



FEBRUARY – MARCH - APRIL 2021 EDITION



EDITORIAL: Adrian

Hooray, we're back training again, running in groups and beginning to race. Judging by some of the fast times you have been posting on Strava and Facebook, you have all kept fit, and it's been brilliant to see many of you back at the club. Of course, this has only been possible with the hard work and enthusiasm of 'the team'; the run leaders and organisers, coaches, and everyone else who helps to keep the pulse of our club ticking over, during these strange times.

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 - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, missed you from a result or if you don't like the photo I used of you!!

WELCOME:

Welcome to new members **Adam Dawson. Scott Bremner , Vicky Parkinson, Rebecca Connolly, Lucy Zaboklicka, David Kitts, Will Heard, and junior members Woody and Milo Guest, and Sophie Kitts**

ENGLAND ATHLETICS AFFILIATION: Julie Newnham

We have paid England Athletics £150 to affiliate the club for April 2021-April 2022.

We have sent out several requests over the last two months asking for your £5 contribution towards your club membership.

107 members have now paid, so I am going to send a cheque to cover all your individual affiliations to England Athletics next Monday.

Any non-payers who still wish to remain members of the club, can still pay their fees, and I will affiliate them when we affiliate new and junior members.

There are a couple of ways you can pay this, but we would prefer using **BACS**

- **BACS transfer:**

Account : GSK Hoad Hill Harriers, Bank: Cumberland Building Society, Sort Code : 16-52-21, Account No: 52035205. Please add a reference name and HHHsubs to identify your **£5** payment and please let our membership secretary, Julie Newnham know you have paid it: adrian.newnham@btinternet.com.

- **Cheque:** payable to GSK Hoad Hill Harriers). This can be handed in to the Cumberland and email Julie Newnham at adrian.newnham@btinternet.com to inform her that you have paid it. You can also send the cheque to the membership secretary: Julie Newnham, The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN.

GSK SPORTS AND SOCIAL CLUB:

A task group has been formed with our local MP Simon Fell, representatives of the various clubs who use the Sports club, to discuss the future of the sports complex. We will keep you updated on the outcome of these meetings.

CLUB VOLUNTEERS: Alan Wilson (Club Chair)

The Committee would like to thank all those who volunteered to help with supporting Junior training and Club Races recently. It is very much appreciated, and we'll be in touch for help.

However, we could really do with more volunteers for helping to arrange and organise club races in a race sub-committee. We have a few volunteers who have come forward, but a few more will be really helpful.

Please remember that the club exists on the income from club races so we very much need to get some races up and organised for the second half of the year. We are hoping to assemble a race organising sub-committee, so we do look forward to a few more offers of help. Please contact any member of the committee through any means (e.g., Facebook, Messenger, Email, in-person, etc).

CLUB RACES:

Because GSK Sports Complex is being used as a Covid vaccination centre hub, it is highly unlikely we will be able to host our 5k,10k and cross country races this year, using the complex as a base. This is certainly disappointing as they bring revenue into the club, and have always been a highlight of the racing calendar and well supported by the running community. We are currently discussing the possibility of using a different venue and have a sub race committee looking into various options.

PAGE 3 PIN-UP



One to cool down the temperatures!!!

Alastair takes a dip during one of his epic runs, one in February, the other in March. BBBRRRRR!!!!

CLUB RUNNING VESTS / HOODIES:



Now that races are starting again, some of the newer members may wish to purchase a club vest.

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

SIZES: JUNIOR: 7/8 year -26", 9/10 year – 28", 11/12 year – 30", 13/14year – 32"

Adults £24.50 Juniors £20.50

I have a full range of sizes in stock to try on for size. Just let me know if you want one.



Hoodies: These excellent quality hoodies are now available in two colours. Red or black: Sizes are as follows:

Juniors: Age 7/8 size 28/30; Age 9/10 size 30/32; Age 11/12 size 32/34. Cost is £20.00 This includes all club logos. (no VAT to add as classed as children's clothing).

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



Cost is £23:50 which includes VAT. Names can be added on the back above the HHH for an additional £1.50 I have a large, medium and small to try for sizes. These have to be ordered with a fortnightly turn round.



LONDON MARATHON CLUB PLACE 2021:

Earlier this month, Virgin London Marathon announced a change to the club entry process for the 2021 and 2022 London Marathon.

They're offering all clubs that held places in 2020 the same number of places for each of the 2021 and 2022 events, minus the number of entries where the runner has deferred to 2021 or 2022 respectively. Liz White, who had our club place for the cancelled 2020, deferred her entry to this year's marathon.

As Glaxo Hoad Hill Harriers held **1** place in the 2020 event, they have confirmed that our allocation for the next two years below:

Number of places your club will receive for 2021: **0**

Number of places your club will receive for 2022: **1**

CONGRATULATIONS:

Many congrats to **Sal Barton** and **Alison Cooke** on their recent milestone birthdays. Whilst not wanting to give their ages away, we welcome their move from the Vet 55 category up to the next one!

LEJOG 2021



A Virtual Challenge covering the equivalent distance of Land's End to John O'Groats.

For countless years this iconic distance has been on the bucket list of many walkers, runners, cyclists & more, looking to complete this historic 874 mile route. Typically this challenge requires significant planning, time and money to take part, however the virtual challenge removes all of those barriers.

LEJOG Virtual Challenge is the perfect motivation to keep you running and smashing your goals all year round.

Starting on 01.01.2021 you have the opportunity to cover the equivalent distance of the UK (Land's End to John O'Groats) all from the comfort of your own surroundings. Whether it's a training run, race or even just a family walk you can clock up the miles as part of your day-to-day exercise. Once completed you'll earn yourself a fantastic medal and a technical running top too!

Congratulations to Penny Moreton who recently completed LEJOG just before going into hospital for a total knee replacement. We wish her every success with the operation, and hope she has a speedy recovery. Good luck to **Karl** who is hoping to complete it shortly.

Congratulations to Simon Barton, celebrating being alcohol free for 79 days. He also pledged to lose 14lbs, which he has now done!!

He donated £1 for every alcohol-free day and £5 for every pound lost to Saint Mary's Hospice.

Terry and Caroline Peet also joined him on his alcohol free quest, donating £80 themselves towards Simon's £700 raised for the hospice. Well done and enjoy a beer now!

GOOD LUCK:

Good luck to all Brathay Marathon runners on the 23rd May,

especially to the magnificent 7 :

Glen Boulter. Ken Lamb. Mark Tomkinson.

Mike Cubin. Terry Peet. Tom Southward

Gary Dover.



CLUB CHAMPIUONSHIPS: Simon **RESULTS OF THE APRIL PREDICTOR 10km**



Winners of the trophy for nearest Female and Male 10k predictions.

Female:

1st Heather Travis. Actual 45.02.
Prediction 45.00. + 2 secs
2nd. Sally Barton. Actual 52.30. Prediction 54.15. + 1 min 45 secs
3rd Stephanie Roberts.
Actual 70.42.
Prediction 68.30. +2min 12secs

Male

1st Mark Tomkinson. Actual 37.34.
Prediction 37.40. - 6 secs
2nd Gary Dover. Actual 39.14. Prediction 39.30. -16secs
3rd Damian Jones Actual 44.05. Prediction 43.33. + 32 secs
Well done everyone.

