



HOAD HILL HARRIERS NEWSLETTER



AUGUST - OCTOBER 2021 EDITION



26.2

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EDITORIAL: ADRIAN

Hi all, hope all is well with you and your families, and you made the most of summer months, which seem like ages ago! It's back to dark nights, headtorches, hi viz clothing and plenty of rain! Hopefully, we'll be back inside the sports complex soon, which should make life easier for club sessions.

The fact that the newsletter has not been out on a monthly basis means that our Facebook group site has been really important for updates and weekly info. However, we have recently had one or two posts with inaccurate information which caused one or two problems, and also posts which upset some members due to their criticizing nature. Please make sure that points of view or comments aren't aimed at individuals or groups.

It is important to remember that this club has a wide range and mix of runners; from social to competitive. Not everyone wants to race, and there are many that would like to race, but for various reasons, are unable to do so. The pandemic has certainly taken its toll, and hopefully when the situation improves and we get back into the sports centre, things will pick up a little.

You only need to read the rest of this newsletter to see how many members have in fact been out racing and knocking out PB's, but as I have said, the club represents much more than just racing!

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 Nathan White, Josh Hartley (second claim) Jill Seddon, Caitlin Johnston and trying us out: Kieran Olds and Matt Hardcastle.

UPDATE ON CLUB RACES: Alan Wilson

Club members will be aware that we have not been able to host any club races this year. This is primarily because we currently do not have access to the Glaxo Sports Centre (our usual venue), as it is being used as a Vaccination Centre. We have spent a great deal of time and effort looking for suitable alternative venues, routes etc, but regrettably we were unable to find a satisfactory option to offer the quality races we are known for hosting. At this stage, it also unlikely that we will be able to host any races for the remainder of this year. Be assured that we will looking at options for hosting races next year, including possibly hosting a 10k in March. We'll let everyone know as soon as possible. Any offers of help to make the necessary pre-race arrangements will be greatly appreciated.

GSK SPORTS CENTRE:

As many of you have heard, the Sports Centre where we meet has ceased being a vaccination hub. Hopefully, we will be able to meet there again soon, so as soon as we are informed about what is happening, we will let you know by email and the club Facebook site.

CLUB CHAMPIONSHIPS: Simon

Unfortunately, the Ford Park run was cancelled this week, which means that their 100th run goes into December. So, this means there is a vacancy on the event scene for November.

So, the cunning plan the third event for November will be a 1 miler. You can have as many goes as you want through the month BUT for the time to qualify it must be posted within 24 hours of running it. This is to get an early list going and create a bit of competition, so if you are close to someone then maybe you'd have another try!! AND NO ELEVATION RESTRICTION!!!

November is:

Allithwaite 8 6th Nov

Liverpool Cross Country 27th Nov

Virtual 1 miler

LANCASTER: GOLDEN BALL 10 MILER: 22nd. Aug



Heather Travis: '4th lady and 13th overall at the Golden Ball 10 mile today. Was annoyed with myself for setting off too fast, and having to dig deep. Finished in 1hr, 13min, 53 sec, but pleased with my result and a 10-mile PB too!'

FLEETWOOD HALF MARATHON: **August**

46th/224 Mike Cubin: 1:41:39 3rd.Male
Vet over 50

'I can't remember the last time I ran as badly as that. Felt bloody awful. One to forget, draw a line under and move on.'



PARK RUNS SUCCESSES:

A Fellfoot PB for Lauren Booth (2nd. Lady) in 21.14, and again 21:08 1st lady) and Scott Bremner 20:10 at Ford Parkrun

Cormac Murray PB 27:07

Ford park, Lucy Zaboklicka 27:20 PB and again 26:09 and again 26:01

Noah Zaboklicki 23:56 PB

Mark Tomkinson, Millom Parkrun 1st male :17:35 Ken Lamb 19:40 PB

Richard Marlton PB 21:01 Catriona Hazelhurst PB 30:59

Ford parkrun PB for Jade Wren: 27:42

Barrow; PB for Ken Lamb 20:36

Sharon Dixon was the first finisher and got her Millom PB – 20:33

SPORT IN ACTION 10K: CARLISLE 29th.August

Gary Dover had a cracking run, finishing in 9th place, 1st Vet 50 in a time of 38:46

DARK SIDE OF THE COOMBE FELL RACE: Mon Aug 30th: Rob Fishwick



35

Rob Fishwick Hoad Hill Harriers M 45 01:31:40

8.3 miles, elevation gain 2,228 feet, 1:30 mins

'My first event representing the hoadies. The race started early (without me), but a steward ran the first 100 yards with me and pointed the direction. I finally caught the runners up after a minute and a bit of a delay. I took a tumble on the way down, so my pace dropped at mile 7. I got up, and ran through to finish 37th out of the 63, me being number – the 63 last entry! Oh, I also got an apology from the race organiser for setting everyone off early without me.'

