



HOAD HILL HARRIERS **NEWSLETTER**



APRIL - MAY 2022 EDITION



EDITORIAL:

Well, this is going to have to be a short editorial; my daughter is getting married next week (it has been cancelled twice due to Covid), and I have a speech to write and a list of jobs which need doing!!

The last few weeks have been hectic, so I may have missed some races, for which I apologise.

We have had several people contact the club in the last few weeks, interested in joining. Almost all are regular runners and wanted to run in the medium group on Monday nights. I had to explain that we haven't a medium group operating at the moment, due to a lack of leaders. A couple of the faster group runners have said that they are happy to lead a medium group on rotation, if a few others came forward to spread the load. But there is no point organising this, if regular club runners don't come along. If anyone can help, or will run if the group operates, please let me know.

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:

Welcome new members Siobhan Riley, Ray Riley and Daisy Fletcher-Cooney.

CONGRATULATIONS:

Many congrats to Heather Travis, for reaching 150 park runs.

SUMMER BALL:

This event is fast approaching, and Karen Morgan, who is organising it, would like anyone interested to let her know ASAP, to enable her to let the venue know the numbers attending.

Venue - Ulverston Golf Club

Date - Saturday 25th June

Price - £20 pp friends also welcome

Food - buffet

Please let me know if you can attend and bacs payment only to Glaxo Hoad Hill Harriers ref social. Account GSK Hoad Hill Harriers, Sort Code 16-52-21 Account No: 52035205. and let Karen know you have paid it.

Email morgandco@aol.com or message me.

CLUB VESTS:



Now that members are beginning to race again, you may wish to purchase a club vest.

Adults vest- £25:00:

XXS – 34", XS – 36", Small – 38", medium – 40", large – 42", X Large – 44", XXL – 46",

Junior Vest £21:00 SIZES: 7/8 year -26", 9/10 year – 28", 11/12 year – 30", 13/14year – 32"

If you wish to purchase one, I have them in stock and can bring some down on club nights for people to try. Just let me know.



name printed on the back.

ENTERING RACES: When entering races, please do so as **Glaxo Hoad Hill Harriers**

LOUGHRIGG FELL RACE: Wed April 13th.



On a glorious evening, a mixture of first and second claim runners from HHH ran this popular, mid-week early season evening race, which heralds the start of Summer. A four mile out and back blast from Rothay Park in Ambleside, this race packs a lot into its short 4 mile length and 1080 feet of climb. The run out is steep uphill on tarmac but that soon gives way to undulating fell going out to the summit and returning the same way.



Sadly, Lauren Booth ended up with another bad ankle injury, resulting in her being helped off the fell and taken to hospital.

Josh Hartley 5th. 00:28:38

Lizzie Brown 64th. 00:35:12

Peter Davison 142nd. 00:45:07

CURLEY 5K TRAIL RACE: BOLTON: 13thApril

Richard Marlton PB 22:20 1st V55

3 BRIDGES 10K: LANCASTER: Sun 12th. April



Gary Dover 12th/187 00:40:09
1STV55 M

Scott Bremner 13th/187 00:40:23



MANCHESTER TO LIVERPOOL ULTRA: 15th. April

Runners start the race beside Old Trafford, the home of Manchester United. This unique race is a heavily supported 50 Mile ultra-marathon, following the Trans-Pennine Trail, the Manchester Ship Canal and the River Mersey from Manchester to Liverpool.

Simon Austin: 160th 10:39:15



Alastair MacDonald 10:44:04



PARKRUN SUCCESSES:

Well done to **Sharon Dixon** at Fell Foot Parkrun. 20:11 - 1st female finisher, a new **PB**, and set a new FVet 50 record! She was also the first lady at Barrow Parkrun, beating the FVet50 record in 20:22

Charlie Jeffrey and **Richard Marlton** have been first finishers at recent parkruns, as well as **Elsie Roberts**, who was first Lady. Charlie got his Rothay Parkrun PB in 18:35

Ford Parkrun: **Leanne Bayliff PB** in 25:27 **Angela Spencer PB** in 27:25 **Heather Travis** 22:48

Millom Parkrun saw **Darren Coward** smash his 5k PB by 34 seconds, finishing in 18:36.

Keswick Parkrun PB's for **Simon** and **Sal Barton**, 25:31 and 27:35.

