

### **CHRISTMAS MEAL AND PRESENTATION NIGHT:**

Our annual Christmas Dinner, presentation night and the club London Marathon ballot place will be held at The Coach House, Ford Park on Saturday 8<sup>th</sup> of December. 7:00. As they have only just had a new chef, we are awaiting the menu. Di Macmillan is taking names of anyone who wishes to go. Cost to be confirmed soon, but it is usually around £25 a head.

Anyone who wishes to go in the ballot for our London Marathon entry, please let me know. The first people who are eligible are those who applied for the ballot and were unsuccessful and have not done that marathon before. If no one applies, then those who were unsuccessful in the ballot, but have done it before, will be considered.

## **LANCASTER CASTLE 10K 17<sup>th</sup>. Sept**



Janine McNeill 81<sup>st</sup>. 56:06

Penny Moreton 104<sup>th</sup>. 3<sup>rd</sup>. Vet 55 1:02:21

Heather Travis PB (PERSONAL BREAK!!!) Sadly, Heather tripped on a metal plate covered in wet leaves, and badly fractured her ankle – I don't know, she'll do anything to get out of doing x country!!

WISHING YOU A SPEEDY RECOVERY

(UPDATE) : Heather is now back at work, although she is unable to drive. She has a support boot fitted when the cast was taken off. She has to take the boot off for a couple of hours a day, to exercise her leg. She has managed a swim and is hoping to

Lancaster ambulance service suffering from drastic cutbacks!



## **CAUTLEY HORSESHOE: English Championship Fell Race 2018: 15<sup>th</sup> Sept**

2<sup>nd</sup>/200 missing 1<sup>st</sup>. by three seconds Matt Elkington 44:22

### **PARK RUNS:**

Steph Roberts, Andrea Anderson, Darina Delinova all got their PB's at Ford Parkrun. Matt Elkington broke the course record – 17:34.

Bill Sharp knocked 47 seconds off his previous PB to gain a new one in 22:51.

New member, Andrew Dorrian has had a couple of first and second place finishes at Barrow, setting his pb at 17:57.



**CONISTON LAKELAND TRAILS 10K: 22<sup>nd</sup> Sept.**



4th. Lee Winter 3<sup>rd</sup> Vet 40 0:47:05



15th. Paul Managh 0:54:07



41st. Alan 'no club vest' Wilson 1:00:32



42nd. Natalie Dodds 1:00:36

**LANCASTER 315 5k: 29<sup>th</sup> Sept.**



Alison Cooke, 2<sup>nd</sup> Vet 55 23:05

Simon Barton 1<sup>st</sup> Vet 60 24:57

Sal Barton: 28:03

Phil Horrocks. (Running for WWW- 22:17)



## **SNOWDON ULTRA 50: 22<sup>nd</sup>.Sept**

### **Karen Ann Bennett**



This race was just brutal, clambering over rocks and scree from Saturday right through to just after 6am on Sunday. Everything hurt, but we just kept plodding on up, down, up down, shame there wasn't much to view off the top of Snowdon. Got a few pics though from the lower ground; an extremely mountainous place with amazing views. Who knew that we would be climbing constantly in the dark with only our head torches to light our way. On one of the climbs, we walked across a ridge, it was raining, cold and pitch black; again, with only the head torch to light our way. Finishing at 6am in the pouring rain was a bit disappointing, but there were cut - off points for a reason. We all needed to be safe out there, so we kept together. Thanks to the guys for sticking with us, helping us navigate in the dark, you were both amazing.

## **GOSFORTH 10K: 14<sup>th</sup>.Sept**

Penny Moreton 61:59

## **LOCH NESS 10K: 23<sup>rd</sup> Sept**



**Sal** : '10km in 54:50, only the second time ever under 55 mins and half a minute taken off last time 2 years ago.' **Simon**: '54:49 -well happy no knee issues!!'

## **ROUND RIPON ULTRA 35 MILE TRAIL RACE: 6<sup>th</sup> Oct.**



This is a 35-mile circular route, part of the popular Scott Series, which starts and finishes in the pretty North Yorkshire village of Studley Roger. The undulating route follows part of the Ripon Rowel and takes in varied terrain including the trail, woodland and moorland of the Yorkshire Dales. This is the perfect event for anyone looking to test their endurance over the whole course.