CLUB CHAMPS UPDATE: to 30th April 2021

Senior Female:

Stephanie Roberts 56 pts
Amy Whelan 45 pts
Leanne Bayliff 68 pts

FV40:

Heather Travis 85 pts
Liz White 76 pts

FV55:

Alison Cooke 85 pts
Sally Barton 78 pts
Christine Winder 67 pts
Caroline Peet 32 pts

Senior Male

Darren Coward 59 pts
Scott Bremner 58 pts
Matt Elkington 50 pts
Adam Dawson 43 pts
Tom Southward 38 pts

MV40:

Glenn Boulter 75 pts
Rob Fishwick 56 pts
Mike Cull 51 pts
Karl Fursey 41 pts

MV50:

Gary Dover 85 pts
Damian Jones 69 pts
Mark Simmonds 55 pts
Ken Lamb 54 pts
Phil Horrocks 53 pts
Pete Davison 53 pts

MV60:

Bill Sharp 80 pts
Tom Evelyn 70 pts
Simon Barton 59 pts
Pat Thomas 52 pts
Graham Pinder 54 pts

30 mins Challenge

Matt Elkington 5.04 miles
Amy Whelan 4.40 miles
Mark Simmonds 4.23 miles
Pete Davison 4.11 miles.
Ken Lamb 3.90 miles
Bill Sharp 3.65 miles
Leanne Bayliff 3.45 miles
Jon Press 3.10 miles
Christine Winder 2.78 miles

Darren Coward 4.74 miles
Rob Fishwick 4.40 miles
Simon Austin 4.19 miles
Mike Cull. 4.11 miles
Andy Jackson 3.88 miles
Simon Barton 3.63 miles
Frank McKeown 3.43 miles
Alan Wilson 3.05 miles

Gary Dover 4.37 miles
Glenn Boulter 4.38
Damian Jones 4.17
Pat Thomas 3.99 miles
Alison Cooke 3.78 miles
Graham Pinder 3.62 miles
Caroline Peet 3.19 miles
Karl Fursey 2.95 miles

Scott Bremer 4.46 miles
Phil Horrocks 4.34 miles
Heather Travis 4.14
Liz White 3.95 miles
Tom Evelyn 3.83 miles
Sally Barton 3.47miles
Adrian Newnham 3.18miles
Steph Roberts 2.79 miles

CLUB CHAMPS (Contd.)

60 mins challenge

| | | | |
|---------------------------|------------------------------|----------------------------|--------------------------|
| Matt Elkington 9.98 miles | Dave Fulford 8.65 miles | Gary Dover 8.61 miles | Darren Coward 8.58 miles |
| Rob Fishwick 8.50 miles | Glenn Boulter 8.47 miles | Scott Bremner 8.38 miles | Damian Jones 8.11miles |
| Phil Horrocks 8.00 miles | Mark Simmonds 7.84 miles | Heather Travis 7.83 miles | Liz White 7.68 miles |
| Pete Davison 7.57 miles | Alison Cooke 7.38 miles | Leanne Bayliff 7.24 miles | Bill Sharp 7.17 miles |
| Tom Evelyn 7.17 miles | Sally Barton 6.80 miles | Adrian Newham 6.53 miles | Simon Barton 6.37 miles |
| Graham Pinder 6.02!miles | Stephanie Gillies 6.00 miles | Terry Peet 5.88 miles | Jon Press 5.86 miles |
| Caroline Peet 5.81 miles | Karl Fursey 5.75 miles | Christine Winder 5.3 miles | Alan Wilson 5.07 miles |

2.80 miles

| | | | |
|----------------------|-------------------------|----------------------|------------------------|
| Matt Elkington 14.40 | Gary Dover 16.51 | Luke Turner 17.00 | Darren Coward 17.06 |
| Scott Bremer 17.27 | Tom Southward 17.37 | Mike Cubin 17.45 | Adam Dawson 18.10 |
| Glenn Boulter 18.46 | Mark Simmonds 18.50 | Damian Jones 19.23 | Phil Horrocks 19.35 |
| Ken Lamb 19.48 | Rob Fishwick 20.00 | Pete Davison 20.02 | Heather Travis 20.02 |
| Andy Jackson 20.47 | Bill Sharp 20.52 | Tom Evelyn 21.02 | Pat Thomas 21.04 |
| Liz White 21.26 | Alison Cooke 21.48 | Leanne Bayliff 22.11 | Simon Barton 22.18 |
| Sally Barton 23.55 | Graham Pinder 25.21 | Terry Peet 26.41 | Frank McKeown 26.42 |
| Caroline Peet 27.12 | Adrian Newnham 28.18 | Ian Peters 28.53 | Christine Winder 29.00 |
| Karl Fursey 29.30 | Stephanie Roberts 29.41 | Sue Graham 29.43 | Alan Wilson 33.11 |
| Penny Moreton 47.19 | | | |

8.00 miles:

| | | | |
|-----------------------|----------------------|--------------------------|----------------------|
| Matt Elkington 46.11. | Darren Coward 53.26 | Scott Bremner 54.43 | Tom Southward 54.50 |
| Rob Fishwick 54.54. | Mark Tomkinson 55.13 | Gary Dover 56.16. | Mark Simmonds 57.16 |
| Phil Horrocks 57.19 | Damian Jones 57.54 | Glenn Boulter 58.05 | Heather Travis 59.55 |
| Ken Lamb 61.57 | Pete Davison 63.20 | Andy Jackson 63.22 | Alison Cooke 63.55 |
| Liz White 64.01 | Bill Sharp 66.47 | Leanne Bayliff 67.20 | Sally Barton 72.58 |
| Tom Evelyn 75.33 | Karl Fursey 91.10 | Christine Winder 100.58. | |

5k TIME TRIAL

| | | | |
|----------------------------------|-----------------------|---------------------------------|----------------------|
| Luke Turner 17:20. PB | Richard Walker. 17:46 | Justin Corbishley 18:49 | Gary Dover. 18:52 |
| Amy Whelan. 18:53. PB | Tom Southward. 19:16 | Scott Bremner 19:23. PB. | Mike Cull. 19:37 |
| Adam Dawson. 19:45 | Glenn Boulter 20:27 | Richard Marlton 20:41 | Andy Jackson 20:52 |
| Ken Lamb 21:28 | Damian Jones 21:30 | Graham Pinder 21:47 | Heather Travis 21:49 |
| Elsie Roberts 21:51 | Pat Thomas 22:22 | Deborah Yearnshire 22:45 | Liz White 22:48 |
| Ellie Simmonds 22:53. PB. | Bill Sharpe 22:55 | Julie Hunter. 23:02 | Pete Davison. 23:12 |
| Alison Cooke 23:17 | Simon Barton. 24:17 | Leanne Bayliff 24:20 | Alan Wilson 25:10 |
| Sally Barton 25:30 | Tom Evelyn 25:35 | Frank McKeown 27:10 | Adrian Newnham 27:45 |
| Christine Winder 31:55 | Karl Fursey 35:43 | | |

MAY CHALLENGES:

There will be two challenges this month, both counting towards the champs!

The first one is an elevation challenge!!

A real easy one this, (ha ha) it's how much INCLINE you can climb in 30 minutes.

