



HOAD HILL HARRIERS **NEWSLETTER**



MARCH – APRIL 2022 EDITION



EDITORIAL: ADRIAN

Happy Easter to you all.

Please keep looking and responding to posts in our Facebook Site, there could be some changes afoot for the organisation of our Monday night runs, and information about social events and events we will be hosting.

Events participated in the last couple of weeks will appear in the next newsletter.

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!!

LONDON MARATHON:

Did you enter the ballot for this year's marathon in October and get rejected? If so, there could be a club place available for 1st claim members of the club.

You can go into the club ballot for the entry if you meet the following conditions:

- You applied for the ballot and were rejected.
- You have not done it before.
- You have been a member of the club for at least a year.

If no one meets the above criteria:

- You must have been a member of the club for at least year.
- You have not run it before.

IF ANYONE IS INTERESTED, PLEASE GET IN TOUCH ASAP: adrian.newnham@btinternet.com

CLUB CHAMPIONSHIPS: Simon Barton

OK FOLKS HERE'S THE NEXT 3 MONTHS

April:

1. Lancaster 3 bridges
2. Dalton 10km
3. Virtual out and back 5 miler - so go out 2.5 miles and retrace your steps back, and can't be done as part of a longer run, has to be 2.5 out and 2.5 back !!! Good luck.

May:

Lighthouse 10km
Kendal 10km
Levens 10km
1 mile time trial unrestricted!!

June:

Endmoor 10km
Hawkshead 10km
Probably a 5km time trial on an interval night

WELCOME:

Welcome to new members **Alastair Durno, Heather Heppenstall, Angela Spencer, Edward Quirk, Ross Whitaker** and Junior members **Jaiden** and **Demi Melton, Annabelle Kitts**

ONE FOR YOUR DIARY: Karen Morgan

I know it's a while off, but we are going to do the Cumbria Way run again on Sunday 03.07.22. This is a fantastic day out and we all run together, different options to cover the route so don't panic if you don't want to do all of it. Setting off from Coniston and running back to Ulverston then afterwards at the old friends for a refreshing pint and pie and peas. Can't recommend this enough. It's great if we all wear our club vests and the faster ones support the slower ones. I will post nearer the time but at this stage stick it in your diary.

CONGRATULATIONS: to the remaining recipients of club awards.

Heather Travis - Female Vet 40 Champ.



Bill Sharp - Male Vet 60 Champ



Steph Roberts: 'Super proud to have won the Senior Women's club champs for 2021. The shield means a lot, especially since we went through some of the toughest months during the pandemic. Having the drive to get out and push myself even in the hardest loneliest times. Running and sport in general has given me inner strength I never knew I had and being part of a great team of people makes it possible. Here's to 2022!'



Alison Cook: Female Vet 55 Champ.

CLUB MEMBERSHIP 2022 – 2023: Julie Newnham

Well, that is the club and all paid-up members registered with England Athletics for another year.

Many thanks to all those who paid on time, it certainly made life easier for me. I will be emailing you shortly with a list of all members registered. If you are not on the list, please contact me straight away.

The club currently has 118 senior members, and 11 juniors.

THANK YOU

Many thanks to **Karen Morgan** for organising the pie and peas social get together at The Old Friends in Ulverston. It was great to have a social gathering after the last two years we have had. Great to see so many there.

FURTHER CONGRATULATIONS:

Joanne McLeod reports:

'Another excellent performance for Hoad Hill's **Sharon Dixon**. She attended the Kendal Winter League presentation in Sedbergh and received a trophy and voucher for winning the Fv50 league title as well as a voucher for being 3rd lady overall. Well done Sharon, strong and consistent running throughout.'

PAUL JARVIS MILE: SUNDAY 8th. of May



This is a great opportunity to race this road mile course, in memory of former club member Paul Jarvis.