JUNIOR SECTION:

PARKRUN SUCCESSES:

Natalia Anderson: Fellfoot 28:06 **PB.**

Max Hazlehurst: Millom – 2nd. finisher 19:23 **PB** 18:54 **PB**
1st. Finisher 18:26 **PB.** 1st, finisher 18:19 **PB**

Theo Zaboklicki Ford Park: 21:24 **PB.**

Noah Zaboklicki: Ford Park 23:22 **PB**

Emily Spencer Ford Park : 26:22 **PB**

Max finishing well in 11th. place at the Mid Lancs X country fixture at Burnley.

JUNIOR WINTER TRAINING:

Mondays 5.45-6.45 at Siemens estate.

HELP HELP HELP is still required at junior sessions working alongside the coach.

Anyone interested in doing an England Athletics training course, there are two x one and a half hour online courses, being run shortly.

Session 1: 08/11/21 1800 – 19:30

Session 2: 12/11/21 1800 – 19:30

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.

Anyone interested, please contact me, the club will pay and I can get you booked on.

CLUB HOODIES:

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.



LAKELAND TRAILS: KESWICK: 4th. Sept:



10K Sharon Dixon: 44:30 1st Lady 1st. Vet 50
14/240

15K: Michal Parka 1:36:05 80th/335

KESWICK MOUNTAIN FESTIVAL: 25K

TRAIL RACE: Tom Southward: 51st./461
2:35:33



LANCASTER JAILBREAK 10K 13th Sept



Gary Dover:
39:10 4th overall,
1st Vet 55



GREAT NORTH RUN: 12th September



Mark Tomkinson:

124th/150,000

1:19:21 1st. Vet 50 **PB**



Phil Horrocks: 'Delighted with my run at the Great North Run today, finishing in 1419th place in a time of 1:35:17 which is 5 mins faster than 2 years ago.'

Frank McKeown: 2:01:58 - A great effort by Frank, running with friends and raising funds for Claire House Children's Hospice. Current total is £1240



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", 13/14 year – 32"

Adults £25.00 Juniors £21.00

I have a full range of sizes in stock to try on for size.



LAKELAND TRAILS: CARTMEL: 18th Sept.

18K: Mike Parka 1:51



Ian Peters 2:14:15



Dorothy Stirling 2:21:18



Mel Simmonds 2:21:19

10K:



Lauren Booth 3rd Female, 4th overall 0:55:55



Alan Wilson 1:04:15 57th.



Ian Walker 1:14:32 151st.

LAKELAND TRAILS: CONISTON 2nd.Oct:

15k Trail Race:

Simon Austin: 1hr 17min : 'Very, very wet!!'





Hoad Hill Harriers Christmas Dinner Disco And Presentation Night Ulverston Golf Club



Saturday 4th December 2021 6.45pm

£23 per person

ALL WELCOME, FAMILY AND FRIENDS

STARTERS

Cream of Winter Vegetable Soup (V)

(served with a warm bread roll)

Classic Prawn Cocktail

(fresh prawns in a creamy Marie – Rose sauce with iceberg lettuce and a wedge of lemon)

Ham Hock Terrine

(served with Scottish oat cakes and a spicy plum chutney)

MAINS

Roast Turkey Breast

(with chipolatas, sage and onion stuffing and cranberry sauce)

Roast Topside of Beef

(with Yorkshire pudding and horseradish sauce)

Pan Fried Sea Bass

(served on a bed of seasonal asparagus with a pesto dressing)

Spinach and Ricotta Ravioli

(with roasted garlic, pine nuts and woodland mushrooms(V))

All served with seasonal vegetables, new and roast potatoes

DESERTS

Christmas Pudding

(in a rich brandy cream sauce)

Tart Au Citrone

(with a wintery berry compote)

Profiteroles

(served with warm chocolate sauce)

TEA/COFFEE AND MINCE PIES



Payment options:

1 – by BACS into club account and email me (Karen Morgan) with menu choice - morgandco@aol.com

Account GSK Hoad Hill Harriers, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and club dinner to identify your payment; and let Karen know you have paid it, so we can update records.

Some members have informed us that when paying by BACS, their bank doesn't recognise our account at Cumberland Building Society, just continue with the sort code and account number, let me know you have paid it, then I will check that it has gone through and inform you.

2 - drop cheque (GSK HOAD HILL HARRIERS)/cash my house with menu choice – Karen Morgan.11 Victoria Road Ulverston LA120EN

3 - when club opens, I can collect in person.

KESWICK HALF MARATHON: 26th Sept:



Keswick Half Marathon is said to be one of the most scenic half marathons in the country. The challenging course takes you around Derwentwater with an extra



loop into the Newlands valley. The race was set up by Keswick Rugby Club in order to raise funds for the club and the youth coaching program.

Darren Coward: 27th 01:41:55

'After spending most of the summer side-lined with sciatica and covid, the rescheduled Keswick half marathon became the goal for my return.

I was really anxious before it, as I knew I wasn't really ready and there was the obvious risk of injuring myself again. However, it was nice to see fellow hoadie Elsie Roberts at the start, who was also coming back from injury as well.

