



HOAD HILL HARRIERS **NEWSLETTER**



JANUARY/ FEBRUARY- 2022 EDITION



EDITORIAL: ADRIAN

I know it's a little late, but **Happy New Year** to you all - may you achieve your aspirations for 2022, stay fit and injury free and continue to enjoy your running!

Hopefully, the club will be able to move forward, now that things appear to be getting back to normal, enabling us to concentrate on doing what we do well, organising races and social events.

It's encouraging to see how many are attending the rep sessions in both groups on Thursday nights. It would be great if we could get all the run groups back in action on Monday nights. The fast group and slower groups are well catered for, we just need to get something organised for the middle runners, especially as we have new runners joining the club who fit into this category. If there are any volunteers who are prepared to take it in turn to lead runs for the 9:30 – 10 minute miling group on Monday nights, please let us 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!!

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.



HOODIES

I have been asked by one of the seniors to order them a hoody. They come in a variety of styles - unzipped, ladies zipped/men's zipped, all in black, red or grey. Cost is £24 for standard Adults. Zipped Adults are £34:00. Christian name on the back below Hoad Hill Harriers is an extra £1:50 We have a small/med./large you can try for size, I need money up front before we order and delivery is a couple of weeks. If you are interested, please let me know size and colour.



Adult sizes: extra-small 34/36; small 36/38, medium 38/40, large 40/42, extra-large 42/44

Junior Sizes: Age 7/8 size 28/30; Age 9/10 size 30/32; Age 11/12 size 32/34. Juniors are £21 with their name printed on the back.

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

WELCOME:

Welcome to new runners Laura Weston, Naomi Phillips, Liam Widdrington, Alastair Durno and Heather Heppenstall

CONGRATULATIONS:



Well done **Sally Barton** on your 100th Parkrun, even though your husband Simon finished ahead of you!! All those who attended were treated to a delicious piece of cake, which was up to Sal's usual excellent standard! Congratulations to **Alastair Macdonald** who has been chosen to be one of the GB Ultra ambassadors. He certainly deserves this accolade and says: 'I look forward to working with everybody and helping others achieve their goals.'



WELL DONE: Matt, Josh and Lauren have all been selected to represent Cumbria in the Inter Counties Cross Country Championships.

CLUB CHAMPIONSHIPS 2021 FINAL RESULTS:

Senior Female: Stephanie Roberts
Female Vet 40: Heather Travis
Female Vet 55: Alison Cook
Senior Male: Scott Bremner
Male Vet 40: Glenn Boulter
Male Vet 50: Damian Jones
Male Vet 60: Bill Sharp



A big shout out for **Simon Barton** for organising everything this last year.

MOST IMPROVED RUNNERS

Each year, the coaches get together and decide which male and female deserves this annual accolade. Various factors are taken into consideration, but this year's worthy recipients were **Ken Lamb** and **Lauren Booth**.



Ken: 'A great day finished off with a lovely surprise. Rewarded for my efforts in 2021. Huge thanks to Simon for the virtual challenges, the coaches for their nominations and everyone who has

helped and encouraged me through the year.

Thanks, and keep putting one foot in front of the other everyone.'

Lauren: 'A nice surprise, many thanks.'

Lauren also received an award for the most supportive club member, helping to lead runs and assist with coaching.



CLUB CHAMPIONSHIPS (as of 6th. Jan)

Well, we've already got two months in and 42 members have already contributed times and distances!! BUT if you haven't had a go yet, there's loads of opportunities in the future!!!
So, how's things looking after 2 months?

Senior Female:

Ellie Simmonds 10pts
Stephanie Robert's 10pts

FV40

Liz White 28
Heather Travis 20
Deborah Yearnshire 19
Leanne Bayliff 17

FV55

Sally Barton 37
Alison Cooke 30
Kath Whipple 10

Senior Male

Darren Coward 40
Luke Turner 27
Adam Dawson 26
Nathan White 24

MV40

Glenn Boulter 42
Mick Cull 20
Cowan Nutt 18
Karl Fursey 18

MV50

Ken Lamb 35
Alan Wilson 22
Pete Davison 17
Gary Dover 17

MV60

Damian Jones 39
Bill Sharp 28
Simon Barton 25

MARCH CLUB CHAMPS:

1. Dent 7.9 miles or Dent 14.2 miles
2. Coniston 14
3. A 2 mile virtual time trial, no limit on number of goes and no limit on descent
4. 12th. March Burnley x country.

AGM AND COMMITTEE 2022:

The Chair read out his yearly report which was followed by the treasurer's report. The following members were elected as the club's committee for 2022. Please feel free to approach a committee member with any issues you have, or to forward anything you wish to be brought up at our monthly committee meetings.

It has been decided to appoint a sub – committee to organise and run future races.

SENIOR FEES 2022

I am afraid it is that time of the year again – time to renew your HHH club membership. Last year, due to the pandemic, we subsidised everyone's club subs to the tune of £10 per member, which went towards your E Athletics affiliation. Club finances obviously took a great hit, so we are back to paying full subs this year.

