



# HOAD HILL HARRIERS NEWSLETTER



**MAY JUNE JULY AUGUST**      **2021 EDITION**





## **EDITORIAL: Adrian**

I hope this newsletter finds you all well and healthy, and although many members have not been down to the club for sessions, I see you are all managing to continue putting in the miles.

Now that things are slowly getting back to 'normal', the race calendar is beginning to expand with some of you targeting races and ramping your training steps up a level.

Thursday night sessions at the club are designed to help develop speed, stamina and strength and have been very well attended. There is no need to sign up to attend and each of the two group activities are detailed in our group Facebook posts.

Once again, many thanks to all those who have sent in reports and photos, 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!!

## **WELCOME:**

Welcome to new members: Jade Wren, Iain Holiday, George Limitsios and Jamie Miranda, and welcome back Cormac Murray.

## **GOOD LUCK:**

Good luck to all those who have big races coming up, Liz White and Gary Dover doing London Marathon, those doing Manchester/Liverpool/Chester Marathons and the Great North Run.

## **CONGRATS:**

Congratulations to **Karl Fursey** for completing the virtual challenge he started in January to run the distance from Lands end to John O' Groats.

Congratulations to **Damian Jones** who has joined the Vet 60 group. Not content with relaxing, he went for a long day out challenge! 60 @ 60 to be precise. 'It was an awesome day - 39 miles on the bike, 2 miles swimming in Coniston Water (very refreshing) and a Marathon run back home over the hills. OK, that's 68 - I'll keep the extra 8 in the bank! We enjoyed Singapore temperatures yesterday, fortunately not quite as humid though but very tough conditions. Thanks especially to Chris Howie, Graham Pinder, Jeffrey Chadwick and my wonderful wife Pat for helping get me round.'

Also, congratulations to **Lizzie** and **Rob Browne** on the arrival of Jack Robert, a brother for Aila.

Plenty of time for Lizzie to start training for x-country!!

## **CHRISTMAS CLUB DO:**

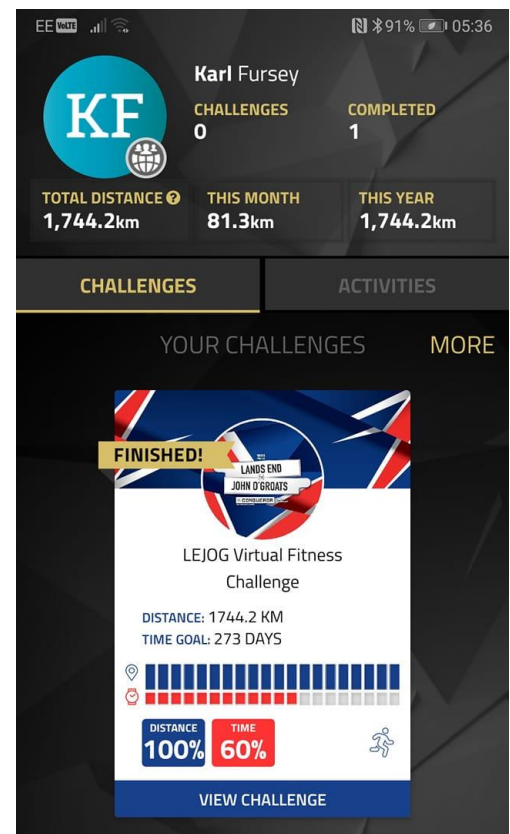
The club Christmas do and presentation night will take place at Ulverston Golf Club on

**SATURDAY 4<sup>TH</sup> of DECEMBER.**

Save that date – more details to follow!

## **CLUB SESSIONS/SOCIAL RUNS:**

Well the summer is coming to an end and the nights are drawing in. Don't forget to search out your high-viz gear and headtorches, for your safety and to help road users spot you early. I guess most Monday groups will shortly be inclined to run less off-road, and start hitting the local roads and pavements.



## **CLUB CHAMPIONSHIPS TO 31st July 2021: Simon Barton**

Remember that the champs now run to 31st October, so there are just over 2 months of running left for this year! August's challenges are any 5km Cumbrian Park Run, and any 10km actual or virtual.

### **Senior Female**

Stephanie Roberts 74 points

Amy Whelan 45 points

### **FV40**

Heather Travis 144 points

Leanne Bayliff 119 points

Liz White 111 points

### **FV55**

Alison Cooke 131 points

Sally Barton 125 points

Christine Winder 83 points

### **Senior Male**

Darren Coward 99 points

Scott Bremner 95 points

Adam Dawson 80 points

### **MV40**

Glenn Boulter 129 points

Mick Cull 108 points

Karl Fursey 100 points

### **MV50**

Damian Jones 131 points

Gary Dover 112 points

Ken Lamb 108 points

### **MV60**

Bill Sharp 144 points

Tom Evelyn 97 points

Simon Barton 76 points

## **FAIRFIELD HORSESHOE FELL RACE: 22<sup>nd</sup>. MAY**



The Fairfield Horseshoe fell race is one of the oldest fell races in the Lakes. This classic course starts in the beautiful grounds of Rydal Hall. The route climbs up the valley on to Nab Scar. From there the route takes you to Great Rigg Man and then to the final summit of Fairfield. Turning Southeast, the route takes it way to Hart Crag, Dove Crag and then down the east side of the wall, a lung bursting run all the way back down to Rydal Hall.

9 miles in distance, with 914m of climb, 216 runners took part, with HHH **Alastair Macdonald**, running for his second shout club Black Coombe Runners, finishing in 2:01:27.

## **MK MARATHON June 27th.**

Tarryn Wagner 5:13:43

## **HOLLYBANK ECCUP 10 MILER: LEEDS:**

**Nigel Storey** 218th./735 1:16:32 'First race for a very long time rather undulating, so very happy with pace – there is life in the old dog yet!'



## **BRATHAY WINDERMERE MARATHON 23<sup>rd</sup>. MAY**



A great effort by all in terrible changing conditions. Well done all, especially Glenn who was doing his first marathon.

Mark Tomkinson 23<sup>rd</sup> 3:01:39

Vet 55

Mike Cubin 58<sup>th</sup> 3:19:41

Tom Southward 74<sup>th</sup>. 3:25:03

Ken Lamb 125<sup>th</sup>. 3:37:53

Glen Boulter 172<sup>nd</sup>. 3:47:56

Terry Peet 541<sup>st</sup> 6:04:26



### **Terry Peet:**

'Without a doubt that is the hardest, toughest "run" I have ever done. I was in all sorts of trouble after the halfway point and had to walk most of the next half. Seriously, I found it harder than my 50 mile Ultra. I won't be entering next year, unless I can get my fitness levels up dramatically. One big reward and the icing on the cake was spotting Joss Naylor walking back toward Ambleside. I shook the man's hand and then he enquired about my run and gave me direction. The man is legendary, so it was worth the 25 plus miles just for that. All he wanted to chat about was how was my race. LEGEND! I think Rayrigg Road should be renamed Buzz Light Year Way, because it seems to go to 'infinity and beyond.'