I started the race steady, the first half was very hilly and I was almost at walking pace for some hills. But around the halfway point, I was feeling really good and knew the rest was going to be a lot flatter so I upped the pace, finished strong and was really pleased with my time.'

Elsie Roberts: 31st 01:43:35 3rd female 'Darren Coward and I were at Keswick half today. Both of us have had niggles / injuries so neither of us were too sure what to expect. I think we were both fairly pleased / relieved it went better than we thought it might. (I was!!)

Need to work on my warm strategy for the x/c races, I felt awful for the first 4 miles, then finally found my legs!

GREAT MANCHESTER RUN HALF MARATHON: 26th. Sept.

Lauren Booth: 'Great Manchester Run half marathon, my first half marathon. I finished 18th lady in 1:39:32 and **Tom Southward** 74th. in the men's in 1:29:17.

I went in with a goal of 1 hour 45, and achieved a sub 1 hour 40, so really chuffed to bits! There was a big field of runners today, a great race and exciting to watch the elite runners do the 10k too!'



ACORN BANK 10K: PENRITH: 26th Sept.



The race starts and finishes in the beautiful grounds of the Acorn Bank National Trust property, near Penrith, and is an undulating road race (with a few challenging hills!)

It was great to see **Sal Barton, Ashley** and **Alison Cook** deciding to give this one a go, especially as Sal and Ashley have been nursing injuries for a while. I guess their interest was probably due to the fact that there was free flapjack afterwards.

Alison had a great run, finishing in 50:49, winning the Vet 60 Category, Sal finished in 54:59 2nd Vet 60 and Ashley, (who six months ago said his running days were over, finished in 54:37!)

BENTHAM 10K Sat 02nd.October.



A damp autumnal morning saw three Hoadies tackling this challenging, undulating course along country roads with spectacular views of Ingleborough and the Yorkshire three peaks.

New member, **Adam Dawson** had a cracking first out for HHH, finishing in 10th. position in 00:41:54.

Darren Coward, who has been nursing a few injuries recently, was not far behind Adam, 14th in 00:43:57

Heather Travis had a brilliant run, finishing as second lady, and 1st FVet 45



VIRGIN LONDON MARATHON 3rd. Oct



Liz White: 03:57:51 2,995 female finisher, overall 12,018. 'Thanks for all your messages. What an amazing experience! Really pleased with my time.'

VIRTUAL LONDON MARATHON



Rebecca Connolly:

'I found it tough going my hip started hurting 12 miles in, but pleased to finish in 5:03:33.'

Vicky Parkinson was much stronger than me, finishing in 5:03:33.'

Vicky Parkinson: 'Becky Connolly and myself ran the virtual London Marathon and saw Damian on our route who ran a little with us, which we really appreciated! Our route was Ulverston, Swarthmoor, Urswick, Bardsea, Manjushri and Ulverston with a few loops thrown in. Our lads, - Zach and Joe (junior members) were there to support us at the end and our hubbies throughout!'

Gary Dover: London Marathon 2021: Sub 3 marathon attempt 46.

After eighteen months of restrictions, it was a really emotional day. This journey started in Chester, 2019 when running 3:14:08 qualified me for a Good For Age (GFA) for London 2020. This race being cancelled twice, meant for 2021, my qualifying time had elapsed. Luckily, I ran the virtual London, eight times round the Ulverston canal in Oct 2020 in 3:03:36. This gave me a new qualifying time and unbeknown at the time, also qualified me for the WADA age group world championship, (basically meant I got two medals for one marathon).

Training:

I had been running for two years with hip pain on the right side, the dodgy side that was taken to bits and rebuilt in Jan 2008. Although that op was successful, I panic every time I have issues with the right hip. On July 9th this year after several aborted runs, I had physio, which identified my right Sacroiliac joint as sticking. This almost fixed the problem but both Achilles, left knee and right calf also threw in the towel, which meant three weeks with no running.

At this point I seriously questioned whether I should run. As hotel and trains were booked, I would be in London anyway, so I trained hard in August. This training was helped by Mr Motivator (Ken Lamb), who pushed the pace on our long runs, even on the hills! So come 3rd October, both of us were in PB condition.

Collecting the number

With Covid restrictions, I had to have a current test result to pick my number up and race, this was checked at the Excel centre, where I also dropped off my kit bag for the finish, this also contained both medals and T-shirt. They recommended timing your journey to the start, which I did, you were given an arrival time to stick to. So, by the time I had done all this and got back to the hotel, I had walked 26000 steps. Not ideal two days before the race.

Race Day



I made my way to Blackheath in old clothes to keep warm and wore my bin bag due to the cold, not drinking so much meant only one toilet visit. So, with 50 minutes to the start, I joined the queue for the loo which was huge. 40 minutes later, nearly at the front of the queue, they opened the gate and runners rushed to the start line.

I ran from the loo, discarding my clothes, to join the start with minutes to go, and in no time at all, we were off. It took a full minute to get to the start line, and I was surround by runners doing 9 min/mile pace. As my target pace was 6:52, I got to the outside and started hurdling the feet of the barriers to fight my way ahead of them. After about half a mile, I could relax, reaching my target pace.