SENIOR MEMBERS OF HOAD HILL HARRIERS:

First claim members

Increased by £2 to **£25** which includes England Athletics affiliation £1 increase to £16. £16 therefore is sent to E.Athletics, and £9 goes to club funds.

Your current EA affiliation covers you until we pay the England Athletics fees on April 1st, when their 2022-2023 year starts, but it is easier for us to collect these fees now, with your club membership, enabling us to make one bulk payment for all members in April.

Discount for two adults/family membership –

Two senior members - £23 each. which includes £16 EA affiliation.

One senior member with two junior members - £23 for the senior member

Second Claim Members

£9 – assuming their £16 EA Affiliation is paid to their 1st claim club.

HOW TO PAY HHHARRIERS SUBS:

- You can pay through BACS to our Cumberland Building Society Account. Account name GSK Hoad Hill Harriers. Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHsubs to identify your payment; and let Julie Newnham know you have paid it: adrian.newnham@btinternet.com.
- I will be at the club collecting the £25 fee on Monday and Thursday evenings before training sessions. If cash, please place in an envelope with your name, cheques payable to Glaxo Hoad Hill Harriers.
- If you are unable to get down, you could post them to me at The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN. I am happy to take cash, but please make cheques payable to Glaxo Hoad Hill Harriers.

GSK SPORTS AND SOCIAL CLUB MEMBERSHIP:

Please be aware that all members have to continue their membership of GSK Sports and Social Club as well. Their subs for 2022 remain the same at **£30** and are due now (many of you will have had postal reminders.) They did not charge last year due to the Pandemic, and the fact that we couldn't use full facilities whilst it was being used as a vaccination hub. Anyone who paid their £30 last year through BACS or Direct Debit do not need to pay this year's fee.

Details on how to pay this year are below.

- Using BACS: Nat West Bank, GSK SPORTS & SOCIAL CLUB. Account No.05208777 Sort code 01-08-93 (Please include a reference name and HHH subs to identify your payment)
- send a cheque made out to GSK Sports and Social Club to: GSK Sports and Social Club, North Lonsdale Road, Ulverston, Cumbria LA129DR. Please put your name on the back and Hoad Hill Harriers.
- It can also be handed over when the office is open on Mon/Wed/Frid or to the operator behind the bar on club nights. Please place in a named envelope if handing it over.

Don't forget, those of you who are 65 or over, receive a £10 discount off the GSK Sports and Social Club fee. If you have not previously filled in a membership form (newer members) for the Sports and Social Club, I have copies of the form I can give you, as you need to go on their data base.

Kind Regards,

Julie Newnham (membership secretary)

Role/Position	Nominee
Chair	Alan Wilson
Vice Chair/Women's Captain	Mel Simmonds
Secretary	Glenn Boulter
Treasurer	Phil Horrocks
Membership	Julie Newnham
Head Coach	Damian Jones
Cross Country, Newsletter, Kit	Adrian Newnham
Media, Club Champs, Trophies	Simon Barton
Men's Captain	Tom Evelin
Website	Graham Pinder
Social	Karen Morgan
Other Committee Member	Peter Davison
Other Committee Member	Louise Thompson
Other Committee Member	Penny Moreton
Other Committee Member	Dorothy Stirling

BOXING DAY FESTIVE 5K RUN: Adrian



A cold, blustery but dry Boxing Day, saw 49 runners forgo watches and predict their finishing times over a 5k course (down the canal and back up North Lonsdale Road.)



Well done to the winner Ben Oldham, who was only one second off his predicted time!

Also, congratulations to Jess Bailey, first runner home (note this is the first time this event has had a female runner finish first!) and she was also second place in the handicap, just two seconds off her predicted time. 2nd place was also a female, fellow Leven Valley club mate Georgia Bell, who smashed her 5k time by over a minute. First home for Hoad Hill was new boy, Charlie Jeffrey.

It was great to get a club event off the ground after so long, due to Covid. A total of £54 was raised for our two club charities, 'Growing Well' and 'Mummy's Star.' Many thanks everyone, especially local clubs Walney Wind Cheetahs, Leven Valley, Furness Fell Runners and Ulverston Tri Club for supporting the event.



NORTH LAKES HALF MARATHON: Jan 2nd.



Being held for the 4th. time, two Hoadies got their New Year off to a good start, with great results in this race. Organised by Events Up North, The North Lakes New Year Half Marathon, is set in the base of the stunning Lorton valley, near Cockermouth. Although you are surrounded by Lakeland fells, the course itself is quite gentle by Cumbrian standards, on quiet rolling roads with no "major" hills.

300 runners set off on a blustery day, with **Mark Tomkinson** 10th. 1st Vet 50 in 1:23:03

'Certainly not a PB course, it was tough, with a head wind all the way to mile 8. I had a good battle towards the end, which I sadly lost!!'

Elsie Roberts 68th. 1st Vet 40 7th. Lady 1:42:01

'A stiff head wind until the turnaround at 8 miles, but other than that a good run to start burning off the Christmas excess and get a gauge on fitness.'