Simon: 'Round Ripon Ultra in the bag, a 35-mile trail race around the Ripon countryside. Alastair finished in 6 hours 11, myself in 7 hours 22. Great day out with good weather.'

## **GREAT CUMBRIA HALF: CARLISLE:**

**JULIE:** 'I was pleased with my run, as the start was tough, and my legs weren't happy at all, but got going in the end. Deborah had an amazing run...so pleased for her. I got a PB in 1:44:38, 4<sup>th</sup> Vet 45 24<sup>th</sup> Lady.



**DEBORAH:** My last attempt at a half marathon in 2016 did not end well..... I ended up in a hospital bed after collapsing with hyperthermia, which was a terrifying experience. Since then I have run quite a few races of varying distances including a marathon, so felt confident enough to tackle the distance again. Having improved my 10k time this year, I was hoping to have a strong run; however, I was a bit unsure what time to expect, not having ran the distance in a race for over ten years.

After convincing Julie she wanted to join me, we began training in the summer and gradually increased our weekly mileage. The last two training runs of 13 miles felt comfortable, we were pretty well prepared for the day.

The pre-race information wasn't the best and having read about the course being measured short last year, I was slightly nervous about the organisation, however the facilities at the start were great. The race started just outside the Sheepmount stadium in Bitts park, which was just lovely on a crisp autumn morning. We set off and it seemed to take my legs by surprise, after having sat in the car for an hour and a half. But pretty quickly, they started to feel more normal. After we had been running for about half a mile, my GPS kicked in which was really confusing, as my watch and the mile markers were out of sync and I wasn't sure which was right. I decided just to run as fast as I could, whilst feeling comfortable and see how long I could maintain that pace. The miles seemed to go by quite quickly, the route was undulating, but nothing like the hills we are used to training on.

It was a welcome surprise to spot my Dad at Wetheral, who had driven over from Newcastle to cheer me on. The support on the route was great, with lots of locals offering drinks, jelly babies and words of encouragement. I became even more confused when I reached the 12-mile marker, as my watch was telling me just over 11, I wasn't sure whether to start sprinting for the last mile or not, so I just went for it. It soon became obvious however, that the post was in the wrong place, as it was another two miles of running!! As I came into the stadium, I could see the finish and really wanted to overtake someone on the track. So I gave it a last push to get past the man in front. I was amazed as I crossed the line to see 1.42 on the clock and was told I was the 3rd vet 40 woman. I couldn't have been happier with my official time of 1.42.33, and was pleased all the hard work in training had paid off. I literally couldn't have done it without the support of the very best running partner, who puts up with me for many hours and miles, always has everything we need (safety pins, spare coats, hot drinks) and best of all produces a fantastic picnic from the boot of her car at the end of a race!!



## **CHESTER MARATHON/METRIC MARATHON: Sun 7<sup>th</sup>. Oct**

Voted by runners as the best road marathon in Britain, this event has now been established as a favourite with members of the club. With many tackling the two distances over the last six years. It is certainly a fast course, with 75% of finishers achieving PB's, mainly flat, with a few short uphill to break the monotony.

Organised by runners, it is certainly one of the best organised, friendliest event you could find. Our spectacular marathon route is both historic and scenic. You can expect some fast times over this stunning PB marathon course on closed roads.

Runners leave the racecourse and head into the City centre passing the Town Hall, Cathedral, split level Middle Ages "Rows", Eastgate Clock, Amphitheatre and through the Roman Walls before heading out of the City across the Old Dee Bridge.

The route then leaves Chester, before crossing the border into Wales and through several villages, where choirs, bands and spectators provide welcome support.

Keeping to the rural lanes, runners complete a small loop before entering the historic village of Holt. Then crossing the ancient Roman bridge at Farndon to return to England and the home stretch running through smaller villages. On re-entering the City, runners pass the River Dee along the Groves and Castle Drive before the triumphant finish at the racecourse!