It is a local club and 'friends of Hoad Hill Harriers' invitation only mile race. It is held on a flat, fast, measured course, starting behind the old GSK car park. It goes towards the coast and The Bay Horse Pub, returning through the sports club car park, finishing at the steps of the Sports Club.

Entry is a donation towards the club charities, and there will also be a BBQ operating, with profits also going towards our Charities.

There will be a shout out going on the Facebook site for helpers.

2022 Glaxo Sports club, North Lonsdale Rd, Ulverston, Cumbria

Glaxo Hoad Hill Harriers

Sunday 8th May

JARVIS PAUL MEMORIAL MILE

2022

under 8's must be accompanied by an adult

12.30 Junior Mile

1.00 Senior Mile

Certificates to all junior runners

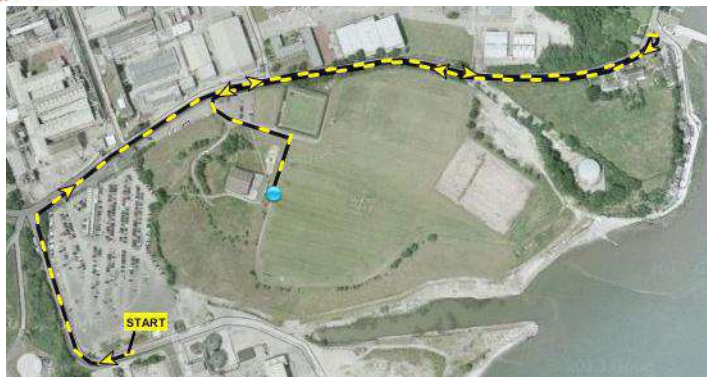
Minimum age 12

Invitation to all Local Clubs

Registration from 11.30

Donation entry

Made with PosterMyWall.com



KENDAL WINTER LEAGUE: CUNSWICK: 6th March



Sharon Dixon had another superb run in this series, finishing as first lady and 1st. Vet 50

MERCER SURREY HALF MARATHON: 6th. March



Elsie Roberts: 'Steady progress in the right direction. Mercer Surrey Half Marathon, my legs decided to cooperate today - I can't tell you how good that feels, bonus on the morning was spotting 2 sub 1.40 pacers to stop me going off too fast. I felt much better today, my chip time 1:38.06.

I did a lot of glute and core activation work before the race as you could warm up in the sports hall, pretty sure this helped.'

1:38:06 38th Lady/511

PARKRUN SUCCESSES:

Millom Parkrun **PB's** for **Simon Barton** 25:44 **Sally Barton** 27:07

Ford Parkrun **PB's** for **Robert Davis** 22:11 and again 21:33, **Pippa Martin** 25:14, **Laura Weston** 31:41 **Charlie Jeffrey** 18:52

Fell Foot Parkrun **PB's:** **Luke Turner** 18:07 **Heather Heppenstall** 20:50 **Terry Peet** 28:51

MID LANC'S X COUNTRY: TOWNELEY PARK: BURNLEY: Sat 12th March.



Well, that was a struggle getting a team together for the final race of the season. Holidays, injuries and a busy weekend of races made the job harder, but with new lad Charlie Jeffrey racing for the first time, and Rory helping out at the last minute, we made it! Conditions were surprisingly good, considering the rain during the week, with only a few muddy sections to contend with.



22nd. Charley Jeffrey 36:32



38th. Rory Anderson 37:31



88th. Ken Lamb 40:50



97th. Glen Boulter 41:44



108th. Andrew Jackson 42:31



139th. Peter Davison 48:53

With six men counting for team points, all six had to finish, but I needn't have been concerned, as all had strong runs. Charlie enjoyed his run, settling in gently in the early stages, then picked off a few victims as he got used to the course. Rory wasn't far behind with Ken running confidently, having his best run of the series. Glen managed to pull ahead of Andy, who had to content with a niggling injury for most of the race. The smile was back on Pete's face, having had a much better run than he had on this course in the first race of the season. Well done all.