LIVERBIRD DOUBLE (2021/22) : Terry Peet – A tale of two halves

I decided to enter the Liverbird Double as part of my training for ultras. The schedule was a Marathon on New Year's Eve and one on New Year's Day along the Liverpool Prom. Being an inveterate worrier, I set off after lunch on 30th December, with the object of staying overnight to be ready for the NYE marathon. I had intended to recce some of the route but accidents on the motorway and shocking visibility meant I arrived much later than intended, so I ducked out and ate my dinner for one, in the form of a generic pot noodle. Mmm!

New Years Eve

The race HQ was the Police Sports Club, a couple of hundred metres from the river front. There was a good turnout of a couple of hundred runners competing from 10k to Marathon distance. This year, the race was under new management and there was some confusion between TRA and road race regulations over the measured distance (???). As per usual we got full value for money from the organiser. Those of us used to the more relaxed Ultra marathon distance measuring protocols found it so amusing to hear the complaints about the extra 0.2 , 0.3 miles and the 'my watch says so and so' "disputes". Heck! there's that much variability in and between watches let alone forgetting to start (*mea culpa*) or stop it, run it on GPS or Glonass, or Galileo etc. but we all ran the same course. Anyhow, the organiser did take responsibility and took action to shorten the adjunct short out and back for the following day. Good for you GB ULTRAS™.

Anyway, whether the course was **3 microns** too long or not was irrelevant to me as I crashed out after 14 (ish!) miles. The surface was unrelentingly flat and hard, and I feared that to keep going was going to jeopardise any chance of running the following day. Another lesson learnt, was that 5 or 6 social miles in a new set of shoes, is not exactly a recipe for success on such a course, even if they are a like for like replacement. Of course, they are never truly going to be like for like having covered totally different distances (Doh!) I didn't much care for the DNF but I think it was a sensible decision.

Now was the time to salvage something from the wreck of my day. Never mind, get back to the motel and nip next door to the carvery to refuel. **IT WAS SHUT**, woe is me. Generic pot noodles for one anybody?

(continued overleaf)



New Years Day

A different day, a different distance.

I decided that the half marathon was achievable, so opted to run that distance. The photographer managed to get a very rare picture of me in the front rank at the start.

I ran it alone, with my legendary sartorial elegance, but even so, I had to 'Jeff' a little towards the end. I got there with a PB (2:13:10) and a medal, JOB DONE.



Not a complete waste of my weekend, I closed out the old year with a half and started the New Year with a half and a celebratory bottle of Retsina when I got home – (one for all you fine wine buffs out there!)

Many thanks to GB ULTRAS, Wayne Drinkwater and all the marshals, and the support from the many 'promenaders' shouting out encouragement. Special thanks to Terry Forrest 'the rocket' who won, whilst also smashing the double half record, he still found time to shout out encouragement every time he flew past me.



Will I do it again?

New Year's Day: NO, NO, NEVER, NO WAY

3rd January: Maybe , might possibly, When do entries open?

HOAD HILL HARRIERS CLUB RACES 2022

Provisional dates for 2022

Paul Jarvis Memorial Mile Sunday 8th May

Hoad Fell race Thursday 7th July

Summer 10k Wednesday 24th August

Monument 5K Wednesday 14th September

Xmas Pudding 10k Sunday 4th December

HELP HELP HELP: We are setting up a Race Committee meeting in the next few weeks. Any members wishing to help organise any of our 2022 races, or any aspect of race organisation, like registration duties, marshal organiser, presentation of prizes, time keeping, putting up race information in the sports hall, etc etc please e mail Louise Thompson at: nvlogcabins@gmail.com, or Alan Wilson: alan.wilson.cumbria@gmail.com with your mobile number so we can add you to a WhatsApp group. You can also repond to the request posted in our Facebook site. We will ask for marshals nearer the time, so please don't contact us now if that is all you wish to do.

CUMBRIA CROSS COUNTRY CHAMPIONSHIPS: KESWICK: Sat 8th.Jan

Saturday, saw six of our club members have a go at the Cumbrian cross-country championships in Fitz Park in Keswick.

Whilst the club doesn't officially take part in the Cumbrian x country events, favouring the Mid Lancs Series, you can enter the events as an individual.

Torrential rain during the week, turned parts of the park into a muddy quagmire, ideal conditions for x country.

More than 160 runners took part, hoping to catch the eye of selectors for the forthcoming inter county championships, to be held later in the year.



Lauren Booth was 5th Lady 00:34:59 'So pleased to have finished in 5th place, qualifying for the Cumbria team at the UK inter – counties race meeting.'

Matthew Elkington, who has raced several of their fixtures, had a good run, finishing in 7th place in 00:36:19. He was followed by **Josh Hartley**, representing the club for the first time in 11th place in 00:38:26. Also in his first race for the club, **Rory Anderson** finished 21st in 00:43:45 with **Keith Conway** finishing 31st in 00:53:56.

Matt, Josh and Lauren have all been selected to represent Cumbria in the Inter Counties Championships.

GARSTANG 10K: Sun 12th.Jan

Heather Travis: 'I did okay today at Garstang 10k after having a cold at the start of the week. My chip time of 45.03, meant I was 4th lady (1st vet45) and 48th overall out of 212. I quite enjoyed it!'

