

CLUB NIGHT INFORMATION

If you are possibly thinking of joining H.H.Harriers, here is some info about us. We are happy for people to come down and try us out for a few sessions, then make a decision about joining. We have 120 senior members and 60 juniors, half are social runners and the other enter races regularly over various distances.

Monday nights is social run night, meeting at 6:45 at the clubhouse, leaving at 7:00. There is also a circuit training session in the sports hall before the social run, starting at 6:15, which is free. There are five groups that go out on Monday, covering 6-8 miles, fast group, fast group (one stop) both averaging 9-minute miling, medium group with catch up stops, (10 minute miling) and two slower groups (11 minute miling).



If you are not up to covering 6 miles at any pace, we can easily organise something to cater for your requirements. We will always make sure new runners have company and run at a pace and distance they are happy with.

During the darker winter months, the Monday social runs are on roads and lanes around the Ulverston area, always starting at the clubhouse. It is essential a high viz bib/clothing is worn, and many run with a headtorch.

Once we lose the dark nights, many of the runs involve off road sections, through fields, woods,

beach etc., always starting from the clubhouse.

Thursday night is rep. sessions run by coaches, starting at 7 at the clubhouse. There are two groups, one for the faster runners, and another for the rest, although many runners swap groups depending on what the session entails. New runners are always catered for, and can tailor the session to suite their current fitness/running ability. Programmes can be seen in the Senior Section of the Website. A group do not do reps and go for a run instead on Thursday nights.

There are changing rooms and showers available at the club.

After rep sessions on Thursday nights, a group of us can be found in a local pub, rehydrating and eating bacon butties!

Groups regularly meet on Saturdays to run, usually training for long distance races or for social runs, and many go off-road on Sunday mornings, to explore local fells/woodlands.

We participate in the Mid Lancs x country league, racing at six events between October to March, then we participate in the Mid Lancs Track and Field league, in six events from April – August.

We organise several events during the year, including x-country, a fell race, a 1-mile race, 2 x 10k races and a 5k race.

The club regularly participate in local 10K/5K races, with up to 30 members racing at the popular ones.

Our new web site contains additional information, including how to locate the clubhouse. We also have a club Facebook group site, search Hoad Hill Harriers in Facebook and request to be a member of the group.

If you are thinking of coming down, email us through the contact links on the website, and let us know when you are coming. We look forward to meeting you, and hope we make your sessions with us rewarding and enjoyable.