The men's team finished 9th/16, Vet 40 team were 9th and the Vet 50 team were 7th.

DENT 14 AND 8: Sat 12th March

A 14.2 or 7.5 mile road race around the lanes of beautiful Dentdale in the heart of the Yorkshire Dales. An undulating course but the most scenic race you could do.

14.2 Mile: Usually well attended by club members, **Tom Southward** opted with the longer distance and had a cracking run, finishing in 26th place, 3rd. Vet 35, in a time of 1:43:52. **Sally Barton** doing her longest race to date, finished in 122nd place, 3rd. Vet 60, in a time of 2:16:43. **Penny Moreton**, doing this for the 12th. time, used it as a training session for the Keswick to Barrow walk, finishing in 3:20:28.

7.5 Mile: **Alison Cooke** continued her excellent form, finishing 23rd. overall, 6th. Female and 1st.Vet 60 in a time of 1:05:17. **Simon Barton** must have been pleased with his time, the longest race he has done for a long time, finishing in 44th/130 in a time of 1:13:21.



DENT 14: Living the dream Part 1. : Penny Moreton

The weekend of Dentdale 14.2 road race virtually coincided with the 10-month anniversary of my total knee replacement. I remember whilst still in hospital, chatting post op with my consultant if I could still compete in the future. The bottom line was, as a runner yes - but if I wanted to preserve the life expectancy of my new titanium joint, ideally no, at best it would last 10 - 15 years if I resurrected my marathon and ultras because of the impact on the joint.

However, if I kept weekly mileages sensible and walked events, some longer events could be pursued with suitable recoveries. So not being a soul to want to waste circa £15,000 and be capable of entering events for 20 and possibly even 25 years, I have been readjusting my goals.

Overall goal for the year - Keswick to Barrow - number 7 (tankard year) to celebrate the 1st birthday of becoming bionic. I needed some hilly training, so where best to start - Dentdale and Coniston 14's.

Dent was resplendent in what turned out to be warm sunshine and not as much breeze as anticipated. After seeing Hoadies Simon, Sally, Alison and Ashley, I was allowed to start early.

I made good progress to the first big road junction; the knee coped well with the descending route.

Onwards up to Cowgill with Dentdale Head ahead of me, the leading man caught me by the 11th mile, looking very strong. Thereafter, a steady stream overtook me.

Over the bridge at the top of the valley and this was to be the real test for my knee flexion, apart from two short sharp hills, it was downhill to the village. I changed my cadence to shorter strides which proved comfortable.

The last mile I was tired more mentally because of concentrating on my foot placements and not over striding. I finished in 3.20 - well pleased. It was lovely being able to cheer Sally to the finish. A grand day out, the W I sandwich and cake goodie bag was well received and my they make good cups of tea.

UK INTER-COUNTY CROSS COUNTRY CHAMPIONSHIPS: Preswold Hall XC: Sat 12th. March

The club was really proud to have three runners selected to represent Cumbria in the Inter County Championships at Loughborough.

Lauren Booth has struggled since selection with an injured ankle, however she persevered through her problems to run in the senior ladies' team, finishing as Cumbria's 5th counter.



'First race back since my third ankle injury. I got too giddy at the start, and was burned out by 2k, then died a slow painful death and finished in the back pack. But glad to have competed for Cumbria in such a high-quality field.'

The Cumbrian Men's team finished 22nd/34 teams,

Sadly, **Matt Elkington** was unable to take up his place due to illness, however, **Josh Hartley** finished in 156th/ 289, coming back 4th for the Cumbrian team.



CARLISLE HALF MARATHON Sun 13th March.

What a superb run **Mark Tomkinson** had at this race, all part of his training programme for Manchester Marathon.

Finishing 10th overall, 1st. Vet 50 and a half marathon **PB. 1:18:48**

'A PB. The rain stopped but the wind didn't. A lot of tight turns in the first 3 miles, cobbled roads and a run through a shopping centre at Mile 2. More than happy with that.'



