



HOAD HILL HARRIERS
NEWSLETTER



NOVEMBER/DECEMBER 2019

**HAPPY
CHRISTMAS**



EDITORIAL:

Firstly, can I take this opportunity on behalf of the committee, to wish you all a **HAPPY CHRISTMAS** and hope you enjoyed the journey with Hoad Hill Harriers during 2019. It has been another highly successful year for the club, membership has never been higher, our events go from strength to strength, and many of you have achieved great personal and team success during the year. May 2020 be even better!

Once again, many thanks to all those who have sent in reports and photos this month, it certainly makes my life easier, and hopefully produces an interesting read. If you have any ideas on what could be added to the newsletter, please let me know. In producing this, I try to keep everyone informed with what is happening at the club, both socially, organisational, and update you on running events/results. If any members compete in a race, know of any good races or have any views on anything, please feel free to e mail your article to me, Adrian at adrian.newnham@btinternet.com - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, missed you from a result or if you don't like the photo I used of you!!

LONDON MARATHON CLUB PLACE:

The club place for the London Marathon has gone to Liz White, who was rejected in the ballot, and has not done it before. Good luck with the training!

CLUB CHARITY 2020

The committee would welcome suggestions for our club charity for 2020. Please email me with any suggestions and we will vote on them at the AGM. One suggestion we have had so far is the Rosemere Cancer Foundation at Royal Preston Hospital.

CHRISTMAS DINNER: A great night was had by all, with the Golf Club catering well with the numbers. Many thanks to Karen Morgan who organised the event. It has been decided that our Summer Ball will be held there as well.

MONDAY NIGHT CHRISTMAS LIGHTS RUN:

The run on Monday night will be a whole group run of about 4.5 miles to view the decorated houses in Ulverston. We will then go on to The Old Friends for a drink and pies for those who ordered them. We aim to get to the pub between 8: - 8:15. Some people often leave their cars in town then run down to the club, those leaving cars at the club must remember the clubhouse shuts at 9, so don't leave anything in the club. There will be a couple of cars left at the pub who can give lifts back to the club, so people can pick up cars.

KENDAL MINT COMPANY.

Kendal Mint Company were going to attend our 10k Pudding Race with samples of their range of sports gels, energy bars and recovery powders to hand out at the event. Unfortunately, due to a van problem that morning, they were unable to make it. The company has sent me a box of samples as an apology for not making it, and a 15% discount code for anyone wishing to purchase from their website, which also includes free delivery. The code will also run on top of any sales they are running. If anyone wants to try the samples out, I will have them down at the club. The code will be sent out to you via email in the next update email.

<https://www.kendalmint.co.uk/shop>

AGM Thursday 16th January 2020 8:15 at the clubhouse.

Agenda

1. Chairman's remarks.
2. Treasurer's report
3. Committee nominations 2020
4. Club Charity 2020
5. Fees 2020
6. Notified other business.

You are all invited to attend and vote. If you have anything you wish to be discussed under AOB, please let me know.



HOAD HILL HARRIERS BOXING DAY HANDICAP 5K



To all those Harriers who wish to start running off the Christmas excesses can start by joining us on Boxing Day at the clubhouse, for a 5k handicap run (predict your finish time –no watches allowed!), starting at 11 o’ clock. The route sets off from the clubhouse car park, and goes down the canal tow path and back up North Lonsdale Road to the clubhouse. Everyone is welcome to run – friends and family; fancy dress is optional. Please bring along some snacks/nibbles to enjoy after the race. Collection buckets will be available on the day, with donations going towards the club charity, Duddon and Furness Mountain Rescue.

CLUB AWARD WINNERS 2019:

Congratulations to all our trophy winners this year:

Most Improved Runner:

Andrew Dorian

Most Supportive Non Committee Member:

Stevie Barron

Club Championship Series Winners:

Men’s Seniors winner: Darren Coward



Men’s Vet40 winner: Frank McKeown



CLUB CHAMPIONSHIP SERIES REVIEW 2019: Alan Wilson

After the completion of 30 qualifying events from January to early November, and 4 opportunities for marshalling, the 2019 Hoad Hill Harriers' Club Championship is complete, and we have 6 winners as follows:

- Women's Seniors winner: Leanne Bayliff
- Women's Vet40 winner: Naomi Capstick
- Women's Vet50 winner: Alison Cooke
- Men's Seniors winner: Darren Coward
- Men's Vet40 winner: Frank McKeown
- Men's Vet50 winner: Ashley Cooke

As per last year, the competition league positions have primarily favoured regular participation in the selected events, which I believe is a good thing.

Senior

Overall Position	Total Points	Name
1	102	Leanne Bayliff
2	90	Stephanie Roberts
3	40	Lauren Booth
4	33	Cheryl Young
5	23	Catherine Heygate
6	14	Hannah Milby
=7	10	Ashleigh Mayvers
=7	10	Kathy Edmondson
9	8	Charlie Brankin

Vet 50

Overall Position	Total Points	Name
1	212	Alison Cooke
2	193	Sally Barton
3	112	Penny Moreton
4	92	Christine Winder
5	68	Stephanie Gillies
6	64	Stevie Barron
7	41	Kath Whipple
=8	35	Julie Newnham
=8	35	Jeanette Chester
10	32	Carol Postlethwaite
11	22	Caroline Peet
12	15	Helen Towers
=13	10	Dianne McMillan
=13	10	Karen Morgan
=15	5	Hazel Dixon
=15	5	Dorothy Stirling

In the Women's Senior league, Leanne Bayliff and Stephanie Roberts were neck and neck for most of the season, but Leanne pulled away and won in the last few weeks. In the Women's Vet40 competition, Naomi Capstick romped home convincingly through regular participation throughout the championship, finishing with a significant margin over second place. The women's Vet50 league was somewhat closer for most of the season with Alison Cooke and Sally Barton competing for top spot, with Alison winning in the end for the second year running.