In that 30 mins, you can pick ANY route whether it's one hill/two hills etc, to attack, or the same hill done as hill reps. The only golden rule is, its elapsed time just like a race, (as for all the champs). Stop at 30 mins and whatever your watch or Strava shows is your result. You can only have one go at this one.

The second one is a 4 miler, trying to keep that 5km pace going for a bit longer!!! Can do it anytime during the month. You can have two goes at this one. Put your first time in, then if you want to have another go just let me know if its quicker!!

Please let me know what you've got planned over the coming months as it would be great to add in some "real" events into the champs as we go through the year.

Keep the tremendous effort going, your times are tumbling

TRI ISLAND: Virtual Egg-cellent Adventure: Easter Weekend.



Heather Travis had a great run, finishing overall 1st. in the 10k race, in a time of 46:16. Terry and Caroline Peet finished together in 1:05:15. New member Vicky Parkinson and son Zach decided to take on the 5k race, with Vicky finishing 1st. in 26.25 and Zach came in 5th, in 31:588 – WELL DONE BOTH.

PETER BLAND SPORTS AND INOV-8 ALL TERRAIN RUNNING :

Pete Bland and inov-8 All Terrain Running are set to write another chapter in their long-standing relationship. They have been working with the brand since its inception in 2003 and in that time, they have worked on many ventures, but this could be the biggest.

Together, the two Lake District companies are to open inov-8's first ever brand store, ahead of what is expected to be a bumper summer in the park. With masses of adventure-seeking tourists set to descend on the Lake District post-lockdown and more locals than ever taking to the trails, inov-8 and Pete Bland Sports have moved swiftly to build a new store called The Forge.

Set to open on Thursday April 15th, The Forge is located in Staveley's popular Mill Yard, next door to inov-8's newly refurbished offices and surrounded by fellow businesses popular with outdoor enthusiasts, such as More Bakery, Wheelbase Cycles, Wilf's Café and Hawkshead Brewery.

Initially opening five days a week, from Thursdays to Mondays, The Forge will sell inov-8 branded run, hike and fitness kit for men and women.

Forged in the Lake District fells, inov-8 design innovative, award-winning footwear, clothing and equipment for off-road runners, hikers and gym-goers, and have been based in the Mill Yard since 2011.

Michael Price, COO of inov-8, said: "We hope The Forge will become a real hub for adventure-loving locals and tourists who enjoy running, hiking and fitness. "As well as it being somewhere to buy kit, we want it to be a place where people can come to share in their passion for the outdoors or to seek advice. In the coming weeks, we'll also publish details of several outstanding trail routes that runners and hikers can take from the front door of The Forge.

Opening the new store in partnership with Pete Bland Sports feels very special. They are the leading retailer for fell and trail running in the UK and, having stood next to their team in the rain selling products at events, I've seen first-hand how good their customer service and relationship-building is. This is why people travel from all parts of the country to visit their store in Kendal."

Matt Bland, Managing Director of Pete Bland Sports, said: "We started out on a journey with inov-8 back in 2003 and have worked together on many ventures over the years. This will be the biggest, but the joint teams of Pete Bland Sports and inov-8 feel we can build something special to sit alongside our store in Kendal. "It's a milestone for us and a positive step as the business rises once again after the latest lockdown and the events of the last year."

BLACK COOMBE RUNNERS: Kathleen Gill

Hello everyone, I would like to let you know that Black Combe Runners are organising a spring league - a series of handicapped, socially distanced races on fell and trail. The courses are suitable for all senior runners and are flagged. We'd love to see you there - the more competition the better. Here are the details:

Saturday 3rd April 2021

Giant's Grave (Blawith Knott)

Saturday 10th April 2021

Appletree Worth (Broughton Mills)

Saturday 17th April 2021

Birkkrigg Common

Saturday 24th April 2021

Dunnerdale

Saturday 1st May 2021

Devoke Water

Saturday 8th May 2021

Beacon and Blawith

Saturday 15th May 2021

Harter Fell Hill Climb

Saturday 29th May 2021

Black Combe

<https://docs.google.com/.../1FAIpQLSeq4Mh4vWl.../viewform...>

Updates on the races will appear on our Facebook site.

Club member Pete Davison, along with John Evason took part in the first event of the series.



6 Good Reasons To Do The Black Combe Spring League: (Pete Davison)

Saturday 3rd April Giants Grabe (Grave), Woodland, Broughton.

This was the first Black Combe Spring League run I have done, and I can highly recommend it to all.

It is especially useful to those of you who fancy a crack at a small fell race but are not sure how to go about it. There are 6 good reasons to give it a go:

1. Black Combe are very friendly and are encouraging us to have a go, especially novices.
2. The routes are all 5ish miles and hilly but not mountainous or on rough terrain.
3. The routes are ALL FLAGGED ALL THE WAY. This is the key point as I know many people say "but I would get lost!" Even Eric could follow these routes! A route map is also provided for each route on the Black Combe Runners Facebook page.
4. You can choose which ones you do.
5. A handicap system is in place so you will not be left straggling along at the back.
6. It's free to enter.

They all take place on Saturdays starting at 10.30am.

All you need to do is go on the BCR Facebook page and complete the registration form and message your latest 10k road run time so you can be given a handicap (I would add a minute or two on to allow for the hilly bits!).

I had a very pleasant run amongst good company in the sun. It was just great to be out with others on the fells again, in an area I am particularly fond of. No doubt Adrian has a picture of me gurning as usual but I can assure you I really do enjoy this, it's just that as much as I try, whenever I run, I can't help looking like a horse ready for the knackers yard!

The next local run is Birkkrigg on Saturday 17th April. Great opportunity for you to try these out.

Well done Black Combe Runners for organising this excellent series.

Birkrigg Common: Under the handicap system, Lauren was the first finisher, whilst under run times, Amy was the first lady home.



Amy Whelan 47:20
Matthew Rooke 41:24



Richard Walker 42:51
Lauren Booth 51:50



Glenn Boulter 49:38
Peter Davison 54:40

Dunnerdale: Another good turnout of Hoadies.



David Kitts 53:03



Simon Austin 59:01



Lauren Booth 59:16



Helen Walker 01:02:47



Ian Peters 1:13:22

X-COUNTRY: Adrian

England Athletics has been supporting the consultation with cross country clubs and their athletes, cross country competition providers and the cross-country community to capture thoughts on how cross country can provide equal opportunities for all participants at all levels in the future.



The key question was: **Should male and female race distances in cross-country running be the same?**

Whilst athletics is an incredibly inclusive sport, there could be greater equity in some cross-country races and competitions by enabling all athletes access to the same opportunities through the race distances available to them.

Recognising that there are differences of opinion as to how best to achieve equality within cross country, a survey was sent out to enable UK Athletics to better understand the views of clubs, their athletes, volunteers and organisations as to what greater equity in cross country should look like and how to deliver it. World Athletics competitions currently have the same distances for male and female participants, Scottish Athletics have already equalised all their events along with some leagues throughout the UK. In addition, leagues, county, area and national championships in England have had equal distances at under-11, under-13 and under-15 age groups for the last 10 years.