GARSTANG GALLOP: Sun 13th.

Heather Travis: 'Garstang Gallop 7 miler, 4th lady, 1st vet45 (£10 prize money!) and 37th overall out of 170. My time was 52.48 on an undulating route (i.e. hilly!).'

JUNIOR SECTION:

Junior training is now taking place back at the Sports Club on Monday nights, 5:45 – 6.45. Help is still desperately required with these sessions, either parent helpers or senior members of the club.

We currently only have 11 registered juniors, yet more have been attending training. Please can all those who have yet to pay membership subs, please do so as soon as possible.

Parkrun PB Successes:

Millom Parkrun: **Holly Singleton 25:09**

Ford Parkrun: **Joseph Connolly 22:47**

MID LANCS X COUNTRY: BURNLEY: 12th. March

There were two great performances for our two under 15 runners, representing the club for the final time, having transferred to Leven Valley AC to run and train with friends their own age. We wish them all the best for the future.

4th. **Iona Smith** 11:55
13:27

3rd **Max Hazlehurst**

Justin Corbishley who has been struggling with an injury for most of the season, had a great run in the under 17 race, finishing strongly in 8th. place in a time of 20:38.

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.



CONISTON 14 March 26th.



Wow, what an incredible turnout from the club, it must be a record! Out of 806 runners, 34 were Hoadies. Many were doing it for the first time, and a fair bit of training had helped many achieve great times. On the day, the heat didn't help, and one or two were disappointed not to reach their targets.

However, Harriers scooped the ladies team prize with Amy Wheelan, Heather Heppenstall, Elsie Roberts and Lauren Booth being the counters here, and this is in addition to Heather also being first LV40 overall.

The men's team just missed out on being first to Manchester YMCA Harriers, but got a good second place with Nathan White, Ken Lamb, Scott Bremner and Gary Dover being the counters.



Nathan White:18th **PB** 01:29:09 Ken Lamb:50th 5thVet 55 **PB** 01:38:21 Gary Dover:52nd 7th Vet 55 01:38:54

Joanne McLeod: 'Coniston 14 for the 6th time today. Having been ill with a rotten cold all week, I only decided to run the race this morning. It was so hot, especially past Blawith and I ran my slowest time ever. But I was pleased with my strength on the hills and the fact that (for once) I avoided the dreaded cramp!! Super support throughout. Though I spent much of the race listening to people shouting "Go on Joanne "and wondering where on earth I knew that person from. It wasn't until the last mile that I remembered that my name was on my number!!'



Scott Bremner 56th **PB** 01:39:27



Darren Coward 59th **PB** 01:39:37



Adam Dawson 86th 01:44:00



Amy Whelan 88th 9th Lady 01:44:23



Tom Southward 99th **PB** 1:45:22



Heather Heppenstall 101st 10th Lady
1stFVet40 01:45:29



Elsie Roberts 145th 14thFemale
2ndFVet 45 01:48:32



Mick Cull 150th 01:48:38



Lee Winter 152nd 01:49:18

Ken Lamb: Coniston 14 a PB in 1hr 38m,49th/1200 and 5th Vet55. At 59 years young, I am running at my best and enjoying the rewards from all the hard work. It was tough going out there today and I really enjoyed the beer afterwards. A fantastic turnout from the club today and some great running. Thanks for the support around the lake too, it always helps. Feet up with some wine now!