PARKRUN SUCCESSES:

Aided by his pacemaker, **Nathan White**, **Luke Turner** got a Parkrun PB at Millom, finishing in 17:03 mins and Nathan just ahead in 17:00.

Charlie Jeffrey got his FordPark PB in 19:11. As well as a PB for **Laura Weston** in 33:06, **Rob Davies** in 23:06 and **Pippa Martin** in 25:37, and again 25:28.

Millom proved a good course for **Josh Hartley**, who achieved his PB in 16:47.

New member, **Laura Weston** smashed her Stretford Parkrun PB by over two minutes – 29:38

Glenn Boulter tried Barrow Parkrun for a change, achieving a PB in 20:12.



JUNIOR SECTION:



Max Hazlehurst had a great run at the Cumbrian x county championships, finishing in 6th. with a time of 00:17:35

MID LANCS X COUNTRY: BLACKPOOL: Sat 15th Jan:

Under 15 Boy's Race 10th. Max Hazlehurst 15:03

Under 15 Girl's race 16th. Iona Smith 13:48



MID LANCS: LEIGH SPORTS VILLAGE:

Under 15 Girl's Race: 15th. Iona Smith 12:44

JUNIOR PARKRUN SUCCESSES:

Iona Barrowdale -Smith FordParkrun **PB** 23:52 Calvin Singleton Millom PB 22.14

JUNIOR SUBS: Julie Newnham (membership secretary)

I'm afraid it is time to renew you annual Glaxo Hoad Hill Harrier fees.

JUNIOR MEMBERSHIP OF HOAD HILL HARRIERS

Last year, we subsidised each Junior fee by £10 from club funds, which went towards paying your England Athletics affiliation. Unfortunately, we are unable to continue the subsidy this year.

Due to a £1 increase by England Athletics to £16 for England Athletics Affiliation, Junior membership of Hoad Hill Harriers will be £16. The club makes no profit from the fees.

Please inform Julie Newnham at; adrian.newnham@btinternet.com when you have paid the fee.

You can pay the **£16** using the following methods:

- BY BACS into our Cumberland Building Society account for Glaxo Hoad Hill Harriers, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHsubs to identify your payment.
- You could post them to me at The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN. Please make cheques payable to Glaxo Hoad Hill Harriers, with the child's name on the back.
- We would prefer you not to hand the above fee to the coaches, but if you have no alternative, please put it in a named envelope.



Junior Membership of Glaxo Sports and Social Club

As well as being a member of Hoad Hill Harriers, as we use the facilities at GSK Sports and Social club, children also have to join the Sports Club. Fees for 2022 remain at **£8**.

Please do not hand this fee to the coaches or add it on to any payments made to Hoad Hill Harriers.

- You can pay by BACS to their Nat West Bank: £8 to GSK Sports & Social Club., Account No.05208777 Sort code 01-08-93 (Please include a reference name and HHHarriers to identify your payment)
- Send a cheque made out to GSK Sports and Social Club to: GSK Sports and Social Club, North Lonsdale Road, Ulverston, Cumbria LA129DR Please put your name on the back and Hoad Hill Harriers.
- It can also be handed over when the office is open on Mon/Wed/Frid or to the operator behind the bar on club nights. Please place in a named envelope if handing it over.

JUNIOR TRAINING:

Junior training is now taking place at Siemens until the clocks change, Monday night 5.45 – 6.45. We are still looking for adults to help with these sessions.

KENDAL WINTER LEAGUE: RACE 1: SCOUT SCAR: Sun 12th. Jan

The ever-popular series kick-off race never disappoints. It's a classic 5 mile (or so) blend of fast hilly cross-country on rough limestone tracks with stupendous 360 degree views (for spectators out on the course). The senior race and shorter junior races all start with a fast charge across a flat field before heading out onto the rough Scar area where the pace settles. Year upon year it attracts a large number of runners from all over Cumbria, Lancs and N Yorks.

238 runners took part in the Senior race, which included Hoadies **Sharon Dixon** and **Joanne McLeod**.



Sharon was the second F.Vet 50 back in 96th, in a time of 0:37.11, and **Joanne** was 150th. in a time of 0:41:27

KENDAL WINTER LEAGUE: GIGGLESWICK: Sun 16th. Jan



Organised and hosted by Giggleswick School. The race route was fast and flat and full of twists and turns..... definitely one where you need to follow the flags!!

Sharon Dixon: 30:30

53rd overall, 7th. Lady 2nd. Vet 50

KENDAL WINTER LEAGUE: WHITESTONES: Sun 24th. Jan

Near Staveley-in-Carmel, the Senior race route has been varied over the past few years due to snow, fog etc. The format is usually pretty similar though. A fast flat start through a boggy field followed by a short steep ascent and a long circular run across a variety of undulating fields with differing depths of mud. Could be anything between 3 and 5 miles!!

Sharon Dixon: 'Loved it ..!! it wasn't really a muddy descent as expected, just a few stones.. I was slow going up as I got stuck behind folk walking, so a bit of a bottle neck so I think I could have gone faster going up. I enjoyed the bogs and just tried to keep going, felt good afterwards as well.'

Time: 38:40 2nd Vet 50, 7th. lady.