Vet 40

Overall Position	Total Points	Name
1	149	Naomi Capstick
2	105	Heather Travis
3	65	Julie Hunter
4	64	Deborah Yearshire
5	25	Janine McNeill
6	19	Louise Thompson
7	16	Liz White
8	12	Mel Simmonds
9	10	Elsie Roberts
=10	8	Cheryl Stanway
=10	8	Andrea Anderson

In the Men's Senior league, Darren Coward and Andrew Dorrian were competing for top spot initially, but Darren's more regular participation in the second half of the season meant he finished top at the season end. In the men's Vet40 league, Frank McKeown led all the way through and ultimately won by a country mile.

Meanwhile in the Men's Vet50 competition, Ashley Cooke and Gary Dover alternated in top spot for a large part of the season. However, Ashley pulled ahead in the end for a well-deserved Vet50 win.

Our Championship races included cross country, road races, trail races, multiple terrain, large events and small local races.

Distances included 5K, 10K, 8 miles, 10 miles, 14 miles, 18K, 20 miles, half

marathons, full marathons and a metric marathon, with locations across south Cumbria, Lancashire and further afield. A particular highlight for me was our significant support at the inaugural Barrow 10K in October.

I hope you have all enjoyed the 2019 competition. 2020, and I'm sure he will welcome all run

Senior

Overall Position	Total Points	Name
1	114	Darren Coward
2	78	Andrew Dorrian
3	50	Lewis Watts
4	48	Tom Southward
5	47	Glenn Boulter
=6	29	Luke Turner
=6	29	David Fulford
8	25	Mick Cull
9	19	Jay Heaton
10	16	Matt Rooke
11	10	Matthew Elkington
12	7	Stephen Peters
=13	5	Rob Browne
=13	5	Alastair Macdonald

Vet 40

Overall Position	Total Points	Name
1	119	Frank McKeown
2	52	Michael Cubin
3	48	Mark Bailey
4	42	Karl Fursey
5	26	Mark Tomkinson
6	20	Mark Bonner
7	18	Richard Walker
8	10	Andy Jackson
9	8	Erik Hampton
10	6	Mark Lehrle

Vet 50

Overall Position	Total Points	Name
1	142	Ashley Cooke
2	114	Gary Dover
3	113	Alan Wilson
4	104	Simon Barton
5	76	Adrian Newnham
6	74	Phil Horrocks
7	62	Bill Sharp
8	41	Pat Thomas
9	40	Mike Lavery
10	39	Peter Davison
11	38	Mike Fawcett
12	32	Martin Willacy
13	27	Terry Peet
14	25	Tom Evelin
15	24	Graham Pinder
16	23	Sean Dixon
17	22	Ian Walker
=18	20	Damian Jones
=18	20	Chris Howie
20	18	John O'Neil
21	17	Nigel Storey
22	14	Simon Stanway
=23	10	Jeffrey Chadwick
=23	10	Terry Gannon
=23	10	Richard Marlton
26	9	Tony Clarke
=27	5	Ken Lamb
=27	5	Ian Peters
=27	5	Dennis Metcalf

Simon Barton is taking over the championship in suggestions for next year.

LANGDALE HALF/FULL MARATHON:

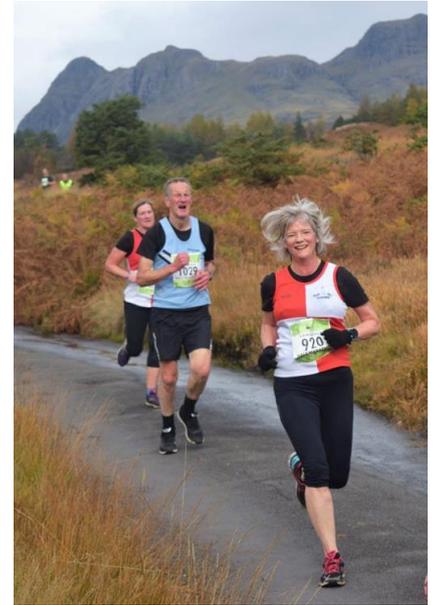
Langdale half (388 finishers)



Tom Southward 23rd 1.39.37



Darren Coward 25th 1.40.15



Julie Hunter 100th 2nd Vet 45 1.54.59



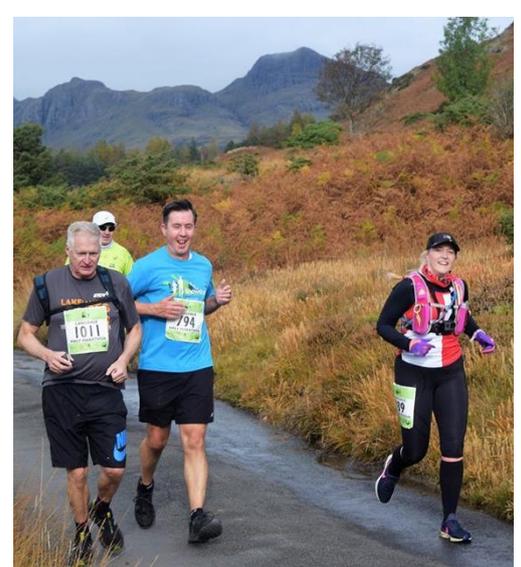
Deborah Yearnshire 131st, 3rd FV40, 1.59.27 Liz White 135th, 4th FV40, 1.59.48



Stevie Barron 191st, 1st FV60, 02..07.06
Sally Barton 195th, 4th FV55, 02.08.20



Leanne Bayliff 253rd, 02.15.07



Stephanie Roberts 371st, 02.47.32

This is truly a beautiful half marathon in the heart of the Lakes. This stunning course takes in the Great Langdale and Little Langdale valleys with 360° views of the surrounding fells. To add to the experience this course has a reputation as one of the toughest half marathons in the UK. There are some steep climbs with gradients reaching 1:3 in places!