Lauren Booth 154th 16thLady 01:49:08



Mike Cubin 169th 01:52:21



Simon Austin 174th 01:52:41



Damian Jones 178th 2ndVet 60 01:53:17



Joanne McLeod 179th 19thLady 01:53:20
3rdFVet 55



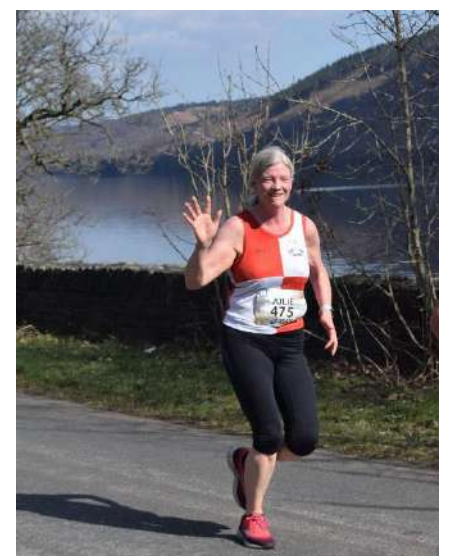
Mark Lehrle 185th 01:53:55



Rob Davies 188th 01:54:11



Kieran Olds 204th 01:55:37



Julie Hunter 247th 6th FVet 45
PB 01:58:34

Lee Winter: 'A fantastic day out at Coniston 14. My first race since breaking my foot back in October. Smashed my goal of 2hrs and came in 152nd out of 808 in 1hr 49.18. Its been a long road back but I'm confident of having a great summer of running with a couple of ultras in there. A massive shout out to all of the Hoad Hill Harriers and all of the support along the way.'



John O'Neill 313th 2:03:35 Bill Sharp 326th 7th Vet60 02:04:56 Deborah Yearnshire 354th 02:06:46



Sal Barton 414th 2nd FVet 60 02:12:21
Jeanette Chester 552nd 02:21:32

Pippa Martin 440th 02:13:46

Dorothy Stirling 595th **PB** 02:25:24
Mel Simmonds 597th **PB** 02:25:26



Angela Spencer 645th 02:31:21
Vicky Parkinson 644th 02:31:20

Kathy Edmondson 733rd 02:48:06

Steph Roberts 773rd 02:59:40



Penny Moreton 797th 3:13:01 2nd Shout Harriers : Phil Horrocks 1:47:52 and Karl Fursey 2:47:14

Coniston 14 - reliving the dreams Part 2: Penny Moreton

'Coniston 14 was the next target, my recovery after Dent had gone really well, if anything my descending had improved tremendously. I was starting 90 minutes early, and as I set off for my 18th circumnavigation of Coniston Water, I felt full of adrenalin and excitement. Leaving the village, many of the competitors were driving in and it was lovely to hear cheers of encouragement and toots of their horns, Gary and Ken even found time to take a photo. It was warm enough for just my vest and capris today, glad of my ultra-vest containing much needed liquid, I hadn't drunk enough at Dent and was overdressed - not this time.

I was amazed that I got to Water Yeat so quickly; in 73 minutes.

The east side of the lake was bathed in sunshine and the views across to the Old Man just so beautiful. The second drinks station was most welcome

The last mile was just brilliant, I felt none of the tiredness of two weeks earlier and to see such fantastic efforts from our Hoadies, it was just brilliant being passed by our first male Nathan. Then suddenly much to my surprise, Ken Lamb sped past me like a gazelle - a real tribute to his speed as Gary Dover was behind him! So good to see Gary recovered from his frustrating injury and both looking good for Edinburgh in May.

The village run in was full of spectators, and Simon appeared with his camera as I approached the finish. I crossed the line in 03.16:00, very happy, full of emotion and happiness as I collected the 40th anniversary slate memento. An incredible day, it was lovely to see so many of the club out in force and doing so well - just brilliant. Next target Keswick to Barrow in 42 days time -bring it on!



WILD DEER EVENTS: GRASMERE 10K TRAIL RACE: 19th March

This race starts and finishes at Grasmere Sports Ground. The run takes in parts of Grasmere Village, Grasmere Water, Rydal Water and passes Rydal caves at its peak. This fantastic course was loved by runners in the past two years with many describing it as Wild Deer's most beautiful 10k!!