Calvin Singleton Millom Parkrun PB in 20:45

WRAY FESTIVAL FELL RACE: 26th April

Loughrigg/Wray Fell Races: Pete Davison I think a few of our club members would be pleasantly surprised how well they would do on some of these shorter Fell Races. Loughrigg is 4 miles and Wray 7 and both 1100 feet(ish). The first mile is flagged and if the weather is clear there is little chance of getting lost. Obviously, it's a different story if the mist is down but it is always sunny here isn't it! I usually finish in the last quarter of the field these days and there are plenty of old codgers and codglets to keep me company so no fear of being the only one keeping the marshals from getting back to the pub before last orders. The atmosphere is always friendly, and it is the least formal sport I can think of (fiver to enter, plenty cake and beer, lots of self-deprecating banter). I really enjoyed both and think those of us of a certain age still running can simply be glad we still can, with some of the position 61/75



best scenery in the world on our doorstep. Time 1:09:45

WRAY SCARECROW 10K 23rd April



Back after a two-year break due to the pandemic, this popular 10k in the Lune Valley, kicks off two weeks of festivities in this attractive village. With runners normally totalling well over 200, numbers were down this year by about a hundred, with a final entry of 144.

35th. 00:47:11 Philip Horrocks
61st. 00:51:51 Alison Cooke 2nd V60 F
80th. 00:56:05 Sal Barton 4th V60 F
81st. 00:56:07 Simon Barton V65 M
121st 01:07:02 Terry Peet V65 M
142nd 01:16:17 Caroline Peet



DALTON 10K Frid 29th. April

Well, what another great turn-out by the club, for this lovely undulating course. Conditions were perfect and the crowds were out, supporting the 106 runners who took to the streets of Dalton and surrounding country lanes. Unfortunately, something went wrong with the timing system, so we have had to rely on runners watch times for PB's etc.



4th Luke Turner: 35:50 **10K PB**



5th Rory Anderson 37:41 **10k PB**



8th Darren Coward: 39:15 **10k PB**

Our lads were 1st male team, down to all doing PB runs (Luke, Rory and Darren) Our Ladies team were 2nd (pipped by 1 point by Barrow Boxing Club), There were Vet Prizes for Mike Cubin, Glenn Boulter, Damian Jones, Bill Sharp, Phil Horrocks, Heather Travis, Helen Walker and Alison Cooke.



14th Scott Bremner 40:00 **10k PB**



19th Mike Cubin



27th Glenn Boulter



33rd Helen Walker: 44:44 **10K PB**



40th Heather Travis: 45:27



42nd Damian Jones: 45:42



54th Bill Sharp: 47:32 **PB**



57th Rob Davies: 48:57



58th Julie Hunter: 49:11

59th John O'Neil 66th Deborah Yearnshire: 49:56 69th Alison Cooke 81st Jeanette Chester: 53:48 82nd Pippa Martin: 54:08 84th Cormac Murray 87th Sally Barton: 55.21 100 Steph Roberts: 64:51 Karl Fursey 63.30



CONISTON TO BARROW: 7th. May



Many congratulations to all our club members who took part in the K2B and the C2B. Notable runs I have been informed about are in the Coniston to Barrow event.

3rd Darren Coward 2:38:08, 11th Mick Cull 3:08:43, 24th Adam Dawson 3:29:46

MORECAMBE HALF MARATHON: Sun 1st. of May

8th/155 **Gary Dover**: 1:25:16 1st Vet 55. 17th/155 **Ken Lamb** 1:29:53. 22nd/155 **Tom Southward** 1:32:38.



Ken Lamb:

'Trip out to Morecambe with Gary and Tom for the Half Marathon. Great runs from the both of them, with them both almost back to their best again.

A little disappointed in myself today, mainly for leaving my race shoes at home. I had hoped to go under 90mins, and I think I executed the race quite well. I wasn't expecting the off-road section together with the foot bridge over the railway line at Hest Bank. I finished quite well, but my feet are wrecked.

Feet up time and a beer!!'

KENDAL 10K Wed 4th. May

A one lap 10k road race through Natland and Sedgwick on town and country roads. Starting on the banks of the River Kent by Kendal Leisure Centre, this is the first in a series of 10k Wednesday evening races in the picturesque villages around Kendal and Hawkshead.

