



# **HOAD HILL HARRIERS** **NEWSLETTER**



**COVID EDITION FEB. 2020 – JAN 2021**





## **EDITORIAL:**

Well, what strange times we find ourselves in!! I started this newsletter in February a year ago, with the aim of getting it out in the first week of March.....then LOCKDOWN hit us. I am now a stone heavier, my blood/alcohol level has been at a constant high, and sadly my running mojo is wavering!

It's been a tough time, but hopefully, you have all got through the last year unscathed, and that this newsletter finds you and your families healthy and looking forward to things getting back to normal soon.

This newsletter is a mixture of the final events that took place before lockdown, and updates on what has happened during the year.

Once again, many thanks to all those who have sent in reports and photos last year, 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](mailto: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!!

I certainly feel for all of you who were training for various marathons and events that have been cancelled or postponed to later dates. I certainly found it hard to keep the enthusiasm for running and staying fit going, when the club ceased to function under normal conditions.

However, I really have to thank several members for their inventive ways to encourage us to stay active whilst having some fun at the same time during lockdown, and those that have helped us operate within the guidelines, once lockdown eased.

**Simon Barton**, for setting a variety of inventive, motivating challenges, to keep the club championships going.

**Damian Jones** for introducing 'hunt the club flag' and 'locate the treasure box!' It was great that many of you took part and that the flag has travelled all over the Furness area, (and even been hijacked by Walney Windcheetahs!)



**The Coaches:** Head coach **Damian**, for providing and organising a Covid secure environment for the Thursday rep sessions to take place, alongside the other main group leaders – **Tom Evelin** and **Mike Fawcett**.

**Tom Evelin** for organising internal 5k and 10k events.

**Mel Simmonds** for co ordinating the Monday night runs, along with the volunteer run leaders – **Damian, Graham, Richard, Pat, Simon, Frank, Leanne and Mike**.

**Lauren Booth** for her knackerer fitness videos.

**Stephen Peters** for organising the 24-hour running relay, to raise funds for St Mary's Hospice. Well done all those who took part.

**Louise Thompson** for setting challenges for the juniors over the summer months.

## **Honorary Members:**

It was decided unanimously at the AGM, to give honorary club membership to two longstanding members of HHH, for all that they have done for the committee and club over the years – Pat Thomas and Terry Gannon, they both thoroughly deserve the award. Terry has offered to continue as a committee member, whereas Pat, after many years of valuable service, has decided to stand down.

## **CONGRATULATIONS:**

..... to **Simon Barton** for reaching the milestone of 100 parkruns.

## **WELCOME:**

..... to new Senior members: Anne Bagshaw, Susan Graham, Lizzie Browne (second shout), Scott Bremner, Rob Fishwick, Ben Hood, Malcolm Hetherington and Junior members: Ruby Hewitt, Joshua Lockward

## **GOODBYE:**

Auf Wiedersehen to **Vincent**, who has been in Ulverston on work placement from Germany for six months, and has now returned home. During his stay, he has been an enthusiastic member of the club, representing us in several road races and x country. We wish him all the best for the future.

....Also, Goodbye to **Stevie Barron**, who has moved to London to be nearer family. She has been a valuable, proactive member of the club for many years and will certainly be missed. As she also still has family in the area, I'm sure we'll see her on her visits to Ulverston.

## **OBITUARY:**



**Pete Bland**, one of the most popular characters in the richly colourful world of fell running, died aged 79 after falling ill with the coronavirus. He was mainly known in recent years for running the sports clothing and footwear store in Kendal– Pete Bland Sports – and he was a regular at local races selling kit from his red van.

But he also organised events himself over the years, such as the Grasmere Sports, Rydal Round and Kentmere Horseshoe. And during his younger days was a fine fell runner himself, winning at the Ambleside Sports in the late 1960s, for example – as part of the Bland dynasty that also produced fell running champions such as Billy and Gavin. In addition, he was a member of the Fell Runners' Association and a team manager for fell running international squads.

His wife Ann was once a member of Hoad Hill Harriers, and a card was sent to the family on behalf of the club.

**Pam Leverton.** I have been asked by Pam's daughter Rachel, to pass on the sad news that on January 7th, Pam slipped away peacefully at her nursing home in Liverpool, following a brief period of illness. Thankfully, Rachel had been allowed access and was with her throughout.

Pam had been a member of the club for many years, with her last run being Barrow Parkrun in September 2015.

We have passed on our condolences to Rachel.

## **CLUB AWARDS 2020:**

We normally give out the club awards at our Christmas Presentation night dinner, but obviously the evening was cancelled this year.

The club chair considered recommendations from coaches and decided that the most **improved runner** this year was Liz White – most deserved – Well done Liz.

The committee recently discussed who has been the **most supportive club member** (non committee member) this year, and it was unanimously decided that **Frank McKeown** thoroughly deserved the award for stepping up to help out as a run leader on several occasions.





## **CLUB DATABASE: Julie Newnham**

Several club update emails I have sent have bounced back, as the email address no longer exists. If you have new contact details, i.e. phone, address, or email, could you please let me know so I can update our own database and that of England Athletics.

## **CLUB CHARITY:2019**

Chair Alan Wilson, presented club member John Barstow, Treasurer of Duddon and Furness Mountain Rescue Team, with a cheque for £650. The donation was raised at a series of events held by the club last year, and as the Rescue Team was our 2019 nominated charity, John popped in to receive the funds.

John explained to running club members the role of the rescue team and its area of operation in the Duddon Valley and surrounding Furness fells. He explained that they have 35 active members and answer 35 to 40 calls per year, in a variety of situations from the high fells and more rural locations. John also pointed out that they do rescue fell runners, having had some experience of this himself when he had to be rescued after sustaining a series knee injury whilst on Birkrigg! All funds come from voluntary donations and it costs approximately £40,000 per year to run the team. The Team was especially grateful for the donation at this time, as they are planning to build a new base in the Foxfield area. Fundraising is proceeding and if planning permission is granted, they hope to commence building work this year.



## **CLUB CHARITY 2021:**

Due to the fact we held no race and fun events in 2020, very little was raised for our club charities, Growing Well and Mummy's Star. It was decided at the AGM to continue supporting these charities this year.

## **COUCH TO 5K**

We decided to run a Couch to 5k course at the club, primarily for members who have had long term injuries and lapsed members of the club who hadn't run for a while but wanted to return. However, we were also approached by many non-members who wanted to join the sessions. Thirty participants attended the initial take-up, but this reduced to a hard core of 15 for the second half of the programme.

We were supposed to complete the final week with a club based 5k, then a 5k at Ford Parkrun. Sadly, Covid lockdown hit the final week, with the Parkrun being cancelled. Several managed to reach their 5k target on the club night; many congratulations to you all.

Once we return to Monday night runs, we will hopefully be able to accommodate those who aren't up to the average 6 miles the groups currently run, by having a group covering 5k, building up to 10 k over a period of weeks.

Many thanks to all club members who helped me as run leaders with this programme: Cath Whipple, Mel Simmonds, Steph Roberts, Christine Winder, Tom Evelin, Alan Wilson, Tony Clarke and of course Terry and Mike.

## **SENIOR MEMBERSHIP OF HOAD HILL HARRIERS 2021**

A year ago, 100 seniors re-joined in the first three months, and then we were hit with the pandemic. Lockdown prevented training and run groups for a while, and then when allowed to operate again under Covid secure conditions, we had to operate a booking system to train and participate in the Monday night social runs. Approximately 50 members returned to club sessions, whilst the rest of you preferred to run independently in your own time.