MID LANCs X COUNTRY: BLACKPOOL: Sat 15th Jan:



Conditions were perfect for the fourth race of the series, certainly suiting the faster runners on this flat, firm course.

The ladies' team got off to a great start, with Ellie putting in a flying first lap. Joanne settled into the race, pacing herself well, eventually catching up and overtaking Ellie in the final stages. Backed up by Dorothy who had strong run, the team finished 18th out of 27.

44th. Joanne McLeod 2nd L55 28:42

58th. Ellie Simmonds 29:45

88th. Dorothy Stirling 33:19



It was great to welcome Josh, Rory and Will to the squad, running their first x country for the Harriers, and what a great contribution they made.



6th Josh Hartley 34:05
64th. Rory Anderson 39:02

32nd Luke Turner 36:49
96th. Mike Cubin 40:52

39th. Nathan White 37:15
101st. Will Heard 41:18





Josh got off to a brilliant start, settling into 8th place after the first lap, before picking off a couple of runners over the next two laps. Fortunately, he heard us screaming at him to head in for the finish funnel, instead of carrying on for an extra lap!

There was a good battle between Luke and Nathan, with Luke taking the honours for the first time this season, making for an interesting meeting at Leigh Sports Village. Rory finished strongly as the fourth man back and Mike had another great Blackpool race; he obviously enjoys this venue. Will was our sixth man back, bringing our men's team home in 9th place out of 23 teams. That means that after 4 races, we are currently third in Division 1, a great team result.

Mike and Glenn Boulter led the Vet 40 team back into 11th, place, whilst Ken and Damian were part of the Vet 50 team which finished in 3rd. place. Keith Conway, racing for the first mid lincs this season, just missed out on a team place, despite a good run.

211 runners competed in the men's race.

114th. Glen Boulter 42:27



115th. Ken Lamb 42:31



174th. Damian Jones 47:46



175th. Keith Conway 48



SKIPTON SKIDDALE:

A new race meeting, organised by the 'It's Grim Up North' team, it is a canal race, starting in lovely Skipton and heading out towards Saltaire. The route is pretty and as with all of their canal races, there is the choice of seven distances so there is something for everyone. A medal was awarded to all finishers along with the usual goodies and cake.

Caroline Peet, aided by her dog Lia, raced the 10K, completing it in 1:00:04, both receiving medals for their efforts!

PILING 10K: Sat 22nd. Jan

Heather Travis: 'Team HHH at Pilling 10k today. I was 2nd lady in 44.33 and Joanne McLeod was 5th lady (1st vet55) in 46.45...completely smashing her target time!'

Joanne: 'Well chuffed with the time. Was aiming for sub-50. Surprised myself. It must have been Sharon telling me not to bother coming home if I didn't run 47!!'

FARNBOROUGH HALF MARATHON: Sun 23rd. Jan: ELSIE ROBERTS



'Down south visiting family, whilst entering a race I've always wanted to do, Farnborough Half Marathon. Perfect running conditions - tick
Fast flat course - tick
Legs - X

Oh well can't have it all, lovely race, bit unusual running round the airfield with the private jets landing and taking off, but closed roads, big field and well supported throughout. Faster than my January half, but still not the sub 1.40 I wanted. Slowly improving.....1.40.39'



MORECAMBE 10K,/10Mile: 30th. Jan



Providing plenty of great views of the bay while you run, the Morecambe Festival of running had 3 courses on offer including a 5k, 10k and 10-mile race. The route is a flat and fast out and back along the promenade, with entrants in the 10 mile event doing an extra short loop through Heysham Village.

10K: Heather Travis 10th. overall, 3rd. Lady 1st Vet 45 00.44.38

10 Mile: Scott Bremner 12th. overall 01:08:13

'A blustery day on Morecambe prom saw a couple of hundred runners take on 5k, 10k or 10 miles.

It was one of those days that felt like the wind was in your face in every direction! I took on the 10 miles with a view to preparation for the Coniston 14 in March. Happy with my time of 68:13 and a great time from Heather Travis too, seeing her come in as 3rd Women in the 10k. I also managed to persuade my sister to take on her first 5k, maybe a future Hoad Hill Harrier yet!

KENDAL WINTER LEAGUE: BIRKRIGG: 30th.Jan



Sharon Dixon: 0:26:05 46th, 3rd. Lady 1st F.Vet 50

Ellie Simmonds: 29:58, 80th. 17th. Lady 1st Female Under 21

Joanne McLeod: 30:16 87th. 20th Lady 4th. F.Vet 50

This race is one for the speed merchants. It's short, firm under foot and relatively flat. The race starts with a stampede across the common and a brief, runnable climb up to the prehistoric stone circle on top of the hill. A gradual descent gives you the chance to increase your stride length, then it's the long haul back up to the top and back down again, around, over the top, and the finish is in sight.

Sharon had a really strong, confident run, and Ellie paced herself really well and should be pleased with her result.