Joanne: 'Team Hoad at Wild Deer Events' Grasmere 10k Trail Race today. it was a beautiful run and very good value for a trail race: a t shirt, a Guinness, a snack and a choice of a medal or socks (Caroline and I both opted for socks) all for £24!! It was very windy - we had a headwind for the 1st 3 miles. I would definitely recommend it.'

Joanne McLeod: 21st/167 Overall. 4th. Female 1st. Vet 50 00:51:11

Caroline Peet: 99th/167 Overall. 44th. Female 01:27:41



BUTTERMERE 20K TRAIL RACE: March 20th



Daren: 'A cracking morning at Buttermere 20k Trail Race, a really great but challenging course, and not quite as warm as it looked!'
Darren Coward - 4th 1:30:15 Adam Dawson - 15th 1:37:02



PILING 10K: Heather Travis:

I was at Pilling 10k again today! 2nd lady but I was slower than usual because I've had a cold and it was really windy again I won vouchers this time for 2nd. Lady and 1st. Vet 45

LANCASTER MOTHER'S DAY 10K: 26th of March.

Heather Travis did the Mother's Day 10k at Lancaster. ` 45.01, 5th lady, 1st vet45. I didn't enjoy the heat!'





KENDAL WINTER LEAGUE: ELTERWATER: 27th. March

Sharon Dixon 'It felt a long way up that hill, with a bit of rock climbing and falling rocks. Thank God it was the last one of the series! I have enjoyed doing them again after forty years of doing them the first time round.'
1st v50 ..3rd lady overall.'

COLEDALE HORSESHOE FELL RACE 26th. March

Many congrats to Harrier, **Matt Elkington** who won this fell race, representing his fell club Ambleside AC. Photographed on Grizedale Pike, he finished in 1:12:09. Run over a distance of 13.7 K, it includes 915 m of ascent. **Josh Harley**, representing his first claim club BCR, finished 12th. in 1:19:33



Stephen Wilson
www.granddayoutphotography.co.uk

MANCHESTER MARATHON: 3rd April: Mark Tomkinson



'An incredibly satisfying day today, I'm still reliving that feeling of crossing the finish line within my goal.

Training had gone really well and gaining a half marathon pb four weeks earlier in Carlisle helped my confidence. Based on my half marathon time, I decided on 6:25 per mile pace for the marathon (a time I wouldn't have dreamed of a couple of years ago).

The miles ticked by quickly and I was in Altrincham before I knew it, but drifted a little from my pace as it's quite hilly through there. A caffeine gel at mile 18 really gave me the boost I needed. As I passed the 25-mile marker I had a bit of a wobble and knew the dreaded wall wasn't far away. Managing the last mile was a bit of a blur but the buzz of crossing the line will stay with me for a long time.'

Finishing time 2:48:54

476th/24,000 11th.Vet 50

UPDATE: 'Some good news, I received a communication this morning from England Athletics, informing me I've qualified to run for England Masters at the Chester Marathon this October. I'm still processing the news, although I have ordered an England vest straight away!

ESKDALE ELEVATION FELL RACE: 9th. April

2nd. Shout member, Josh Hartley, representing BCR, finished 4th in this tough race, covering 11.45 miles and 4,911 feet of elevation.



LAKELAND TRAILS: HAWESHEAD: Sat 9th. April: Simon Barton:

What an amazing day to run on the fells of the Lake District!! Sunny with a cool breeze and a great venue!! We stopped at in our camper at Skelwith Fold camp site (between Ambleside and Hawkshead) so we only had a 10 minutes drive into Hawkshead. The downside was poor telly reception, upside the best shower block ever - underfloor heating!!



So after a grand shower and a fuel up, we were ready to race and were Hawkshead bound to a great venue on the field next to the village.

The start time was 11.00, and before we knew it, we are off (that's Hoadies: me, Sal, Lauren and Sharon)

I'd forgotten how flat the course was? Errr until mile 5 and you hit the Old Coffin Trail, which is basically a mile uphill - how on earth did they carry bodies up such a steep slope in days gone by?