Athletics felt it was important that they engaged and listened to cross country clubs and their senior athletes, cross country competition providers, cross country leagues and other cross-country stakeholders to understand what equal access means to them and then act on the feedback received in fulfilling our aspiration for greater equity in cross country in the future.

SURVEY FINDINGS:

Nearly 10,000 survey responses were received, and more than 100 separate submissions demonstrated how passionately the athletics community regards cross country.

This consultation commenced due to the focus on finding out how to achieve equity of opportunity, including but not exclusively about race distances. Specific to this area there have been some clear findings:

- A majority of respondents showed preference for separate male and female races to maintain value and exposure and quality of racing and although some respondents felt that equity could be achieved through one mixed race, this was not a majority preference.
- There was a difference in preference of distance between men and women though, with the majority of women preferring 8k and men seeing 10k as the optimum racing distance.
- And whilst more than half of respondents think guidance from National Governing Bodies is important, there was an even greater preference for competition providers at a local level to determine how best to deliver cross country competition most effectively.

Challenges:

However, whilst these findings are key to one aspect of the consultation, they also gained as a result, significant insight into some of the other fundamental challenges facing the cross-country community, including:

- Access to new, improved and unique courses and venues that would offer better opportunities for races.
- Raising the profile of events and capitalising on the growth in order to sustain the popularity.
- Recognising the differing needs of competitors from the elite end to the grassroots competitor and supporting, as in other event groups, a plan for long term athlete development.
- Creating a product that is welcoming to all – recognising and appreciating all those that want to participate and being a friendly, positive experience.

SENIOR COACHING PROGRAMME:

Thursday Night Coaching Plan – Q2 2021

Overall Focus – building speed (whilst maintaining strength) for summer 10k races

These sessions will cater for anyone new to interval work through to experienced athletes – we'll help you get into the right group and help you move between groups at the right time. **COVID-19 safety rules apply at this time**

Safety – Let the coach/run leader know if you need to drop out early, and take it easy if you are racing soon, recovering or not feeling 100%

| Intermediate and Advanced Groups | | | | | Starters Group | | | |
|----------------------------------|------------------|---|-------------------|--|------------------|--|---------------------|----------------|
| Date | Venue | Session | Session Objective | Coaching focus | Venue | Session | Session Objective | Coaching focus |
| 1 st Apr | GSK Sports field | 6 x 800m, jog recoveries | Building Stamina | Pace control | GSK Sports field | 12 x 90secs | Speed | Pace control |
| 8 th Apr | GSK Sports field | Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400, 2x200. Active jog recoveries | Maintaining pace | Form – active leg recovery | GSK Sports field | Pyramid 100/200/300/400/ 600/400/300/200/ 100 | Speed | Form & pace |
| 15 th April | GSK Sports field | 6 overlapping 800m in matched pairs | Working together | Stride | GSK Sports field | 2 x 1/2mile, 2 x 1mile | Endurance | Pace judgement |
| 22 nd April | GSK Sports field | 10 x 400m matched pairs – Chasing start, jog recovery | Pace increase | Form - posture | GSK Sports field | 10 x 400m | Speed Endurance. | Form & pace |
| 29 th April | Morecambe Road | 5k time trial | Progress check | Pacing – aim for negative split and form overall | GSK Sports field | 4 x 200m, 4 x 400m, 4 x 600m | Speed | Pace judgement |

| | | | | | | | | |
|-----------------------|--|---|-----------------------------------|--|------------------|--|-----------------|----------------|
| 6 th May | GSK Sports field | 3 x 1 mile, 3 x 1 min, 3 x 100m recovery | Strong, fast finish on tired legs | Maintaining form while climbing | GSK sports field | Pyramid 200,400,600,800, 600,400,200 | Speed/endurance | Form & pace |
| 13 th May | Canal and GSK Sports field | 4 x 400, 2 x 800, 4 x 400 | | Form – posture (helium balloon!) | GSK Sports field | 3 x 1mile | Speed | Pace judgement |
| 20 th May | GSK Sports field | 12 x 400m matched pairs – Chasing start | Pace increase | Form – active leg recovery | GSK Sports field | 5 x Figure 8's | Speed/hills | Style |
| 27 th May | GSK Sports field | Pyramid 2x100m, 2x200m, 2x400, 800m, 1k, 800m 2x400, 2x200, 2x100m. Active jog recoveries | Speed | Form – Stride | GSK Sports field | 10 x 2mins | Speed | Pace control |
| 3 rd June | GSK Sports field | 6-8 reps ending downhill | Tackling hills | Descending | GSK Sports field | 4 x 200m/4 x 400m/4 x 200m | Speed | Pace control |
| 10 th June | GSK Sports field | 12 x 400m matched pairs – Chasing start | Pace increase | Form – active leg recovery | GSK Sports field | 2 x 1/2mile, 2 x 1mile | Endurance | Pace control |
| 17 th June | North Lonsdale Road | <u>2 mile</u> time trial. Long warm up and warm down | Progress check | Pacing – aim for negative split and form overall | GSK Sports field | 6 x hill reps | Speed/hills | Style |
| 24 th June | Club 10k Chasing Handicap Championships Normal 10k course | | | | | | | |

Please sign up on our Facebook site to run on Thursday evenings. There will be 3 groups, led by Mike Fawcett (6:30), Tom Evelin (6:40) and Damian Jones (6:50)

Please don't forget to reverse park at the main Glaxo car park. To enter the sports field via the big gate and not the paths up to the club house.

CLUB TROPHY WINNERS 2020:



Damian: Male Vet 50 champion



Glenn – Senior Men's Champion



Graham: Male Vet 60 champion



Frank: Most supportive member.



Heather: Female Vet 45 champion



Sally: Female Vet 55 Champion



Liz: most improved & Senior Lady Champ



Karl: MV40 champion

Sadly, we were unable to present the awards at the cancelled Christmas Bash, so Simon did a sterling job getting the awards engraved and handed out. Well done all, thoroughly deserved.

Judging by the lockdown hair length visible, hairdressers are going to be busy in the Furness area when Lockdown eases!!

JUNIOR SECTION:

After a difficult year, it is great to see the junior section training once again. It has been difficult to get it operational again, having to set up a covid secure environment and follow England Athletics guidelines.

Sadly, we have had to change the evenings from Monday/Wednesday, to Monday and Thursday to facilitate the correct level of coaches. I know this change has proved difficult for some children who can't make Thursdays, hopefully we'll be able to revert back when things get back to normal. At the moment, we are also struggling with the number of junior coaches available, therefore if there are any parents who would like to attend a coaching course, please let me know and I can pass on details. The more coaches and helpers we have available, the more groups we can take.

The signing on system on our Facebook site appears to be working well, but if your child is signed up to a group, and then can't make it, please let the group know, so a substitute can take your place.



Louise Thompson: It was fantastic to see the juniors training tonight on their first pyramid session. Some great consistency throughout, it's great to see you've been active during lockdowns. Although we can't give out the trainer of the week award at present, I've added a picture for this sessions award. For their hard work tonight, amazing determination and huge improvement, it went to Zach. Well done **Zach**, very well deserved as you got faster the more reps you did.

JUNIOR MEMBERSHIP 2021:

The annual membership fee which is **usually £22 a year**. £14 of the fees went to the running club, Hoad Hill Harriers, and went towards the £15 required to affiliate you with England Athletics. The remaining £8 of this money was handed over to GSK Sports and Social Club.