LLANDUDNO 10K Sunday 13th. Feb : Simon Barton

'A long weekend in Llandudno was suggested! Sounds good to me (I said to Mrs B!) oh and how about doing the 10km race that weekend? - it goes around the base of the Great Orme! Sal replied that it can't be too bad then, but still needed reassuring that it didn't go over the top! No, it's definitely around the base! Go on then let's give it a go, Ashley and Alison and Adrian and Julie are up for it!! Ok you've persuaded me, get us entered.

No more said, B&B booked, bring it on!!

So here we are, Sal said, 'Look, I've found someone on Strava that's done it before, it's 620 feet of climb from kilometre 2 to kilometre 5 and then it's downhill all the way — gulp!

Errr - show me the way to Wetherspoons I need some liquid pain killer!!



Right Adrian, what sort of time you going for? "Time, what time" he replies. You know for tomorrow's race - "errr no, I haven't entered it. Chief photographer that's me, and Julie is my runner lookout!"



So, it's Sunday morning, raining, 24 mph winds – great!! Although the wind should be behind us on the way up. So, after many years of running, the dilemma of what to wear!! The race started at 12 and it's an anti-clockwise route of the Orme, apparently the easier way round. Strava was right, the first km was flattish. then it's a 4km grind up to the top of the road around the base- ouch, problem was the wind was a southerly, so as soon as it was downhill time, it was in your face. So, no speedy downhill for a while. I went through the first 5km in about 31 mins, so I had to go for it to get under the hour. Un be-known to me Mrs B was hard on my heels, not far behind me on crossing the finish line. That was a tough one, I enjoyed it, and might do it again sometime (not!!)

My fellow competitors also battled hard.

Alison came in at 50.33, Ashley came in at 55.12, Yours truly in at 58.31 and Mrs B close by, in 59.10

The icing on the (tea) cake was that Alison won first prize FV60 category, finishing as the 32nd. female out of 640 runners.

It was a well organised race, with loads of prizes, 3 in each vet category in 5 yearly intervals. Despite the hillage, it is definitely highly recommended!!



MID LANCs X COUNTRY: LEIGH SPORTS VILLAGE: 12th.Feb



Well, it has been a couple of years since we have raced at this venue, which although relatively flat, contains a mixture of challenging terrains, especially after a week's rain!

Fortunately, we were able to field a ladies' team, after Elsie stepped in at the last minute for an injured Ellie. Considering the muddy conditions, our girls had great runs, bringing the team into 14th place out of 27 teams.

Only ten seconds separated Elsie and Joanne, with both gaining excellent Vet positions, with the Vet 35 team finishing 6/16 teams.

33rd Elsie Roberts 3rd Vet 40 25:30

37th Joanne McLeod 1st Vet 55 25:40

79th Dorothy Stirling 29:46

Their attempt to put up the team tent unfortunately didn't match their running skills, but certainly provided amusement to all watching, as they tried to erect it inside out!!



We managed to assemble seven runners for the men's team, and it was great to welcome Adam on board, for his first cross country since his schooldays!

As usual, Nathan and Luke had the usual battle between each other, with Nathan reversing the bragging rights at this meeting, but only by 7 seconds. Darren and Adam also had a close battle, with Sean gradually catching Adam up as the race progressed. Sean just pipped him on the finish line, all down to good pacing and trimming metres by choosing the shortest race lines. Glen and Ken also had a great battle for a couple of laps, until breathing issues caused Ken problems on the final run-in. Personally, I think the amount of mud Ken picked up on his legs, and the vile smell it omitted caused his pace at the end to drop!!!

The Senior men's team finished 11/19 teams, and currently hold 4th place in Division 1. With 7 in our league, and the bottom two being relegated, it is imperative we have a good team out the last event at Burnley on March 12th, to consolidate our league position.

Many thanks to all who ran, and Gary Dover for acting as team captain and taking the excellent photos.





26 th	no. 819	Nathan White	41:04
28 th	no. 815	Luke Turner	41:11
102 nd	no.768	Darren Coward	46:48
104 th	no.773	Sean Dixon	46:53
105 th	no.772	Adam Dawson	46:53
113 th	no. 762	Glen Boulter	47:45
123 rd	no.792	Ken Lamb	48:31

FINAL MID LANCS X COUNTRY EVENT:

Saturday the 12th March Townely Park, Burnley – ALL WELCOME – THERE WILL BE CAKE!!

MID LANCS TRACK AND FIELD

If we have enough interest to participate in the track and field events for 2022, the club will pay to enable us to take part. More info on the track distances you can enter are here: <http://www.midlancs.org.uk/>

- Sat 9th April
- Sat 7th May
- Sat 4th June
- Sat 16th July
- Sun 7th August
- Sat 27th August

Witton Park, Blackburn

Sheepmount Stadium, Carlisle

Wilson Playing Fields, Hyndburn

Leigh Sports Village

Litherland Sports Park, Liverpool

Stanley Park, Blackpool

Please let me know if you are interested.

KENDAL WINTER LEAGUE: Barbon 13th.Feb and Swallows 20th.Feb



Sharon Dixon: 44th. 4th. Lady 1st. FVet 50

The Barbon race begins with about 3 yards of flat running and then straight into the climb, which starts off steep and gets steeper.