There was a great turn out from the club, with some doing the distance for the first time



Penny Moreton 385th, 03.11.14 **Full Marathon** John O Neil 72nd, 1st MV60. 04.34.16 Karl Fursey 121st, 05.39.32

NATIONAL TRUST 10k TRAIL RUN

Starting in the same area as the Langdale Half/full marathon, and on the same day, **Simon Barton** took on technical challenging 10k distance which saw only 5 of the 94 runners going under 50 minutes. Simon was more than happy with his result: 27th/2nd MV60 in 59:13.

LAKELAND TRAILS: HELVELYN 10K: 27th. Oct.

Ian Walker 1:07:43.



ENNERDALE 25K FELL RACE:

Oct 27th.



37th. Elsie Roberts 02:31:10.5

DELAMERE NIGHT RUNNER: Oct 26th : Darren Coward



Delamere is the first of the 3 Petzl night runner events, and having previously done the Grizedale and Rivington Pike night runs, I thought I'd go and give Delamere a try.

The night trail running race is a 10k course that consists of three separate loops. The first loop you run around Blakemere Moss which leads you onto the second loop and the notorious forest warrior. The third loop takes you up Pale Heights before dropping back down and heading back into the forest towards the finish line.

The course is a mixture of gravel and trail path, some sections were wet and muddy. The course is relatively flat with only one significant hill near the end.

I'd heard that it was the flattest and easiest run of the 3 but I still found it quite tough, although I think my legs might've still been a bit tired from the Langdale half the weekend before. Also, there was a big hill hidden in the darkness of the forest called Old Pale. Once at the top there was a great 360degree viewpoint where you could see all the lights of the surrounding towns and cities. Maybe that's what's so great about these night runs... you can't see the hills coming in the dark.

I ended up coming 13th overall out of 420 runners in a time of 43:37 which I was really pleased with. (Next up Grizedale!)

DUNNERDALE FELL RACE: 2nd Nov.



1st, Running for Ambleside Matt Elington 40:10



184th. Running for Black Combe Runners Karl Fursey 1:19:17

ALLITHWAITE 8: Nov 2nd.



This multi-terrain running race over Hampsfell and the Cartmel peninsula is approximately 8 miles long, with around 950 ft/290m ascent. It starts at the Community Centre, Allithwaite, and is made up of about 1/3 road to connect the network of paths/ bridleways and a couple of bits of private land, including the Cartmel racecourse (without the horse jumps!). The highlight is the ascent of Hampsfell with good views across Morecambe Bay.

In its 4th year, it attracted 90 competitors, and 14 Hoadies turned up to fly the flag!



9th. Darren Coward 1:03:11



13th. Richard Marilton 1:04:51



17th. Damian Jones 1:07:18



28th. Alan Wilson 1:10:16



29th. Glenn Boulter 1:10:19



31st, Martyn Willacy 1:10:41



Phil Horrocks



40th. Ashley Cooke 1:16:05



42nd. Alison Cooke 1:16:43



54th. Sally Barton 1:22:01



56th. Frank McKeown 1:22:24



62nd. Bill Sharp 1:24:51

79th. Naomi Capstick 1:56:41



63rd. Leanne Bayliff 1:26:59



78th. Penny Moreton 1:56:41



Vet winners with their chocolate medals

LANCASTER HALF MARATHON: Nov 3rd. : Mick Cull

This is a popular half marathon which encourages news runners and pb hunters, as it is a fast course and is mainly traffic free. It is undulating and uses footpaths and cycleways, taking in the scenic Lancaster Lune Valley countryside.

A foggy start cleared to leave great running conditions – cool, overcast and a gentle breeze. Having done this race a couple of times before, I was familiar with the course. Starting up by Lancaster Castle, there's a steep downhill section before nice flat cycle paths along the river Lune. This year the route had been reversed, heading east towards the M6 first, before coming back into Lancaster and then out towards Morecambe.

With some good recent training under my belt, I was looking forward to chasing a PB. I managed to get into a nice rhythm early and felt good. Being a flat course, I was able to keep up a pretty steady pace for the first 10 or 11 miles. It was great to have my family there supporting and they gave me a real boost when I saw them. Heavy legs meant I started to slow a bit towards the end and it's clear I have a bit more work to do with my pacing. I managed to hang on though and survived the tough final climb back to the castle. I was very pleased to finish in 1.35.01, knocking 3 minutes off my PB set 10 years ago. An enjoyable race with an impressive medal and a nice technical t shirt at the end too.



DERWENT 10: 3rd Nov.



Tom Southward 68th./500 01:10:46

A spectacular 10-mile road race run clockwise round Derwentwater. Undulating rather than hilly, this course is one of the most scenic road races in the country especially at this time of year when the Autumn colours are at their peak.

From the start the route loops for 10 miles around Derwentwater in a clockwise direction. It is undulating in nature and run entirely on tarmac

PARK RUNS:

Ford Parkrun: Andrew Dorrian PB 17:51, Glen Boulter PB 20:47. Frank Mckeown PB 24:26, Charley Brankin PB 29:05, Heather Travis PB 22:53, Leanne Bayliff PB 25:36 Lewis Watts 19:39
Matt Elkington PB and Course Record 17:11

Morecambe Parkrun: Andrew Dorrian PB 16:44

Fell foot Parkrun: Jack Wright – First finisher 17:44

Barrow Parkrun: Glen Boulter PB 20:56

LANGDALE PUDDING 10K:

Lauren Booth (dressed as a Christmas Pudding) 12th. Lady 47:11

Liz White 51:28 John O'Neill 53:27 Penny Moreton 1:10:42

Footnote: Lauren won £40 worth of Pete Bland voucher when her outfit was voted the best on Facebook.