### **Ken Lamb:**

'By no means a perfect marathon but super pleased with the time of 3hrs 37mins, my quickest at Windermere by 10mins. The weather was not great, and I started off by forgetting my gels . I would not be too worried about this normally but knowing the lack of feed stations this year, it was a bad mistake to make and probably cost me a bit of time on the second half of the race.

I managed to set off ten minutes early and kept Mark Tomkinson, behind me until we were approaching 12miles and then Gary Dover passed me just after 17miles. Gary also managed to beat his best time at Windermere too. I managed to get finished just before Mike Cubin came in and we were on our way back home before Tom Southward 3hrs 25mins came. I think that may have been a Windermere best for Tom too. Hats off to all today and thanks for the support around the route too.

Next stop for me and my main target for the year is Lochness Marathon and if I can get my nutrition sorted then I could get closer to 3hrs 30m.'



**Mike Cubin:** Whilst sat in a portalo, listening to the wind and hail lashing the loo, I would have gladly taken death by T-rex rather than run that course in those conditions. The T-rex missed his cue but thankfully the hail and heavy rain subsided once I got to the start line.

I set off steadily with a sub 3:15 the target and felt very comfortable to around 14 miles.

My legs started to feel heavy, and I had to battle the mental demons again. I felt like I was struggling but my Strava splits suggest I was fairly consistent to 21 miles.

My legs were screaming at me in the last 5 miles with the undulations causing my calf muscles to spasm. I followed my nutrition strategy and pushed through it and was pleased to complete the marathon without walking, knocking 5 minutes off my personal best time in 3:19.41. That was my fastest marathon but also my toughest.

I had another Steve Redgrave moment after finishing. Although it is satisfying to finally get this off my back, I am not sure the post-race carnage is worth the effort.

It took me about an hour to walk the 200 metres to my parked car and my dying fly impression caused great amusement as I tried to pick myself up off the grass after getting down on all fours to retrieve my car keys from under the car. And the drive home was fun!

There is a big differential in my race performances up to half marathon and marathon, so the challenge is still there to run closer to the 3-hour mark.

Maybe once the pain subsides and I can walk properly again. I will fancy another crack at it but on a flatter course next time.

#### **Gary Dover:**

Looking at the results for the Brathay Marathon, in my opinion this years' is by far the club's most successful. Firstly, 7 runners from one club is a lot, and everyone finished, most in the top ten in their age categories. Sprinkle a host of pb's at Brathay and any marathon with fastest runs in a decade for some. With rain and sleet for most of the day, combined with COVID rules, Time Trial format, and carrying one's own drinks, it made every performance that little bit more special.

After a deluge of sleet and rain, I made my way to the start with Ken, but he had a 10-minute start on me. I met mark Tomkinson just before setting off, and as predicted, at the 2-mile point, he glided past me. Passing lots of runners early on, I made my way to Newby Bridge with a steady pace. The worst section on this run was from Fell Foot, where a posse of Hoadies gave us much needed encouragement. "Where's Ken?" I asked, thinking I should have caught him by now. Apparently, he still had 5 minutes on me and was running well.



At Beech Hill we had more cheer leaders in Mel and Dorothy, again such a lift for us all. Then at about the 17 mile point I caught Ken, still running well, but runners were now few and far between now. Apart from Tommo, one other runner passed me just before Bowness. I was on my own, luckily my right hip, which I was worried about had held out and at 20 miles, I decided to go full throttle.

It felt like I had speeded up, but the extra effort just let me keep the same pace, but I did feel strong with a sprint finish up the drive, crossing the line in my best time in 6 attempts at Brathay, so very pleased.

A big thank you to all marshals and Brathay for going ahead with the race when many have not been run, I felt very safe throughout the day. Also, a big thank you to Hoad Hill for on the day support and the continuing monthly challenges and weekly sessions.

#### **Tom Southward:**

'Less than 2 minutes off my PB at Chester, and definitely a much tough course!'





## **JUNIOR SECTION:**

A special mention to Noah **Zaboklicki**, who entered his first Bofra race of the year at Coniston Gullies. Well done, a great result, finishing in 12<sup>th</sup> place on a gruelling course.

### **CONISTON GULLIES FELL RACE: A report by Noah Zaboklicka**

'Dear Fellow Runners and Readers, let me enlighten you about something that I recently experienced. On the 23<sup>rd</sup> May 2021, I participated in the BOFRA Coniston Gullies Fell Race. The night before I studied the route with my parents matching up the online directions with the OS map, had a large bowl of pasta and went to bed early in preparation.

It was a dank day as we drove the winding, yet scenic route to Coniston via Torver, passing canoeists on the lake to the left and fields of Alpacas to the right. The majestic Old Man loomed closer as we approached the quaint town of Coniston, buzzing and bustling with a mix of tourists and race participants, as they weaved in and out of one another to get to the start.

Once parked up in the grounds of John Ruskin School, we registered for the race, walking briskly through the town, up a narrow shady lane and through a gate that opened out onto the base of the mountain. I gulped as the route came into full view; the route before me sloped steeply upwards, a rocky terrain, slippery and boggy in places from the previous night's rainfall. This was going to be tough but I knew the pain wouldn't last long and I would be rewarded with a packet of Haribos, as well as a sense of achievement from being out of my comfort zone, once I crossed the finish line, worth the effort in my opinion!

Crowds of people were gathered in huddles, parents preparing their children with sips of drink, holding various items of clothing, and frantically pinning on numbers to vests; whilst others were warming up and doing a recce of the route.

All the competitors were called to gather round to receive instructions for the race. I glanced around and recognised two friends who run for a different club. I immediately knew that I had some serious competition! We huddled round and listened before being directed to the start line, ready for the first event of the season. I felt a mix of emotions, nervous on one hand and excited on the other.

The starter called out "Go!" As we set off, I felt strong along the first straight, and up the hill I overtook several runners but unfortunately, I lost my places on the way down. I heard the spectators cheering me on, which encouraged me to keep going. The terrain was tough as anticipated with rocky outcrops, it would have been easy to have taken a tumble, but luckily I managed to keep my footing. It was a gruelling race for all of us. I came in 12th place out of a field of 24 with a time of 5:18, but felt proud of my result. If you want to race then you have to put your mind to it and don't let your feelings stop you from accomplishing your dreams!'

**Orienteering: Louise Thompson:** Special mentions to all who put their running skills to good use on the Orienteering series over the last month: Sophie, Katelyn, Joseph, Woody, Emily and Quinn. Some fantastic results throughout with the final at Brockhole held in torrential rain. Woody & Quinn were 1st and second in both boy's races. Emily was 3rd in both girl's races.

## **PARK RUN SUCCESSES:**

Well done all those taking part in local Parkruns.