An out and back course, with a relentless straight line of flags up the steep fell, Seniors hang a right and romp along 750m of runnable climbing to the final turn - then the racing begins, reversing the route back. Straight back along the ridge and then try your best to stay upright on the descent, it's very steep. The scree is optional for all.

'Barbon, I was poor at coming down and lost 14 places, especially after ending up on my backside, but so did everyone else! I laughed all the way down.'

SALLOWS:

The first time the event has been held here. It sets off along the River Kent, and climbs up to the summit of Sallows, before descending down the Garburn pass to Kentmere Hall. It has a fast, flat return along the river to the finish. The Senior race is 9km with 400m of climbing.

Sharon Dixon: 48th. 4th. Lady, 1st. FVet50

'Today could have been one of the worst conditions and route I've ever done! I fell coming down Garburn Pass, I just hurt knee a bit. I need to practice downhill running, as they all seem to pass me. I did manage to catch one place back on the sprint to the finish!'



PILING 10K Feb 5th.



Heather Travis: 'It was hard work in the wind today at Pilling 10k, especially on the second lap, so it was a slow one. However, I was 2nd lady and 1st Vet 45, so I managed to top up the wine stocks!!'

PILING 10K Feb 26th

Heather Travis: 'Another 10k at Pilling, 44.41, 1st vet45 but although it was nice and sunny there was a headwind a lot of the way so I struggled on 2nd lap again.'



KENDAL WINTER LEAGUE: Sedbergh Feb 27th.

Sharon Dixon: 2nd Lady 1st Vet 50 'Conditions were perfect, the course was just like a x country, just a little hillier, with log jumps and huge puddles on the other side. I'd been struggling with a cold all week, and was dreading it, but I got a good start and hung in there!'

SAUCONY UK NATIONAL X COUNTRY CHAMPIONSHIPS, PARLIAMENT HILL: LONDON SAT 26th.

Matt Elkington travelled all the way to London to take part in this huge event. With the senior men's race fielding 2087 runners, Matt did incredibly well to finish in 104th place. He said, 'I loved it! Had a great time, really happy with the result.' Leven's Valley's Jess Bailey had an amazing run in the U17's race, finishing first.

LOSTOCK 6: BOLTON: Sun 27th. Feb

One of the oldest races in the country, the running of the 39th Lostock 6 road race covers an undulating course that will test all abilities. Well done **Richard Marlton** - 75th place out of 401 and a time of 40:15.

Especially good as he hasn't run much recently and is lacking fitness!

PARKRUN TOURISM: Simon Barton

Park run tourism – we haven't done that for a bit, so with a few days away in the campervan at Clitheroe, it would be wrong not to indulge in their local run. Wonder who's done it before so we could get an idea of the course, turns out Ian Jones from Walney Wind Cheetahs did it, Christmas Day 2021.

"It's alright, just there's a short sharp hill in it, oh and it's 5 laps so you get the hill 5 times!" he informed us! The day arrived and after all the rain, hail, sleet and wind it was a beautiful day! It's about 1.3 miles to the town centre so just right for a warmup. So warmed up we were, when we found out the hill is about a third of the course and it's all in one go!!

It's a tough one, you just about get recovered on the downhill and flat to be able to attack the hill again!! Needless to say as always, the people were very friendly and the run well organised.

All in all, it's definitely worth doing - once!!! - there was a field of about 80 and we were both happy coming in first in our age categories. Happy running folks, Si.

MILLOM 200th. PARKRUN: Adrian



Simon decided to add this event to our club championship, in the hope that we would search out Passports and descend on Millom en mass! Well, with 20 members travelling, we certainly helped to bolster numbers, with 162 attending altogether.

Having last run there at their first Parkrun four years ago, I was expecting a Millom PB. That first parkrun was completed in deep mud and times were slow. Since then, a rubberised track has been added which has transformed the Parkrun and produced many PB's, on the almost flat course.



The course certainly didn't disappoint, with many achieving their Millom PB, or overall PB. It certainly looked impressive seeing the club vests battling it out around the track. So well done all who took part, and a special thanks to the organisers and marshals who were very friendly and welcoming.

Millom PB's-

Charlie Jeffrey 17:16 Joanne McLeod 22:34 Pete Davison 23:07 Adrian Newnham 27:19

Overall Parkrun PB

Adam Dawson 19:01 Darren Coward 19:09 Glenn Boulter 19:35 Dave Kitts 20:35 Robert Davies 20:47
Bill Sharp 22:20 Pippa Martin 24:07 Laura Weston 29:30 Steph Roberts (running with Daughter) 44:00



KARL'S RACE DIARY:

March 2022 to early May 2022 provisional road races calendar.
Dates may be subject to change.

Here is the next two months of this year's road races. Races for CUMBRIA and Lancaster area only. Entry fees are approximate, and for ATTACHED club runners.

Sun 06 Mar: Haweswater Half-Marathon, 11:30am from Bampton School, 9 miles outside Penrith. Registration at nearby village hall. £20 in advance, £22 on the day if limit not reached. Very scenic, but challenging out and back route to Mardale Head. See Eden Runners website.

Sat 12 Mar: Dent 14.2 miler. See the Dentedale website for more info. Entry is £16 in advance only, and off time is 1pm. There is a shorter 7.9 mile race option...details on website, entry fee is same as the 14.2.