The committee is committed to the future of the club and growing/retaining membership numbers. Therefore, recognising the impacts on the club due to the pandemic restrictions, and to encourage ongoing membership and growth, it was agreed recently at the annual AGM to introduce some significant discounts for 2021 membership fees.

These following changes were agreed.

**Existing and New members:** Last year, membership of Hoad Hill Harriers was **£23**, of which **£8** went to Hoad Hill Harriers and **£15** was sent off to register individuals with England Athletics.

This year we will not be asking for the **£8** which goes towards club funds. The club will still have to pay **£15** to register you with England Athletics for the season 2021-2022, but we are only asking you to pay a contribution of **£5** of this. The club will pay the remaining **£10** from club funds. We would like you to make the **£5** payment by March 1st.

**Second Claim Members:** We will collect nothing from you, assuming your **£15** EA Affiliation is paid by **you** through your 1st claim club.

**New members:** Runners who have been trying us out for a few sessions and who wish to join, need to fill in the Hoad Hill Harriers membership form, downloadable on our Hoad Hill Harriers website: <https://hoadhillharriers.co.uk/join> Please send it to: [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com). You will need to pay your contribution of **£5** asap, to Hoad Hill Harriers, so we can affiliate you with England Athletics straight away.

### **HOW TO PAY HHHARRIERS SUBS:**

You can pay your **£5** contribution, towards EA registration anytime up to March 1st deadline.

- Please pay through BACS: Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHsubs to identify your payment; **and let Julie Newnham (membership secretary) know you have paid it**, so we can update records: [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com).

Or:

- You could post it to me: Julie Newnham, The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN. Please make cheques payable to **Glaxo Hoad Hill Harriers**.

### **GSK SPORTS AND SOCIAL CLUB**

Please be aware that, in normal non-Covid situations, all members of Hoad Hill Harriers, whether 1st or 2nd claim, have to be paid up members of GSK Sports and Social Club as well, with an annual fee of £30.

Many members may not be aware that the club also has to pay £60 a month to GSK Sports and Social club, towards the upkeep and maintenance of the club and grounds. Due to Covid, we were unable to fully use the facilities last year, and the first six months of this year is also going to give us restricted usage.

Our Chair, Alan Wilson contacted GSK S&S Club, concerning these charges.

We have been informed that the monthly payments for maintenance have been temporarily suspended, which is great news. A decision has not been communicated yet regarding the individual fees of £30/year. As soon as we hear something from the office, we will let you know.

### **AGM AND COMMITTEE 2021:**

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 2021. 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.

<b>Role/Position</b>	<b>Nominee</b>
Chair	Alan Wilson
Vice Chair	Terry Gannon
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
Women's Captain	Mel Simmonds
Website	Graham Pinder
Social	Karen Morgan
Other Committee Member	Peter Davison
Other Committee Member	Louise Thompson



## MONTANE GRIZEDALE TRAIL HALF/FULL MARATHON: Feb 2<sup>nd</sup>. Dorothy Stirling



Back in November, Mel suggested we set ourselves a challenge for the New Year and take part in our first Trail half. After a few days of me prevaricating, applications were in - no turning back now.

The reality set in on our first practise session at Grizedale on a beautiful snowy morning, boy are these hills steep and long! Anyhow, commitment made, both of us knuckled down to training with fantastic support from our Saturday morning crew - thanks all! We set to it over Christmas and New Year to up our hill training.

The 2nd Feb arrived as a dark drizzly morning, usual nerves and frequent toilet visits followed by a frantic look around for some other 'fun' runners - had we entered the wrong race.... everyone looks so lean and athletic with kit! Never mind, the gun went off as we excitedly set up the first big hill into the forest. The first 3 miles or so were a bit of struggle, thankfully Park-a-moor was just ahead and we could think more about keeping on our feet rather than dead legs. It was fun, I disappeared into a bog, Mel slid down the hill, but this is what trail is all about - loved it. Back onto forest tracks and time for the inevitable stop behind the log piles and a chat to a few of the amazing Marathon folk - hats off to them! After we passed through the water station at 8 miles, we followed a trail of discarded jelly men then spotted our first

'mushroom' and knew we were heading back. It was very peaceful at this stage (most half's had finished), it felt like a training run just me and Mel with the forest and its hidden animals for company. 11 miles and we started passing folk - what a feeling (we assured ourselves that at least some of them were doing the half), it fair spurred us on and at last we could hear the tannoy with the final downhill in sight. With big smiles and a strange spring in our steps, we crossed the finishing line, wet but proud and happy. As we gathered up our gear, we stopped to cheer on the first marathon finisher....how was that possible..... It was a great morning, which was topped off with our now traditional cake and coffee. As the endorphins flowed, conversation turned to what next.....

**Mel** and **Dorothy** ran together and finished in 2hours 41 min, and **Stephen Peters** ran his first marathon in a time of 4:30:40



## **MID LANCX X COUNTRY: LAWSONS GROUND, BLACKPOOL: 8<sup>th</sup>. Feb: Simon and Adrian**

Blackpool, was the penultimate round of the Mid Lancs Cross Country season. Storm Ciara was about to hit our shores, but on the day, conditions were blustery, but weren't too bad. The venue, which has not been used for several years; is a stone's throw away from Blackpool Zoo. Known as Lawsons Ground, it is a flat, fast and demanding course in places.

We managed to get together a team of 6 Ladies and 17 men to contest the senior races.



A total field of 135 ladies raced the 6km course with plenty of top league positions still up for grabs. Our first three ladies back put in a great performance. Finishing 7<sup>th</sup>/14, the team of Liz White, Alison Cooke and Stephanie Gillies, consolidated their 3<sup>rd</sup> overall position (out of 17) in their league, and are still in contention for promotion.

Stevie Barron helped the Vet 45 squad to maintain their team position of 3<sup>rd</sup>./10.

Sally Barton ensured that the Hoad Hill Vet55 team were the first team to finish, remaining at the top of their league.



35<sup>th</sup>. Liz White 29:17 ,



60<sup>th</sup>. Alison Cooke 31:13,



66<sup>th</sup>. Stephanie Gillies 31:43,



69<sup>th</sup>. Stevie Barron 31:50



95<sup>th</sup>. Sally Barton 34:46



124<sup>th</sup>. Penny Moreton 41:25





For the senior men, four large laps of the course (10km) in a race of 248 runners, provided lots of opportunity to consolidate current league positions.

In the early laps, Andrew Dorrian lead our men's team, but Dave Fulford, who knew the course well, soon caught him and lead our first team home. Dave finished with a surging sprint to end up in 13<sup>th</sup> place, closely followed by Andrew Dorian who finished in 19<sup>th</sup>. On the back of some great training, Mike Cubin was the third Hoadie home in 68<sup>th</sup> position, along with Vincent Jeuk, Luke Turner and Gary Dover. Our first team finished 8<sup>th</sup>./27 teams, ensuring the team has a strong chance of maintaining Division1 status next season.

Our vet 40 squad, still missing key injured runners, did well to finish in 10<sup>th</sup> position with Andy Jackson and Sean Dixon counting in our team of four.

Our Vet 50 team came in third, placing them above Red Rose Runners in the league, whilst our Vet 60 team of Graham Pinder, Pat Thomas and Tom Evelin consolidated third position in their league.







