



HOAD HILL HARRIERS **NEWSLETTER**



NOVEMBER - DECEMBER 2021 EDITION



HAPPY CHRISTMAS

EDITORIAL: ADRIAN

Firstly, on behalf of myself and the committee, can we wish you all a Happy Christmas and New Year, and hope it is covid and injury free!

Well thank goodness that year is over!! The club soldiered on and continued to operate and keep things going one way or another, and as usual, we have to thank many members for their hard work and dedication over the year:

Mel and Damian for keeping the Monday night runs and Thursday night reps going, Mike, Graham and the rest of you who have volunteered to lead Monday Social runs.

Simon, for keeping the motivation going with his many monthly challenges.

Louise and Andy, who have trained the juniors, and the parent helpers who have assisted these sessions. It has been a struggle for them as they had to operate this year with three junior coaches unable to help. Hopefully, it is a problem we can try and resolve for the coming year.

One positive outcome of the year is the number of new members we have attracted. Many 'newbies' have commented about how welcoming we are, and how much they enjoy the sessions. Hopefully this trend will continue, and they will witness the full operation of the club as we move forward next year and get back on track with our events, both social and race meetings.

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 - 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: Kieran Olds, Helen Squires, Charlie Jeffrey, Rory Anderson, Pippa Martin, Rob Davies.

HOAD HILL HARRIERS FESTIVE BOXING DAY 5K:

To all those Harriers, Walney Wind Cheetahs, Tri Club, Furness Fell Runners, Leven Valley AC and friends of HHHarriers, who wish to start running off the Christmas excesses, you 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. Register your predicted times at 10:45. Younger children are welcome if accompanied by adults, as the course will not be marshalled.



The route sets off from the clubhouse car park, up to The Bay Horse 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 run.

Collection buckets will be available on the day, with donations going towards the club charity.

CONGRATULATIONS:

... to **Ken Lamb:** 'I have tried for many a year to get a good for age time for automatic entry to the London Marathon. This year it happened at the Loch Ness Marathon, 3hrs 17mins, only to find out this was no guarantee of a place. Today I got the email I had been waiting for - 2022 London Marathon here I come!!!

CLUB CHAMPIONSHIPS: Simon Barton

CLUB CHAMPIONSHIPS 2021 FINAL RESULTS:

Senior Female: Stephanie Robert's

Female Vet 40: Heather Travis

Female Vet 55: Alison Cook

Senior Male: Scott Bremner

Male Vet 40: Glenn Boulter

Male Vet 50: Damian Jones

Male Vet 60: Bill Sharp

Congratulations everyone, it's been a great year with lots of different challenges, both actual and virtual. We will continue with that mix into the 2021/2022 season, steadily increasing the number of actual races as the year progresses but keeping some of the virtual for a bit of variety!! Happy running folks.

More detail:

Senior Female:

Stephanie Robert's 104 points

Amy Whelan 55 points

Jade Holly 20 points

FV40:

Heather Travis 194 points

Leanne Bayliff 187 points

Liz White 111 points

FV55:

Alison Cooke 206 points

Sally Barton 203 points

Christine Winder 111 points

Senior Male:

Scott Bremner 170 points

Adam Dawson 126 points

Darren Coward 122 points

MV 40:

Glenn Boulter 196 points

Mick Cull 181 points

Karl Fursey 141 points

MV50:

Damian Jones 195 points

Ken Lamb 154 points

Gary Dover 142 points

MV60:

Bill Sharp 212 points

Tom Evelyn 137 points

Simon Barton 95 point

November 1 mile Results:

Adam Dawson 4.46

Matt Elkington 5.03

Scott Bremner 5.16

Mick Cull 5.48

Darren Coward 5.40

Iain Holiday 5.48

Nathan White 5.49

Pete Davison 6.02

Ken Lamb 5.59

Glenn Boulter 6.05

Alison Cook 6.25

Damian Jones 6.31

Graham Pinder 6.41

Heather Travis. 6.41

Alan Wilson 6.46

Pete Davison 6.47

Sally Barton 6.54

Deborah Yearnshire 6.57

Bill Sharp 7.10

Leanne Bayliff 7.13

Frank McKeown 8.27

Simon Barton 8.38

Stephanie Robert's 9.19

Karl Fursey 9.25

Christine Winder 10.00

CLUB RUNNING VESTS:



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.