Mark Tomkinson PB in 2:58:35 190/5000



Mike Cubin 3:48:38



Penny Moreton 5:06:39



Gary Dover 3:11:04



Ken Lamb 4:08:19

## **CHESTER METRIC MARATHON (16.5 miles):**

### **Adrian**

Well this is the second time I have done this, opting for the shorter distance as I don't think my body is up for a marathon now!

Setting off 45 minutes after the marathon start, it gave me the advantage of being able to cheer on and photograph the rest of our team, before shooting off for my start.

What I like about this event is that the metric runners join the marathon runners on the final 8 miles, so it feels like one big event, with everyone supporting each other. I managed to pair up with a lady who was running the same pace as me, and we helped each other maintain the pace. The miles easily slipped away, and I managed to knock 6 minutes off last years' time, finishing in 2:18:35 and 3<sup>rd</sup>. Vet 65.

### **NEW CLUB VESTS:**

After many years, of using the company Wasp to supply our club vests, we have decided to change suppliers. Several members were unhappy with the fabric used on the latest vests which caused chaffing. We also asked about having the logo updated to match the one on the hoodie, and this was going to incur an additional cost. We also enquired about having Hoad Hill Harriers put on the back. They were unable to do this due to the sewn seam. As the coloured panels vests were cut and sewn, they had to be done in batches of four for each size. This meant we had to order in multiples of four for each size, plus the company had a minimum order of 16 vests. They have also put up their prices.

It is for these reasons, we decided to compare several samples from other companies. After looking at these samples and talking to other clubs who use them, we decided to use the vests supplied by Zeon. The vests are a unisex fit, and the club name, logo and colours are all printed on. We only have to order 10 at a time, with no limits on quantity of sizes. The fabric is very soft, lightweight and stretchy, and the quality of the finish is superb. I have a small stock for people to try on, and then if you want one, you will need to add your name to the order form, cash/cheque/ BACS payment before we order. We already have an order for five vests, so the sooner you let me know, the better.

**JUNIORS: 7/8 year -26", 9/10 year – 28", 11/12 year – 30", 13/14year – 32" £20:50**

**ADULTS: XXS – 34", XS – 36", Small – 38", medium – 40", large – 42", X Large – 44", XXL – 46" Adults £24:50**



**More info about the supplier:**

<http://zeonsports.co.uk/>



## 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%**

Intermediate and Advanced Groups					Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
11 <sup>th</sup> Oct	Siemens Ind Estate	12 x 1 minute (400m for those not racing). 1m recovery	Pre-XC easy session	Stride and knee lift	Priory Road	Lamp-posts intervals	Pace/stamina	Form
13 <sup>th</sup> Oct – Mid Lancs Cross Country								
18 <sup>th</sup> Oct	Lyndhurst Road	10 hill reps (300m). Short side recovery	Climbing & stamina	Active leg recovery	Priory Road	1,2,3,2,1 min out and backs	Pace/stamina	Form
25 <sup>th</sup> Oct	Conishead Road OR the Triangle	10 -12 hill reps, back down to recover OR 6 x 1k	Climbing & stamina	Upright posture	Cross Lane	8 off sprints	Speed	Form
1 <sup>st</sup> Nov	Belmont, Greenbank	5-6 hill reps. Recovery back down the hill	Strong climbing	Arm drive	Lyndhurst Road	8 hill reps (300m). Short side recovery	Hills/stamina	Climbing & descending
8 <sup>th</sup> Nov	Lyndhurst Road	12-14 hill reps (300m). Short side recovery	Strong descending	Active leg recovery	Siemens Ind Estate	12x1 minute, 1m recovery	Speed/stamina	Form
15 <sup>th</sup> Nov	Siemens Ind Estate	6 x 800m, 2 min recovery. 10k pace to finish	Each rep 2s faster	Stride and knee lift	Memorial Gardens	10 Double laps with ½ lap recovery	Pace/stamina	Form
18 <sup>th</sup> Nov – Brampton to Carlisle 10 mile road race								
22 <sup>nd</sup> Nov	Siemens Ind Estate	12 x 1 minute (400m for those not racing). 1m recovery	Pre-XC easy session	Active leg recovery	Ford Park Road	5 up, 5 down	Pace Endurance	Climbing and descending