13<sup>th</sup>. David Fulford 36:10, 19<sup>th</sup> Andrew Dorrian 37:00 68<sup>th</sup>. Michael Cubin 40:10 85<sup>th</sup> Vincent Jeuk 41:36  
 94<sup>th</sup>. Luke Turner 42:00 99<sup>th</sup>. Gary Dover 42:13 136<sup>th</sup>. Sean Dixon 43:55, 151<sup>st</sup> Andrew Jackson 44:51  
 158<sup>th</sup>. Alan Wilson 45:12 168<sup>th</sup>. Glenn Boulter 46:01 181<sup>st</sup> Damian Jones 47:06 190<sup>th</sup> Graham Pinder 47:37  
 209<sup>th</sup>. Pat Thomas 50:09 217<sup>th</sup>. Peter Davison 50:49 225<sup>th</sup>. Tom Evelin 52:26 239<sup>th</sup> Simon Barton 55:14  
 240<sup>th</sup>. Frank McKeown 55:26 248<sup>th</sup>. Karl Fursey 1:05:37.  
 Did not finish: Richard Marlton, Adrian Newnham and Ken Lamb.

## **GREAT NORTH WEST HALF MARATHON: BLACKPOOL: 16<sup>TH</sup>. Feb**

**Elsie Roberts:** 1.44.42 204/1100 43<sup>rd</sup> female

This is a fast and flat course around the coastal front of Blackpool... A great race for a PB and an ideal warm up race for the Blackpool Marathon or Virgin London Marathon.

The event is now celebrating its 31st year, and grows in popularity every year. The event attracts almost 1500 competitors of all ages and experience and is a great spectator course for the family as it is a two-lap course.

## **PARK RUN SUCCESSES:**

**Ford Parkrun:** Michal Parka **PB** 21:48 Carol Whittle **PB** 27:58 Charley Brankin **PB** 28:12 Lizzie Brown **PB** 18:43 (**female course record**) Glenn Boulter **PB** 20:24. Darren Coward **PB** 19:54 Jonathon Cody **PB** 27:47

**Barrow Parkrun:** Glenn Boulter **PB** 20:44, Alan Wilson **PB** 21:05, Alison Cooke **PB** 23:43 Mark Tomkinson **PB** 17:50

**Lytham Parkrun:** Alan Wilson achieved his overall parkrun PB – 20:50

**Brathay Park-Ambleside Parkrun:** Simon Barton set a new Vet 60 course record.

**Fell Foot Parkrun:** Lauren Booth was 1st. Lady finisher.



## JUNIOR SECTION:

### MID LANCS X COUNTRY: LAWSONS GROUND, BLACKPOOL: 8<sup>th</sup>. Feb



39<sup>th</sup>. Iona Smith 12:12



36<sup>th</sup>. Max Hazlehurst 13:24

### JUNIOR PARKRUN SUCCESSES:

**Ford Parkrun:** Leven Sopworth Nicholson **PB** 20:34, Leven Spoworth Nicholson **PB** 20:13 Ben Barclay **PB** 23:39 Holly Heffernam **PB** 23:45, Oscar Yearnshire **PB** 26:05, Emily Spencer **PB** 27:03

**FIND AND HIDE THE FLAG:** Well done all those juniors who took part.





## **JUNIOR SECTION: (Contd.)**

### **STRAVA ART**



Well done Zach and Joe who planned, then ran 4.5 miles around the streets of Ulverston to complete this Strava reindeer.

### **MID LANCS LANCASTER X-COUNTRY**



Under 11 boys: 37<sup>th</sup>. Dougie Mitchell 8:32  
Under 11 girls: 48<sup>th</sup>. Lily Mitchell 10:07



Under 13 boys: 34<sup>th</sup>. Max Hazlehurst 13:36

### **JUNIOR SUMMER CHAMPIONSHIPS:**



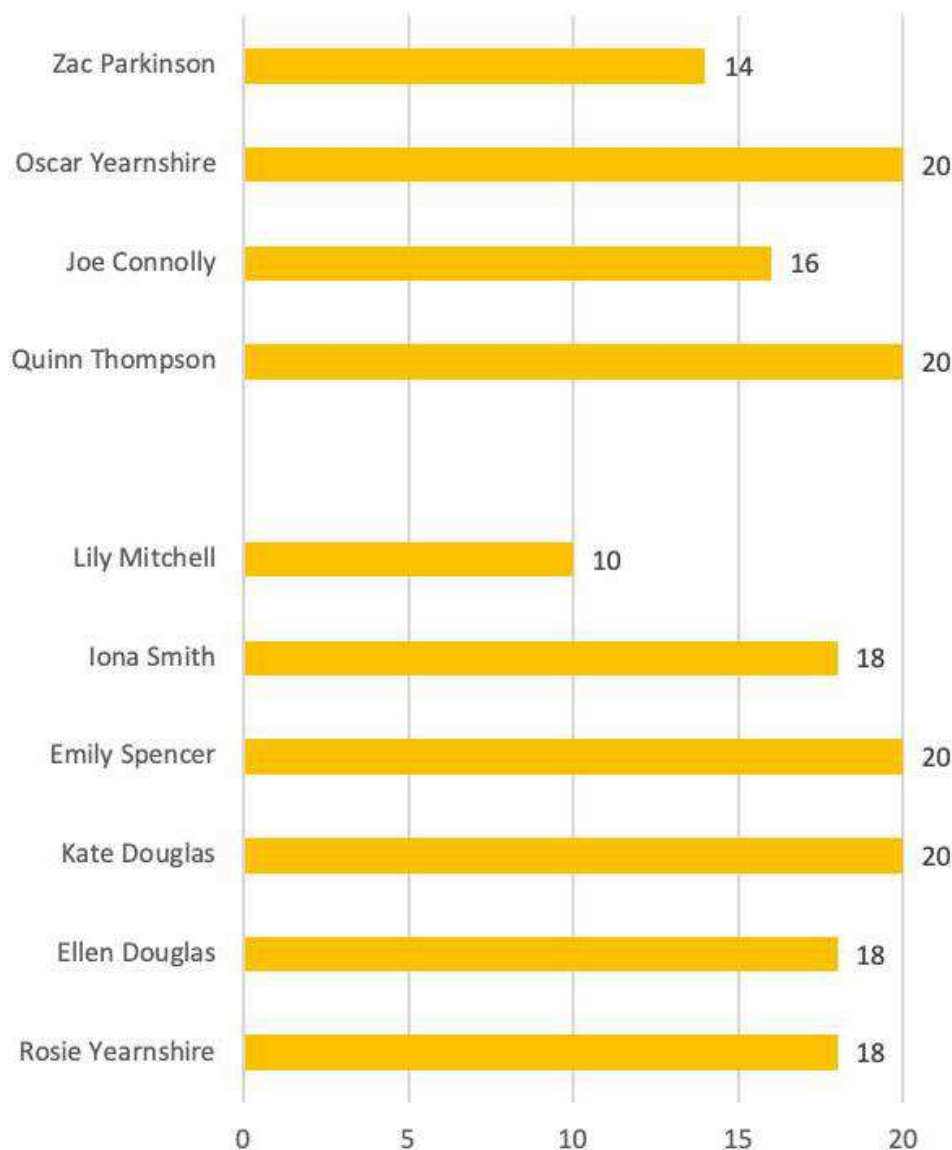
Junior coach, Louise Thompson organised a series of weekly challenges for the juniors to count towards the Junior Championships.



## **JUNIOR SECTION: (Contd.)**

### **Glaxo Hoad Hill Harriers Virtual Junior Championship 2020 - Points After Challenge Week 1**

These are the only results I have at the moment; I will update once the final results are in.



## **JUNIOR MEMBERSHIP AND TRAINING 2021.**

Firstly, the club apologises for the fact that no training has taken place for the junior section since the Pandemic started last March.

Obviously, lockdown meant that training was not allowed to take place. Once the lockdown was lifted, for any training to take place the club had to set up a covid secure environment, including allocating a covid officer and risk assessments. England Athletics, under whose regulations and guidance we operate, were quite strict in how we would be able to train again so we would fit within government guidelines; and remain safe.