MID LANCS COUNTRY: HYNBURN: 9th. Oct

Well that was certainly a tough one, and certainly lived up to its name as a difficult course. The heavy rain during the week ensured there was plenty of mud underfoot and the twisty, narrow woodland course made staying on one's feet really tricky. The twisting nature of the course makes it a difficult one to learn, and the sticky mud is strength sapping, and by the time you reach the dry pine needled covered areas, it's difficult to go up a gear and enjoy the section. Constantly watching out for tree roots meant you couldn't run too closely to the person in front, and due to the narrow nature of many sections, if you had the energy left to overtake, it was difficult!

Fortunately, the weather was okay and for the second fixture of the season, we had another great turn-out for the club.



40th. Lauren Booth 30:42
90th. Stevie Barron 34:32

49th. Heather Travis 31:24
96th. Sally Barton 35:15

65th. Liz White 32:37
147th. Penny Moreton 45:02

76th. Alison Cooke 33:13
157th. Naomi Capstick 49:38



Strong runs from Lauren, Heather and Liz brought our 1st team back in 15th/ 33 place, whilst the rest ran confidently resulting in great Vet team results:

B Team 26th /33 Vet35 — 8th/15 Vet45 3rd/12 Vet 55 2nd/4



The men's team looked strong, and our first six back, led by Matt and Jack brought the men's A team home in 4th. place/28 teams: 3rd Matt Elkington 35:25, 7th Jack Wright 36:24, 17th Andrew Dorrian 38:58, 28th James Corbishley 40:23, 90th Luke Turner 44:40, 104th Gary Dover 45:23

The next six back helped the B Team into 22nd place: 110th Mark Simmonds 45:37, 111th Andrew Jackson 45:44, 132nd Jeffrey Chadwick 47:17, 142nd Lewis Watts 47:47, 156th Damian Jones 48:22, 200th Alastair Macdonald 51:53

209th Glenn Boulter 53:00, 221th James Cooke 54:46, 233rd Michael Cubin 56:35, 244th Adrian Newnham 58:25, 257st Bill Sharp 1:00:51, 272nd Karl Fursey 1:11:16.

The Vet 40 team were 9th/16, the Vet 50 team 4th/12 and the Vet 60 team were 5th.



SLOW COACH!

HIS FIRST X COUNTRY AND HE THINKS IT'S OKAY TO OVERTAKE THE CLUB COACH!!!!



PASS ME AT YOUR PERIL!!!GRRRR



WINDMILL REMEMBRANCE 10K Nov 10th : Tom Evelin



287nd./2021 ALAN WILSON 00:46:33.



439th./2021 TOM EVELIN 00:49:24.77

The Remembrance 10k in Lytham is full of somber history and achievement and in addition it was also a significant red-letter day for me on my journey back to fitness. As runners we have all been there and we all know the peaks and troughs of a recovery journey and for me it began in Wrightington hospital. The specialist was brilliant and advised me about my running shoes (I had bought the wrong ones for me). He told me straight to never stop running with a swollen knee and performed some instant magic by draining excess fluid from the said knee.

Previously my last competitive road race had been the Kendal 10k in May 2018. I feared after that race when my knee problems began, that my running days were over and that I may be needed an op on my knee. I am lucky that my GP agreed to refer me to Wrightington. But it was no instant fix. I had to slowly and gradually return to race fitness, not something that I have found to be easy at all.

My comeback races were Endmoor in July 2019 – they still do great cakes at the finish – and the Portsmouth 10 mile road race. I didn't break any PB's, but was progressing and feeling good. I chose the Lytham Windmill race as a key target to prove to myself that a) I was recovering well and b) that the slow progressive improvement when training was working.

Race day arrived, and it was a perfect November day for the 2000 runners; cold and sunny and dry. It's a very flat course too which always helps. This proved to be a very lucky choice of run. My aim for the day was to run under 50 minutes, so I tried to find and track the 50-minute pace bunny. Once through the start, I could see the pacers ahead of me. I managed to catch up and pass the pacer. Arrived at the windmill, looking forward to the finish and a good time. I was gutted and thought I had blown my personal challenge when the pace was ahead of me again.

Happily for me, the pacer was not ahead of me in chip time as I made it in 49 mins and 25 seconds. How sweet are those 35 seconds, they mean the world to me. I cannot say that I feel it has all been worthwhile, I would have preferred to have avoided this all together. My recovery to road race fitness has definitely been character building, but gradual progress and improvement seems to be paying off.

It's important to never give up...oh, ...and get the right shoes!

JUNIOR SECTION:

MID LANCS X COUNTRY: HYNDBURN



Under 13 girls 24th. Iona Smith 13:10



Under 13 Boys 23rd. Max Hazlehurst 13:1

PARK RUN SUCCESSES:

Joseph Connelly PB 28:39 PB 28:39 , Oscar Yearnshire PB 28:52, Rose Yearnshire 29:41,
Katelyn Douglas PB 29:06 Leven Sopworth PB 20:36 Holly Heffernan PB 24:19 Iona Smith 25:17

MID LANCS X COUNTRY: LIVERPOOL:



31st. Under 13 Girls: Iona Smith 14:01

24th. Under 15 Boys:
Justin Corbishly 11:32



CHRISTMAS PUDDING FUN RUN MILE: Louise Thompson

Junior runners played their part in Hoad Hill Harriers' final race of the year, as the host club invited runners of all abilities to take part in the mile-long Christmas Pudding Fun Run around their base in South Ulverston.