However, due to Covid restrictions, the junior section has not been operating for the whole year. We also now have restricted use of the Sports Complex buildings, as it is being used as a vaccination hub.

The committee therefore decided that for 2021, we would subsidise some of the junior fees from our club funds and ask you for a donation of £5 to cover the £15 required to affiliate your child with England Athletics.

We are waiting to hear whether GSK Sports and Social club are reducing their £8 fee for this year. When we are informed of what the amount is, we will let you know what it is, and how you can pay it.

As many of the juniors are now regularly training, please could you pay your subs as soon as possible, to enable us to pay England Athletics affiliation.

There are a couple of ways you can pay this, but we would prefer using **BACS**

- **BACS transfer:**

Account : GSK Hoad Hill Harriers, Bank: Cumberland Building Society, Sort Code : 16-52-21, Account No: 52035205. Please add a reference name and HHHsubs to identify your **£5** payment and please let our membership secretary, Julie Newnham know you have paid it: adrian.newnham@btinternet.com.

- **Cheque:** payable to GSK Hoad Hill Harriers). This can be handed to a coach to be passed on to the membership secretary. Please write your child's name on the back, and email Julie Newnham at adrian.newnham@btinternet.com to inform her that you have paid it. You can also send the cheque and completed forms to the membership secretary: Julie Newnham, The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN.

THE DIARY OF AN ASPIRANT ULTRA RUNNER, AGED 65¼: Terry Peet

An Ultra Marathon is defined as any distance greater than the 26.2 miles of a marathon. Hence anybody who has run a Marathon is probably, by definition, an ultra-marathon runner because as everybody knows, they run more than the official 26.2 miles of the Marathon. Generally, this would not be accepted as an Ultra Marathon though and one widely used definition is that an Ultra should be at least 30 miles. I think this is a good definition as it is a generous step up from a standard Marathon and is a clear separation of distance. Note that, with the exception of Buzz Light-year, of 'to infinity and beyond fame', there is no definition of beyond Ultra. Ultra-races may extend to 50,100,250 miles and more, across trails, mountains and deserts, completely bonkers both mentally and physically. By the way it appears that Ultras play fast and loose with distance anyway. The general gist seems to be is that 50 miles is anything beyond 50 miles up to 59.999. I set out on this path to Ultra in order to achieve 65 miles at age 65 (65@65).

I don't know whether I am capable of achieving it or not, but nothing is gained without trying.

How I got interested in Ultra

1. **IT'S THEIR FAULT!** (Alastair and Paul in full flight)



2. I am far from a fast runner, so distance has become my main focus.
3. Listening to lots of inspiring audio books about Ultra runners.
4. To see if this would help to improve my mental health.
5. Bragging rights against my sons (65 @65)

As I get older, I suppose I'm trying to prove that there is a flicker of light still burning and the wick just needs trimming to get the full brilliance. I like the fact that people think you're bonkers but still respect your achievement. As one of my old University buddies from the 70's put it after I completed a marathon "There's life in the old dog yet" Cheers Steve!

The reasoning

I can't really point to a definite time when I decided to try to go Ultra, but it must have been before October 2020 as I approached 65. At age 60 I resolved to do 1 new activity each year until 70. Well so far 5 years on, I have achieved running a marathon, seeing Bruce Springsteen live and visiting another country (Portugal). Unfortunately COVID has upset the timetable, so I have decided that two remaining activities will be squeezed in before I hit 66 in October. one is to run a better time for the Chester marathon; the other is 65@65. By the way, the Boss was brilliant – non- stop 3½ hours, starting after midnight in Lisbon.

(Contd.)

The road to ULTRA

If you're not a competer settle for being a happy completer

À la Bob the Builder my ethos is 'can I do it'. Am I capable of achieving the task? However I'm not out to set myself up to fail, but to extend myself beyond things I know I can do. It's all about choosing metrics that represents success to you. So for instance I will start off with a simple metric which is to finish the race within the cut-off. If I'm faster than anticipated that's a bonus but not necessary for 'success'. If I take part again the metrics may be (i) complete (ii) improve on my previous time. So what I try to do is build incrementally. Note however some of the increments maybe huge, after all there's no point in being half hearted about the matter is there?

[Tels Tips: PB baggers do plenty of races but only ever run each race once *et viola* a string of PB's can be yours without all that suffering!]

So even when I found running 100 yards, let alone the infinitely longer distance of 100m (metres not miles!), nigh on impossible, I signed up to do the GNR in memory of my mum. My masterstroke was signing up Caroline without her knowledge, to provide me with a safety net. I knew she'd do it, so I had too as well. **WE DID IT.**

Caroline struggled to the finish after picking up an injury that required a couple of year's rehabilitation and yes **mea culpa**. The spirit of my mum also spoke loudly to me bending my ears '*what you have done to that poor girl you're supposed to look after her*'. Caroline showed exquisite sense and called it a day at 13.1 miles, *but* there are faint rumblings from her about a possible return to Geordie Land.

Well, I was on a roll and the Half Marathon begat the Marathon. Now this was a scary move up in scale. Thirteen miles was just about doable but double that. I knew if I signed up for the London Marathon, that there was very little chance I would make it through the ballot. At least I could say I tried. How cowardly is that! Just to be sure however, that I would get a Marathon entry, I signed up and was accepted for Chester 2019 on the very day the Chester 2018 race was on.

I now had a certain date to aim for 365 days hence. This was sheer luxury, I had a whole year to procrastinate train. The following day my belief in probability was shattered when my acceptance into the 2019 London Marathon arrived in the post. I must have been the only person balloted whose first reaction was

'oh no why me, I only entered the ballot to get the nice Virgin top and now they've got my money on false pretences'

I kid you not, I was in deep shock. I'd suddenly gone from having a year to train to only having six months. Correcting for the procrastination ratio this meant I had about two weeks available for training. It would have been unseemly to bottle out knowing the anguish of others in not getting a place. I could not guarantee getting a London place ever again and in all probability, I would thus fail to run one of the world majors. In the event, I ran the London Marathon and was pleased that I could run (very loose definition here) the distance. Now as a 'blooded' marathon runner I could go on to slaughter Chester 2019. Sorry folks the wheels came off in Chester. I'm looking forward to Chester October 2021, to take it on again, hopefully with a little more panache and less ache. Chester 2019 taught me that a crushing desire to get the finishers shirt got me through, albeit in some discomfort and totally lacking in style. No change on the style front then!

Onwards and Upwards the way to Ultra

So, after that memory lane diversion, the story continues. I saw an advert for 'Race to the Castle' (RTC) a 62 mile Ultra in Northumberland finishing at Bamburgh Castle. This can be done as a single run (24hours) or multiday. I reasoned if I can get through the 62 miles in a day I could then tag on 3 miles just walking back and forth to the castle and the official finish line. Hence the 65@ 65 challenge was born*. As I mentioned earlier it was following the exploits of Alastair and Paul that really set off the idea of moving to Ultra. Well as we all know Covid 19 struck, and many races and events were cancelled. However, the virtual runs mushroomed from the compost that is Covid. Personally, I find it very hard to get motivated to run, particularly on my own. However, during the post lockdown phases, Alastair introduced me to trail running *i.e.* Alastair sets off and I trail behind! Even when I'm in top gear running on supercharged Nitro, Al has barely shifted out of neutral or even reverse for that matter. I can't thank him enough for helping me, as he talked me through his encyclopaedic knowledge of Lake District trails, as I bust a lung and he jogged beside me. *Relentless Forward Motion* is now one of my mantras. The others are not fit for a family-oriented publication such as GHHH Newsletter!