Noah Zaboklicki **PB** 24:43 Theo Zaboklicki **PB** 22:37 Max Hazlehurst **PB** 20:41 Oscar Yearnshire **PB** 24:33 Emily Spencer **PB** 28:41 Joseph Connolly **PB** 24:59 Iona Barrowdale-Smith **PB** 25:02 Natalia Anderson **PB** 28:30





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

### **KETTLEWELL FELL RACE: JUNE 6<sup>th</sup>.**

Many congratulations to Max Hazlehurst, who had a great run in the Under 14 race, to finish in a creditable 5<sup>th</sup>. place in a time of 11:15.

### **Hawswick Bothra Fell Races. 20<sup>th</sup>. June**

Well done to Max, Noah and Theo, three excellent results with Max finishing 10<sup>th</sup> and Noah and Theo 17<sup>th</sup> and 18<sup>th</sup> in their Races. Great running lads.



**Theo** and **Noah Zaboklicka** had great runs in the Under 12's BOFRA Fell Race at Farleton Knott, with Theo coming in 7<sup>th</sup> place and Theo 6<sup>th</sup>.



**June 26<sup>th</sup>.**

**Ellen and Katelyn Douglas** both had really good results in the BOFRA Kirkby Fell Races

Katelyn finished 8<sup>th</sup>. in her Under 12 race, whilst Ellen finished 7<sup>th</sup> in her Under 14 race.





## **JUNIOR SECTION (Contd)**



Amelia Thompson competed in both Northern Orienteering Champs and British Middle Champs, both taking place in Finthwaite. Quinn Thompson competed in the Northern Orienteering Champs today in Finthwaite.



## **VIRTUAL TIDAL TRIPLE:**

**Day 1** 5k Caroline Peet 4<sup>th</sup>. 33:37 **Day 2** 5k Caroline Peet 3<sup>rd</sup>. 30:03

**Day 3** 10k 1<sup>st</sup>. Heather Travis: 47:43 5k 2<sup>nd</sup>. Caroline Peet: 30:10

## **ENGLANDS ATHLETICS COACHING COURSES:**

The club is still struggling to provide enough coaches to assist in the organisation and implementation of the Junior training sessions, despite sterling work by Louise Thompson and Andy Jackson, and a group of parent helpers, to maintain the running of two sessions a week. Several of you indicated that you would be able to help on an occasional basis, and there are some online courses run by England Athletics that which would give you an insight of how you can help.

There are two online sessions, one and a half hours long, costing £20. The club will pay for these sessions. Club members can book using their England Athletics number, parents of paid up and currently registered juniors can also join these courses.

The online **Leading Athletics online workshop/course** is the perfect opportunity for anyone aged 14+ who is keen to gain an introduction to the skills needed in leading athletics activity for young athletes. The workshop comprises two sessions costing £20 in total.

While not a formal qualification, the Leading Athletics workshop is aimed at individuals who are interested in an introduction to the skills needed in leading athletics activities for young athletes. It's perfect for athletes wanting to support younger members at their club or parents who want to take their first steps into volunteering and leading. Individuals completing the course will be able to support Coaching Assistant and Athletics Coaches.

Anyone completing the course benefits from lifetime access to the Leading Athletics interactive App which provides course resources, ideas for leading activities and the Game Cards used on the workshop. The resources include information on the roles and responsibilities of a leader, how to lead a fun and inclusive athletics session, and further information on how to develop your leadership skills. Crammed with 'Top Tips' for effective delivery, the support resource also explores the key principles of running, jumping and throwing events whilst providing technical information which support these principles.

The leadership in athletics coaching journey is supported by British Athletics' coaching qualifications. Follow this link for more info and booking. If you have any problems, please contact me:  
<https://www.englandathletics.org/coaching/qualifications/leading-athletics/>

The next two courses are:

**Schedule:**    **Session 1 07-10-2021 18:00 - 19:30**  
                  **Session 2 08-10-2021 18:00 - 19:30**



## SOLWAY HALF MARATHON 6<sup>th</sup> June

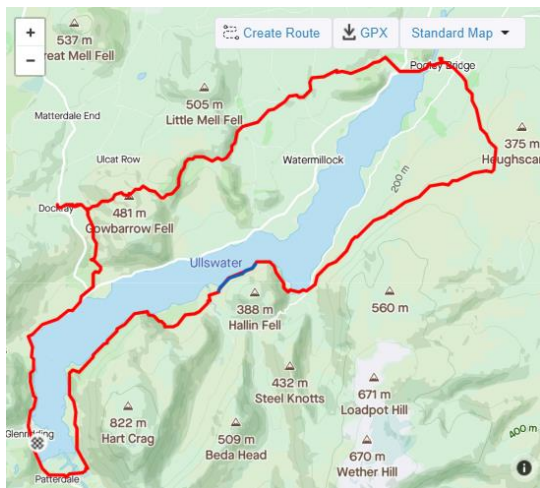


The Solway Half Marathon is a flat and fast route on the scenic rural roads of Northwest Cumbria. The race starts and finishes in Anthorn, doing 1 loop using country lanes through Bowness-on-Solway, and returning to Anthorn via the coastal roads.

**Kathy Edmondson 2:31:02**

## MONTANE TRAIL 20, ULLSWATER WAY:

Finishing 187/582, in a time of 4:29:27, **Simon Austin** (representing BC Runners) entered this new event for 2021, opting to race the 22-mile option of The Ullswater Way, rather than the 10 mile race. It starts and finishes at Jenkins Field in Glenridding. You can choose to complete the full route, which is a lap of Ullswater, or start at Pooley Bridge and run 10 miles back to Glenridding. The organisers transport you to the start of the 10 mile event on the famous Ullswater Steamers, all you have to do is run back!



'A cracking day out, but a tad too hot!'





## **LAKELAND TRAILS: CONISTON: JUNE 6<sup>th</sup>.**

### **MARATHON**

#### **Lee Winter:**

'Coniston trail marathon done, IT WAS A TOUGH ONE! Baking temperatures but a stunning route. Got round in 4:22:06, 50<sup>th</sup>. and really happy with that in this heat. Great to be back racing again.'



#### **Darren Coward:**

34<sup>th</sup>. 4:05:05





**Tom Southward:**

85<sup>th</sup>. 4:35:40 'Turns out 2 marathons in 2 weeks isn't the best idea. Beautiful but brutal race. One of the toughest races I have ever done!'



**Half Marathon;**

**Mike Parka:** 16<sup>th</sup>. 1:56:29

'That Lakeland Trails run in Coniston ended up being much better than I expected, considering the scorching temperatures. I was lucky to find a very good pacer who I followed for most of the race. It's so lovely to see organised running events again.'



Janine McNeil 3:36:05

Louise Thompson 3:36:03



## **10K**

### **Lauren Booth:**

54:05 'First competitive race in way over a year, so chuffed to bits to have come away with 2nd lady and 4th overall.'



### **10K Simon Barton:**

'The eyes opened up to a beautiful day! The forecast was right, 15 degrees at 7am and rising. Coniston Trails day, so no one will be able to hide from the heat!