One of the coldest weekends of the year saw good ground conditions for the runners of all ages, abilities and clubs and over 60 youngsters sped off on the course.

A beautiful sunny morning turned out to be near perfect conditions for fast running and the times certainly reflected that.

The field soon thinned at the 400m mark as they passed the clubhouse for the first time before the loop course took in the panoramic views over the bay.

A small group of boys took on the lead with Kane Deakin, Finley Corkill and Leven Sopworth-Nicholson running ahead of the first female, Georgia Bell.

A few small hills on the loop saw the leading pack change and Corkill of Leven Valley took on the final 400m just ahead of Sopworth-Nicholson of Hoad Hill Harriers, who was followed by Deakin.

Corkhill took the win in a swift 5mins 49secs, two seconds ahead of host club's Sopworth-Nicholson in 5:51, while Deakin, who is unattached, (5:56) was just ahead of first female home, Leven Valley's Bell (5:56).

The fourth-fastest boy was Ethan Harvey (Hoad Hill, 6:20), ahead of Calvin Singleton (Hoad Hill, 6:21) and James Fulford (unattached, 6:28).

The second-fastest girl was Leven Valley's Lucy Bell (6:45), while Iona Smith (Hoad Hill, 6:57), Ellen Douglas (Hoad Hill, 7:18), Emily Spencer (Hoad Hill, 7:19), and Katelyn Douglas (Hoad Hill, 7:20) made up the top six.



00:05:51 2nd Leven Sopworth Nicholson.

00:06:57 12th Iona Smith

00:07:20 17th Katelyn Douglas

00:08:01 26th Joseph Connolly

00:08:53 37th Zachery Parkinson

00:06:20 5th Ethan Harvey.

00:07:18 14th Ellen Douglas

00:07:40 20th Oscar Yearnshire

00:08:33 33rd Lily Michell

00:08:58 38th Natalie Anderson

00:06:21 6th Calvin Singleton

00:07:19 15th Emily Spencer

00:07:45 21st Rose Yearnshire

00:08:49 36th George Gilbert



KENDAL MOUNTAIN FESTIVAL 10K 16th. Nov.



This event is certainly growing in popularity, with numbers increasing every year. With the 400 runners starting and finishing in the town centre, the 10.6k trail race heads out of town taking in the Tour of Britain finish climb up the road to Beast Banks, before heading out off-road on to Scout Scar. A sharp turn right along the escarpment I gives some amazing views across the Lyth Valley. The run along the escarpment is punctuated by crossing Underbarrow Road, before heading back across the golf course and descending the steep cobbled streets, into the back of Kendal.

Lauren and Alan ran it for the first time this year, with Jack Wright running for Ambleside.

3rd. Jack Wright 40:33

176th (21st lady) Lauren Booth 55:55

191st. Alan Wilson 58:47,

PENDLE WITCHES 10K: LANCASTER: Sun 17th. Nov

A pretty fast route but this race has a tough 1/4mile finish up to the Castle! No, Andrew didn't fly round on a broomstick, but won another pressure cooker for winning this event.

1st. 00:35:21 Andrew Dorrian

BRAMPTON TO CARLISLE 10 MILE ROAD RACE: Sun 17th. Nov

17th/700 David Fulford V40 3 53:29



After a number of races over the summer and early Autumn, and having not ran Brampton to Carlisle 10 before, this seemed like a great opportunity for my first race as a Vet 40. The training block in the 5 weeks prior to it had gone well, very well in fact, and I felt in great shape. Conditions were near perfect, cool and not a wisp of a breeze. This was an all or nothing race, I had to give it all I had got and I knew it would hurt. I wasn't wrong!

Starters orders and we were off, down a fairly steep incline and a tight first corner out of Brampton. Nothing courageous to start with, the downhill nature allowed you to go with the flow. Settling into the rhythm, the leaders were already cruising into the distance, I knew we were moving swiftly but I felt in control and comfortable enough. This race was all about the clock, using others around to push me on.

Having seen the race profile prior to the race I knew the first 4 miles were generally downhill (a spike at 3 miles), it would flatten out and then the last couple of miles there is a slight overall rise. 1st mile through in 5:07. It didn't faze me and thought 'good, this feels ok, but we are going downhill!' The 2nd mile and I was in a group of 4, including Sam Stead who I knew would be staying for the long run. 2nd mile again clocked in 5:07 and again felt in control, I knew already that my toughest target of Jeff Chadwick's time of 54:44 was really on, bar a major issue later in the race. Mile 3 passed with a decent incline, I held back and ran by perceived effort letting the group ahead drift a little. I caught them again and another downhill mile, clocked in at 5:11, I couldn't believe the times but didn't get too excited. Miles 5 and 6 ticked by, the scenery I'm sure was great (I wasn't really paying any attention!) but I was so focused, locked in at the pace.

The group split at 4 miles as some drifted ahead, I ran with Sam Stead as we caught one runner between miles 5 and 6 and it stayed that way to 7 miles. 10k was through in 32:40, way under my 10k pb, though I had to stay focused on the task in hand. Then the racing begun.