Whilst we were able to organise the senior section to start training again, it proved too difficult to get the juniors training as well.

The main problem was that two of the main junior coaches were shielding, and their presence was required for junior sessions to be allowed to take place under the current guidelines.

The committee will therefore make it a priority to discuss ways to get the juniors started again once the current lockdown is lifted.

We will therefore not be asking for any membership fees until the situation is resolved and will obviously keep you informed of developments.



## **LANCASTER VALENTINES 10K: 16<sup>th</sup> Feb: Heather Travis**



46.09, 61<sup>st</sup> overall  
out of 235



I had pre-entered this race but then came down with a streaming cold a few days beforehand, so I wasn't sure I would be able to run. I felt a bit better on the morning though, so decided to go ahead although Storm Dennis was still blowing a gale.

I knew it wouldn't be a PB day as I wasn't feeling 100% and there were a lot of faster ladies there, so I was happy to just run my own race. I got to 3 miles feeling ok but as we turned back along the river, the wind was buffeting us and I started to tire. There was only one small section where I felt like the wind was behind me so I could speed up, the rest of the time it was either against me, or coming side-on across the river.

As I was crossing the bridge near the end, a guy came sprinting past me and I wondered where he'd come from. When I crossed the line, I said to him "That was some sprint finish" and he said he'd actually been 5 minutes late for the start and had sprinted the whole way round trying to catch people!

I always enjoy the races at Lancaster, although they aren't the most exciting routes but it's nice and flat, the medals are good and this time, I particularly liked the pink heart-shaped mile markers along the route!

### **Park Run 100: Simon Barton**

Eee... who would have thought a 100 Park Runs, not me, not back in April 2013 when it all started? I managed 8 in the next two and a half years! something to do with a dodgy knee, which eventually got a clean out and then a rehabilitation period getting me to 2016.

As they say the rest is history, and getting to 100 has involved 51 visits to Barrow Park Run and 49 visits cast across 25 other locations on our travels! Some locations have been very ordinary runs in extraordinary places like Oban and Inverness! and very demanding runs such as Whinlatter. Here, they take you on a "rollercoaster" type run, with downhill first, then a good mile of up- uphill until you nearly get to the finish line and then they take you down a steep path losing a third of the climb you have just invested a lot of effort in, to go back up again! Then there's Morecambe, which is very flat and fast and PB material, where you can see the finish line sign from half a mile away, only to realise too late – that the finish sprint I started was way too early!

For a bit of beauty, I think "The Pastures" set beneath Alnwick Castle in Northumberland is well worth a visit, but on the minus side, part of it is along the riverbank with loads of half flattened mole hills. On the plus side, it's the only time I have set an age category record! (mind you it was only their 8th event and my claim to fame only lasted a week!)

Now what's next? oh yes getting my 25th Volunteer at the end of February and onwards to 250 park runs - might manage that before I am 70!

I finish with my top 5 (run + café): Barrow, Lytham, Southport (Hesketh Park), Harrogate and Morecambe (on a calm day!!)





## NETHERALL 10 MILE: 23<sup>rd</sup>. Feb: Simon Barton



Well I wasn't expecting that!! Got up ready to take Sal to the race at Maryport, and planned that while she was doing the race, I was going to do a steady 5 miler with Ashley!!



Err,.. not quite, as somehow I decided to have a go at the race and when we got there, Ashley decided the same!!

Unfortunately or fortunately, it was that long since I'd done this race, I had forgotten about the hills!! ..and to add to my misery, there were strong blustery winds with the odd wintry shower on the day!

So just to remind folks, Mile 2 is uphill, mile 3 downhill, mile 8 is uphill and 9 and 10 are downhill, a wee beasty!!

Unfortunately poor Ashley had to stop at mile 6 struggling with his knee, but I'm sure he will be back soon.

69th Alison Cooke 81.31 2<sup>nd</sup> FVet 55, 78th Simon Barton 84.26 4<sup>th</sup>.Vet 60

104th Sally Barton 89.44 3<sup>rd</sup> FVet 55, 145th Penny Moreton 109.53

3<sup>rd</sup>.FVet 60. There was a fabulous feast put on by the organisers afterwards, I wonder if this race might be in the club Champs next year!!



## **MID LANCS X COUNTRY: RYELANDS PARK, LANCASTER. 29<sup>th</sup>.Feb: Adrian**

Ryelands Park in Lancaster, hosted the final fixture of the Mid Lancs x-country season. Clubs from Cumbria and Lancashire were in attendance, battling it out for team, vet group and individual standings.

I set two targets for this season. One was to get the ladies' team promoted from division 3 to 2; and the other was to keep our league 1 status for the men's team. It was difficult to make targets for the vet teams, as we had key runners missing from various teams, due to long term injuries.

It was imperative we fielded strong teams, and I was certainly not disappointed with the results of my rallying call.



With Lizzie Browne joining the club recently and being eligible to race for us, we fielded a strong ladies' team. As the team are currently lying third in the league, trailing by two points, with the top two gaining promotion, a good result today could just put us ahead of the other teams.



2<sup>nd</sup>. Lizzie Browne 23:38



9<sup>th</sup>. Becca Rooke 26:35





Despite no competitive runs for a while, Lizzie and Becca settled in quickly, and paced things well, eventually moving up the field. Lizzie had a confident run, and once she found herself in second place, with a half minute cushion between herself and the third placed runner, she started to smile and enjoy herself.

Becca too was having a great run amongst a tight group, finishing in 9<sup>th</sup> place. Backed up by Elsie Roberts, our third member back in 28<sup>th</sup>. they gave our ladies' team the best result of the season, finishing in 2<sup>nd</sup> place overall, out of 33 teams.

Our B team also finished well, with Liz White, Lauren Booth and Alison Cooke bringing the team in 13/33. Our remaining ladies all fought hard to earn team points.

Our vet 35 team finished 6/14 whilst the Vet 45 team finished 8/13 and finally, our Vet 55 team finished 3/5.

28<sup>th</sup>. Elsie Roberts 28:11



44<sup>th</sup>. Liz White 29:40



52<sup>nd</sup>. Lauren Booth 30:38



53<sup>rd</sup>, Alison Cooke 30:42



70<sup>th</sup>. Stevie Barron 31:59



96<sup>th</sup>. Sally Barton 34:23



134<sup>th</sup>. Penny Moreton 42:18



Another great turnout and a strong men's team should help us hold onto our league 1 status. Conditions were perfect and not too muddy underfoot. It was evident in the early laps, that Matt Elkington was going to finish well, as there was little between the runners in the leading group. Further back, Andrew, Mike Cubin and Matt Rooke were having cracking runs, with Andrew having a great battle with Barrow Strider, Bob Atkinson.

On the final leg, the leader kicked for home, opening up a small gap between a Kendal runner and Matt. There



were only seconds between them as Matt finished in third place. Andrew and Mike continued their superb runs, producing their highest finishes of the season. Backed up by Matt Rooke, Gary and Sean, our first team finished 5<sup>th</sup>. out of 24 teams, securing our place in league 1 for another season, a great result.

The 'b' team of Richard Marlton, Mark Simmonds, Lewis Watts, Jeff Chadwick, Andy Jackson and Glenn Boulter finished 19<sup>th</sup>.

Our Vet 40 team were 5/15, the Vet 50 team were 1<sup>st</sup> out of 10, whilst our Vet 60 team were 4<sup>th</sup>.