Thought I'd set off in good time as with all the runners of the various events and all the staycationers it could be busy up to Coniston - correct - went past Brown Howe at 9:30 and the car park was already full and the roadsides were too!

The races start from Coniston Hall and it was nice to see lots of stalls set out selling food and sports ware, despite lots of people being there it wasn't too busy, as most were out running the courses, and with staggered time starts it went really well.

For the 10km start times were spread over half an hour from 10:30, with runners setting off in batches of 6 every minute. My start time was 10:58 as I wanted to be one of the last to set

off, because Mrs B was doing the half marathon later, only on the day she due to a dodgy sciatica and tummy!! The course takes you through the top of the campsite up to the Coniston 14 1 mile mark, but doesn't go on the road, it turns left and goes to Torver, does a tour over to the lake and along the lake shore - this bit is not easy as it's 2 miles of (trip!) tree roots! The return to Coniston Hall was so welcome!!

Reading the results later, finishing in 1:06:45, suddenly made it all worthwhile when I found out I was 20th out of 129 and second Vet 60, however even better, Lauren was 4th overall and second Lady home, for which she had the pleasure of a free entry to do it all again next year!'





## **MID LANCS TRACK AND FIELD: SALT AYRE TRACK, LANCASTER: 3<sup>rd</sup> July**

With the first three meetings being cancelled due to covid restrictions, the first was a scaled back meeting held at the Lancaster racetrack.

We only managed two representatives from the club. Luke Turner continued with his impressive form, winning the Senior Men's 800 metres in a time of 2:11:6. In the senior Men's 1500, Jeff Chadwick finished 6<sup>th</sup> in 5:01:1

## **MANCHESTER TRACK AND FIELD: Grand Prix 13<sup>th</sup>.July.**

### **1500m Heat 4**

1	552 Rushawn Lewis	SEN M Trafford AC	4:30.06
2	519 Luke Turner	SEN M Hoad Hill Harriers	4:30.13 PB
3	505 Justin Corbishley	U17 M Hoad Hill Harriers	4:33.76 PB

### **1500m Heat 5**

5	615 Jeffrey Chadwick	SEN	M	Glaxo Hoad Hill	4:55.9
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## **NEXT MID LANCS TRACK AND FIELD MEETING: Adrian**

Sun 19<sup>th</sup> September at the Stanley Park Track, Blackpool. I will email out info about this event soon. Juniors and seniors can take part free of charge in any of the track and field events, but I must register you to take part, by the Thursday before the meeting. More info about races can be found under the track and field section on this link: <http://www.midlancs.org.uk/>



## **MONTANE GRIZEDALE TRAIL: 27<sup>th</sup> June**

### **HALF MARATHON**



**Ian Peters 2:41:11**



**Gary Dover 10<sup>th</sup>. 1<sup>st</sup> Vet 50 1:47:43**

**Mick Cull 1:53:09**

### **MARATHON (27miles!)**

**Simon Austin 4:48:10**

**Alastair Macdonald 5:04:09**





# BOFRA: British Open Fell Runners Association



## 2021 Championship

The 2021 BOFRA championship consists of 13 races ( 12 for Juniors ) with 7 races needed to count ( 6 for Juniors ). Races are open to anybody, members or not. Each race has individual prizes, usually trophies for younger juniors down to 5<sup>th</sup> place and cash prizes for older juniors and seniors. Comprising races for all ages (from 6 upwards), BOFRA is ideal for families. Anyone that joins as a member gains points towards the Championship for which trophies are presented at an end of season Presentation Dinner, plus any Member completing at least 7 championship races ( 6 for Juniors ) receives a commemorative T-Shirt.

<b>Coniston Gullies</b>	<b>Sun 23rd May</b>
<b>Kettlewell</b>	<b>Sun 6th June</b>
<b>Hawswick Dash</b>	<b>Sun 20th June</b>
<b>Kirkby Gala</b>	<b>Sat 26th June</b>
<b>Cracoe</b>	<b>Sun 18th July</b>
<b>Ambleside Sports</b>	<b>Thurs 29th July</b>
<b>Farleton Knott</b>	<b>Sun 1st Aug</b>
<b>Arncliffe Gala</b>	<b>Sat 14th Aug</b>
<b>Reeth Show</b>	<b>Mon 30th Aug</b>
<b>Muker Show</b>	<b>Wed 1st Sept</b>
<b>Burnsall</b>	<b>Sun 5th Sept</b>
<b>Embsay</b>	<b>Sun 19th Sept</b>
<b>Wasdale Show</b>	<b>Sat 9th Oct</b>

Age categories are defined by age on 1<sup>st</sup> May 2021

Junior Age Categories: U12, U14, U17

Most events also include a non – championship U9 race.

Vet Age Categories: V40, V45, V50, V60 ( men )

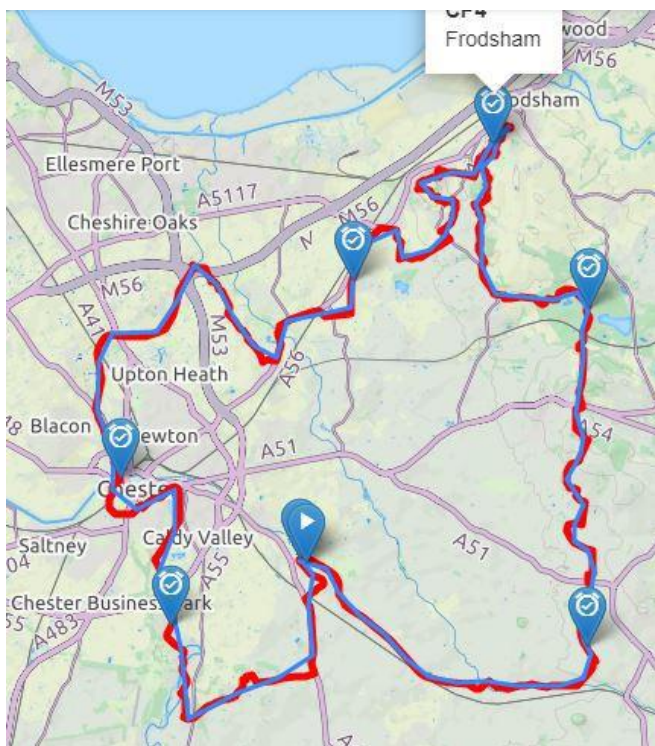
Membership

Senior £15, Junior £7, Family £30

More details: [www.bofra.org.uk](http://www.bofra.org.uk)



## GB ULTRAS CHESTER 50 (ish) Saturday 3rd July: Terry Peat



**14:56:49 race time 140/160 (179 starters)  
109/118 male**

Saturday 3rd of July dawned through a curtain of heavy rain at Waverton Village Hall, the start and finish for the GB ULTRAS Chester 50 mile ultra. About a week before the weather forecast had been for sunny days and perhaps a tad too warm for comfort but this was a complete turn about in the prediction as the week progressed. COVID restrictions necessitated a staggered starts between 6.00 – 7.30am with the faster runners setting off in the earlier waves. I took them at their word. I staggered from the start gantry to the village hall gate at 7.00am, where I had to stop, as my right shoe lace had come loose. What a classy start. I then realised that my watch hadn't started and, as this was my main mode of navigation, I was in a quandary as to go right or left at the gate? The response from a marshal of "turn left" was delivered with such a pleasant smile that it suggested I wasn't the only one to be navigationally challenged.