Carrying my own drink and gels on an arm band, as advised, I felt a pain on my right shoulder. This I ignored, until I stopped at about halfway, and discovered the end of my gels had rubbed the skin off and it only stopped hurting after consuming said gels!

At 8 miles, I thought the pace at 6:44 was too fast and could result in complete breakdown in the later stages, but I decided to try and keep the pace for as long as possible. This I did until later in the race. Those of you following tracking me could see I was on sub 3 time for most of the race. However, I finally crossed the line in 3:02:51. 2,404 overall, 82nd. Vet 55-60

So, time to meet the family, have a pint and face the dreaded shower. I was really pleased with the time considering my participation had been in doubt, so good to be racing again, and the crowds were just WOW, it also gave me a clean sweep of marathon times: 3:00/3:01/3:01/3:01/3:02/3:03/3:04/3:05/3:06 It's only taken 20 years attempting sub3.

Maybe it's the fact that I'm never disappointed in running just over 3 holds me back. If time is the deciding factor about enjoyment in running marathons, then you look back in disappointment all the time. The marathon is a beast of a run and finishing it is an achievement in itself.



CHESTER MARATHON 3rd Oct

Mark Tomkinson 02:52:13 **PB** 35th. 2nd Vet 50

'Big Pb today, despite the weather. Went all in for a sub 2:50 but more than happy with that time.'

Mike Cubin: 03:58:37

Julie Hunter: 03:57:46

Terry Peet: 4:53:47

Deborah Yearnshire: 04:08:44

'This was the second time I had run the Chester marathon and was my third marathon, having ran it in 2017 and then Windermere in 2019. The event was extremely well organised, and the start was easy to navigate. On the day, it was cool with a bit of drizzle, which suited me fine. I wasn't sure what to expect from myself on the day, training had been going well up until August and then holidays, a nasty cold and work pressures had taken over a bit! A tough run in the Coniston to Barrow two weeks earlier hadn't filled me with confidence, so I decided on the day just to try and stay comfortable and enjoy the experience.'

The miles ticked along nicely, and I felt fine keeping a steady pace of around 9-minute miles, 13 to 16 were tough but after mile 16 at least I could count down from 10. My pace started to slow down a bit from 18 as everything was getting tired and it was hard work from 20 miles onwards. However, I was comfortable enough to enjoy the atmosphere and the achievement at the end. It's a great event, with lots of support, water and gels where you need them and an interesting course. Not a pb but I was very happy to feel comfortable and thoroughly enjoy the experience. Will have to have another go'



Terry Peet: Three PB's outside Ebbing Missouri

PB1- Chester Marathon

'It was good to be back in Chester for a real marathon. The morning was a touch drizzly, but temperature wise, ideal for running. The start had reverted to the racecourse this year but due to road works in the city, the finish was moved to the adjacent park. I met a few Hoadies and some GB ULTRAS folks prior to the start. I wanted to beat my previous time and stay as injury free as possible. I started with the dreaded plantar fasciitis. The plan was to run about 10.30 and move the pace up slowly. The plan failed! I finished with an average pace about 11.08. The wheels fell off at mile 19/20. I'd forgotten to keep up my nutrition properly and my head was feeding doubt to my heart. Radical, I know, but I decided to stop to get myself sorted out. This involved eating a flapjack, re-lacing shoes, stretch, curse the PF, move phone from back pocket and



scare the kids by launching into full 'Jumpin' Jack Flash' mode with the Stones. This stop took over 8 minutes but it was worth it. Reinvigorated, I started to get the mojo back and caught up to Penny Moreton on the Metric Marathon and walked along with her for a while (actually I dropped behind the *Moreton Machine* as I was still struggling a touch). The flapjack did its work and I started to gain pace. The final hills were uplifting as I passed other runners needing to walk whereas I could slow run. I crossed the line going at 7:36 pace. My official chip time 4:53:47 well surpassed my 2019 effort of 6:11:18. I was and, still am, very pleased with this outcome. I would like to improve on this in 2022 but as Glasgow to Edinburgh ultra is on my timeline for October 2022 it may have to wait.'

CHESTER METRIC MARATHON 3rd. Oct: Penny Moreton

Fulfilling the dreams that were thought vanquished

If CoVid wasn't bad enough to deal with, Government restrictions disabled travel to the USA so unable to fulfil the dream of participating in my third Abbott Major Marathon in 2020, the race was transferred to 2021, along with the Chester Kilothon (16 mile road race). In July 2020 with my training going fabulously well I picked up an injury during a 5km time trial. Numerous physio sessions were not resolving the problem with my left knee, so sought further diagnosis via MRI and consultant analysis – December the results were conclusive; osteoarthritis, and a misaligned knee problem which my intense training had flared up. The bottom line was I needed a total knee replacement sooner rather than later!

To cut a long story short (thank goodness I hear the editor say), I decided to go ahead with the operation in the spring of 2021, rather than wait for the 18 – 24 months, I raided my savings and in May I had a titanium knee fitted. My consultant and I discussed my future options, to be able to be active for rest of my life and prolong the age of my new knee reluctantly I made the decision to cease running the marathons and ultras I love. This will enable the knee to last for 25 years and be remain very mobile.