Sun 13 Mar: Carlisle half marathon. 9am from Brunton Park....Carlisle United FC....start and finish in the stadium. £26.50 entry. Also a 10k and 2k fun run at £17 and £9 respectively are available.

Sun 13 Mar: Lancaster castle (Trimpell) 20-mile road race. Your pre-spring marathon weekly long run this week is this race, however, entry is steep at £25 (there is entry on the day). On the plus side it's practically pancake flat. 11am from Lancaster Castle. Car parking is very restricted and this venue is next to the station.

Sun 13 Mar: Garstang Gallop 7 miler. 11am from Garstang sports & social club. £11 in advance or £13 on the day. See John Schofield's website for more details and link.

March: Check web for 2022 date if on this year: **Lorton School 10km road race.** From the village school, near Cockermouth. Undulating course. 11am. £9 in advance, £10 all on the day.

Sun 20 Mar: Brigham (just outside Cockermouth) 10km road race. 11am from the village social club. £8 entry. Further details on the Race Best website via race calendar and clicking on for this race.

Sun 20 Mar: Workington to Keswick 30 miler. ALL ROAD. Great K2B warm up event. Although a walk, a few people run it. See the Workington to Keswick Facebook site for more details and how to enter.

Sat 26 Mar: Coniston 14. 11am start. Generally, it's pre-entry only. See their website. A club champs counter event. There may be entry on the day if limit isn't reached...this has happened most years since 2010.

Sat 26 Mar: Mother's Day 10k...from the George and Dragon pub in Lancaster on the quay. 11am. £14 on the day. Also fun run for the kids at 11:05 costing £3. Lancaster races website for more details.

April: (Date TBC) Longtown 10 mile race. New event in N Cumbria that could become a favourite. Undulating in places. From Longtown primary school at 12:00. £10 in advance, £12 on the day.

Sun 03 Apr: Race to the castle 10km road race, Lancaster. Full details on John Schofield's UK results website.

Sun 03 Apr: Three villages 10 mile road race. 10am from Wetheral, near Carlisle. Two lap race taking in Wetheral, Cumwinton and Scotby. Entry £20 in advance, £22 on the day. Race best website for fuller details.

Sat 09 Apr: Lakeland Trails Races series Hawkshead trail races. Please see their website for distances, start times, entry fees and so on.

Sun 10 Apr: Lancaster "Three Bridges" 10km road race. Popular event which goes over the city's main bridge crossings. From the Salt Ayre track near Asda. 11am. £10 in advance or £12 on the day. Details on Lancaster races website.

Wed in April: (it's on in 2022) Keswick "round the houses" 4.2 mile race. An evening run around the streets of Keswick, including the hilly routes such as Chestnut Hill. £7 I think, on the night and it starts at 7pm. See Keswick ACs website for details.

Good Friday 15 Apr: Caldervale Country 10 mile road race & fun run. 1pm from the village hall near Garstang. £12 in advance or £14 on the day.

Easter Saturday 16 Apr: Isel Cross multi-terrain 5.5 mile race from Cockermouth School. 11am start. £7 on the day at Derwent ACs clubhouse at Kirkgate a km away. Mix of road, trail and hill. Derwent ACs website.

Sun 24 Apr: Lancaster "War of the Roses" 10km and 5km road races. 11am from the Lancaster & Morecambe AC clubhouse athletics track opposite Salt Ayre sports centre. £9 in advance or £11 on the day. Start and finish on the track. John Schofield's or LMAC website for more info and to enter in advance.

Sat 23 Apr: Wray Scarecrow 10km. 1:15pm from Wray village 8 miles east of J34 M6. £8 in advance or £10 on the day. Scarecrow medals to all finishers. More info and entry form on UK Road Races website.

Fri 29 Apr: Dalton-in-Furness 10k road race. Undulating, popular and from the cricket club at 7:15pm, with a fun run at 7:25pm. Entry in advance, on day only if limit not reached.

ADVANCE NOTICE OF SOME FORTHCOMING EVENTS WHICH WILL BE INCLUDED IN THE NEXT LIST:

Sun 01 May: TBC CHECK ONLINE. (In 2021 it was in September) Keswick Half-Marathon. 11:30 from Keswick RUFC (registration and finish here, start is on the main road). Highly popular race as it's a Bank Holiday weekend Undulating / hilly roads. £20 I think in advance, more on the day.

Sun 01 May: Morecambe half marathon and 5km. 11am from the prom, but see link on the UK Results website calendar where more fuller details are given.

Tue 03 May: Whitehaven 10k from Lowca Rugby league club at 7pm. Cumberland ACs website for further details.

Wed 04 May: Kendal 10k from the leisure centre at 7:30pm. First race in the 10k Kendal AC Grand Prix series which also includes races at Levens, Hawkshead and Endmoor at three weekly intervals between each one. More info on their website including a discount by entering all four races in advance.

Sat 07 May: Keswick to Barrow and Coniston to Barrow walk / run events.

Sat 07 May: Lakeland Trails race series Staveley trail race. See their website for full details of distances, start times, entry fees and so on.