### Chester Ultra 50 route race tracker

With only 2 errors in the first 100 yards, it wasn't such a bad start (ha ha) to a 53 mile race [\*]. Eric Idle and 'Look on the bright side of life' popped into my head and things did begin to look up from here. An almost mythical piece of advice given to novice ultra runners is to 'set off slow and get slower' and I intended to keep to this. I was less than a mile in when another right/left decision was about to come up but with the 'breadcrumb navigator' in full flow I was confident of making the right call and turned left only to be joined by Rachel, and we ran together for the next 15 miles.

The route took us along the River Dee via CP1 (Eccleston Ferry) at 7 miles and onwards to Chester crossing the Old Dee bridge and a trot around the race course to join the Shropshire Union Canal at CP2 (Towers Road) some 13 miles into the race. I was surprised to have arrived at CP2 so soon and with relative ease given the conditions, but I was also aware that I still had a long way to go. By now the 'set off slow' mantra had receded somewhat and we were, for me at least, knocking out a good pace. I realised that I would not be able to sustain this pace for much longer as by now my hamstrings were playing their own screaming concerto.



Start line face, wet but smiling



This section was flat and the repetitive pounding was beginning to show in my usual lack of preparation. Short breaks, as low as 10 paces, in my stride helped but the inevitable slow down came and I said my goodbyes to Rachel, who went on to gain one of the top 100 finishers Gold medals.

Rachel and Terry towards CP2



*I shall reinvent myself as the running Phoenix. I wing it so often, then crash and burn but finally resurrect to a triumph of sorts. Maybe I should try the time honoured method of putting in the graft beforehand, next time eh? Honest Alastair I will try to be better.*

The next seven miles along the canal seemed to take an eternity, with one brief stop for the 'Melon Lady' and her son, who were dispensing chilled melon slices and Haribos. After leaving the canal, the route was on surfaced roads until CP3 at Dunham-on-the- Hill. The change in topography from the canal did help to calm the hams. Living in a quiet location as I do, the fast traffic noise played havoc with me, just like it did on the Troutbeck Bridge section of the Windermere Marathon. I truly hated it and all the drivers speeding by in their tin boxes. This was a real low point for me, but the knowledge that it is common to have such lows (and corresponding highs) helped me crack on. "Never mind petal", said a sweet little voice I'm just about to give you something to take your mind off it all. Yes, it certainly did that alright. Another distance running 'amusement' reared its ugly head or to be more precise thankfully it didn't – well not at that precise location. I had prepared for a 'code brown' event and packed paper, hand sanitiser, and a poo bag for used items (NOT poo) in my hydration vest. Warrington Road, a busy main road in a built-up area was certainly not the best location for such a delicate matter. So, what to do? Make for CP3 about 3 miles away with all haste to prevent waste. Thankfully there was no queue for the loo at CP3. Not to put too fine a point on it, that relief and a top up of water and the introduction to 'cheap full fat cola' was reinvigorating. Here I met Alex a runner whom I had sponsored and was running for the Red Cross. You will read more of Alex later.

At Dunham-on-the- Hill is where the lumpy bit of the course started. Refuelled and ready to go I set off for



Frodsham Hill (CP4) about 6-7 miles away. From the outset I had decided that my mission that day was to finish within the cut-off time and anything else positive would be a bonus. Various people had advised walk the hills so that's what I did (and a little more besides). After all I wasn't an Alastair or Paul, nor did I want to embarrass those poor souls by out running them at my first attempt, (ha ha some chance). After passing a couple of policewomen who most graciously called out their support of 'you've got this' I jogged on with Martin another soul who was attempting a third ultra within a month! Thankfully the route deviated from the main road to follow a quieter course along more peaceful lanes. I suppose in some areas it is inevitable that 'beauty spots' have to be linked by busy roads and it makes you realise how lucky we are to be able to find the odd 26 miles here or there with barely a road to its name.

However onwards

and upwards to Helsby Hill, which according to the OS is 130.1m [427feet] tall. It seems much higher when you've just completed a near marathon to get there. The top is flat so it's strange to be climbing up the natural sandstone steps and just emerge to see the Trig point, it seems a bit of an anti-climax but the view is worth it.

*'I staggered lonely (except for a running buddy) upon middling ground and there before me laid the splendour of Stanlow and its tank farm'*

All joking aside it is a pretty spectacular view and demonstrates just how flat the Cheshire plain is. Living in the Lakes our view is often interrupted by another part of our majestic landscape and we are just accustomed to it.

Okay, time to stop the romanticism of Wordsworth we had a job to do and that was to get to the cake at (CP4) Frodsham Hill.

From Helsby Hill to Frodsham Hill was a spit away by contouring there in a few minutes. Doh! A pure Simpsonian moment occurred when I realised we were to descend Helsby Hill and then ascend Frodsham Hill. The advantage now was that we were running on trails so there was no traffic noise and the hams were far less painful.





Distance seems to become elongated on an Ultra. For instance on a 10k (6 miles) even I can complete that in approximately an hour but on this ultra the CP's were 6-7 miles apart and time stood still I tell you. Was it Einstein playing tricks? It was like being taken to the seaside as a child and constantly asking your parents are we there yet. Eventually the Frodsham steps appeared and with it a great photo opportunity by a jovial marshal who said that CP4 was 400m away. Either I or the marshal must have been using a dodgy measuring device because I swear the sun rose twice before I got to CP4. Fuelled up with a cheese butty and the stickiest most divine (and probably irretrievably bad for your health) chocolate brownies stuffed into a Ziploc and we were off. Straight up a flight of steps and onwards towards the Overton Hill War Memorial and another spectacular view.

The race now started to follow the Sandstone Trail for the next 12-13 miles before getting on to the infamous **Canal of Doom**. I had been lucky to go on a free recognisance with GB ULTRAS™ for the first 10 miles of this section and it proved invaluable both with navigation and confidence. By now Martin had made it clear that he was going to pull out at CP5 (Barnsbridge) about 6 miles distant from Frodsham Hill and who could blame him. However I still had my race to run and although I had enjoyed his company, it was evident that I was in far better shape at that point and so I pressed on. Big softy that I am, I felt guilty for leaving him but he had made his decision and I didn't want to lose the enthusiasm of a second wind, (I knew I should have resisted that Baby-Bel at CP4). So I drew away and made good the progress to CP5 at Barnsbridge where Caroline and Lia were waiting for me. I had arranged to meet Caroline and had even packed up a drop bag with spare shoes and dry socks etc ready for a change. By now the adrenaline was running high. I had a quick word with her and fed a Baby-Bel to Lia who



showered me with adulation and slobber in equal measure, her being a 'will do anything for cheese type of dog'. Caroline's response was very supportive but thankfully a little more muted on the slobbering front. All I know it was great to see my team and I was flying high at that time. I came in so fast even the camera recorded me as a blur (wishful thinking but more likely to be camera shake). I dispensed with the idea of changing shoes and socks as everything was going so well at this stage and I had a spare pair of socks in my hydration vest should they be needed.