HOODIES:

A couple of members wanted to purchase club hoodies last month. Unfortunately, the company were waiting for a shipment of hoodies, and had none in stock. They have now arrived, and I will include an advert and prices in the next newsletter so we can get some ordered.



In the previous newsletter, I reported on my 2 PBs at Chester Marathon and Coniston14. My third PB was achieved on the Langdale half marathon. I have to admit that this is a bit of a cheat, because this was the first time I had run this race. It is another race billed as the most scenic Blah Blah Blah (apologies Greta for the plagiarism). Whilst one man went to race, Caroline, Lia and Russell went off to walk a smaller circuit. As I was the sole car key carrier, we made an agreement that I would leave a message in the car giving my whereabouts (PUB) if I got back sooner than the hiking party. Now I have an admission to make and that is, apart from endless gabbling, I don't multitask when running, especially taking in the sights along the route or where I'm going, so please forgive me if certain locations are rearranged spatially or temporally or both. Even consulting the Strava map only synched vaguely with my recollection of events. Just like Morecambe and Wise *"listen sunshine all the locations are there but not necessarily in the right order"*

As has now become common, the race offered staggered starts, so I joined the 9.50 start and set off close by John Greenwood from Walney Wind Cheetahs, whom I had met and run with on Coniston 14. Soon John disappeared and I made my weary way up towards Blea Tarn. The last time I was here was with the kids when they were 4 and 6 and it wasn't raining! Still happy memories prevailed, and the downhills beckoned, unfortunately so did a No 1 loo stop, to add a couple of minutes. I have difficulties that way! I'll have to work on mind over bladder. Soon the Three Shires Pub was reached and even more memories of the kids came into sharp focus to make me chuckle. To wit one indignant little boy coming from the toilets and loudly complaining there were no handicapped facilities for those who might need them. Thankfully he hasn't changed. The course was undulating but not as difficult as I had feared and gradually, I reeled in many of the runners who had passed me during my nature call. I had taken the opportunity to grab a bottle of water at one of the early water stations and kept that throughout the race. However, by now my shorts were becoming a little troublesome as the waist band didn't want to stay where it should and kept slipping down. By using my jacket as a sash I saved the day and the embarrassment of tradesman's rear! A short section along the Coniston / Skelwith Bridge road brought me to the most memorable section of the route with beautiful running through woodland and on to the next climb. Walk ~~don't~~ can't run! A descent towards Elterwater, then up into a run through the Langdale Estate holiday complex. Eventually, out onto the main road towards Chapel Stile and finally on towards the finish at the New Dungeon Ghyll.

I started targeting other runners, now catching them on the uphill sections and slowly reeling some in. I passed lower Scout Crag and remembered the time I was leading a climb, making the crux move, only to watch my protection slide down the rope. In 2003 I went back and couldn't get more than a metre off the ground. Stick to plodding I thought. I was surprised to see John Greenwood ahead and passed him. My next target were two female runners who had that easy swaying style that says this is effortless. As we approached another uphill undulation, I managed to pass them just before the brow. I heard one say let's give it a big push to the finish. I am learning not to be chivalrous and so I ran like the wind for the finish and beat them. I HATED myself for doing it, I really did. Well perhaps not, OK then, no! I only hope they set off before me.

Thanks for the support from Mel and Mark Simmonds along the way.

PS I did actually make it back to the car before the Hiking Party!

HUTTON FELL RACE: 23rd Oct Pete Davison 173rd. 1:29:48

MID LANCS CROSS COUNTRY, HYNDBURN Sat 30th.Oct

Wilson's Fields is a tough course, with a mixture of woodland, fields, narrow winding sections, and usually plenty of mud.... and there was certainly mud in abundance, despite the sunny conditions.

Although we had Ellie and Dorothy racing their first cross countries, we were unable to field a ladies' team as we required three runners to score. However, this didn't stop them producing gutsy runs, despite finding the conditions tough and slippery. They both finished with a smile (probably relief!!), which is what it's all about.



57th Ellie Simmonds 30:39



112th Dorothy Stirling 38:57



X COUNTRY (Contd.)

The men's squad was larger than our previous outing at Burnley, with the addition of Glen and Richard. Nathen really enjoyed the conditions and the course, and out of a field of 224 runners, just missed out on a top 20 finish, leading the men's team into 11th/24 teams.