Obviously, the thought of not being able to compete any more has not come easy, but I have been a very conscientious patient with my rehabilitation; daily physio and walks and with the blessing of my consultant and physio team, I undertook two carried over races. Obviously not Chicago (and not New York later in November) but Coniston to Barrow 21 miler in September and Chester Kilothon in October, on the proviso I would stop if things became too intense.

I have not undertaken the Coniston to Barrow before but obviously knew where it went having completed 6 previous Keswick to Barrows. The day was a bit grey and damp initially, but it was so exciting to be actually participating again. The walk went really well, the knee felt strong and I walked without a limp throughout. My only concern had been the descent down to Marton from the top of Kirkby Moor which I had powered up with my Nordic poles. My quadriceps muscles and my sub conscious made for a cautious descent, but I survived and the following descending lanes down to Dalton and ultimately the finish. Totally elated and mega surprised 21 miles

and finish time of 6 hours 31 minutes just over 4 months post operation

Two weeks later, after having had no post Coniston to Barrow problems bar the usual stiffness, I set off to Chester to take part in the Kilothon. Two days earlier I had attended my usual weekly hour physio session and my physio was totally amazed and pleased with how well it had gone. A credit to my dedication to the tortuous exercises to strengthen the knee.

I had already contacted the Chester Marathon organisers to sign up for the virtual 10km and half marathon as part of a triple series they organise to keep me focused on my rehabilitation – they were supportive, and it didn't matter that I would be walking the races that normally I would have run. All I had to do was complete the kilothon within the 4-hour limit – 15-minute miles – a big challenge for sure as I'd only just started to walk about 15.35 pace on about half of Millom parkrun I'd been tail walking since July.



Race day morning, I was a real bundle of nerves; more than usual. I saw off my friend Jon who was competing in the marathon and also Terry, Mike, Julie and Deborah from the club. It was cold, so I was grateful of the hot coffee drunk as my run was 90 minutes after the start of the marathon. It started to drizzle heavily so I popped on my waterproofs on the start line as the town crier wished us well. Everyone understandably ran off the racecourse really quickly, as I set off at a brisk walk after them. Had the privilege of having the sweep bicycle accompany me to virtually the turn point. It was nice to have someone to talk to although I caught up and past two slower runners! My adrenalin was working overtime and my pace crazy under 14 minute miles! I saw Mark Tomkinson looking so strong and later on, Mike Cubin. The support from the marshals was tremendous. Terry Peet caught me up going really well on his marathon. Over the last couple of miles, I realised I was going to finish under 4 hours which was totally surreal, and I started crying with emotion because I had really thought this wasn't going to be possible. I must admit I was glad the finish was not at the racecourse because of roadworks as I was getting tired but flying on endorphins, Grosvenor Park came soon enough. Actually, I preferred the finish as the marathon finishers funnelled left as we finished right. As I came down my chute there was Caroline and Terry Peet shouting and cheering - I did it – 3 hours 52 minutes only 5 months after my operation. Both Terry and I had our triple medals to go with our race medal – you can't beat a bit good decent bling

So, what do I feel now it's all over – chuffed, amazed and the best bit my knee has not been damaged by the experiences. So, I suppose being determined, stubborn, not wanting to be beaten got me through, I may not run any future races, but I still have dreams to fulfil even if it means walking. Next year I aim to get my Keswick to Barrow tankard in May 12 months after my operation and after that who knows

LOCH NESS MARATHON 3rd.Oct

Ken Lamb: 3:17:58 **PB** 116/2635 12th. Vet 50

'I am a broken but happy man. Loch Ness Marathon in the bag and beat my marathon best of 2007 by nearly 5mins.

It was one of those days you dream about as a runner.

I arrived at the start feeling hopeful as my year of training had gone better than expected, and my Windermere marathon time had increased my confidence. You still need everything to fall into place on the day, but my expectations were high in the hope of a sub 3hr 30m run. I did think that on a really good day, I might get under 3hr 25m.

The gods smiled on me on this day and I ran a new PB of 3hrs 17m .

Dreams can come true, but that was all backed up by some seriously hard training on my own and some tough sessions on the hills with Gary. You are taken to the start by coach, on this out and back marathon, we started on a cold, windy and at times, wet moorland. 45mins of standing around with no shelter, turned my feet to ice blocks. I made the decision not to look at my watch until halfway and I am glad I did this, as I might have slowed myself down early on, as the pace on some of those downhill sections was quick. This was by no means perfect, but it gave me time in hand over the last 10k, when I started to struggle as my



quads just kept cramping up from the early downhill sections. I managed to cover that last 10 in a disappointing 52mins and managed to pass a few people with a sprint, or what felt like a sprint over the last 300 metres.

I was overwhelmed at the finish and when I phoned Teresa at the hotel, I was laughing and crying at the same time!

The day got even better from there, when Gary informed me that I had achieved a good for age time for both London and Boston marathons.