3<sup>rd</sup>. Matthew Elkington 33:06  
49<sup>th</sup>. Matthew Rooke 39:14  
112<sup>th</sup>. Richard Marlton 42:25  
127<sup>th</sup>. Jeffrey Chadwick 43:06  
172<sup>nd</sup>. Graham Pinder 47:29  
203<sup>rd</sup>. Tom Evelin 53:25

13<sup>th</sup>. Andrew Dorrian 36:08  
73<sup>rd</sup>. Gary Dover 40:46  
117<sup>th</sup>. Mark Simmonds 42:40  
140<sup>th</sup>. Andrew Jackson 43:50  
200<sup>th</sup>. Ken Lamb 52:03  
206<sup>th</sup>. Adrian Newnham 53:42

35<sup>th</sup>. Michael Cubin 38:27  
102<sup>nd</sup>. Sean Dixon 41:59  
119<sup>th</sup>. Lewis Watts 42:48  
153<sup>rd</sup>. Glenn Boulter 44:59  
201<sup>st</sup>. Simon Barton 52:07  
215<sup>th</sup>. Karl Fursey 1:03:50





Once again, I had great support in organising teams for the races, thanks to many of you responding to my constant hounding a fortnight before each race! Sixty-nine seniors represented the club throughout the season, forty-six men and twenty-three ladies.

Twelve juniors also participated throughout the season.

Sometimes, I feel more effort was put in by some into the production of post-race cakes and savouries, than the races themselves; but who am I to complain!

The addition of the inflatable tent for changing, certainly made life easier for the ladies.

**LADIES:** Sadly, my main target of promotion for the ladies' team from Division 3 to Division 2 was just missed by a couple of points. Although we had accrued the most points over the series of six events, the rules state it is only the best four scores from the six which count, which therefore put the team into 3<sup>rd</sup> place out of 39 teams. This is still an incredible achievement which they should be really proud of.

Hopefully when things resume, we will be challenging for top spot again. Our 'B' team also did really well, finishing 8<sup>th</sup> out of 39 teams.

Our ladies Vet teams also finished high up in their respective Vet divisions. The Vet 35 team were 5<sup>th</sup> out of 23 teams, the Vet 45 team were

3<sup>rd</sup> from 21 teams and receive bronze medals and the Vet 55 team were 2<sup>nd</sup> from 8 teams, receiving silver medals – a great achievement by all who took part!

Individually, **Elsie Roberts** (25<sup>th</sup>) **Lauren Booth** (29<sup>th</sup>) and **Liz White** (37<sup>th</sup>) were our highest three overall point scorers out of 108 ladies who raced four or more races.

Many congratulations to **Alison Cooke**, who finished 3<sup>rd</sup> overall in the Vet 55 category.

**Men:** Thanks to some strong and consistent individual runs from our faster runners, we maintained our Division 1 status, finishing 5<sup>th</sup> out of 7 teams, whilst our 'B' team finished 4<sup>th</sup> from 24 teams in Division 4.

Our Vet 40 team finished 4<sup>th</sup> in Division 1, whilst the Vet 50 team finished in 3<sup>rd</sup> place winning bronze medals, as did the Vet 60 team, gaining bronze medals as well.

I have the medals and will distribute them when things get back to normal and we can meet up again.

A great achievement was gained by **Matt Elkington**, who was the overall winner of the Senior Men's category, followed by **Andrew Dorrian** (12<sup>th</sup>). It is the first time in the history of our club, that someone has been an overall winner, so many congratulations Matt.

Sadly, the 2020 -2021 season was cancelled due to Covid, hopefully be able to return in October 2021!





## **HAWESWATER HALF MARATHON: March 1<sup>st</sup> 2020**

The Haweswater Half Marathon follows an out and back course from Bampton village, passing along the shores of Haweswater in a remote and dramatic mountain valley. The hilly course offers an exhilarating run, in unique surroundings.



46<sup>th</sup>/389 Darren Coward 1:31:52

73<sup>rd</sup>/389 Tom Southward 1:35:22



## **BRATHAY TRUST TRACK FUNDRAISER: BARROW: March 15<sup>th</sup>. Heather Travis**



What a day at the track fundraiser for Brathay Trust. I did a total of 67 laps and altogether our team did 180, winning the team challenge.

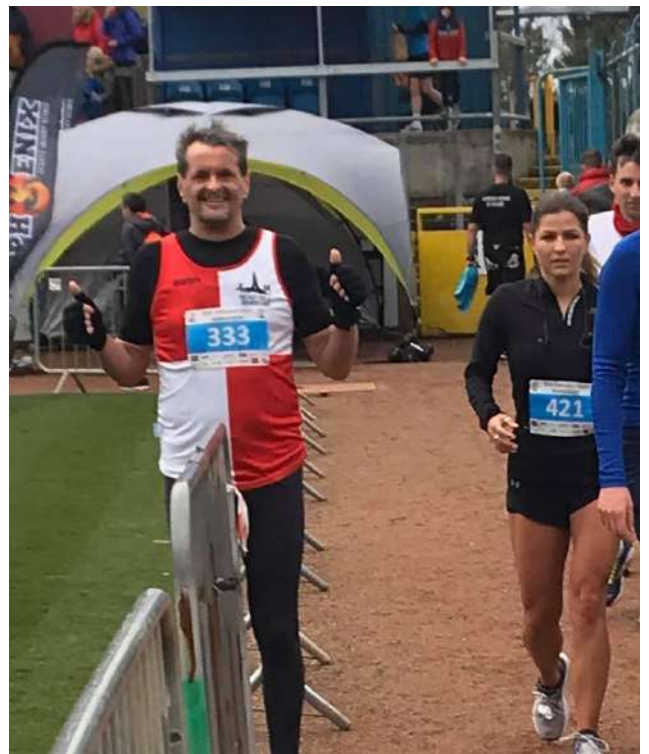
Club members taking part on the day were myself, Karl Fursey, Alastair Macdonald, Terry Peet and Mark Lehrle. This was a fun challenge for teams or individuals to test themselves at their own pace, while raising money for a fantastic cause.

The event consisted of the following;

A six hour track challenge - complete as many laps as you can in six hours on your own or as a team -or-

A two hour track challenge (for children) or a timed mile. All profits were donated to the Brathay Trust.

## **CARLISLE HALF MARATHON: Sun 15<sup>th</sup> March**



Dave Fulford had a cracking run, finishing in 6<sup>th</sup> place from 526 runners and 2<sup>nd</sup> Vet 40 in 01:16:35. This resulted in a blistering pace of 5:50 min/miling.

Ken Lamb should also be pleased with his run, finishing 168<sup>th</sup>. in a time of 1:45:55. Well done both.





Elsie Roberts 127<sup>th</sup>/467 2:41:31

This race takes you through the historic City of Lancaster and the stunning Lancashire Lune Valley countryside. The course is 99% traffic free and is a flat, fast course which is often used as perfect preparation for the London marathon.



Penny Moreton 450<sup>th</sup>/467 4:10:44



## **PAUL JARVIS VIRTUAL MEMORIAL MILE: May/June 2020 : Louise Thompson**

Sadly, due to the current Corona Virus epidemic, our Paul Jarvis Memorial Mile became a Virtual Event. Participants had to log their mile attempt using any location - trail, road, track or laps of a field, while keeping to social distance guidelines. You could enter as many times as you wanted, per one donation made to our 2020 nominated charities, Growing Well & Mummy's Star. Strava, Garmin or photo evidence was accepted as evidence of the distance covered and time. Congratulations to those who took part, and a big thank you to Louise Thompson for organising the event and compiling the results.