21st Nathan White 34:06



43rd Luke Turner 36:05



93rd Gary Dover 39:11



134th Richard Marlton 41:59



149th Glen Boulter 43:01



154th. Damian Jones 43:09

106th Sean Dixon 40:26

126th Andrew Jackson 41:25

The Vet 40 team finished 11th/16, whilst the Vet 50 team finished 4th/11.

REMAINING MID-LANCS CROSS COUNTRY FIXTURES

Sat 15th January 2022 Lawson's Ground, Blackpool

Sat 12th February 2022 Leigh Sports Village, Nr Wigan

Sat 12th March 2022 Burnley

LAKELAND TRAILS HELVELYN: Sat 6th. Nov

10K Trail race

800 161 Ian Walker m MV 50 Glaxo Hoad Hill Harriers 0:59:55

ALLITHWAITE 8: Sat 6th Nov

Returning for the 5th time, the Allithwaite 8 continues to grow, building on a reputation as a friendly and uniquely local event. Around 8 miles of trail and fell and a bit of road, with 1080 ft of ascent, certainly showcases some of the best routes on the scenic Cartmel peninsula.

Despite slippery, windy, then wet conditions, there was a brilliant Hoadie turn out of fifteen runners, with some powerful runs. Nathan White, racing this for the first time, won by over a minute, with several other members winning team and Vet prizes.



1st Nathan White 55.05



10th Luke Turner: 1:00:00



12th. Justin Corbishley: 1:01:0 15th



Darren Coward: 1:02:49



18th Mick Cull: 1:04:11



19th. Adam Dawson 1: 04:25



20th Ken Lamb 1:05:55 1st Vet 55



24th Glenn Boulter: 1:06:59



28th Cian Nutt: 1:08:20



29th Richard Marlton: 1:08:25



36th Damian Jones: 1:10:31 1stVet 60 M



48th Liz White: 1:17:37



53rd Alan Wilson: 1:20:38



60th Pete Davison: 1:23:23



62nd Sal Barton: 1:23:59 1st.Vet 60F

AGM - Tuesday 20th January 2022, 20:15 - GSK Sports Club

Agenda

1. Chair's Remarks
2. Treasurer's Reports
3. Committee Election 2022
4. Club Fees
5. Club Charity
6. Honorary Memberships
7. Notified Other Business

You are all invited to attend, after the Rep session.

DERWENT WATER 10 MILER: 7th Nov: Gary Dover



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.

Gary Dover 65mins

Scott Bremner 69mins.

A great effort in very windy conditions



'I remember this race from 2009, as undulating with one runnable hill, what I forgot is that the hill is three miles long from mile 4 to 7.

The start is down the road from George Fisher's in Keswick, rolling slightly downhill, with the finish at Portinscale.

The topic of conversation at the start had been shoes, many were wearing the new carbon super shoes.

From the off, I ran in a big group of about ten. One runner from Eden, targeted a teammate in front, as part of their club champs. A couple of brothers who jogged round their park run in 16 minutes the day before, said they would pace him to catch his club mate. They started steadily and wound up the pace as the race progressed. At about 3 miles, I was on my own, chasing the three of them. Just before the high point, I was caught by a Keswick runner, as I had lost concentration and slowed down. I was determined that this runner would not get past, so with an injection of pace to the summit and down the other side, we raced side by side up to mile 9. When in conversation, we found out we were in different vet categories, he was 10 years my junior at 48, but had only been running for six months after massive weight loss. I opened a gap shortly afterwards and held him off to the finish which caught me out, as it appeared sooner than I thought it would. Without the Keswick runners I would have slowed no doubt.

I finished 18th, first vet 50 to 59 in 1:05:45 keeping the three runners in front in view, and closing in on them just before the finish; which was pleasing, the Eden guy never caught his team mate.

Hoadie, Scott Bremner had a cracking run despite being full of cold in 30th in 1:09:44

Local BCR runner Harry Stainton followed his 2nd place at Coniston with 8th place here in 58:48.

Although this is not a PB race, chip timing with a large quality field, makes this a really enjoyable race, despite the blustery and cold conditions which added to the difficulty on the day.'

LAKELAND TRAILS: ULLSWATER: 7th. Nov

Another great Lakeland Trails 10k run for Sharon Dixon. First lady home today at the Ullswater event. That's two wins out of two. More awesome running.