At close to my sixtieth year, I am still dreaming as a runner. Huge thanks to my running partner who pushed my limits and encouraged me throughout our training.

Keep Dreaming everyone.'



CONISTON 14: 9th. Oct



The Coniston 14 is probably the most beautiful road race in Britain. Each year it attracts some 1600 runners and has a reputation for being one of the best organised small races in the country. Having been moved from its usual date in March, numbers were down this year, with only 664 runners taking part.

However, our Hoadies were out in force, with some great times and PB's;

Our men's team were first team winners: Darren, Scott, Richard, and Adam, whilst the ladies' team were second: Amy, Julie, Leanne, and Deborah.

Results:

Darren Coward 42nd. 01:39:42

Amy Whelan 3rd lady 46th. 01:40:06

Scott Bremner 52nd 01:40:45

Richard Marlton 65th. 01:41:32

Philip Horrocks 77th. 01:42:44 (running for WWW)

Adam Dawson 83rd. 01:43:02

Mick Cull 85th. 01:43:05

Keith Conway 169th. 01:52:00

John O'Neill 193rd. 01:55:12

William Sharp 229th. 01:58:45

Julie Hunter 251st. 02:00:32

Leanne Bayliff 302nd. 02:04:11

Deborah Yearnshire 308th. 02:04:37

Frank Mckeown 380th. 02:11:50



Terry Peet 386th. 02:12:26

Di Macmillan 591st. 02:41:10

Kathy Edmondson 592nd. 02:41:11

Mel Simmonds 646th. 03:03:51

Dorothy Stirling 648th. 03:03:52

Richard Marlton: 'Having been postponed twice from March 2020, it was great to be finally running it.

Conditions were good, very light winds, warm for the time of year but a constant drizzle for wetting the roads and runners, made for slower times than dry roads in March usually permit.

Numbers were down on the usual 1600 to about 560 starters but this wasn't apparent to me during the run, it felt the same as normal and very competitive.

From my point of view, I set off fairly steadily and didn't cross the starting mat for 9 seconds! I moved steadily past a few familiar faces such as Andrew Meskimmon from Dewsbury Road Runners; an old oppo, and HHH Darren Coward. I felt great up to Torver and down to Sunny Bank, where both Graham Pinder and Gary Dover were spectating and cheering us on (thanks guys).

No problems getting to Water Yeat, 10Km into the run in 43:40 then to High Nibthwaite still okay.

Then came for me the inevitable slight slowing down of pace with resulted in Darren re-passing me at about the 13km point, I tried to hang on to him, keeping the elastic as short as possible, but it grew!

Then before Brantwood, both Scott Bremner and Amy Whelan went past me, again I was trying to hang on but I felt really goosed by the time I'd reached the head of the lake. A really rough mile followed before I managed to pick up the pace again to what I had in the early part of the run, which was pleasing.

I managed a bit of a sprint to the line (as you do) but was still mugged by about three other runners just before the line, one of whom was Laura Duffield who actually knocked into me 5m from the line, which helped her to an extra position at my expense.

Anyway, a great day – and we won the male team prize to boot, particularly brill run by Amy Whelan for 3rd lady.'

Darren Coward: 'Another rescheduled race and another that's probably too much too soon. But after the Keswick half, I felt quite confident I could go in to this one and push it a little more and I did! A few miles in, I caught up with Richard Marlton and thought I'd gone out too fast. However, I kept pushing it, and felt stronger as the race went on; until the final never-ending flat bit, before Coniston village. I was very happy and also very surprised to get my **PB** for the course.'





Mick Cull: 'It was a pretty damp morning but great to be finally back doing this event after several postponements.

Last time I did this race, I really struggled in the last few miles, so my plan was to pace myself a bit better. On the whole, it went quite well and although I slowed down towards the end, I didn't blow up like last time. Very pleased to knock about 3 minutes off my PB for the course.

Always a great race, it was fantastic to have so many Harriers there representing the club too with some brilliant runs all round.'



Scott Bremner: 'My expectations were pretty low having not run a competitive half marathon (and a little bit) before and I having set off far faster than planned, it could have gone badly wrong... Fortunately I managed to keep the pace going all the way however despite the last mile or so proving pretty painful! I was chuffed to bits with my time but coming away with the team prize was the icing on the cake.'



Keith Conway: 'Not sure what I was thinking when Steve Tyson put his place up for free on Facebook, but I took it anyway and so the dilemma, do I run as UTC or HHH feeling loyal to both clubs. But I decided to go with what was on the entry (well that was my excuse) And so the day arrived travelling up with Euan (fellow UTC,er and long-time friend) I was feeling apprehensive, not really knowing what to expect but feeling good at the same time. Doing the last-minute warm up running to the toilet, we then made our way across the field on to the road Standing there in my UTC vest, I looked at the HHH vests in front of me not knowing how this race would unfold. The next thing I know is the horn's gone off and everyone starts shuffling forward. I didn't really get into a full stride until we got on to the main road. Taking it relatively easy, I started to creep through the crowd, went steady as I got to top of Trover then let myself go downhill passing a bunch of people on the way down Back on the flat, steady away up to Water Yeat.