### **RESULTS**

NAME	MEN'S TIME	WOMEN'S TIME	JUNIOR TIME	
Dave Fulford, GHHH	4.59			1 <sup>ST</sup> MALE
LUKE TURNER GHHH	5.02			2 <sup>ND</sup> MALE
Ethan Harvey GHHH			5.57	1 <sup>ST</sup> JUNIOR
Heather Travis GHHH		6.13		1 <sup>ST</sup> FEMALE
James Fulford UA			6.14	2 <sup>ND</sup> JUNIOR
Glen Boulter GHHH	6.17			3 <sup>RD</sup> MALE
Quinn Thompson GHHH			6.57	3 <sup>RD</sup> JUNIOR
Keiran Harvey GHHH			7.18	4 <sup>TH</sup> JUNIOR
Leanne Bayliff GHHH		7.22		2 <sup>ND</sup> FEMALE
Oscar Yearnshire GHHH			7.30	5 <sup>TH</sup> JUNIOR
Joseph Connelly GHHH			8.21	6 <sup>TH</sup> JUNIOR
George Gilbert GHHH			8.50	7 <sup>TH</sup> JUNIOR
Zach Parkinson GHHH			9.20	8 <sup>TH</sup> JUNIOR

## **24 Hour ST. MARY'S HOSPICE CHARITY CHALLENGE: 15<sup>th</sup>. May 2020: Stephen Peters**

During the incredibly tough times we find ourselves in, our local hospice, St Mary's Hospice still had to function and care for those most in need. The hospice costs around £3.2million a year and is funded only 18% by the NHS - meaning the remaining 82% is raised by donations and fundraising!

Covid-19 has meant that the hospice has had to shut its much-loved cafe - a great source of income to help cover these running costs.

We felt that as a local club there was an opportunity to help raise some much-needed funds to support the ongoing work the hospice is doing during these testing times.



We decided to organise a 24-hour run, similar to one run by Black Combe Runners. Members of our running club decided to cover a total running time of 24 hours, aiming to cover as many miles as possible. Starting on Friday 15<sup>th</sup> May at 6pm, different runners were allocated a 1-2hour window to cover as many local miles as they could. They completed their run and once home, the next person set off for their run. It continued right through the night and the following day and finished at 6pm on Saturday 16<sup>th</sup> May. We had to run within Covid-19 restrictions and to stay safe, the runs during the day were limited to only 1 hour, runners were alone and followed 2m social distance guidelines.

Every runner set off from their home, and returned within the allocated time, therefore preventing any unnecessary travel.

Our night-time runners were allowed to cover a 2-hour run - this was to minimise the number of runners out during these hours where there was more risk. We wanted to stay safe as well as follow government guidelines.

Once a runner had returned, they updated everyone that they were back via Facebook and text, allowing the next person to go out - taking away any face-to-face conversation. Strava stats, a picture of their watch with stats showing or any form of evidence showing the details of their runs were also posted.





**24 - HOUR CHALLENGE (Contd)** Money was raised through a JustGiving page, to decrease the handling of any money.

THANKS TO EVERYONE WHO DONATED AND RAN TO RAISE FUNDS AND GET SPONSORS we have raised **£1750** as it stands for St Mary's Hospice! So well done for reaching our original goal of £500 and tripling it.

A total of 260 miles were covered and 18500ft climbed! You guys have done so well!!!

Thanks everyone for taking part and everyone for their donations!! It's going to a great cause!

Specials thanks to Alastair for going out twice in the 24-hour challenge for 2 x 16 mile runs!! A huge effort!

Runners:

Friday 15th May

1800-1900 Terry Peet & Caroline Peet

1900-2000 Leanne Jane Bayliff

2000-2100 Ian Peters

2100-2200 Jimmy Howarth & Kenneth Lamb

2200-0000 Alastair Macdonald Re & Richard Walker/Helen Walker

Saturday 16th May

0000-0200 Darren Coward

0200-0400 Stephen Peters

0400-0600 Damian Jones

0600-0800 Sally Barton

0800-0900 Simon Barton & Hannah Milby

0900-1000 Mick Cull & Heather Travis

1000-1200 Paul Managh & William Sharp

1200-1300 Tom Evelin

1300-1400 Gary Dover

1400-1500 Lewis Watts

1500-1600 Tom Southward & Terence Gannon

1600-1700 Liz White

1700-1800 John Edward O'Neill





## **HOAD HILL HARRIERS VIRTUAL 10K JULY 2020**

As our main club event was cancelled, it was decided to hold this event as a virtual race, where participants could run a 10k any time in July, at a location of their choice.

### **FINAL RESULTS VIRTUAL SUMMER 10K RUN**

1; Darren Coward ;00;42;19	Hoad Hill Harriers
2; Glen Boulter ; 00;43.21	Hoad Hill Harriers
3; Graham Pinder ; 00;44.58	Hoad Hill Harriers
4; Damian Jones ; 00;45;26	Hoad Hill Harriers
5; Heather Travis ;00;45;47	Hoad Hill Harriers
6; Liz White ;00;48;11	Hoad Hill Harriers
7; Will Sharpe ; 00;48;34	Hoad Hill Harriers
7; Phil Horrocks ;00;48;34	Hoad Hill Harriers/Walney WC
9; Simon Barton ; 00;52.03	Hoad Hill Harriers
10; Sally Barton ; 00;52.42	Hoad Hill Harriers
11; Michael Hobbs ; 00;53;01	
12; Frank McKeown ;00;53;08	Hoad Hill Harriers
13; Cath Wilson ; 00.53.37	
14; Rob Raine ; 00.59.26	
15; Deborah Moran ; 01.01.41	
16; Charles Gowers; 01.02.58	
17; Karl Fursey ; 01;03;30	Hoad Hill Harriers
18; Christine Winder; 01;09;01	Hoad Hill Harriers
19; Bryan Bayfield ; 01;12;19	
20; Sharon Cassidy ; 01.18.45	
21; Gemma Hall ; 01.31.19	

## **THE TITUS TROT MARATHON: Ken Lamb 13<sup>th</sup> Sept 2020**

The Titus Trot has something for everyone: first time '5k'ers, building on your distance or going the whole Ultra, there are six different distance races to enter!

It has a great atmosphere, brilliant support from fellow runners and it has Cake!

All runners will enjoy the beauty of Saltaire (a World Heritage site) and everyone except the 5k runners get to see close up, the Five Rise Locks, the most spectacular feature of the Leeds and Liverpool Canal,

The route is along the fantastic Leeds Liverpool canal with some beautiful views. The tow path has been resurfaced and is predominantly flat (a few locks) and good underfoot (but some bits of mud).

26.8miles was done in 4:22:49, finishing 23<sup>rd</sup>. and now deserving of a beer or two.

It was a tough day at the office, underfoot conditions and heat and stomach pains too, did for me today. But I was happy to have got a marathon done in a year of few races.





## **LAKELAND TRAILS: KESWICK DERWENT WATER 10K (Actual 5.2 miles) September 5<sup>th</sup>.**

### **SIMON BARTON**

Excited but nervous, we set off on our first running adventure in these strange times. Lakeland Trails emails suggested that they had a good Covid secure set-up which helped us feel positive.

The weather was cloudy, cool, with a slight breeze, perfect running conditions for a canter around Latrigg!

The start and finish was in Fitz Park and was very well organised. The start method meant that the 250 competitors were spread out over an hour and a half, setting off in groups of 6 with at least a minute in between each group.

As you entered the start you had to wear a face mask and use the hand sanitiser station. Once started it was 150 metres to the exit of the park where you could then take off your mask. This was good because it showed the other park users that safety was a high priority of the race organisers.

After all that then there was the mere detail of completing the course!!