Martin was a DNF at CP5 but a valiant effort nonetheless.

I set off again from CP5 heading for CP6 at Crib Lane about 8 miles away. This part of the route, in terms of elevation, was the sting in the tail, but I enjoyed the no nonsense straight line on a good surface and made good progress with a fairly fast walking pace. I

must say that living in an undulating area proved its worth on the uphill sections of the route where it was no real effort to maintain a brisk walking pace and maintain '*relentless forward progress*'. Soon I was crossing the A54 at Grestys Waste and that concentrates the mind I can tell you. There are masses of Lewis Hamilton wannabes on that stretch of a very busy road. Thankfully the awful road noise was very short lived as I dived back into the forest. From this road crossing a steep descent on dubious wooden steps, led to a sandy and rocky part of the trail and thence out on to a wider track. I heard my name called out and turned to see Alex, the competitor I had last seen at Dunham-on-the-Hill. She had lost the trail and had been searching to get back on track. We teamed up and cajoled each other onwards. At approximately 40 miles distance, we left Delamere Forest and made our way through fields on mainly well defined footpaths although the nettles and ferns were so high it inspired thoughts of Stanley and Livingstone. Again we jogged on being careful to watch our step. Some of the paths had obviously caught the back end of farm machinery [Towards the infamous 'CANAL OF DOOM'](#) and others had slippery muddy surfaces with definite possibilities for twisted ankles.

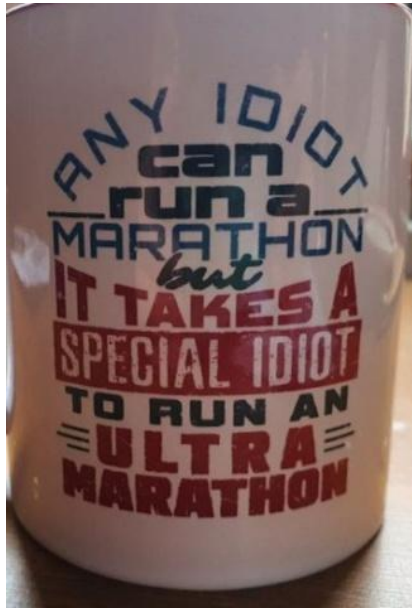




Alex had started a running club in her own village after doing C25K, and some of her running buddies were out supporting her along the route. They would now be stationed along the infamous Canal of Doom, the final 6 mile leg of the race back to Waverton Village Hall. At Wharton's lock we turned on to the canal and ran under bridge 109. Alex called to let them know we had passed through CP6 at Crib Lane and we were about a mile away. She had also warned me that they were liable to be loud. Not wrong there Alex! We arrived at bridge 110 to rapturous cheering, screaming, and shouting that only female supporters can achieve. It was wonderful. I was a long lost brother and felt completely at home with the madness. Who couldn't fail to be? When all said and done you've got to be a little mad to even consider running 50+ miles let alone actually doing it. We literally had a party, not in the modern idiom of literally, but very truly literally. There were pork pies, sausage rolls, chocolate biscuits, cheese, and more besides, possibly even jelly. I had a pint of milk to drink and initially refused the proffered pork pie. Oh no, no, no. Refusal often offends as they say in the trade, I had a pork pie! One can only guess what the private joke was, but I dared not ask!! Now we only had about 5 miles to go so we ploughed on each taking the lead and slowly but surely, we approached bridge 118 (you can't forget that one now can you). Caroline and Lia were there to greet us, and we had only a few hundred yards to go and we were going to do it. We crossed the line in hand in hand in the time honoured 10 yard dash to wild cheering from Alex's and my newly adopted cheering support crew.



Boris Karloff with his silver medal



A Truism !!!



Belting Bling

[\*] The course is nominally 50 miles long but this year the course was modified at the last minute because of various factors such as maintenance works and bulls in fields etc. and was approximately 53 miles.

## FAQs

1. What was it really like? - Just like a roller coaster with its highs and lows and probably not for everyone. Honestly the sense of achievement is massive and you meet some great people along the way and have some laughs.
2. Would I do it again? - Yes certainly, the finger is hovering over the enter button.
3. Will you do it again? - Probably if I can summon up the courage to ask if Caroline's OK with it.
4. Doing any others? - Yes, Manchester to Liverpool and the Pennine Barrier, and maybe Glasgow to Edinburgh and Snowdon (GB ULTRAS)
5. Planning any 100 milers? - Never say never, but at the moment, the probability is low to very low and I'll see how training for Pennine Barrier goes.
6. Are you bonkers?- It certainly helps to be able to laugh at yourself. My experience so far is that the vast majority do not take themselves too seriously. Imagine a Great North Run but 4 times as long. So yes I am indeed bonkers.
7. Lessons learnt - Cheap full fat cola is sports nutrition essential. / Running buddies are the best tonic./ Be positive even when it hurts, laughter is a great healer. / Walk the walk and run, stagger, or crawl if it suits / It's acceptable to eat anything including pork pies on the route.



## LAKELAND 55K ULTRA: 10<sup>th</sup>. July: Stephen Peters

'Well what can I say - my biggest achievement yet. Really good day, had wobble between Miles 18 and 22 nearly lost my head, but managed to drag my ass in to gear to get round and finish.

Officially I think it was 7 hours 28mins 48secs

Thanks to all those that have supported me and a massive shout out to Alastair Macdonald and Paul Managh for giving me this bug.

Going to rest up before I ever contemplate another.

Team Hoadies.

Means a lot to tick this race off as it was my dad's biggest race, and trying to follow his footsteps is no easy feat. Thanks for all the support.'



## CLUB RUNNING VESTS / HOODIES:



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

**SIZES ADULTS (unisex fit/cut):** 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 £25.00 Juniors £21.00**

**I have a full range of sizes in stock to try on for size, and a new order is due in 6 weeks. 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.





## LANCASTER 5k/10k 17<sup>th</sup> July



**5K:** Many congrats to **Malcolm Hetherington**, in his first race for the club, finishing in 29:02. 2nd Vet 65

### **10K:**

Well, I knew you wouldn't be able to keep Heather away from a Lancaster 10k! Running with Lauren Booth they finished with great results. Well done both!

21<sup>st</sup>. 3<sup>rd</sup> Lady : **Lauren Booth** 44:27 **PB**

23<sup>rd</sup>. 1<sup>st</sup>. Vet 45 **Heather Travis** 45:55



## MONTANE LAKELAND 100 (Mile): 24<sup>th</sup>. July

**Alastair Macdonald.** 'Well, what an amazing weekend, running my 1st 100 miler in the Lake District. I would just like to thank family for mega support crew as always and Super Friends for all the support over the weekend and run up to this event. Thanks to all Friends who popped up around the route, it was amazing seeing you all certainly perked me up during low points.'