After the water station, I ended up running along with is guy who was running at a pace I liked, so I ran to the next water station where he stopped, and I kept going. So, I picked up the pace a little doing a bit of yoyoing with a few different people. There was one particular runner I couldn't shake off, then came Brantwood, I start to pull away and kept going as I passed Brantwood, down towards the car park I started feeling heavy legged. I tried to keep good running form (that coach Damian would be proud of) passed Waterhead hotel over the little bridge on the way into the town centre. On the final straight I could hear a familiar sound of heavy footsteps and the previous runner I battled with went passed me. I just didn't have the legs or the heart to go pass her again. Then finally relax, it's all over, finished in 1hour 52minutes and PB,ed, a 1hour 45minutes half marathon.'

Bill Sharp: 'This was to be my first attempt at running this iconic undulating race around the beautiful Coniston lake. Sadly, on arriving at the event, the views were non-existent with low cloud covering The Old Man (no not me) and surrounding hills, not ideal conditions for spectators and marshals but perfect for running.

My training up to the race had not gone to plan, having picked up a calf strain, which set me back around 3 weeks, the only long run a couple of weeks before was a flat 10 mile around Lancaster, so I was a bit nervous about taking on the distance, but decided just to get out and enjoy the run.

I knew the route well, having cycled around the lake many times, a tough start with a couple of mole hills and another, round about mile 11. My plan was to take it steady at the start and not get drawn in with the adrenaline rush, aiming to finish around 2:10:00.

As we set off out of Coniston, cheered on by the spectators and ran up the first incline, my pace felt comfortable, at the top of Sunny Bank, approx 3.25 miles, a quick glance at my watch showed I was on my pace. The next few miles would be either downhill or flat. At halfway, 7 miles, and feeling good, another glance at my watch, just over the hour and if I could maintain my pace, although I knew I would tire towards the end, a time of around 2:05:00 was possible.

Continuing down the east side of the lake, talking to other runners, in what appeared to be no time at all, the next mole hill appeared at Brantwood, as I still felt strong, I kicked on up the hill, once at the top another glance at my watch I realised that I might get near to 2:00:00.

As I approached Coniston spurred on by the support from the spectators and a very enthusiastic Gary Dover, I kicked on to the finish crossing the line in 1:58:45, which I was very happy about. Hopefully I will return next March to compete again.'



Terry Peet: PB2-

'Fired up by my Chester Marathon result I turned up for the C14, not sure whether the previous weekends effort would strand me. I saw a few familiar faces and chatted with Ron Eadington and Tim Farron and soon was making to the start line. I was queued up behind a runner sporting the logo 'been gannin for 150 years'. It made me smile as I think 'gannin' is my favourite expression from the time of the 2016 GNR when a Geordie voice shouted out 'Terry man get yerself gannin'. [I can't wait for the Blaydon race on 9 June to 'get mysel gannin'].

The short pull up along Lake Road seemed like climbing Everest and the congestion along the first few hundred yards made finding a rhythm difficult. Once the congestion had thinned out, I managed to settle down into a better rhythm. 'Been gannin for 150 years' man had pulled way ahead. I ran along enjoying some of the banter between the runners and continued on to Torver, where I got into conversation



with a runner who had done the Chester Metric Marathon the week before. Shortly, I moved on and, I started to run with John Greenwood from Walney Windcheetahs.. John and I, veteran runners together, ~~plodded~~ raced on at a blistering pace (9.33)! The run along the East side of the lake was enjoyable with John.

Soon Brantwood and the looming inclines beyond came into view. Alastair Macdonald, (the chimp that he is) was metaphorically there on my shoulder quietly intoning 'relentless forward progress'. I have to admit to enjoying picking off some of the runners, as this slow lumbering tractor burned off the Lamborghinis. The final couple of miles whizzed by, and Lake Road was there with its welcoming downhill to the finish. I gave it all I'd got and overtook a few runners on the way to the finish. 20 yards to go and there was 'Been gannin for 150 years'. I got him on the line at 5.47 pace. A 'covid secure' acknowledgement from him made my day. I knew that I had bettered 2019 time and was so pleased after my marathon performance the previous week. Chip time 2:12:26 [2021] v 2:32:01 [2019].'

Frank Mckeown: 'This was the event that was originally planned for Spring 2020, so my first challenge was to sort through old post to find race bib numbers. Next up, getting ready for the event and I am very grateful to coaches for training sessions and encouragement from everyone at the club, in the weeks leading up to the event.'