5th overall 51:46

'I thought my previous trail race at Keswick was a one off, but my running partner Ronnie had won a spot prize for an entry to run at Ullswater, and as he had already entered both the 10 k and the 14k, he was allowed to give it to me. He had already run Helvellyn the previous day and because parking was restricted, we had to set off at the crack of dawn.

We arrived in good time, collected our numbers put the kettle on and waited for the start. As it was the last race in the series some runners and Marshals were dressed as pirates, one fella had a skirt on we were waiting for the wind to blow it up -ha!

After a little run on the road, the hilly off-road undulating course started.

At first, I didn't feel great, but the good thing about these races is there doesn't seem to be as much pressure. I started battling with Oliver from Leeds who had an excuse to have tired legs, he had raced the day before too. He passed me, then I passed him. The weather was perfect and views amazing, not that I looked that much.

The course was good, just had one really steep stony hill with stone steps to go up, but once up, it was all downhill and undulating again. I was quite enjoying it until near the end, as we had to run up a steep rocky hill again before the finish. I had had enough by now, I tried to finish with a little sprint as we had all set off at different times, so I had no idea what position you were finishing in. Ronnie being Ronnie, was also in the 14 k, so after a brew and snack, I headed back to the hills to support. I think I nearly ran / walked the same distance again, sat waiting to get a good picture, supporting others and telling everyone they only had half a mile to go, not realising they had further to run whoops !!!

I waited in the van for the presentation as we had to wait 5 hours at Keswick. When we went to it, we had missed it, luckily, they knew Ronnie and we were presented with our prizes.



I was 1st lady and received a £40 Inovate voucher and free entry for next year. I really enjoyed the two trail races, thanks for everyone's support and comments and hopefully I am slowly returning to some kind of fitness, like I used to have.'



A strong turn out from the club for this series of 10k races.

Luke was our first Hoadie home in sixth place with a new PB and is now under 38mins, helping our men to win the team prize.

Heather and Elsie were first and second ladies with Heather equalling her PB time achieved at Pilling last month.

Ken and Gary came in at ninth and tenth. Aided by encouragement from Gary, Ken finished in 40m 3s, a new PB for him, just missing out on that sub 40m by the slenderest of margins.

A team prize for the men

6th 00:37:56 **PB** Luke Turner

9th 00:40:03 **PB** Ken Lamb 1st Vet 55

10th 00:40:03 Gary Dover

16th 00:43:50 **=PB** Heather Travis 1st F Vet 45

20th 00:45:23 Elsie Roberts

Ken Lamb: 'The London Marathon was my reason for starting out running journey. Twenty years ago this month, I started to train for the 2002 marathon. I would go out training with an inhaler in hand and no watch to measure the distance I was running. I was guessing how far I was going and at first stopping every 100 yards or so to recover and my inhaler was always in my hand.

In January 2004 I joined the running club, having run the 2002 and 2003 London Marathons, it was from this moment that I began to improve as a runner, and by 2007 I was running at what I considered to be, my peak, or so I thought. But by 2010 I started to

struggle. I would only have glimpses of what I still might achieve and by 2017, having completed my third Iron distance Triathlon, I had come to the conclusion that my best years were behind me.

I was still running some reasonable Marathons but my 10k times had gone from 42mins and better, to struggling to break 50mins. My lowest point came at Burnley cross country, a couple of years ago, when I could not even run all the way around regardless of how much I slowed down. Blackpool followed and I didn't even finish that one!

All this was never going to put me off running and I was going to carry on and still enjoy the camaraderie that comes with running and tell stories about the times I used to run.

The change came about, through a challenge I set myself at the beginning of 2021 and that was to run 2021 miles this year. A manageable challenge which I completed by the 10th November. But along the way small changes I had made with diet and weight loss had been making things seem easier and the improvement slowly came. Club virtual challenges helped hugely and consistency in my plan too. But I was surprised by how much I was improving, and still am to this day.

Twenty years on from when I started, and at 59 years of age, I am running better and quicker than ever, running personal best times at most distances and dreaming once again.

So, for those of you out there who are doubting yourselves then my message is to never stop dreaming and set yourself those small insignificant challenges and see where they take you.

Enjoy your running and I look forward to hearing your stories.'