We were met with 983 feet of ascent in the first 3 miles, which necessitated some walking by most of the runners. BUT, then there was a great descent for 2 miles back to the park, with a lap of the park to finish off with, welcomed by the drumming band.

The organisers had suggested putting your mask on once through the finish, and then collect your T shirt in a one-way system, then outside, however because of the staggered starts there were very few people around even including supporters, so they weren't needed.

The race had live timing, so you could track your finish time, and others, as it was updated.

The only downside, I was hoping to finish near Steve Perry of Lancaster & Morecambe, unfortunately on the wrong side!! He beat me by 8 seconds!! Always next time!!



244 Finishers

13<sup>th</sup> Tom Southward 42.16

43<sup>rd</sup> Simon Barton 51.04

94<sup>th</sup> Sally Barton 57.05



My aim was to attempt (for the 41st time,) to break the 3-hour marathon barrier. Would this possible? probably not, as age, no racing due to Covid restrictions and 40 failures so far; suggest it is beyond my limited talent, but being a runner, we never give up!



So as the London Marathon was cancelled, my alternative was to run clockwise up North Lonsdale Road, then down the canal, to complete the lap. In the Virgin Virtual London Marathon, I have a hare to chase, or rather a Lamb called Ken. With 22 mins between our marathon PBs, it should be close. We decided to set off at the Glaxo club car park at 9am, with the challenge being to lap Ken before I have completed the marathon. I hoped to start at 7 min miling.

Why 2:59:12, I think two runners from the club will identify with that time, all others can you guess?

On the day, I had absolutely fantastic support all the way

round, I felt like Kipchoge surrounded by pacers, Kenneth Lamb, Darren Coward, Mike Cubin, Damian Jones, Tom Southward, Richard Walker and Scott Bremner.

They all took turns in carrying drinks and clearing my path, I could not have run that time without this help, so a massive thanks to you all, and to all supporters cheering us on, from all around the loop.

Sorry, but a sub 3 was not to be, 3:03:36 was my final time, I felt a bit broken, well a lot broken really and have serious doubts about running the Langdale Marathon in a few weeks time.

A huge thank you to all donations to the Rosemere Trust, especially in these hard times. Including gift aid, you helped me raise a total of £561.... thank you all.



## **KEN LAMB**



Well, that's another marathon bagged, not quite the Lochness Marathon that I should have been doing.....however no sign of Nessie in Ulverston canal!!!

All targets were achieved, finishing in 3:46:47 and I am overwhelmed by the support that was out there for us today, from those that ran with us to those that encouraged us from the roadside. You were all amazing and I know I would not have done as well without that support. Thank you all.

**Karl Fursey:** I've done it, but with a niggling injury. I had too many break stops, including half an hour at home at 15 miles, so my net time was around 5:45 ish.

I was tired but still proud, despite this being my slowest ever time. I was cheated out of over a mile early on, when my watch lost the signal, so with the extra to make it up, plus a warm up and cool down, I've done about 28 miles today.



## **LAKELAND TRAILS, CONISTON 5<sup>th</sup> OCT 2020**



After the success of the Lakeland trails Covid secure races at Keswick, it was on to Coniston for the next series of races. Liz White 42<sup>nd</sup>. 58:39 10<sup>th</sup> lady 2<sup>nd</sup> F.Vet 40  
Sal Barton (2<sup>nd</sup>. F.Vet 50) and Simon Barton 1:08:52  
Total runners 260

## **LAKELAND TRAILS CONISTON MARATHON 6<sup>th</sup>. OCT 2020**



Alastair MacDonald 4:42:22  
Mark Bailey 4:51.30



## **LANGDALE HALF MARATHON: Oct 24<sup>th</sup>. Adrian**



This is a beautiful, challenging marathon/half marathon set in England's most spectacular mountain scenery. The Langdale Marathon has a reputation as the toughest road marathon in the UK. Taking in two laps of the Half Marathon course and reaching gradients of 1:3, this stunning marathon attracts both seasoned runners and a large number people looking for their next challenge.

The runners follow an anti-clockwise course from Great Langdale to Little Langdale and on to the picturesque hamlets of Skelwith Bridge and Chapel Stile. Climbing up to Blea Tarn and Foulstep. The start/finish line, close to Sticklebarn, is surrounded by the iconic Langdale fells. Pavey Ark, Harrison's Stickle, Bowfell, Crinkle Crag and Pike O'Blisco all overlook the runners as they wait for the start.

This year due to Covid restrictions, runners chose a starting time when entering the race, and were set off at staggered intervals. For the supporters and photographers, this meant a long day, made all the worse by the terrible weather conditions. The torrential rain and high winds, made conditions tough, so I was really impressed to witness Sally Barton battle against the elements in shorts and vest! As I was halfway up the first really steep climb, 1 mile after the start, I was further impressed to see Sally running, instead of walking, which is what the majority of runners did (until they spotted my camera lens!)

How Gary Dover managed, so soon after his virtual London marathon I don't know.

I am always in awe of anyone who tackles this course, and as usual, team Hoad did us proud.



### **Half**

Tom Southward 1:41:26  
Richard Marlton 6<sup>th</sup> Vet 50 1:49:32  
Liz White 2nd v40 2.00.28  
Sally Barton 2nd v55 2.14.20

### **Marathon**

Gary Dover 2nd v55 3.54.12  
John O'Neill 2nd v60 4.43.45



Liz White: 'Slightly slower than last year, but still pleased considering the monsoon conditions and rivers for roads.'

Tom Southward: 'It was tough out there today.'

Richard Marlton: 'First time I've done this half marathon, I've done many hilly ones including Buxton and Keswick, but the Langdale is def the hardest. Adrian caught me walking too but he was at the steepest part wasn't he?'

Sal Barton: 'I was warm enough, however the weather was biblical!'

Gary Dover: 'Never have I had to walk in the 2nd mile of a marathon, did today though. Really enjoyed the format, all credit to Brathay and the fantastic Marshals. Dressed for a polar trip and still cold, I will be complaining of nettle stings in the summer!'



10.



29.



## **CLUB CHAMPIONSHIPS 2020: Simon Barton**

So, 2020 was different, and we all had to go solo from the beginning of March, so how did it all turn out? (13 personal bests across the year) To all the category winners: **Congratulations**

### **Placings:**

Senior Female:	1st Liz White 221 points,	2nd Leanne Bayliff 144 points,	3rd Mel Simmonds 85 points
FV45:	1st Heather Travis 208	2nd Sue Graham 27	
FV55:	1st Sally Barton 243	2nd Christine Winder 158	3rd Penny Moreton 157
Senior Male:	1st Glenn Boulter 196	2nd Darren Coward 116	3rd Tom Southward 79
MV40:	1st Karl Fursey 201	2nd Andy Jackson 84	3rd Dave Fulford 79
MV50:	1st Damian Jones 197	2nd Gary Dover 168	3rd Ken Lamb 127
	4th Frank McKeown 112		
MV60	1st Graham Pinder 232	2nd Will Sharp 188	3rd Tom Evelyn 144
	4th Simon Barton 134		

### **The solo stats:**

MARCH - 4 miler - 32 solo times posted  
APRIL - 5km - 41 Solo times, with pbs from Mark Tomkinson 17.13, James Howarth 19.10, Liz White 22.35, Sally Barton 24.47, Terry Peet 25.46.  
APRIL - Half Marathon - 23 solo times, pb Terry Peet 2.24.51  
MAY - 10km (No1) - 34 solo times, pbs Glenn Boulter 44.44, Liz White 48.21  
MAY - 10km (No2) - 27 solo times, pb Glenn Boulter 44.20  
JUNE - 5km - 27 Solo times                      JUNE - 10 miles - 21 Solo times, pb James Howarth  
JULY - Metric Half M, 14 solo times              JULY - Metric Full M, 2 solo times              JULY - 10km, 12 solo times  
AUGUST - 4 miles, 22 solo times              AUGUST - 5 Miles, 17 solo times  
SEPTEMBER - 5km, 18 solo times              SEPTEMBER - 8 miler, 15 solo times  
OCTOBER - 1 miler, 16 solo times              OCTOBER - 10km, 14 solo times  
NOVEMBER - 4km, 22 solo times              NOVEMBER - 10 miles, 15 solo times  
DECEMBER - 5km, 20 solo times, pbs Glenn Boulter 20.14, Ben Hood 20.15, Liz White 22.19  
DECEMBER - 10km, 17 solo times.  
Well done everyone keep it going in 2021,

## **TO ALL THE WINNERS OF THE 2020 CHAMPIONSHIPS**

Just to let you know that our engraver should be able to put your names on the trophies in March, (he's moving premises over the next few weeks) and then I'll get the trophies out to you!