24 <sup>th</sup> Nov – Mid Lancs Cross Country								
29 <sup>th</sup> Nov	Siemens Ind Estate	12x1 minute (400m for those not racing). 70s recovery	Pre-10k easy session	Upright posture	Priory Road	Extended lamp-post intervals	Endurance, pace change	Stride, form
2 <sup>nd</sup> Dec – GHHH Christmas Pudding 10k race								
6 <sup>th</sup> Dec	Priory Road	Whistle returns. 6 x 3min, 90s rests	Arm drive	Pacing – Same distance each rep	Siemens Ind Estate	End to end relay	Pace/stamina	Form
8 <sup>th</sup> Dec – Mid Lancs Cross Country								
13 <sup>th</sup> Dec	Canal Foot to NL Rd	6 x 800m, 2 min recovery 5k pace to finish	Pacing. Each rep 2s faster		Triangle	4 Double laps running sides	Hills, Stamina, pace, endurance	Stride, form
20 <sup>th</sup> Dec	Triangle	6 x 1k triangles, 1 long side recovery	Stamina	Form	Morecambe Road	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing
Christmas & New Year break – don't forget the Fancy Dress Blind Handicap on Boxing Day								
3 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> Jan – Mid Lancs Cross Country								
17 <sup>th</sup> Jan	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, otherwise 2m	Endurance	Stride	Siemens Ind Estate	200 m relays	Speed endurance	Form, stride, breathing
24 <sup>th</sup> Jan	North Lonsdale Road	<u>2 mile</u> time trial	Progress check	Pacing – aim for negative split	Lyndhurst Road	10 Hill reps. Short side recovery	Hills/stamina	Climbing and descending form

## XMAS PUDDING RACE:

It's that time again to rally round to host our last race of the year.

Any volunteer marshals, cyclists or help setting out much appreciated.

Thanks Louise

Editor: please let me know or post on Louise's post on our Facebook site.



## KARL'S RACE DIARY:

**Sat 10 Nov:** For info only....Dunnerdale fell race. 5 miles, 1800ft ascent, from the Blacksmith's Arms at Broughton Mills. 12:00, with entry in advance only. Fell shoes and appropriate body cover required.

**Sun 11 Nov** (TBC, was on 12 Nov last year): Lytham St. Anne's (Windmill) 10km. 11:05, after the two minute Armistice Day silence, from Lowther Pavilion. £12 to enter. Fast course, but an extremely busy race, so no guarantee of a pb or if entry on the day (£14) will be available.

**Sat 17 Nov: Cumbria Cross-Country series race 3 of 5.** At time of submitting a venue had yet to be decided, but will follow the same principals / timings etc as the Cockermouth race above. Eden runners website lists the dates / venues of these.

**Sun 18 Nov: Brampton to Carlisle 10.** Start at William Howard school, finish at the Sands Centre.

£15 entry in advance, or £17 on the day. 11:30 start. This is a very busy race with up to 1000 runners all trying for pb's over one of the fastest 10 mile courses in the UK. Chip timing is being used, and all finishers got a short-sleeved technical running top.

**ALSO TODAY (18th):** Arnside Knott hill / trail race. This starts from Silverdale, visiting Arnside knott and returning over a 6 mile course. A link is available from John Schofield's UK results website and the FRA website has more info to.

**Sat 24 Nov: Ravenstonedale 10km road race.** 1:30pm from Ravenstonedale village primary school situated half-way between J38 of the M6 and Kirkby Stephen. A fun run is also happening. £13 on the day. ADVANCE ENTRY IS AVAILABLE AT £10. Undulating route. Howgill Harriers and John Schofield's UK results websites for further info.

**THIS RACE WILL CLASH WITH THE NATIONAL CROSS COUNTRY CHAMPS COUNTER AT LIVERPOOL, which is also the next race in the mid-Lancs Cross-Country series of 6.** A big turnout of Hoadies is expected at Sefton Park and junior races are also happening. Check website for timings as they (and your race number) will be different from normal mid-Lancs races. Extremely busy event and allow sufficient time to get there and parked up.