12 th Charlie Jeffrey	00:37:32	32 nd Glenn Boulter	00:43:52	Phil Horrocks	45:10
41 st Joanne Mcleod	00:45:41	52 nd William Sharp	00:48:48		

SUNDERLAND CITY HALF MARATHON 8th. May

Elsie Roberts: 166th/ 1:38:48

Sunderland City half marathon. Not much training progress since my last one and to be honest, I really wasn't keen on doing it, but as it was my last opportunity to race before a cycling break I figured I should make the effort. I'm not sure the fish n chip supper at a wedding reception the night before and a couple of beers is the prep of elite athletes or seasons best performances but not to worry. 1.38.48, 40 seconds slower than Surrey but satisfied enough as I thought I'd be about 2 minutes slower.



LAKELAND TRAILS: STAVELEY: Sat 7th May

Starting and finishing at Staveley Recreation Ground, the 5K Kentmere Sport Trail, 10K Kentmere Trail Run, 18K Kentmere Trail Race and 18K Kentmere Trail Challenge courses follow fully marked and marshalled footpaths and bridleways, taking in panoramic views of most of the southern Lakeland fells.

The trails climb out from Staveley above the Kentmere valley, before returning along the valley itself past idyllic tarns and through ancient woodland, climbing Reston Scar before the descent back into Staveley village. Underfoot conditions are quite variable and there's a bit of everything! Short sections of tarmac, grassy footpaths, stony bridleways with some stiles to climb over near the end, all add to the unique nature of the event.

10k Trail Race:



Richard Walker 1st 50:54



Simon Barton 93rd 1:19:47



Sal Barton:92nd1:19:47 1st. F.Vet 60



Ian Walker: 1:27:33



Caitlin Johnston: 1:32:40



MID LANCS TRACK AND FIELD: CARLISLE Sat 7th. May



Heather Travis: '3000m on the track this afternoon at Carlisle. I even managed to lap one of the men although I was also lapped by some others.'



Senior Women 3000m: 2nd Heather Travis 12:36.7

Senior Men 800m: 3rd Luke Turner 2:12.2

SALE TWO TOPS FELL RACE: KESWICK: Saturday 14th May : Pete Davison

A great race up two fells I had never been up before, Sale and Ling fell just north of Keswick. This was its first running and excellently organised by Netherhall AC of Whitehaven.

A bit different, in that it was two separate climbs of approx. 1000 feet each as opposed to just up and down which made it pretty interesting and mostly on really runnable grassy tracks. The weather was perfect, so the views were stunning. Lots of cake at the end. Great atmosphere and enjoyably informal. To quote the organiser when I asked what the kit requirements were, "Well you can carry your swimming trunks ready for a dip in the lake at the finish!" Perfect!

PAUL JARVIS MEMORIAL MILE: RESULTS 2022

Many thanks to Louise Thompson, and to all those who marshalled, timed, registered, recorded, set-up, take down, organised and ran at Paul Jarvis Memorial Mile, we couldn't do it without you!

Attendance was down due to many events taking place over the weekend, but good fun was had by all, with some good battles, especially in the men's race.

Twenty-five runners took part, helping to raise £96 towards our club charities.

JUNIOR BOYS

1	7.46	Noah Messenger	LV
2	8.47	Jack York	
3	9.26	George Moss	Pinder AAC
4	9.29	Isaac Moss	Pinder AAC
5	10.11	Dylan Nutt	

JUNIOR GIRLS

1	9.00	Holly Clarke	
2	9.10	Hattie Rooke	BCR
3	14.38	Cecily Rooke	BCR

SENIOR MEN

1	5.01	Luke Turner	GHHH
2	5.02	Sam Moore	Millom Striders
3	5.02	Charlie Jeffrey	GHHH
4	5.23	Scott Bremner	GHHH
5	5.41	Simon Austin	GHHH
6	5.54	Cian Nutt	GHHH
7	5.59 Junior	James Clarke	
8	6.18	Matt Messenger	LV
9	6.39	Lewis Bowness	Helm Hill
10	6.55	Cormac Murray	GHHH
11	7.25 Junior	Rio York	
12	7.41	Malcolm Hetherington	GHHH
13	7.51	Ronnie Haddow	FFR
14	8.30	Pat Thomas	GHHH

SENIOR WOMEN

1	6.38	Ellie Simmonds	GHHH
2	7.37	Claire Clarke	
3	7.51 Junior	Florrie Haddow	FFR



GREAT MANCHESTER RUN: 22nd of May

Charlie Jeffrey 37TH. 01:19:17



Darren Coward 138TH. 01:26:05



Scott Bremner 183rd. 01:27:40



Tom Southward 364th. 1:33:33



Amy Wheelan 01:41:48 821st.