Anyway the "sting in the tail" is that the 10km is actually 11.7km so at 10km, you can hear the tannoy at the finish, but it is still nearly a mile and a half away, although it is downhill!

There was entertainment on the way round too! At various points, including a point with a couple of miles to go - there were short queues of runners not wanting to run through mud or water!! Straight through it all for me and Mrs B!! and we made up a few places too!

All in all, a great day.

10k Race:

Sharon Dixon 12th 2nd Female 00:57:20 1st Female Vet50

Lauren Booth 17th. 4th Female 00:58:48



Simon Barton 92nd 5th Vet 60 01:16:36



Sal Barton 99th 4th F Vet 60 01:17:23



16K



Ross Whitaker – first race representing the club : 24th 1:24:00

MID LANCS TRACK AND FIELD:

If anyone is interested in participating in any of the track and field events below, please could you let me know: adrian.newnham@btinternet.com

It is hoped to run it on a similar basis to x country, people sharing transport, taking it in turns to drive etc. **Luke Turner** is our club contact to chat to about the events.

Jeff Chadwick is our Track and Field secretary, and he can be contacted at: jeffrey.chadwick@icloud.com

Details/ rules and info can be found on the Track and Field section on the Mid Lancs Site via this link:

<http://www.midlancs.org.uk/> This link includes times for individual races.

You must be a **first claim** member of Hoad Hill Harriers, and be registered this year with England Athletics.

You can enter as many fixtures as you wish, and it is free to enter, as our club pays to affiliate with mid lancs. You can choose up to 3 events plus a relay.

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

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

Sat 9th April Witton Park, Blackburn

Sat 7th May Sheepmount Stadium, Carlisle

Sat 4th June Wilson Playing Fields, Hyndburn

Sat 16th July Leigh Sports Village

Sun 7th August Litherland Sports Park, Liverpool

Sat 27th August Stanley Park, Blackpool

Registered to participate so far:

Jeff Chadwick

Luke Turner

Charlie Jeffrey

Nathan White

Scott Bremner

Heather Atkinson

Lauren Booth

Joanne McLeod

Anyone else can join in but you need Adrian Newnham to register you with Mid Lancs beforehand.

MID LANCS TRACK AND FIELD: BLACKBURN

April 9th.

Luke Turner attended the first meeting of the series. He equalled his 800m PB when he won his race in 2 mins 10 sec.



HELP HELP HELP:

We have received the following plea for help.

I would like to introduce myself as the Challenge Events officer at Brathay Trust, As you are aware we organise the ASICS Windermere Marathon, and this year we are making a return to a full event for the first time in 2 years, on **Sunday 22nd May**.

I am currently recruiting volunteers to help marshal the course and support around 800 runners. I would be really grateful if you could spread the word and ask your club members if anyone is able to volunteer on the day. We are able to offer volunteers a free entry into a 2022 Brathay Challenges event and if you are able to get a group of people together we could have a conversation about other ways to recognise your contribution.

I have attached a flyer if you need it. I am also happy to give you a call to talk about it if that's easier. I look forward to hearing from you.

Ali Young | Events Officer

Brathay Trust | Ambleside | Cumbria | LA22 0HP

t 015394 33041 | ext 1400 | e ali.young@brathay.org.uk | w www.brathaychallenges.com

SUNDAY 22 MAY 2022

The ASICS Windermere Marathon, organised by Brathay Trust, is one of Europe's most highly rated marathons. It raises valuable funds to support vulnerable children and young people.

How can you help?

Each year we rely heavily on the support of around 250 volunteers generously giving their time to make the day a safe and enjoyable event. A variety of roles are available on the day, both on the course and at the event centre at Brathay Hall.

Interested and available?

Contact: volunteering@brathay.org.uk
Visit: brathaychallenges.com