(Contd.)

Although there are countless Virtual 'Ultra' races, many of them allow the run to be taken over several days or even weeks. Obviously races like LEJOG (874 miles) require this. Currently I am taking on LEJOG9 at an easy pace and two other virtual runs. The GB ULTRAS Virtual Race across the Alps (RATA) 663 miles is time limited to four months or roughly 39 miles per week for the duration. This is a tougher challenge than LEJOG and will force me out to claim that Bling! Having signed up for the little RATA, I then decided to do the big brother Race across the Alps 1592miles. The cut off for this allows for a relaxation in miles per week to a positively pedestrian 37! The cheat here is that all three events, LEJOG and RATAs run concurrently so to quote the supermarkets it's BUY ONE GET TWO FREE. Now that's a great motivator!

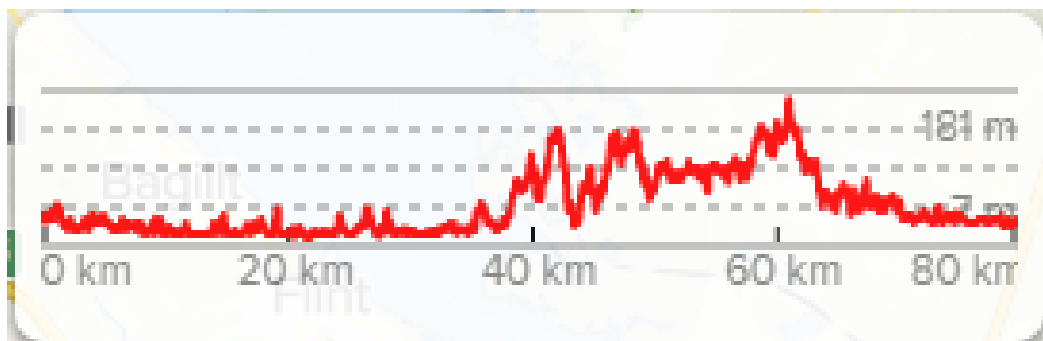
Decisions decisions?

So which Ultra do I sign up for? Obviously, the Race to the Castle was top of the list to meet the 65@65 challenge but before then I needed an intermediate race for practice. Alastair and Paul had some swish looking GB ULTRAS shirts, so I thought that'll do me. The final decision was which race. There was a choice of three distances, 50, 100, and 250 miles. I like grand gestures, but I'd have to go into therapy for a month before I would even consider driving 250 miles let alone run, walk, or stagger that distance. 100 miles was also too much for starters. So 50 miles it had to be, eek, double marathon distance. The next choice was location. Manchester to Liverpool sounded OK but was full. Next on the list was Chester. Ah yes, that'll do for me. I like Chester and had unfinished business after my injury prone and none too glorious 2019 MBNA Chester Marathon. As its flat around Chester, an Ultra can't be too bad, can it? Get yourself signed up. So I did and paid my cash. Race day was to be February 2021. Righty ho let's get the ball rolling where's the course details. Noooooo this can't be right! Chester is **FLAT, FLAT, FLAT** my geography teacher told me so, but this is decidedly lumpy.

The race takes place across the only lumpy bit of the Cheshire Plain with the lumpy bit starting at marathon distance.

Caveat Emptor!

(Editor - the principle that the buyer is responsible for checking the quality and suitability of goods before a purchase is made.)



What came to my rescue was the postponement of the event until July 2021. I knew training was going to be tough, hard, brutal, unrelenting, and well beyond SAS level (**Sink Another Soda**) that I had been used to. I knew that I had to get every aspect of the training into **TOP GEAR**.



A certain person, who must remain nameless, once remarked that I'd be disowned by the club if I turned up wearing anything other than the tights in the bottom right hand of the picture (basic boring black). Well Karen Morgan (oops what a giveaway) be afraid, be very afraid, you know it's going to happen sooner or later. I'm just checking my wardrobe too for suitable tops! All but the top left have been worn in public. K.M - does this give you a clue as to which pair might make a debut public appearance at the club perchance?

(Contd.)

Now let's get back to the serious stuff. There's no denying that 50 miles is a long way to travel on foot and I do not claim to have run 50 miles no matter what Strava tells you. Such a distance means that not only is there physical but mental exertion also. So, as well as trying to get my 'time on legs' I had to devise training to overcome the mental challenges associated with the distance. Many ultra-runners contend that the race takes place largely in the head. I don't know why this is so because, almost by definition, it appears that most ultra-runners do not have their heads screwed on properly anyway...(just look at Alastair!!) In a poll 99% of the general public thought Ultra runners were completely bonkers, 110% of ultra-runners agreed. I would like to have a structured plan, however I would find it difficult to stick to, so I have looked at what I need to do for me viz:

| | Task | How achieved |
|-----------|----------------------------------|--|
| Physical | Cover 50 miles | Build strength through runs, walks and Jeffing 3-50 plus miles in varying terrain, Moving with running vest containing all mandatory kit etc. |
| Mental | Mental resilience | Run in varying conditions wind rain cold, solo , unsupported and at night, getting disoriented in fog, no music or audio books, counting 1,2,3,4 repeat etc or 1-100 Paula Radcliffe style. When safe to do so a bit of air guitar / drumming, accepting a rollicking at 1.30 a.m, from a concerned wife (now it doesn't get any tougher than that in the mental stakes!) |
| Nutrition | Maintain nutrition and hydration | Trial and error with Gels etc and real food, Think I'm coming down on the real food with just a backup from gels. Flapjack, peanut butter/marmalade sandwich and Werthers Original serving the dual purpose of reducing dry mouth and providing energy. |

I have to say that the area I have been most pleased with is mental resilience. Given time, it's easy to see how physical strength can be built up by just working the muscles, but mental strength is different. I really thought I would struggle to build up any great sense of mental resilience, but I have increased my confidence along the way. On my first attempt at 50 miles in August 2020 I had a partner for the first 13 miles and maxed out at about 34 miles, only completing the 50 miles the following day with a partner. In December 2020 I attempted another 50 miles, and I probably would have thrown in the towel at 40 miles on this attempt, but for the support in the last 10 miles. In April 2021, I completed the whole 50 miles solo. The lessons I take from this are:

- a) Restrict time at the aid stations (thank heavens there'll be no interesting documentaries on the telly to distract me – my Strava followers will understand this)
- b) I know it was my determination that got me through this time and that bodes well.
- c) You can do things you thought impossible, if you are realistic in your ambition.
- d) I don't think the phone will be ringing anytime soon, if ever, from Gary "Lazarus Lake" Cantrell about the Barkleys.

I'd like to thank all the club members who have been so supportive, but some deserve a special mention from me.

The Oskars (Ed. please don't change the spelling or we might get a visit from Hollywood Law!)