So, to race day, and for the time of year the weather was pleasantly mild as competitors including a good turnout of 'Hoadies' assembled on the start line. The route is a counterclockwise loop of the Lake starting at the John Ruskin school in Coniston village heading for Torver. A left turn and a bit of uphill towards the Land Rover Garage at which point we get a bit of downhill as we head for some nice views of the Lake. It was great to catch up with friends from work and the Tri Club during the race and a few familiar encouraging photographers in Gary Dover and Graham Pinder. Onwards to a Water Yeat, the first water station and left turn across bottom of the Lake. So now we were heading up the East side of the Lake which gives us shoreside views. The course then undulates upwards as we head for double digit miles and Brantwood and some excellent elevated views of the Lake, with the 'Old Man' range as a backdrop. With legs tiring at this point, it was great to start the descent back to the shoreline at Monk Coniston and head to the village. On approaching Coniston, it was uplifting to hear some cheering and support, which grew as we took final turn towards the school and finish line. With cheering supporters either side of the road, was a great ending to the race. A date for Coniston 14 next year (26th March) has now been set, with Registration open, it is well worth putting on your race list for 2022.'



Amy Wheelan: 'I was super pleased with today's race considering I only decided to enter last weekend! It was a great course and conditions. I was the 3rd lady finisher, so a great day out! If I'm honest it was completely unexpected, as I haven't really been doing a lot of miles recently. I think I just know those roads so well from cycling.'



Adam Dawson: 'It was my first time doing the Coniston 14 and I loved it! I surprised myself with my time and a new half marathon pb! (Guess the new HHH vest helped!) Amazing result for the club, proud to be part of the top team!'



Phil running for first claim club WWC, but wearing his HHH second claim cap.



PLEASE REMEMBER WHEN ENTERING RACES TO USE THE CLUB'S FULL NAME: GLAXO HOAD HILL HARRIERS.
THIS MAKES IT EASIER FOR COMPUTERS TO RECOGNISE CLUBS AND GROUP RUNNERS FOR CLUB TEAM PRIZES.

(This did cause problems for the organisers at this event)



Well, it's been a long time since we last competed x country thanks to covid, but it was certainly great to be back. It has never been a problem getting teams together, with six runners required for the men's team and only three for the ladies. However, as several key members ran marathons last weekend, others were doing Coniston 14, and finally injury and Covid concerns, resulted in a real struggle to get a team together.

It was evident early on, that we weren't going to field a ladies' team, and thankfully new member, Nathan White stepped in to make up the number required for the men's team.

Conditions were perfect, a clear dry day, and firm underfoot, times should certainly be quick. Although numbers appeared to be down, there was certainly a buzz around the park, and it was great to catch up with runners and adversaries from other clubs.

Once we remembered how to put up the tent, it was time for a quick warm up and the six Hoadies lined up with 206 others for the start.

Nathan was looking really confident in the early stages and settled in with a fast group for the first full lap, with Andy starting off well, ahead of Jeff. Jeff started to pick off runners ahead of him, and passed Andy with a couple of laps to go. Nathan was pacing himself well, maintaining his position and certainly looked as if he was enjoying himself!

Damian, Alan and Pete all ran really well, in what proved to be a quality field. Considering it was the first race for a year for most of our team, they did the club proud, and certainly deserved the cake at the end of the race!



33rd. Nathan White 35:29,



103rd. Jeffrey Chadwick 40:40,



119th. Andrew Jackson 41:41



159th. Damian Jones 44:16



Alan Wilson 46:51 204th.



Peter Davison 55:10 178th.

The remaining Mid Lancs X Country races are as follows:

As Liverpool is a national event, we need to apply for timing chips at a charge of £1.50 per athlete. (the club will fund this) As I have to register all those interested by 19th November at the latest, please can you let me know if you want to attend ASAP. More details to follow next week.

27/11/21. Sefton Park Liverpool
15/01/22. Lawson Ground Blackpool
12/02/22. Leigh Sports Village
12/03/22. Burnley again.

PILLING 10K Thurs 21st. Oct

6th. 00:43:51 **PB** Heather Travis V45 F 1st Lady

A cracking run on a wet, windy evening – hope the kettle won was used to make a hot drink afterwards!

Heather Travis: '1st lady tonight at Pilling 10k (there weren't many entrants!). Torrential rain most of the way but think I got a PB, just waiting on official time.'



PILLING 10k Sat 23rd Oct

Ken Lamb: 'In two weeks' time I will be starting my 60th year and the dream of a sub 40min 10k is alive.

My plan today was to run sub 42mins and I intended to run with Heather to halfway in the hope that I could achieve that target, and maybe drag Heather to a new PB too. My plan went out of the window from the off, as I ended up trying to hang onto Gary Dover for as long as possible. I managed to keep him say around 50metres for the first half, and then at 4miles, I had my first wobble and didn't see him again until the finish. My second wobble came at five miles and this finished any chance of achieving the magical sub 40min 10k.

Finishing in 40m 22s, I was at first angry with myself for letting it slip, but after reflecting, I am over the moon and can still dream of that special target.

Great runs from Gary Dover running his best time this year of 38m 40s and Heather Travis matching her pb from a couple of days ago. She must have been running on adrenaline in the early stages having arrived with less than 10mins to the start!

By far the best running year I have had, absolutely buzzing

4th. 00:38:40 Gary Dover 1st V55

10th. 00:40:25 Ken Lamb 2nd.V55

13th. 00:43:50 **PB** Heather Travis 1st. Lady