JUNIOR SECTION:

PARK RUN SUCCESSES:

Noah Zaboklicka **PB** Ford Park 22:52 Iona Barrowdale Smith **PB** Ford Park 24:46

Max Hazlehurst **PB** Millom Parkrun 18:17



Under 15 Boys: 13th. Max Hazlehurst 14:48

Max continued his good form with another high finish position yet again.

Under 17 Men: 10th. Justin Corbishley 22:10

This was Justin's first race since the pandemic, and despite very little training recently, he had a great run, finishing in 10th position

MID LANCS X COUNTRY: HYNDBURN Oct 30th



MID LANCS LIVERPOOL X COUNTRY



Sadly, Max had a cold, and Justin was studying, so they missed this race.

However, Iona flew the junior flag, by finishing 34th. in the Under 15 Girl's race in a time of 14:39

JUNIOR PRESENTATION NIGHT: Louise Thompson

Well done to all our award winners.

SUE HOOL AWARD

Max Hazlehurst

PARK RUN 2021

Most improved: Max Hazlehurst

Most park runs: Emily Spencer

PROMISE AWARDS 2021

3rd placed junior boy: Joe Connely

2nd placed junior boy: Noah Zaboclicki

1st Junior Boy: Theo Zaboclicki

3rd placed junior girl: Natalia Anderson

2nd Placed junior Girl: Iona Barrowdale Smith

1st placed Junior Girl: Katelyn Douglas

DEDICATION AWARDS

Woody, Quinn, Oscar, Ben, Sophie, Milo

Fantastic achievements and dedication by all these runners this year, we can't wait to see how you all fly in 2022.

Katelyn, Iona, Natalia, Oscar, Ben, Sophie

Please contact me and we can arrange to get your awards to you before Xmas.

Have a lovely Christmas Break don't forget the Boxing Day 5k from the clubhouse.

Juniors are welcome to attend, younger children will need shadowing as the course is not manned.



KENDAL MOUNTAIN FESTIVAL 10K: Sat 20th. Nov

'We ran the Kendal mountain festival 10k (actually nearer 11k) this morning, it was a tough one, but an awesome race.'

49th/670 Darren Coward 48:25

57th/670 Adam Dawson 49:18



BRAMPTON TO CARLISLE 10 Mile Sun 21st.

Gary Dover 107th. 4th V55 1:01:53

Phil Horrocks 195th. 1:10:09

After a gap of two years due to the pandemic, saw the return of the Brampton to Carlisle 10-mile road race for the 69th time. Organised by Border Harriers & Athletic Club, it is the oldest 10-mile road race in the United Kingdom. The first race was completed in 1952. The fast course took the 556 competitors from Brampton to Carlisle via the B6264 and finished on Eden Bridges near the Sands Centre. Predominantly entered by club runners, previous winners include Steve Cram and Ron Hill.

MORECAMBE 10K and 10 Mile: Sun 21st.

10k:

Heather Travis: 'A freezing cold and blustery Morecambe 10k this morning 14th. overall 3rd lady 43.55 1st f Vet 45.'

10 Mile:

Elsie Roberts: 6th. overall finisher, 2nd Lady 01:14:43



PARKRUN SUCCESSES:

Matt Elkington Millom Parkrun Course Record **15:32 PB** **Richard Marlton** Millom **PB 19:58**

Pippa Martin Ford Park **PB 25:45** **Terry Peet** Millom **PB 25:22** **Mark Tomkinson** **PB** Millom 17:35

MID LANCS X COUNTRY: SEFTON PARK: LIVERPOOL: Sat 27th. Nov



On a weekend that saw Britain battered by Storm Arwen, the strong winds died down a little, during the races in Sefton Park. Despite rain earlier on in the week, the sun came out and conditions were perfect underfoot.

This race is one of the national cross challenge series, where the best in Britain compete to gain automatic selection for the British teams, therefore Hoad Hill Harriers found themselves lined up against the fastest x country club runners in the country.

270 ladies lined up for the Senior Ladies race, of which 121 were representing Mid Lancs based clubs. Jessica Judd won it for the second time, with a time of 26:29.



40th Elsie Roberts 36:55

55th Ellie Simmonds 38:1584th

Dorothy Stirling 42:46

It was a great relief to get three runners out, to form a ladies' team for the first time this season, and they certainly did the club proud. Elsie led the team in, finishing a couple of minutes quicker than her previous Liverpool outing. Both Ellie and Dorothy (new to the Liverpool event), both had much quicker runs than last month's x country, certainly benefiting from the mud free conditions. The ladies team finished 19/29 teams.