Alastair McDonald Re, for being just so positive, encouraging and a good provider of nutrition samples!

Lauren Booth, for being a great running buddy, listening to my endless drivel and offering advice. Sorry Lauren, that mascara you suggested just didn't work for me.

Paul Managh for great responses to my Strava

Damian (Wotsisname) Always a cheery comment from Mr. Jones

Tom Evelin Snr for pushing me just beyond the comfort zone and that's far enough!

(Contd.)



Just to compliment my training program I signed up for Windermere marathon 23rd May with some of the fast brigade from GHHH.

None of you need worry though because I intend to take the weight of your shoulders and make it my mission to make you feel better about yourselves by coming last in the GHHH contingent!

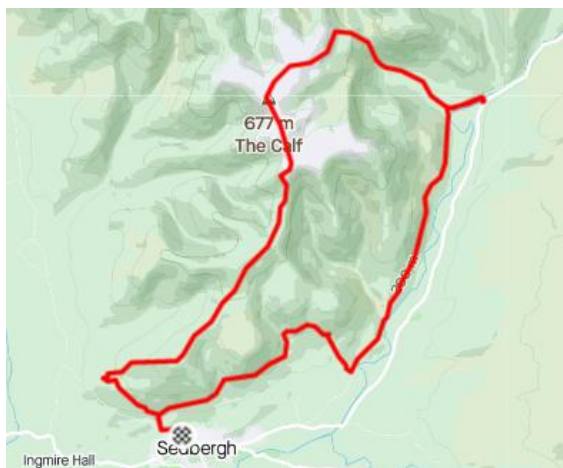
Greater love hath no man than this, that a man lays down his winning position for his friends!

Finally, one thing I have noticed is that the ULTRA running community appear genuinely supportive of people's efforts and 99.999% seem to have one thing in common:

THEY ARE ABSOLUTELY BONKERS. Ah it's nice to be in like-minded company

HOWGILLS HALF MARATHON: Alastair Macdonald

The Montane Trail Howgills race took place on Sunday May 9th. You could choose from the 10k, the half marathon and the full marathon distance. The Howgills are a great place to run and the picturesque village of Sedbergh provides us with a fantastic start and finish point.



The course passes through the Howgill Fells, part of the Yorkshire Dales National Park. It's a picturesque setting, but the course has real 'bite' with some serious climbing in the first 6 miles. The paths are grassy and not technical or rocky underfoot, but you'll be working hard to summit 'Winder', 'Arant Haw', 'Calder' and eventually 'The Calf'. The route then heads East and descends Cautley Spout waterfall, returning along the Eastern edge of the Howgills, before a real 'sting in the tail' in the final miles. It's stunning, quiet and scenic, but not for the faint hearted.

Alastair Macdonald finished in 36th, in 2:33:58

GARY DOVER: Kirkbride Half Marathon 2021



This was our first race since February 2020, so we were all excited to be back racing. Travelling individually in our own cars had been one of the restrictions, the others were outside registration, and lining up at the start, socially distanced of course, then starting individually with the faster runners at the front. This worked better than a normal race. I spotted Ken in the line and just ahead I lined up just behind Mike, my pacer and target.

Off we started, very soon I shadowed a group of three with Mike leading. The early miles were a bit on the pacy side for me, but I decided to take the lead duties from Mike on mile four. At the end of this mile I was tired and by mile six the young runner and Mike pulled away, putting 10 seconds

into me for the next mile. I had also dropped the Scottish runner. The next mile was the same, Mike and the young lad, who had dropped Mike put another 15 seconds into me.

So on mile eight I was on my own. The course is very flat with one hill near the end, but at mile nine and ten, a head wind slowed us all down, the hill we had been warned about would best be described as an incline, this did not slow either of us down as we hit the closing miles. I only started to make inroads on Mike's lead on the last full mile (my second fastest of the day 6:07). Despite a strong finish that just enabled me to see Mike and the £15 second vet 50 prize cross the finish line.



Disappointed? Not a chance! Mike has been running really well all year and I knew being close to him had dragged me to a fast time, my second fastest. We jogged back down the course to cheer Ken home. We didn't need to wait long as Ken keeping good form running a time, he last run ten years ago.

This race, for all three of us, was a training race for the Brathay marathon, a good confidence boost before our last week of high miles. Saying that it's been 14 months of solid training by the three of us helped in no small part by the clubs challenges every month keeping us on our toes.

So big thanks to all coaches and especially to the club champs mastermind Simon.

Have I gained confidence? Well it's the same old story of managing injuries, I ran carrying a drink all the way and my mobile in case my right leg decided to fall off, as it has on two runs recently, required me to walk home with only the left leg contributing to forward motion. But good news, the right leg pain seems to be better, but I again hobbled home most recently with the left knee throwing in the towel, so if I can keep running with tolerable pain, I would be confident of a good time, if not I will have to call international rescue (Gwen in Thunderbird Aygo), as we know, anything can happen in the next 26.2 miles.

14th Mike Cubin 1:23:46 2nd vet 50 15th Gary Dover 1:23:51

43rd Ken Lamb 1:36:13



Ken Lamb: 'Back at the races with the Kirkbride Half Marathon, finishing in 1hr 36m. Much better than I expected and nearly ten mins quicker than my last half. Lots of training miles is reaping its rewards. Mile ten was the only minor wobble but I did go off quicker than expected and just about held it all together. Great to be back racing although I was a little nervous in the lead up to the start. Great to be racing again.'

EPIC EVENTS: ULVERSTON TRIATHLON: 25th April

Ulverston is normally the opening round of the EPIC Triathlon Series, but as they were unable to organise pool-based events until May 17th onwards, the 2021 edition was a duathlon. The event opened with a 6k run, followed by the usual 28k out and back coastal road cycle route and the finish with a 2.3k run. As they're still operating under COVID secure guidelines, the start was a 'time trial' format, with runners starting every few seconds, rather than a mass start.

The club was well represented, well done all those who participated.



Mark Bonner 26th 1:26:43

Mark Lehrle 41st 1:29:34

Amy Wheelen 44th. 1:31:14 4th Lady

Damian Jones 1:35:35

Tom Southward 1:36:03

Taryn Wagner 1:50:50

Frank Mckeown 2:12:14



DERWENTWATER DAWDLE: April 24th. Darren

Coward



Darren completed this 23.70 mile race in a time of 4:51, finishing 20th out of a field of 200. With 4,863 feet of elevation – he was certainly faster than a dawdle! He said, 'it was nice to be racing again but hard work in that heat!!'

The Derwentwater Dawdle is a challenging but beautiful 23(ish) mile self-navigated route that takes in three tough ascents totalling 4300ft, as you complete a full circuit of Derwentwater.

From the start at Victory Memorial Hall in Braithwaite, you soon make your way to the first ascent, to the summit of Cat Bells giving stunning views

back towards Keswick & over Derwentwater, from here you have a technical descent to the lake side and make your way past the iconic Castle Crag to Rosthwaite and the first check point at the Institute.