Ben Hood 01:45:07 1072ND.

A great weekend was had by our HHH runners, with some impressive runs, despite the alcohol the night before!! 14,000 runners took part in this Half Marathon, with Charlie achieving an incredible top 40 finish.

Thanks go to Lauren, who organised the get together and went to cheer the club on, despite not being able to run herself, due to injury.



KENDAL 10K. RACE SERIES: LEVENS: Wed. 25th. May

22nd 00:44:08 Glenn Boulter 00:45:50 32nd Damian Jones 36th 00:46:28 Philip Horrocks 00:53:26 56th Cormac Murray 00:53:26

HELVELLYN AND THE DODDS FELL RACE: 28th May

Darren Coward 60th/ 134 3:09:12 **Distance:** 24km / 14.9m
Climb: 1337m / 4386f

THE ULLSWATER WAY TRAIL 20 June 4th

Darren Coward 21st./372 3:21:37

'It was actually 21.2 miles!'



THE LAP – LAKE WINDERMERE ULTRA MARATHON

A beautiful 75K/47 mile, fully signposted trail ultra-marathon, following some of the most stunning, runnable and best way-marked trails in The Lake District.

Simon Austin undertook this gruelling challenge, completing it in 14:42:58

'Unbearable heat today, I was absolutely goosed by mile 10, and had to battle hard for survival until the end!'

JUNIORS:

As we have been struggling with junior coaches this year, we have been considering moving the Junior Monday night session to Thursday night, where more senior coaches may be available. We would like to know the junior parent's view on this matter, and how will it affect those juniors who train on a Monday, and those children who couldn't make a Monday night, but could be interested in a Thursday session.

Please email me your thoughts, and I will pass them on to the committee.

GRASMERE GALLOP 28th. May

10K: Described as `a perfect 10`, the Grasmere Gallop 10k Trail Run takes you through some of the most beautiful landscape in the country, the Vale of Grasmere and Rydal. The fully waymarked route leaves Grasmere village, initially along a C road before leaving the road to climb through Deer Bolts Wood and then onto the stunning Loughrigg Terrace. Continue along and over the shoulder of Loughrigg, passing Rydal Cave and then return to Grasmere via the shorelines of Rydal Water and Grasmere.



31st. Alison Cooke 00:53:08 1st Vet F Vet 60



163rd Steph Roberts 01:15:14 165th. Ashley Cooke 01:15:22

17K: Siobhan Riley 01:39:49

MARATHON: Simon Austin 07:05:13



LIGHTHOUSE 10k MILLOM: 29th. May

64 runners took part in the first 10k Road Race organised by Millom Striders. Six Hoadies were in attendance, but sadly due to a marshalling error, the course was shorter than 10K.



2nd. Mike Cubin 00:39:22 1st Vet 50



14th Heather Travis 00:43:26 3rd Lady 1st. FVet 45



16th Damian Jones 00:44:05



33rd Sal Barton 00:52:18 1st. FVet 60



41st Terry Peet 00:56:32

50th Steph Roberts 00:59:14



EDINBURGH MARATHON: 29th May.



JOANNE MCLEOD:

'This was my first marathon since the Big C and my main motivation in entering, was to prove to myself that I could still run one. So, after weeks of heavy training, everything seemed to be going well until about 3 or 4 weeks ago when I picked up a couple of injuries - one to my hamstring and another to my foot. In fact, I was in two minds whether to even run. But on the day, I decided I would run conservatively and try to nurse my injuries around the course.

It was cool and windy at the start, but by the time we reached the coast at Portobello, the sun had come out and the wind dropped, and I could see that it was likely to become rather uncomfortable in the heat.

Luckily my foot was fine for the whole run (thank you super squishy Vaporflies!), but my hamstring began to pull from around 7 miles. This meant I had to chop my stride to accommodate it and, of course, that then knocked everything else out - so I ran the rest of the course with most of the muscle groups in my left leg protesting loudly!

On the out and back section of the course I was able to shout to Gary and Ken who were on their way back and running very strongly. Beyond 16 miles, the heat began to tell, and I found myself getting spasms of cramp, though I was relatively successful in seeing them off by guzzling copious numbers of gels!