### Simon Austin:

I've had a few days to reflect on the Lakeland 100 Ultra weekend, and what an amazing weekend it was. It is certainly one of the toughest and most scenic ultra-races in the country. Quite a few nerves heading into the race as I had never run this far in my life before. Started off okay and ended up catching Alastair Macdonald and Paul Managh at Check Point 2. I ended up sticking with Paul all the way to the end through a challenging Friday and Saturday night with the heat. Fatigue got to me 15 miles from the end, but I ended up finishing in 36 hours 35 minutes. I swore that I would only do it once, but after a few days' rest, I am tempted to try again next year!



### **MONTANE LAKELAND 50 (Mile): 24<sup>th</sup>. July**

#### **Jamie Miranda:**

'Unfortunately, my Lakeland 50 attempt didn't go to plan. After spending the lead up week in hospital, I stepped up to the start line wanting to just finish. It started well, but the heat was relentless, I got to mile 35 and started having serious pain in my knee. Regardless, I hobbled to Jacobs's ladder and tried to ascend the steps but after three failed attempts I threw in the towel.

I learnt a lot from my first ultra and with the help of the club, I'll be back again next year hopefully stronger.



## **RACE THE TRAIN: 25<sup>th</sup> JULY: Lauren Booth.**

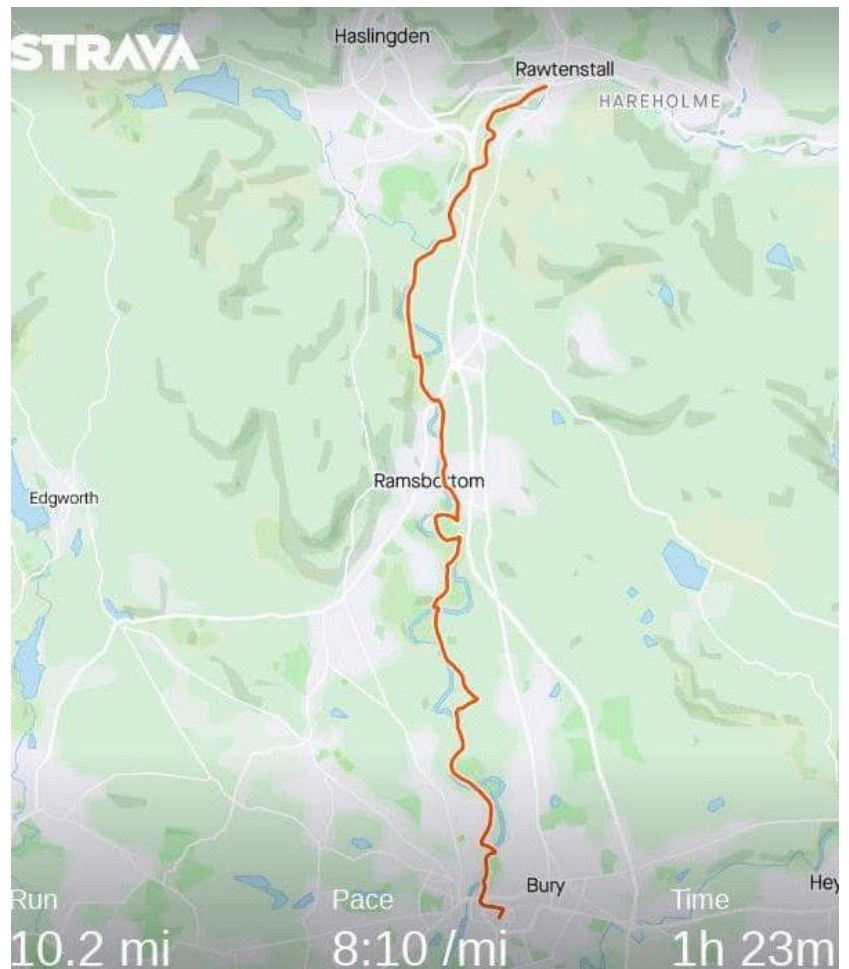


In partnership with East Lancashire Railway's this race will start from Bury train station on the sound of the steam trains whistle. Runners will then set off North along trail paths running alongside the railway lines and Irwell River.

The run is from point to point, starting at Bury and finishing at Rawtenstall Station.

The steam train on the sound of its whistle, travels south to the next station then changes tracks, then heads north catching the runners as it makes its way to Rawtenstall Station.

**Lauren said** 'It was such a fun race, I managed to beat the train and was 5th lady overall!'



## **REMINDER:**

**When entering races, please do so using our official club name – Glaxo Hoad Hill Harriers**



## LAKELAND TRAILS: HAWKSHEAD: 7<sup>th</sup> August

Eight brave Hoadies didn't seem to have their enthusiasm dampened by the rain yesterday, as they braved the Cumbrian weather to tackle the next event in the Lakeland Trails series.

Starting and finishing at Hawkshead, the 16K Hawkshead Trail Race, 16K Hawkshead Trail Challenge and 10K Hawkshead Trail Run follow circuits along fully marked and marshalled footpaths and bridleways, taking in panoramic views of Windermere and the surrounding peaks of the Coniston Hills, the Langdales and most of the Lakeland fells. All of the routes take in the infamous, mile long, near vertical, killer climb of the "Coffin Trail"!



### **10K: 7.26 miles**

Lauren Booth: 2<sup>nd</sup> lady 1:00:16

Alan Wilson: 49<sup>th</sup>. 1:10:52

Ian Walker: 139<sup>th</sup>. 1:27:25

Terry Peat: 146<sup>th</sup>. 1:28:06



Lauren continued with her excellent run of form, finishing as second lady, and even had time en-route to practice her high jump skills for the next mid Lancs track and field meeting!





## 16K: 9.81 miles



Mel Simmonds: 2:14:02

Dorothy Sterling: 2:14:02



Steph Gillies: 1:52:42

Michal Parka: 1:56:36

### **PARK RUNS (up to Aug 21<sup>st</sup>.)**

Luke Turner broke his PB at Fell Foot, recording a great time of 18:56, whilst David Fulford decided to give the new track at Millom Parkrun a go, and got his **PB** at 16:41, and broke the course record.

Lauren Booth got her Fell Foot parkrun **PB** in 21:28

Richard Marlton got his Millom **PB** in 21:16

Sharon Dixon is beginning to find her form again after a difficult three years of illness, and was the first female finisher in 21:09. Great to see things improving Sharon!

Cormac Murray 27:33 **PB**

Lucy Zaboklicka 27:25 **PB**

### **PRESTON 10 MILER: August 8<sup>th</sup>:**

#### **Mike Cubin**

'I tweaked my right hamstring during the 4th mile and ran off course at around 6 miles. Only I could bloody run off course on the second lap of a two-lap course!