Another steep ascent soon awaits as you head up to Dock Tarn, a beautifully isolated spot... you probably will get wet feet! After passing Watendleth you head to the second check point located at Surprise View (and it lives up to its name) before dropping to the famous Lake District beauty spot at Ashness Bridge. The final big climb up to Walla Crag is possibly the easiest of the day and brings yet more stunning views over Derwentwater before a final fast and fun descent. One final short optional climb to the viewpoint at Castlehead is included in the route before you pass through Keswick beginning your return to the start point. This route features several punishing climbs that reward you with full panoramic views of Derwentwater and Keswick. It is not an easy day out, but the challenge will reward you over and over.



HARDMOOR 30: 25th. April: Alastair Macdonald



The Hardmoors 30 is a 30ish miles loop following the Cleveland Way between Whitby and Robin Hood's Bay, then south along the Rail Trail to Cloughton Wyke via Hayburn Wyke.

'Well cracking race today at the Hardmoors 30. Amazing but tough course and event, trails are amazing along the Coastline. New PB for 50k too, finishing 38/221 in 5:54:10!!'



LOUGHRIGG FELL RACE: Wed 5th May



For many, this popular early season evening race heralds the start of Summer. A four mile out and back blast from Rothay Park in Ambleside, this race packs a lot into its short length of 4 miles and a height of 1080 feet. Numbers were restricted for this year's race, with 108 runners taking part.

Our own **Matt Elkington** is back on form, representing his second shout club, Ambleside AC, finishing in a very creditable 2nd place, in a time of 27:05. **23.**

LAKELAND TRAILS: KENTMERE: Sat 8th .MAY: Simon Barton



Welcome back to racing the fells in 2021!! Was it a race or a swim?? How come they get the weather forecast correct, just when you wanted it to be soooo wrong. Setting off from home it was chucking down and somewhat windy!

Arriving at Staveley- it was still raining, but not too windy!!

Our start was at 9:58, in groups of 6, with each group setting off at 1-minute intervals, having to wear your mask until you left the field and then stuff it away in a handy pocket!!

I'd decided to run with Mrs B and Alan Wilson was with us too. We soon got used to the rain, the wind eased off and away we went!! (Who else knew that the Staveley 10km (6.2 miles) was actually 7.2 miles) A great undulating course with a tough ascent at 6 miles, affectionally referred to as 'the sting in the tail!!!'

Then a mega descent back down to Staveley and the finish.

It was so well organised, we all felt safe, everyone had to do a Lateral Flow Test prior to arriving, setting off in small groups worked brilliantly.



There were two of the races with competitors from the club:

10km 227 runners

1:13:26. Alan Wilson

1:16:31. Sally Barton 3rd FV60 and 20th female out of 150 (good lass!)

1:16:32 Simon Barton.

1:21:09 Ian Walker.

18km 345 runners

1:53:59 Michal Parka

2:24:09 Dorothy Stirling

2:24:10 Mel Simmonds

THE LAP:

Darren Coward 11:54:17 Simon Austin 12:29:03 Elsie Roberts 13:04:31



The Lap is a 47 mile trail ultra-marathon around Lake Windermere, open to both runners and walkers. Competitors have 24 hours to circumnavigate England's largest and most iconic lake, taking in all the best viewpoints on some of the most beautiful trails, The Lakes has to offer.

Elsie Roberts:

'I'm really chuffed to have completed it and I enjoyed the day a lot. Well done Simon & Darren, the weather was definitely the biggest challenge, I'm glad I knew the course in advance, really helped mentally and practically for me.'

Simon Austin

'Thanks all for the kind comments. What a day, think I would have been less wet jumping in the lake!'





KARL'S RACE DIARY:

This is a list of the races that have been rescheduled to the spring or later as a result of the Coronavirus carry-on.

Whilst it may NOT be in date order at the moment, it will be later in the year when we get back to racing, and the lists resume, depending on how long the race restrictions remain in force.

I'm not including entry fees or other info at this point. Times are unconfirmed and may change nearer to the date.

A WORD OF WARNING....All races are PRE-ENTRY only, unless stated otherwise, will have caps in place on numbers of entries being accepted to comply with Covid measures and entry fees may be higher than expected, and please, in all cases, check their relevant websites. Enter early to avoid disappointment to guarantee your place.

Sat, 15th May: Black Combe runners spring training league race at Birks Bridge in the Duddon

Valley, between Seathwaite and Cockley Beck. This is an uphill only race starting from the car park to the summit of Harter fell (around 2.5 miles) where a marshal will record your time. Make your own way back to the car park via any route. Again, Covid measures apply and runners will be set off in intervals on a handicapped basis. 10:30am start with free entry. Fell shoes only unless dry when good trail shoes may suffice.

Sun, 16th May: Worden Park 10k race and fun run, from Leyland, near Preston. Please see UK Results website for further details. This event may be cancelled at time of sending this.

Sun, 23rd May: Windermere marathon is now on starting between 8 and 10am with runners set off in small groups at two-minute intervals. There are Covid measures already in place, the route is re-jigged at Hawkshead to miss the village centre and entries are still available until mid-May. Capped at 800. Full details on the Brathay Challenges website.

Sat, 29th May: Black Combe Runners spring training league race at Whicham Church, Silecroft, just off the A595. The final fixture is the Black Combe up and down race, covering approx 4.8 miles and 1900ft ascent to the summit and back, from the steps next to the church and bridleway. 10:30am start. Free entry.

Handicapped start and Covid rules may still apply even though a further easing of lockdown will have happened by then. Trail or fell shoes needed, however, if very dry conditions it can be done in good road shoes.

Sun, 30th May: Epic Man Windermere Triathlon. For info only as some of you do Triathlon. Please see links on the Results Base website. From Lakeside YMCA near Newby Bridge.

The K2B and C2B walk / run events which were due to take place in May are now on Sat, 18th Sep, at 5:45am and 9am respectively. For info only. More details on the K2B web.

The Coniston Lakeland Trails marathon is now on Sun 6th Jun, at 9am. For info only. Entry has already closed and has been capped with limited numbers. Other races in the series, such as Cartmel and Hawkshead, which would've taken place by now, are rescheduled to the summer instead and details are on their website with entry still available to both.

Popular races such as the Dalton 10k and Millom (Lighthouse) 10k are cancelled, meaning they are likely to be rescheduled outright to next year, but if that changes and any other cancelled races get reinstated later this year, they will be mentioned in a future race diary email update with their new dates. Please also note that all (bar Endmoor) the Kendal AC Grand Prix 10k road races are cancelled until next year.

Anytime in this quarter: The Book it zone virtual races from your home or on a course of your choice. Details and a link are on the UK results website. You can do any distance you wish, but see the website to see what's available, the costs and dates etc.

MOST OF JUNE looks poor at present for races locally at time of submitting this list (mid-Apr), but could change closer to the time. Please check all local running clubs and UK Results etc websites in case races get added to cover this gap.

The Father's Day 10km at Lancaster on Sun, 20th June, is still on at present and will be Lancaster and Morecambe ACs first face to face race event of 2021. All details will be on their website shortly, including entry fees, start times and parking arrangements etc.

Morecambe 10km series race, on Sun, 4th July, is still showing as being on.

Carnforth 20 barriers race (5 miles) on Tue, 6th July, is still on at present.

Endmoor 10km race, which was due to take place on Wed, 30th June, near J36 M6, is now on Wed, 11th Aug (new date), and is still on at time of submitting this list.