## **HOAD HILL CHAMPS 2021 CALENDAR**

All distances completed will count towards the annual champs:

JANUARY. - 30 mins and 60 mins challenges

FEBRUARY - to celebrate the shortest month of the year (28 days) it's a 2.80 miler (4.48km), and an 8 miler

MARCH/APRIL and MAY - yet to be decided, suggestions from you guys would be welcome.

JUNE - is the first of the two month, "Long Distance Festival"!! so it's either a 20km or 30km, completing one of these will also give you an automatic 10 point bonus!

JUNE - in addition there is also a 5 miler which will count towards the Festival and Annual champs.

JULY - is either a Marathon or Ultra, again attracting an additional automatic 10 points.

JULY - like June there is an additional shorter distance which will count towards the Festival and the Annual Champs! The shorter distance is a repeat of one of the timed activities in January!! To celebrate our Head Coach (Damian) reaching the grand age of 60 during July, so it's how far can you run in 60 minutes!! Well worth looking forward to!!

AUG/SEPT/OCT/NOV/DEC - yet to be decided - suggestions please.

Happy running folks, stay safe.



## **BOXING DAY 5K HANDICAP: Damian**

Congratulations to our joint winners Glenn and Caroline who were both spot-on with their estimates. Tom Southward took the wooden spoon at 87 seconds out, but he had just run the Hoad Hill Half Marathon route. Speed merchant of the day was Gary Dover who finished in a tantalising 20:01, but that counts for nothing when you are 80 seconds out on your estimate. Liz, Ben and Leanne were all within 20 seconds of their estimates - excellent performances. Best of all, all 11 of us finished in the top 10! Thanks to Tom Evelin for the route and for helping out on the day.

### **Results**

1. = Glenn Boulter 20:30 20:30 Blob on!!
1. = Caroline Peet 29:55 29:55 Blob on!
2. Liz White 22:36 22:29 -7
3. Ben Hood 22:00 22:11 +11
4. Leanne Bayliff 25:30 25:13 -17
5. Lewis Watts 22:30 21:02 +32
6. Damian Jones 20:45 21:43 +58
7. Pat Thomas 23:10 24:14 +64
8. Gary Dover 21:21 20:01 +80
9. Terry Peet 27:30 28:53 +83
10. Tom Southward 21:30 22:57 +87

## **ENGLAND ATHLETICS VIRTUAL ROAD RELAY COMPETITION: Jan 2021: Damian Jones**



Brilliant Job Team GHHH. We managed to field a team of 4 ladies and 4 men in the England Athletics Virtual 5-mile Relay Champs.

The final results are due later but at the moment we are 88th out of 115 teams across the country (2257 athletes in total). We managed finishing times between 32:05 for Darren Coward and 39:54 for Leanne Bayliff; with a total time of 4 hours 45 minutes 55 seconds, a brilliant performance. To understand the competition we've been up against, the winning teams had all 8 runners inside 30 minutes with the top 4 inside 25 min!!! with a total running time of 3 hours 42 minutes. The cut off to qualify for the next round was 50th position and that team did 4 hours 13 minutes.

Many thanks to Heather Travis for getting us in for this and to the rest of the team; Amy Whelan, Bill Sharp, Liz White, Lauren Booth, Gary Dover and Glenn Boulter, great running in the conditions we've experienced over the last two weeks.

### **VIRTUAL RACES**

I know that several members have been participating in some virtual races which have been organised and Heather Travis recently came overall second in a time of 46:19 in the Garstang 10k, the last in a series of three. Janine McNeill also took part.



## **ENGLAND ATHLETICS WEEKLY30 RUN CHALLENGE: 2020/2021**



Last June, **Heather Travis** decided to participate in this challenge. Little did she realise that after adding up the total distance she had run since then and following the rules of the competition, she finished in second place in the individual ladies' section, covering a total distance of 168,389 metres. Congratulations Heather, that's a great achievement, and certainly one to be proud of. If anyone wishes to take part this year, the details are below.

### **Info:**

With group running and mass participation events currently restricted, the Weekly30 Run Challenge gives individuals a perfect incentive to run on a weekly basis whilst also proudly representing their club. You'll be competing against an online community of other runners from across the country – the competition will be fierce and the pride of your club is at stake!

Participants are challenged to run as far as they can in 30 minutes on Saturday or Sunday each week (following government guidelines while running) – with every weekend a new competition! Runners simply [register free](#) via the dedicated Weekly30 Run Challenge section of the [OpenTrack virtual running platform](#) (users only need to sign-up once) – adding details including their club and their sport.

Once registered, participants complete their weekly run at any time on a Saturday or Sunday and then upload evidence of their run to OpenTrack. Every runner will see their results added to the scoring tables, with both total distance and average distance contributing to overall league tables.

Entry Link: <https://data.opentrack.run/en-gb/x/2021/GBR/weekly30/>



### **KARL'S RACE DIARY: (If we're lucky!!)**

#### **April**

18th April - Three Bridges 10k (LMAC event)

#### **May**

23<sup>rd</sup> May - **Asics Windermere Marathon**:. See <https://www.brathaychallenges.com/events/running>

23<sup>rd</sup> May 2021, **Brathay 5k**: See <https://www.brathaychallenges.com/events/running>

#### **July**

17th - 18th July - Lancaster Celebration of Running 5k to Marathon

#### **August**

1st August – Lancaster Riverside 10 mile

15th August – Lancaster Riverside Half Marathon - Incorporating Northern Veteran Half Marathon Championship

22nd August – Lancaster Trimpell 20 & Golden Ball 10

#### **September**

12th September – **Lancaster Jail Break 10k**

12th September - **Ambleside Trail 60**: Rothay Park, Ambleside

See <https://www.brathaychallenges.com/events/running>



## **October**

3<sup>rd</sup>. Oct - **London Marathon:**

10<sup>th</sup>. October - **Morecambe 10k**

23<sup>rd</sup>. October - **Langdale Marathon/Half Marathon:**

31<sup>st</sup>. October - **Pendle Witches 10k** & Halloween Fun Run

## **November**

7<sup>th</sup>. November - **Lancaster Half Marathon**

21<sup>st</sup>. November - **Morecamber Festival of Running** (an HFC event) 5k, 10k, 10 mile

## **December**

5<sup>th</sup>. December - **3-1-5 Half Marathon & 5k Fun Run**

11th December – **Lancaster Christmas Cracker 10k & Santa Fun Run**

11<sup>th</sup>. December - **Brathay Christmas Pudding 10k:** see: <https://www.brathaychallenges.com/events/running>