516 men lined up for the men's senior race with 227 of them running for Mid Lancs clubs. Jack Rowe was the winner, in a time of 28:05.



9th Matthew Elkington 31:55



41st Nathan White 35:06



60th Luke Turner 36:50



74th Mark Tomkinson 37:21

With 11 men running, we missed out on fielding two teams by one runner. It was great to have Matt, Darren, Mark and Ken back doing x country, and bolstering up our men's squad.

Matt led the first team back, ahead of Nathan, Luke, Mark, Gary and Darren, finishing 9th/23 teams, and are currently lying 3rd in Division 1.

There was a great battle between Ken and Tom, with them switching positions several times. Ken had his best run for several years, helping the Vet 40 team into 6th/14. The Vet 50 team of Mark, Gary and Sean had a great result, finishing 2nd/11.



107th Gary Dover 39:19



108th Darren Coward 39:24



130th Sean Dixon 40:38



134th Ken Lamb 41:20 140th Tom Southward 41:33



182nd Damian Jones 44:15

206th Alan Wilson 48:30



FROSTY TRIPLE, BARROW: 9-11th. Dec

Embracing the festive spirit, Tri-Island Running hosted their last ever triple event with an epic festival of running. They had 4 distances available for each day. 5km, 10km, Half Marathon & Full Marathon.

Lizzie Browne Winner of the 5k in a time of 20:16



Heather Travis Winner of the 10K race in a time of 46:57

Ian Peters, 3rd. place and 1st Male In a time of 57:00



CUMBRIA CROSS COUNTRY: WORKINGTON



Matt Elkington had a run out at the Cumbria X Country fixture at Workington, finishing 4th in a time of 00:26:32

LANGDALE 10k PUDDING RUN: Sat 11th. Dec



Deborah Yearnshire 127th. 00:49:13



Julie Hunter 140th. 00:50:02



Liz White 153rd. 00:50:40



Alison Cooke 159th. 00:51:22



Sally Barton 267th. 00:55:59



Simon Barton 382nd. 00:59:49



Ashley Cooke 572nd. 01:10:03

The Langdale Christmas Pudding run has become a popular event to start the festive season, and Saturday saw 668 runners get into the festive spirit on this tough, new 10K course through the beautiful Great Langdale valley. The race appeals to all who enjoy the fun side of running, with every finisher receiving a large Christmas Pudding. Many runners were dressed in festive costumes which certainly added to the party atmosphere, or it could have been the mulled wine which was provided at the drinks station!!

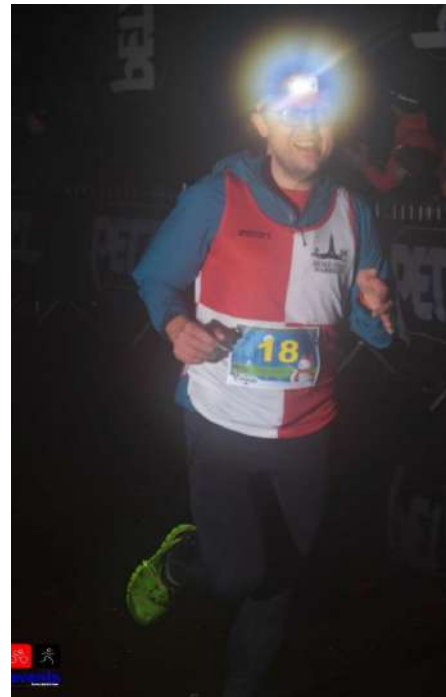
It was great to see so many Hoadies running, I almost missed photographing Sal, Simon and Ashley due to the costumes they were wearing as I was looking out for club vests!!

GRIZEDALE NIGHT RUNNER 10K: Sat 11th. Dec



Hoadies at Grizedale night runner tonight, Well done to Luke for getting 1st place!

1st 38:57 Luke Turner 7th 43:01 Darren Coward 38th 49:17 Glenn Boulter 44th 51:06 Alastair Macdonald
94th. 1:00:10 Steph Gillies



225 runners participated in the second race in the Petzl series at Grizedale Forest. The start and finish venue is based at Grizedale Visitors Centre, in the Lake District, which is ideal venue for families and supporters. As with all night runner races, fancy dress was actively encouraged and the theme for Grizedale was "Christmas Festivities". There was a free kids race with medals for everyone, Christmas carols and Santa might even made an appearance!