The pace had steadied to 5:20-5:30, but at 7 miles there was a charge as 3 runners caught Sam and I. I decided to go with them, as did Sam, 3 miles to go and the effort levels had been raised, I maxed out for half a mile before I had to unfortunately let them all go ahead before I totally blew up. I maintained the effort levels though as the mile splits were still consistent, knowing that it was the time I was after. At 9 miles a hillier section, Dave Norman (ex GB runner) who had also recently turned 40 overtook me at the crest of the hill, giving me encouragement as he went past. Using my GPS watch to help me gauge how my final effort, I got to 9.6 miles and gave it my last shot, clawing back Dave Norman oh so nearly, finishing 4 seconds shy of him.

Exhausted, elated and a bit broken to be honest, a new best ever time by over 2 and a half minutes (that was the main reason I was there!) I had exceeded all my expectations and for that I couldn't ask anymore. 53:29 for 10 miles, at 40, there in the history books forever. Well worth it.

Though I could only manage to secure 3rd Vet 40 on the day, I had managed to shatter my pb, break Jeff's 12 year old club record and at the time of writing lie 8th in the UK for 10 miles for Vet 40's (including no-one older having gone faster).

ARNSIDE KNOTT FELL RACE Sun 17th. Nov: Tucker Davison esq., Brownie and Flapjack Running Club.

Arnside Knott Fell Race and Kirby Moor Fell Race and Cake Market Research.

Much as I would like to report the heroic achievements of a top class Hoad Hill athlete who prides himself on an intricate training program, that specifically targets highly respected local Fell Races...I can't! Truth be told, I like fell running over any other form of our strange but wonderful habit, and I like cake. So, I have been lucky enough to carry out my own extensive market research over many seasons with regard to which race has the best cakes (cross country notwithstanding of course).

I can now reveal my top 5 Cake Races:

5. Bentham Beagles 10k. Though not a fell race, who cares! The cakes on offer here are worth the hour plus drive alone and a club as friendly as ours!

4. Dunnerdale Fell Race. No cake on offer here, so why is it on the list I hear you ask? Because you get a hot cup of tea and a pie!! Which is technically just meaty cake and well received on a cold autumn day in the bogs of Dunnerdale (both pre-race and the peat variety).

3. Rusland. I used to love this race until a lesser member of the club had the audacity to pass me on the finishing straight (he shall remain nameless here but many of you will be acquainted with the particular old fart to whom I refer as he is still banging on about this fleeting triumph over ten years after the event!). Top cakes and a great little show too.

2. Arnside Knott. My only complaint about this cracking race is that the cakes are on show BEFORE we start. It took a herculean effort for me to not just end up slumped in a corner in a sugar-induced coma prior to the race starting. However, I managed to resist and was able to indulge happily after a very enjoyable run.

1. Kirby Moor Fell Race. Brilliantly organised by Black Combe Runners and very local, this one takes the biscuit! This year the weather could not have been more perfect and the views over the lakes and the bay reminded me of how lucky we are to have this on our doorstep. Afterwards, In Beckside Village hall, the cake table was just my idea of post-race guilt free glutinous heaven. In addition, a cup of hot tea all donations go to a good cause, win win.

So, if you are thinking of getting out there and eating some cake for the first time, these are some excellent places to take your first baby steps into the wonderful world of cake (with a little running on the side).

Organised by Dallam Running Club, the race follows a scenic course in the Arnside and Silverdale Area of outstanding natural beauty with views over Morecambe Bay and the Kent Estuary. The distance is 6 miles with 1093 feet of ascent.



17th. 00:43:45 Matthew Rooke 95th. 00:57:37 Pete Davison

CONWY HALF MARATHON: 17th Nov 2019: Gary Dover



The race started on Conwy Quayside next to the river Conwy and in front of the 700+ year old Conwy Castle. From there it proceeded along the road through to Deganwy and on to the West Shore in the Victorian Town of Llandudno and past the pier. Next is the tough bit as you go around the Great Orme which is undulating and also has a couple of steep sections. Then you begin a 2-mile downhill section which returns you to the West shore and you retrace the route back to the finish on Conwy Quayside.

Up to 4000 runners take part in this race and as usual for a race this size it is a bit congested at the start, I positioned myself behind the elites by the 1hr 30 min sign, but still had trouble passing slower runners across the bridge, carrying enough hydration and equipment to survive a week on the great Orme, on a chipped race - why?

Still, after a 6:16 first mile, I settled to a 6:40 pace for the next three miles. At mile 4, you run toward Llandudno, passing the pier and the Grand Hotel on the right, this is the start of a two mile climb to mile 7, with many false tops, (don't be fooled, when you reach the "**rest and be thankful cafe**")

You then start a gentle downhill that gets steeper unto mile 9. The climb I have walked and run many times, but you do forget where the top is. I steadily pulled away from several runners until I reached the top, downhill is something I do not enjoy, and several runners passed me in turn on the decent.

Now I ran this race in 2015 and like then, I seemed to struggle at miles 10 (downhill) and 11(uphill)? A vet 55 looky like and the 1:30 pacer shot past me, the challenge saw me speed up by 15 sec/mile and hang on, with another possible vet 55 passing me. So, running at 6:40 again, I started passing runners in the later stages, including the third lady, 1:30 pacer and the possible vet55 (actually first vet 60).

A one legged Gwen (she hurt her leg falling upstairs and was using a crutch!) was at the end of the bridge to take the finishing photos , I gathered my T-shirt and medal, good quality if you like the bling, headed for the B&B for soup and pub for beer. Then we had time to cheer on the last three finishers in the rain in, coming in at about 4 hours plus. The poor marshal on the follow-up bike looked frozen, but a big thank you to all the marshals on the day, without which we could not run.

102nd, 5th vet55 out of 168 and 1:29 This is an absolutely fantastic race, the scenery is breathtaking, it's a surprisingly quick course, so has pb potential, due to the competition. Staying in Conwy has an advantage on getting showered and fed and drunk within the magic hour.