**ALSO TODAY (24th): Wesham 10km road race.** This is one of the NW most popular 10ks. 11am from Lea Town St. Mary's school, Salwick. See UK results website for details and enter early as this race is usually full and on the day entry is not guaranteed.

**AND CLOSER TO HOME TODAY (24th):** For those not doing the cross-country at Liverpool or the race near Kirkby Stephen, get along to the 3-1-5 Health Club, next to Jct 34 M6 at Lancaster where the first race in it's 5 race winter series gets underway. You have a choice of a 5km (1 lap) or 10km (2 laps) along a flat course as used in the summer series. Full details are on Lancaster races website. Both start at 11am, 800m from the health club.

**Sat 01 Dec: Cumbria cross-country series races league at Workington Curwen Park.** All timings etc as mentioned for Cockermouth above, with junior races from noon and senior men off at 1:10pm. Karl has done this course twice & is a tester with hills and sharp turns thrown in. Parking close to Calva Bridge just down the road hill, near the police station.

**NEW DATE: Sat 08 Dec: Great Langdale Xmas pudding 10km race.** Midday from the New Dungeon Ghyll hotel, Great Langdale. Also a fun run at 11am to the Old Dungeon Ghyll and back. £15 IN ADVANCE only. No entry on the day except fun run. Includes free parking and a large 2lb Xmas pudding for all finishers. NOTE THIS RACE IS A WEEK LATER THAN USUAL AND AVOIDS CLASHING WITH OUR PUDDING 10k SIX DAYS EARLIER.

**OUR NEXT RACE: Sun 02 Dec: Ulverston Xmas pudding 10km.** Need I say more? £8 entry with an 11:30am start. A junior 1 mile fun run will also happen at 11am.

In 2014 this race had a record turnout of well over 300 runners, and marshals will be key to ensuring that this year, the race goes off without any hitches.

The club will enforce rules about marshals being required, so those who ran in the August 10k will more than likely have to marshal today, or vice versa. Louise will require at least 30 helpers / marshals on the day, so if you or a partner is available, please put your name on the sheet pinned up on the noticeboard at the club, email Louise or post on our Facebook page.

**ANNOYINGLY....FOR THE SECOND YEAR RUNNING....ALSO TODAY (2nd) is the Lancaster 3-1-5 Health Club half marathon and 5k fun run** from the venue close to Jct 34 M6. I've put this in for info only, as it clashes with our 10k, and will have a dramatic effect on numbers attending our race, despite their option of having a race twice as long and twice as short as ours. To rub salt into the wound John Schofield's UK results website mentions this race, but DOES NOT have our race in his extensive list of fixtures across the whole country!

**Sat 08 Dec: For info only, Hoad Hill Harriers' annual Christmas party meal, prize presentations and disco at the Coach House bistro, Ford Park. 7pm for 7:30 start.** Costs likely to be about £27 each and menus will be available nearer the time for your meal choices. See Diane if you are going as payment will be needed before the end of November. Also please remember to bring a raffle prize each.

**Sun 09 Dec: Longridge 7 mile pudding race, near Preston.** If Xmas pud races are your cup of tea, then try this event out. 10am and £15 entry in advance or £17 on the day. A link is available from Dave Clarke's UK road races website.

**Sat 15 Dec: Lancaster 3-1-5 Health club Winter series 5k and 10k races** from the venue on Caton Road, near M6 Jct 34. 11am for both races. 5k is £5 in advance or £7 on the day, whilst the 10k is steep at £12 in advance or £14 on the day. Medals (10k) to all finishers. See Dave Clarke's UK road races website for a link to details and to book in advance.

**ALSO TODAY (15th): Cumbria cross-country races series league at Keswick Fitz Park.** Timings etc as mentioned for Workington and Cockermouth. This race also doubles up as the county champs race for all the veteran categories....any Hoadies interested in going you can enter on the day and just simply tick the box on the entry form indicating you are wishing to enter the champs part of this race. No extra entry fee as far as I'm aware.