My heart wasn't really in it after that, and the aim then was to average sub 6:30's and save the legs for another day.

My race target was sub 62 but based on my first 5-mile lap and the way I felt, I guess I should have ran around 63 minutes today.'

29<sup>th</sup>./108 in 67:39





## **MID LANCS CROSS COUNTRY 2021 -2022 : Adrian**



Sat 9th Oct 2021 Burnley  
Sat 13th Nov 2021 Hyndburn  
Sat 27th Nov 2021 Liverpool British Athletics Cross Challenge  
Sat 15th Jan 2022 Blackpool  
Sat 12th Feb 2022 Leigh Sports Village  
Sat 12th March 2022 Burnley

Above are the proposed dates and venues for the cross country events our club will be racing in. I am aware that due to the pandemic, many local and national road/fell races have been reorganised with new start dates, and they may well clash with cross country.

The cross-country section of the club has really taken off over the last few years, and regularly sees up to thirty seniors taking part. The team ranges greatly in age and ability, and has won promotion through the leagues, won Vet Age Group Awards and individual awards. This certainly is an area where camaraderie and support for each other makes the club outings a memorable day out, and as we have some great bakers at the club, the cakes at the end of each race makes the effort worthwhile!

Club tents are provided for changing in.

There is no cost to enter these races as the club pays an affiliation fee to Mid Lancs. You may enter as many of the six races as you wish.

I try to organise who is going, car sharing and travel details, a fortnight before each race.

If you wish to run any of the races, I have to register you with the Mid Lancs League, and they will then provide me with a race number, which you will keep for all the races, except the Liverpool event, where they provide a number on the day, for this race only, as it is a national event.

PLEASE CAN YOU START LETTING ME KNOW NOW BY EMAIL – [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com) THAT YOU ARE CONSIDERING TAKING PART IN ANY OF THE RACES, THEN I CAN GET YOU REGISTERED. Anyone who ran in 2019, who thinks they have moved up a Vet. Category, could you let me know as well.



## **X Country (contd.)**

You can be registered on the day of a race, but I would prefer to do this beforehand. The only info I require is how old you are on 9<sup>th</sup> Oct (the first race). This age will enable me to enter you for the correct Vet Category. Ladies are Vet 35, 45, 55, 65. Men are Vet 40, 50, 60, 70.

The ladies' race covers a distance of approximately 6k and starts at 1.30 pm, followed by the men's race at 2:15, covering 9-10k.

Points are gained on a team, vet group and individual basis, added up over the six races to provide league positions, with the best four scores being used at the end of the season to determine final positions.

The ladies' A team are the first three runners home in each race, and the B team are the second three. There are 4 Female Vet. Categories, 35/45/55/65, with the first three in each age group counting for the team.

The men's A and B teams are the first and second six runners home. The Vet groups are Vet 40,50,60, with the first four vet 40's counting, and first three in the Vet 50/60

**REMINDER: A club VEST must be worn, you can wear T shirt/long sleeve underneath, but the rules stipulate a vest, so if you need one please let me know ASAP.**

There is more information on our club website under cross country in the club section, and also on the mid lancs web site: <http://www.midlancs.org.uk/> (which has yet to be updated!)

## **Rochdale 10k Road Race, Tues 10<sup>th</sup> Aug**

Lauren Booth 48<sup>th</sup>/149    A new **PB** in 00:44:20



## **KENDAL ENDMOOR 10K Wed Aug 11<sup>th</sup>.**

Well done all on completing a tough wet course, especially our first three girls who won the ladies team prize.

38<sup>th</sup>. Richard Marlton    00:47:30                      46<sup>th</sup>. Heather Travis 00:48:45.    55<sup>th</sup>. Deborah Yearnshire 00:51:32

57<sup>th</sup>. Julie Hunter 00:52:05.                      60<sup>th</sup>. Leanne Bayliff 00:55:03



## TRI ISLAND RUNNING: SUMMER SAUNTER SERIES: August 13-15



Enjoying decent weather on Barrow's coastal routes, four two- legged members and one four legged took part in the events, covering various distances over the three days. Well done all.

### **DAY 1: 5K:**

4<sup>th</sup> Terry Peet 00:36:53

5<sup>th</sup> Caroline Peet (+ DOG) 00:36:58

### **DAY 2: 10K:**

7<sup>th</sup>. Bill Sharp 01:12:44

### **DAY 3: 5K:**

1<sup>st</sup>. Heather Travis 00:23:20



## **LANCASTER RIVERSIDE HALF MARATHON: 15<sup>th</sup> August.**



**16<sup>th</sup>. Mike Cubin**  
01:28:07

**18<sup>th</sup>. Tom**  
Southward 01:30:14





## **RACE DIARY:**

**Most details for these races and others can be found here:**

**<https://runabc.co.uk/races/09/2021>**

**Derwentwater Trail 5K, 10K & 15K: Fitz Park, Keswick:** Sat 4<sup>th</sup>. Sept

**Garstang Half Marathon -** Sunday 05 Sep 2021 - 10:30

**Blackpool Festival of Running - Blackpool Festival 10k/5k/2k/half/full marathon**

Saturday/Sunday 11 & 12 Sep 2021 - 10:30

**The Lap-47 mile trail ultra marathon around Lake Windermere- Lakeside YMCA – Sat 11<sup>th</sup> Sept.**

**Lancaster Jail Break** 10k - 12.9.21

**Great North West Half Marathon, Blackpool:** Sunday 19 Sep 2021 - 11:00

**Lancaster Three Bridges 10k:** Sunday 19 Sep 2021 - 11:00

**Lancaster 5k series - Lancaster 5k series:** Saturday 25 Sep 2021 - 11:00

**Keswick half Marathon –** Sept 26<sup>th</sup>. 11:00

**Lancaster 3-1-5 10k Series : National Fitness Day 10k** Saturday 25 Sep 2021 - 12:00

**Spar City of Preston 10k:** Sept 26<sup>th</sup>.

**Power of 5k – Morecambe:** Oct 1<sup>st</sup>. 19:00

**Chester Marathon/Metric marathon:** Oct 3<sup>rd</sup>. 9:00 and 10:15

**Great Cumbrian Run – Half Marathon:** Carlisle: Oct 3<sup>rd</sup>. 10:00

**Mid Lancs x country Race 1- Burnley - Townley Park-** Sat Oct 9<sup>th</sup>.

**Coniston 14 Road Race:** Oct 9<sup>th</sup>. 11:00

**Morecambe 10k** - 10.10.21,

**Lancaster Castle Pendle Witches 10k** - 31.10.21 . 14:00

**Lancaster Castle Fun run 10k –** 31.10.21 – 13:00

**Brampton to Carlisle 10 miles:** Sun 21<sup>st</sup> Nov: 11:30

**Mid Lancs x country Race 2:** Hyndburn: Sat 13th Nov 2021

**Mid Lancs x country Race 3:** Liverpool British Athletics Cross Challenge: Sat 27th Nov 2021