

HOAD HILL HARRIERS CLUB CHAMPS 2024

SHORT 5km distance MEDIUM 10km to half marathon

LONG Over half marathon race distance TRAIL Offroad – trail or fell

Race as many as you wish – points will be awarded as 10 points for fastest down to 1 for everyone slower than 10th to finish in each age group.

Anyone who completes all 5 races in a month receives a bonus of 10 points.

Anyone who marshals at one of our Club's organised races will receive 15 points, so you could be the first Hoad finisher in the summer 10k race and car park marshal and therefore receive 10 + 15 points = 25 points.

Please show your times and distances by Strava or Garmin evidence on the Club Facebook page or What's App/ Messenger me.

MARCH

5K SHORT BARROW PARKRUN 9th 9am 575th Barrow Parkrun
7.9M MEDIUM DENTDALE 9th 12pm Dent nr Sedbergh, undulatory, entries on the day £18
13.8M CONISTON 14 23rd 11am John Ruskin School Coniston, undulatory £31
TRAIL 6/9.6km MID LANCS XC 2nd 1.30 /2.15pm Skelmersdale
VIRTUAL 2M 7th 2 Mile time trial either on Club night or during the day

APRIL

5K SHORT FELLFOOT PARKRUN 13th 9am 400th parkrun
10k MEDIUM DALTON CHARTER 26th 7.15pm Dalton Cricket Club, undulatory, £11.60 (incl booking fee)
26.2M LONG MANCHESTER MARATHON
TRAIL 10/16km HAWKSHEAD 13th Lakeland Trails, either race £29, under 25 £15
VIRTUAL How many steps can you run in 60 minutes

MAY

5K SHORT BLACK COMBE 25th 9am 275th Haverigg Prison parkrun – book 2 weeks prior
11K MEDIUM RUN THE EDGE 19th 10am Millom – flat
26.2M LONG BRATHAY MARATHON 18th 11am Ambleside – hilly
TRAIL 9.3km CAW 15th 7.15pm Broughton Mills CA20 6AX £4, hilly
VIRTUAL Quickest 2.5 miles with 6 legs -supply photo of 6 legs

JUNE

5K SHORT FORD PARKRUN 22nd 9am 225th Ford Park Ulverston
10K MEDIUM HAWKSHEAD 12th 7.30pm Hawkshead – undulatory
26.2M LONG LANCASTER 16th 11am Lancaster -flat £51
TRAIL 10/15km CONISTON 8th Lakeland Trails £29, either race £29, under 25 £15
VIRTUAL How many lengths of canal towpath in 45 minutes

JULY

5K SHORT BARROW PARKRUN 6th 9am Barrow Park
10k MEDIUM BLACKPOOL MUSIC 14th 10.30am Blackpool £23 timeoutdoors.com

LONG

TRAIL 14/23km AMBLESIDE

Lakeland Trails 23k £35 14k £29 under 25 £15

VIRTUAL

Strava Art – what animal can you make

AUGUST

5K SHORT MILLOM PARKRUN 17th 9am 330th Millom Secondary School

10k MEDIUM HOAD HILL 14th 7.30pm Glaxo Sports Club – flat

21k LONG RIVERSIDE HALF 18th 11am Lancaster

TRAIL

VIRTUAL How many ascents of Hoad do you need to ascend equivalent of Black Combe

SEPTEMBER

5K SHORT HOAD HILL MONUMENT 11th 6.30pm Glaxo Sports Club – flat

16k MEDIUM RIVERSIDE 1st 11am Lancaster – flat

20m LONG GOLDEN BALL 1st 11am Lancaster – flat

TRAIL 10/15k CARTMEL 7th Lakeland Trails - £24, under 25 £15

VIRTUAL

OCTOBER

5K SHORT FELLFOOT PARKRUN 12th 9am Fellfoot Park

10k MEDIUM MILLOM HALLOWEEN 27th 11am Millom Secondary School – flat

21k LONG CUMBRIAN HALF 6th 9am Carlisle – flat

TRAIL 10/15k HELVELLYN 19th Lakeland Trails - £24 under 25 £15

VIRTUAL

NOVEMBER

5K SHORT FORD PARKRUN 16th 9am Ford Park Ulverston

8M MEDIUM ALLITHWAITE 2nd Allithwaite Village Hall – road/fell

21k LONG LANCASTER HALF 3rd 11am Morecambe – flat

TRAIL DUNNERDALE 9th 12pm Broughton Mills, undulatory, pre entry pie&peas

VIRTUAL

DECEMBER

5K SHORT HOAD BOXING DAY 26th 11am Glaxo Sports Club – flat

10k MEDIUM HOAD XMAS PUDDING 1st 11am Glaxo Sports Club – flat

LONG

TRAIL 6/9.6km MID LANCS XC TBC

VIRTUAL

Where there are gaps – these will be filled nearer the month concerned.