MID LANCS X COUNTRY: SEFTON PARK: LIVERPOOL. 23rd. Nov.

The top British athletes headed to Sefton Park for the third round of the British Athletics Cross Challenge Series, which has become possibly the top domestic event in the winter calendar, as competitors vie for places at the Spar European Cross Country Championships.

346 senior women, including our brave six from Hoard Hill, lined up with last year's winner and pre-race favourite Charlotte Arter.

However, it was Blackburn Harrier's Jess Judd who grabbed the attention. She clearly surprised herself with what ultimately proved to be a convincing victory over a top-class field, enjoying a winning margin of 10 seconds over Charlotte Arter, covering the 8.1km course in 28:22.

Our ladies' team, ran valiantly, with Lauren coping well in the muddy conditions followed 30 seconds later by Elsie. Alison was the final counter for the first team, bringing them home in a creditable 12th place out of 44 teams. All scored points for the A and B teams, and helped the Vet 35 team into 11/22 place, the Vet 45 team into 11/16, and the Vet 55 team into 3rd. place.



24th. Lauren Booth Glaxo 37:51



27th. Elsie Roberts 38:24



66th. Alison Cooke 41:56



117th. Sally Barton 46:16



176th. Penny Moreton 55:20



179th. Stephanie Roberts 56:29

The season is now at the halfway stage, and after three events, our first team are top of their league for the first time in a decade. With the top two teams gaining promotion, let's hope we can field our strongest teams in January and February. Our Vet 35 ladies are now 6/23, the Vet 45's are 3/21 and the Vet 55's are 1st./8.

Ben Connor won the senior men's race in 2017 but injury ruled him out of defending his title last year. The Derby athlete set off as if he had a point to prove, hitting the front from the very early stages and holding that position right through to the tape, which he broke in a time of 30:22 after 9.8 leg-sapping kilometres. He was pushed hard for much of the race by Southampton's Mahamed Mahamed, who was second overall and the first U23 across the line, five seconds behind. Of the 625 runners, 15 were Harriers, including new member Richard Marlton, running x country for the first time. It was great to welcome Mark Tomkinson back for the season, and strong runs from Andrew, James and Mark, backed up by Gary, Vincent and Lewis brought the men's A team back in 12th/34, with the B Team 30/34. The Vet 40 team were 7/20, whilst the Vet 50 Team had a great result, with Gary, Mark and Richard bringing them into 2nd place/13. Pat, Ashleigh and Simon brought the Vet 60 Team back in 4th. place.



28 Andrew Dorrian 37:45
 109 Gary Dover 42:50
 139 Mark Simmonds 43:59
 195 Luke Turner 47:14
 272 James Cooke 53:52
 297 Adrian Newnham 57:17

39 James Corbishley 39:01
 130 Vincet Jeuk 43:01
 146 Richard Marlton 44:30
 225 Alastair Macdonald 49:12
 277 Simon Barton 54:26
 299 Tom Evelin 58:08

60 Mark Tomkinson 40:31
 134 Lewis Watts 43:48
 165 Sean Dixon 45:38
 258 Pat Thomas 52:14
 279 Erik Hampton 54:3
 308 Karl Fursey 1:06:52

LANCASTER 315 HALF MARATHON:



Tom Southward: 'Good to be back racing. Went out too hard and suffered but happy to go under 1 hour 32 min, finishing in 22nd. place in 01:31:39.



KIRKBY MOOR FELL RACE: Nov 30th.

Damian Jones and Pete Davison took part in the fell race.

PETZL GRIZEDALE NIGHT RUN: Nov 30th.

8th. Jay Heaton 42:12 13th. Darren Coward 45:22 200th. Ian Peters 1:05:33

ULVERSTON PUDDING 10K Dec 1st. Louise Thompson

Glaxo Hoad Hill Harriers held their last race of the year, as they hosted their popular 10k road race through Ulverston's scenic Priory course.

A cold morning with strong sunshine and near perfect conditions saw over 260 runners hit the streets in the pursuit of a fast time on this fast, flat course.

Clubs as far as Liverpool and the Isle of Man were in attendance, along with a host of local clubs fighting for positions.

The runners were off at pace at 11:30am though Ulverston's streets, which soon saw the field thin to a leading group, as they headed out towards the Priory on the coastal road. They then turn into the grounds, up the slight slope through the wooded section, before looping back on the return.

With a course record of 30mins 31secs, set back in the summer of 2004 to aim at and the great conditions on the day, the fast field looked like it was going to run the 15-year-old milestone close.

With a long straight, before heading back into the clubhouse and finish line, all the expected leading runners were within winning distance as they appeared round the last bend and final burst.

Previous course winner, Barrow & Furness Strider Ross Campbell and course newcomers Nathan Gray (Border Harriers) and Tom Collins (Medway & Medway) were the first to enter the finishing straight.

Faster legs on the day from Gray saw him take the win in 32:26, two seconds ahead of runner-up Campbell and seven seconds ahead of third-placed Collins.

The field then came in floods, with 32 runners finishing under the 40-minute time milestone, testament to the great conditions.

Fastest women

1. Natalie McCarron (Cumberland AC), 40:21.2. 2. Lucy Varney (Kendal AAC) 43.143. 3rd. Caroline Charlton (DH Runners) 43.20

There were some great runs for the Harriers, with our first three back winning the team prize.