CUMBRIA CROSS COUNTRY CHAMPIONSHIPS: Adrian

Whilst we usually don't participate in the Cumbria cross country League, several of our members do participate individually, paying their own entry etc.

Lauren Booth would like to organise a team to participate in the Championship event on Jan 8th. So far, we have Matt Elkington, Keith Conway and Ken Lamb going along with Lauren, but we need two ladies to make up a team of three. Please comment on the facebook post if you would like to go, Lauren will organise transport etc.

You can enter this event by following this link, I think the entry is £7.

<https://www.race-results.co.uk/results/2022/cumbriaxc22e.php>

Cumbria Athletic Association

2022 Annual County Cross-Country Championships

Held under UKA Rules – UK Permit applied for

At Fitz Park, Keswick, Saturday, 8th January 2022

Timetable – Distances are Approximate

12.00	U11 Girls and Boys	1400m	13.05	U17
	Men and U17 Women	5000m		
12.15	U13 Girls and Boys	2500	13.30	U20
	& Senior Women	7500m		
12.35	U15 Girls and Boys	3900m	13.30	U20 &
	Senior Men	10000m		

Under 11s must be at least 9 years old on the day – 00000
other ages as on 01.09.2022.

Medals will be awarded to the first 3 in each race and first team
of three

**You can only compete in one category e.g. if you enter as
an Under 20 you cannot run in the senior race**

**Please Note: ENTRIES ONLINE ONLY – CLOSING DATE 23.59
ON 7TH JANUARY**

**ENTRIES VIA RACE-RESULTS.CO.UK - LATE ENTRIES NOT
ACCEPTED**

Collect race bib at the venue on Championship Day –
please bring your own pins.

PROVISIONAL 2022 DATES FOR HOAD HILL HARRIERS RACES

Paul Jarvis Memorial Mile

Sunday 8th May

Summer 10k

Wednesday 24th August

Hoad Fell race

Thursday 7th July

Monument 5K

Wednesday 14th September

Xmas Pudding 10k

Sunday 4th December



STEVE ASHCROFT RACE DIARY:

2022		
JANUARY 2022 Sun 2 New Year Half Marathon Sat 8 Lancaster Winter 5K Sun 9 Garstang 10k Sat 15 Inskip Half Marathon Sun 16 East Lancashire Hospice 10k Sat 22 Pilling 10k Sun 23 Sun 30 Morecambe 10m 10k 5k Sun 30 St Annes 10m	FEBRUARY Sat 5 Muddy Shoes 11m 5M Sat 5 Pilling 10k Sun 6 Mad Dog 10k Sun 6 Blackburn Winter Warmer 10k Sat 11 Parbold Hill Race Sun 13 Valentines 10k Sun 20 Great North West Half Sat 26 Pilling 10k Sat 26 Stanley Park 10k Sun 27 Stanley Park 10k	MARCH Sun 6 Sun 13 New Longton 10k Sun 13 Trimpell 20 Sun 13 Garstang Gallop 7 Sat 19 Pilling 10k Sun 20 Mad March Hare 10k & 5k & Fun Run Sat 26 Mother's Day 10k Sun 27 Muddy Bottoms
APRIL Sun 3 Race to the Castle 10k Sun 3 Fleetwood 10k Sat 9 Pilling 10k Sun 10 3 Bridges 10k Fri 15 Good Friday Caldervale 10m & 4m Sun 17 Sat 23 Wray Scarecrow 10k Sat 23 Blackpool Festival Running Sun 24 Blackpool Festival Running Tues 26 Ripley 4 m	MAY 1 Sun Morecambe Half 1 Sun Sherriff 10k 2 Mon Avenham Park 5k 4 Wed Kendal 10k 8 Sun Blacksticks 10k 8 Sun Chorley 10k 15 Sun Worden Park 10k 21 Sat Promenade 10m 22 Sun Hangmans Noose 10k 25 Wed Levens 10k 28 Sat Catforth 5k 29 Sun	JUNE 5 Sun Crazy Cow 10k & 1m 12 Sun Morecambe 10k 15 Wed Hawkshead 10k 19 Sun Father's Day 10k 25 Sat Catforth 5k 26 Sun Southport Half & 10k 29 Wed Endmoor 10k