**Sun 16 Dec: BCRs Fancy Dress Downhill Race.** (Free Entry and open to all) Meet at the Newfield Inn (Seathwaite) by 11am, walk up to the top of Caw fell, then, from midday, once you've been given your handicap, run back to the pub via the route of the Duddon Valley fell race, crossing the ladder stile. See the BCR forum for details, including pictures, and more details of handicap awards, prizes and so on.

**Sun 16 Dec: TBC CFRs Christmas pudding race.** This is an off road, approx 6km, event at Isel, about 3 miles outside Cockermouth. 11am and £4 entry fee. Worth a shot if you are up there that day and like the other pud races mentioned there's a festive pud for all finishers. Check their website in case of a last minute date change.

**ALSO TODAY (16th): Lancaster Christmas Cracker 10k race 1 of 2.** (2 of 2 is on the 23rd) 11am from St. George's Quay (George & Dragon pub) over a fast course. Medal to all finishers. Entry is £12 in advance or £14 on the day. If you do both races the entry is £20 in advance only. More info on UK road races website.

**Sat 22 Dec: No races locally,** so why not visit your local Park Run at 9am dressed as Santa, an elf or something even more festive for a free 5km jaunt looking the part whilst most other runners there admire your choice of clothing this morning.

**Sun 23 Dec:** Beside any junior festive Park Runs today, there is Rudolf's red nosed multi-terrain 5 mile race at Blackpool taking place as well. 11am from Blackpool fire station with entry at £7 in advance by 21 Dec, online only. See John Schofield's UK results website where there's more info and a link to entering this race online.

**Sun 23 Dec: Lancaster Christmas Cracker 10k race 2 of 2:** Details as above for the 16th's race. This event makes a return after a six year hiatus.

**Wed 26 Dec: Ulverston Boxing Day 5km blind handicap event.** Hoad Hill Harriers race only. Details from Adrian, other runners can take part. Festive fancy dress is encouraged and older junior members can take part to.

**ALSO ON BOXING DAY: Cumberland ACs annual Boxing Day race.** This can vary from year to year, so do check their website for details. The 2013 EVENT was a 4.7 mile road loop from the Wilson Park open cast mine, west of the old Greyhound Inn pub at Pica. The route passes through Gilgarran en-route. See their website for map. FREE ENTRY. Bring a prize, get a prize. This is a well-supported event with over 100 runners from all of the clubs in the area out to burn off some festive excesses.

**Thu 27 Dec: Festive 4km run. 11am from the Salt Ayre club, near Morecambe.** This event is open to all ages, including children, so bring the family along to work off the excesses. £3.50 in advance (before 20 Dec), £5 on the day, entry, applies to everyone, attached or not. Fast, flat & traffic free course. Medal to all finishers. See John Schofield's website for details and an entry form.

**Thu 27 Dec: Wansfell fell race. 2.5 miles,** 1500ft ascent from the top of Stock Ghyll lane Ambleside. Registration at the Lakes Runner shop in the town centre. 12 noon. £1 ENTRY. Very popular race, with up to 250 runners out to work off the excesses. Contact The Lakes Runner shop in Ambleside or its website for more info).

**Sat 29 Dec:** Round the year off before looking round the New Year sales with a free 5k Park Run at 9am from wherever you may be at for the festive holidays. I have no details of any local races for this date at time of submitting this.

**Sun 30 Dec: Ribble Valley 10km road race.** This goes from Clitheroe at 11am and is always a busy race. Agree it's a drive to get there, but am putting it in as there are no other races locally on the last Sunday of the year. No entry fee details at time of submitting.

Don't forget there's the weekly 5km Park Run taking place at 9am every Saturday in Barrow Park, Fell Foot country park, near Newby Bridge, Ford Park at Ulverston and Millom school fields. It's free to enter, but please see the park run website for details before turning up....especially if you've not done one before. Those who have don't forget your barcode otherwise you won't get a time. Many Hoadies do the park runs at all four venues, and their results are usually announced at club night every Monday.