Hoad Hill Harriers Results:

5th. 34:04 Andrew Dorrian
26th 38:35 Justin Corbishley **PB**
33rd 40:17 Mark Simmonds **PB**
62nd 43:28 Graham Pinder
94th. 46:53 Alison Cooke 1st. FVet 55
193rd. 57:28 Ian Walker

14th. 36:40 Mark Tomkinson **PB**
28th. 38:52 Gary Dover 1st.V55
35th. 40:24 Richard Marlton
70th. 44:27 James Cooke **PB**
103rd. 48:12 Ken Lamb

22nd. 38:33 Lewis Watts **PB**.
32nd. 39:54 James Corbishley
52nd. 42:31 Mark Lehrle
86th. 46:23 Michal Parka
185th. 56:21 Andrea Anderson





KARL'S RACE DIARY:

All races are for CUMBRIA and LANCASTER AREA only and entry fees are based on ATTACHED club runners only.

Jm Sun 15 Dec: Lancaster Christmas Cracker 10k race 1 of 2. (2 of 2 is on the 22nd)

11am from St. George's Quay (George & Dragon pub) over a fast course. Medal to all finishers. Entry is £12 in advance or £14 on the day. If you do both races the entry is £20 in advance only. More info on UK road races website. A 1 mile fun run for kids is also happening.

Sat 21 Dec: No races locally, so why not visit your local Park Run at 9am dressed as Santa, an elf or something even more festive for a free 5km jaunt looking the part whilst most other runners

there admire your choice of clothing this morning.

Sun 22 Dec: Beside any junior festive Park Runs today, there is Rudolf's red nosed multi-terrain 5 mile race at Blackpool taking place as well. 11am from Blackpool fire station with entry at £7 in advance by 21 Dec, online only. See John Schofield's UK results website where there's more info and a link to entering this race online.

Sun 22 Dec: Lancaster Christmas Cracker 10k race 2 of 2: Details as above for the 15th's race. This event makes a return after a seven year hiatus.

Thu 26 Dec: Ulverston Boxing Day 5km blind handicap event. Details from Penny, other runners can take part. A request for helpers etc will be made, but this is nothing on the scale of the numbers needed at the pudding 10k. Festive fancy dress is encouraged, and older junior members and family/ friends can take part to.

ALSO ON BOXING DAY: **Cumberland ACs annual Boxing Day race.** This can vary from year to year, so do check their website for details. The 2013 EVENT was a 4.7 mile road loop from the Wilson Park open cast mine, west of the old Greyhound Inn pub at Pica. The route passes through Gilgarran en-route. See their website for map. FREE ENTRY. Bring a prize, get a prize. This is a well supported event with over 100 runners from all of the clubs in the area out to burn off some festive excesses.

Fri 27 Dec: Festive 4km run. 11am from the Salt Ayre club, near Morecambe. This event is open to all ages, including children, so bring the family along to work off the excesses. £3.50 in advance (before 20 Dec), £5 on the day, entry, applies to everyone, attached or not. Fast, flat & traffic free course. Medal to all finishers. See John Schofield's website for details and an entry form.

Fri 27 Dec: Wansfell fell race. 2.5 miles, 1500ft ascent from the top of Stock Ghyll lane Ambleside. Registration at the Lakes Runner shop in the town centre. 12 noon. £1 ENTRY. Very popular race, with up to 250 runners out to work off the excesses. Contact The Lakes Runner shop in Ambleside or its website for more info).

Sat 28 Dec: Round the year off before looking round the New Year sales with a free 5k Park Run at 9am from wherever you may be at for the festive holidays. I have no details of any local races for this date at time of submitting this.

Sun 29 Dec: (TBC) Ribble Valley 10km road race. This goes from Clitheroe at 11am and is always a busy race. Agree it's a drive to get there, but am putting it in as there are no other races locally on the last Sunday of the year. No entry fee details at time of submitting.

MID LANC X COUNTRY:

11th Jan Towneley Park, Burnley

8th. Feb Lawson's Ground Blackpool

29th. Feb Ryelands Park, Lancaster

ADVANCE NOTICE:

17th May - Millom Striders Lighthouse 10k 10am

17th May - Millom Striders Juniors Lighthouse 1

Mile Fun Run 11am

19th July - Millom Striders Colour Run 5k



Kendal Winter League 2020



Points are given to senior competitors for their best 7 of the 11 scoring races. (Juniors best 5 from 11.) Prizes will be awarded at the end of the season following the Arant Haw race. Please share cars where you can, as parking is limited at all races. Due to requests from landowners, **dogs are not permitted at any of the races.** Please register online www.helmhill.co.uk before 1st Jan and pay on the day: Seniors £5, Juniors £1, for the races you do.

Date	Junior races start from 12:00. Senior race starts after 13:00 once junior races completed. Last registration 12:45.	Locations for the app what3words
5 th Jan	Scout Scar, Brigsteer Road, Kendal	joke.remark.lion
12 th Jan	Giggleswick School	seasick.latitudes.tradition
19 th Jan	Whitestone, Staveley-in-Cartmel	eggs.hurricane.brightly
26 th Jan	Birkrigg Common, Ulverston	fended.reclusive.pocket
9 th Feb	Longsleddale	guitars.begin.presented
16 th Feb	Barbondale, Barbon to Dent road	lawfully.limitless.surely
23 rd Feb	Sedbergh School, Sedbergh	blaring.dugouts.animals
1 st Mar	Cunswick Boundary Bank Kendal	ally.spoke.spaces
8 th Mar	Cautley Spout, Sedbergh	cave.label.trickling
22 nd Mar	Elterwater Common, Langdale	shorts.wasps.winks
29 th Mar	Helm Hill Oxenholme Kendal	fairly.muddy.hopes
5 th Apr	Yarlside Downhill, Cautley, Sedbergh (Not a points race and seniors only)	cave.label.trickling
19 th Apr	Arant Haw, Peoples' Hall, Sedbergh (Not a points race) Prize presentation will be held after this race.	also.legwork.headliner