The final couple of miles were amazing. The crowds began to build and the last mile or so was like running through a wall of sound. From mile 25, I decided to go for it and passed loads on that section. In fact, my final kilometre was my fastest of the day at 5.05. I crossed the finish line and raised my arms aloft and then burst into tears - neither of which I have EVER done at the end of a race. However, I think crossing that line represented the culmination of my battle to be fit and well again after the trials of the last three years.

My time of 3:48.55 was well outside my PB, but I was satisfied that I'd gone under 4 hours again and come 6th in my age group. I think it's probably a Good For Age qualifying time for London, Boston etc.. but I couldn't care less. I did what I set out to do - and that's enough.'

KEN LAMB: 'Another Marathon and another PB, with my official time 3hrs 13mins 14secs. Without doubt, the best I have trained for a marathon, but it still was not the perfect run.

I set off with the intention of not looking at my watch until halfway and just run on feeling. I was comfortable and almost enjoying myself, but it was a little warmer than the forecast, but I was coping well. I got to halfway in 1hr 29m which was a little quicker than intended but all was well. Going into the turnaround point at 18miles was the first time I started to drop a little time on my splits and started to feel my right hamstring tighten occasionally but I was still keeping a good pace. At 22miles I reset my target to get in under 3hrs 10mins and although now tiring, I was keeping up a decent pace. Then in sight of the 25mile marker, both hamstrings cramped up and brought me to an instant stop. I could not move and struggled four or five times to get going again. After what seemed an eternity, I managed to get going again but that last mile all I could say to myself was don't stop Ken you have got this. Once I came around the corner into the finish and spotted the finish line, I allowed myself a smile. And what a wall of noise hit me in that finish straight.

I was happy when I finished, but five minutes later I was feeling disappointed at missing out on sub 3hrs 10mins. But on reflection, I know there is more there again. Next stop London and Boston.

I will definitely be going back to Edinburgh again as it is a lovely city and a great weekend of running. Something for everyone, and it would make a great club trip. With the Saturday events from 1.5k to 5k and 10k, then Sunday you have the half and full marathon.'



GARY DOVER: 3:05:55 440th/8555 'Great course, very fast first 5 miles, wonderful organisation and support.'

THE BLAYDON RACE: 9th. June : Terry Peet

“Get yersel gannin”

Pre Covid days, at a parkrun in the NE, I saw a T shirt emblazoned with ‘Man you shuda seen me gannin past Armstrongs’ or something along those lines. Ever since then, I have wanted to run the ‘Blaydon Race’. So finally, after 2 virtual Blaydons’ in 2020/21, the 2022 was a confirmed as a real race. For what is a large club race organised by Blaydon Harriers, entries go fast with all 4000 plus places selling out in a matter of a few hours. Thankfully there had been a carry-over option for those entered in the 2020 race. Having largely overcome my major PF injury, I was raring to go then something else struck, but thankfully I got the go ahead to run. Oh man I would have crawled to get that shirt! So, the 9th of June 2022 saw me lined up on the Quayside in Newcastle ready to belt out the Blaydon Races song. None Geordies may care to visit this article for a potted history of the Blaydon Races

<https://www.chroniclive.co.uk/news/history/famous-blaydon-races-what-were-13161628>

The modern day ‘Blaydon Race’ celebrates the famous races and the song. As with all things, progress adjusts tradition and this year the race started on the Quayside rather than its historic start on Collingwood Street. This was because, of all things, pedestrianisation in the ‘Toon’! This has upset the purists and also the extension of the route from 5.7 to 6 ‘ish’ miles. There are murmurings to go to the full 10k heaven forbid! Whatever next? St. James’ Park becomes the new home for Sunderland (ouch).

Well, it was a nice run, even though the conditions were a touch sticky. The leading pack was flying, with the race winner finishing in gun and chip of 29.19. Valiantly, I held back and had been tasked by Carla Molinario, my coach to take a more sedate pace of 9.20min/mile. Ho hum, we all shot off behind the leaders as a pack of angry chasing wolves. So, the upshot was at the line 5.20min/k or 8:34min/mile in old money.

SHORT DUDDON FELL RACE:

Helen Walker had a cracking run at this race, finishing as 2nd Lady and 1st FVet 40, covering the 9.9 mile distance in 2:04:19.

