



HOAD HILL HARRIERS
NEWSLETTER



JUNE – AUGUST 2022 EDITION

GLAXO HOAD HILL HARRIERS



Monument
5K ROAD RACE & FUN RUN



WEDNESDAY,
SEPTEMBER 14th

**GLAXO SPORTS CLUB, NORTH
LONSDALE RD ULVERSTON, CUMBRIA
LA129DR**

**ONLINE REGISTRATION AT www.bookitzone.com
WWW.HOADHILLHARRIERS.CO.UK
ON THE NIGHT REGISTRATION FROM 5.30PM +£2**



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EDITORIAL

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!!

WELCOME:

Welcome to returning members **Matt Hardcastle** and **Bev McArthur** and Junior **Thomas Spencer**.

MID LANCS X COUNTRY SEASON 2022-23: Adrian

Below are the provisional dates for the fixtures. Two more fixture have yet to be decided, and I have been informed that the Hyndburn fixture will probably be moved to another date. I will update you when I have the final dates. I will be registering the club to participate again and emailing you all with details and a request to participate, so I can register individuals and obtain your race numbers. This will be in three weeks time.

Sat 15th October 2022 Witton Park, Blackburn

Sat 26th November 2022 Sefton Park, Liverpool

Sat 10th December 2022 Wilson Playing Fields, Hyndburn

Sat 14th January 2023 Lawson's Ground, Blackpool

CLUB CHAMPIONSHIPS: Simon

Club Champs to July 31st 2022

Senior Female

Stephanie Roberts 62

Laura Weston 20

FV40

Heather Travis 138

Leanne Bayliff 130

FV55

Sally Barton 164

Alison Cooke 119

Joanne McLeod 83

Penny Moreton 59

Christine Winder 48

Senior Men

Darren Coward 143

Adam Dawson 93

Nathan White 74

Luke Turner 74

Charlie Jeffrey 63

Cormac Murray 57

MV40

Glenn Boulter 171

Karl Fursey 114

Mick Cull 40

Vet 50

Ken Lamb 172

Pete Davison 129

Andy Jackson 46

Gary Dover 36

Vet 60

Damian Jones 196

Bill Sharp 147

Simon Barton 92

Terry Peet 32

Well done everyone and keep it going!!

CLUB CHAMPIONSHIPS

SEPTEMBER 2022

1. Marshal at the club 5km - 20 points
2. The Club 5km or any virtual 5km
3. Walney Island 5km or 10km on September 25th.

Don't forget for October the first challenge is the 500th Barrow Park run on the 1st.

October!!

JUNIOR SECTION

Please be patient whilst we endeavour to provide coaches to enable junior sessions to take place. At the moment, they will continue to take place at the club on Thursday nights. It will be discussed at the next committee meeting in a couple of weeks' time, and we will inform you of any decisions made.

CONGRATULATIONS to Katelyn Douglas,
the recent 1 mile fun run.

2.

Emily Spencer and Thomas Spencer on their great runs in

LAKELAND TRAILS: CONISTON: 10th. June

15K

Mike Parka: 49th./287 1:34:00 'I've done no training for this, so it was more about survival and not racing. The super strong headwinds didn't help either! That being said it was great fun and as always organised really well.'



Glen Boulter: 1:23:44
'Walna scar was like a wind tunnel today!'

10K



Steph Gillies: 1:08:19



Ian Walker: 1:15:31

CRAZY COW 10K:5th June



Alison Cooke
37th/201

10th Female
00:48:23. 36 61
1st Lady Vet 60



Ashleigh Cooke
01:07:19

PARKRUN SUCCESSES:

Ford Parkrun : **Luke Turner** PB 18:46 **Sharon Dixon** PB 20:42 (New FVET50 Record)
Millom Parkrun **Darren Coward** PB: 18:36 **Richard Marlton** PB 19.50
Fell Foot Parkrun: **Siobhan Riley** PB 26:45

MID LANCS TRACK AND FIELD: HYNDBURN: Sat 4th.June

Heather Travis 'Senior Women 3,000 metre 2nd lady and I beat 2 men who also raced.'

MORECAMBE 10K SUN 12th. JUNE:



Scott Bremner 13th.
00:40:02



LAKELAND TRAILS CONISTON TRAIL CHALLENGE MARATHON: 12th June: Penny Moreton

This was to be the first really long off - road journey for my new knee; which had come through with flying colours in recent outings.

To give myself the best chance, I opted for the 7am start as it gave me 8 hours to get round the course. A course I know really well as I've run the race four times, averaging just over 6 hours. It was very emotional fiddling around with my ultra - vest and taking last minute hydration, I felt good mentally but this was a tough ask of a new titanium knee. Just over 175 other eager competitors all with one goal, completion. I knew several of my trail running friends from other ultras were in the main race that was due off two hours later, so I was hoping to see them as they caught me up.

The countdown finished and away we went, soon snaking our way out from the Lakeland shore near Coniston Hall, down past the Bluebird café and off to the first checkpoint/cut off at 7.1 miles near Oxen Fell. Sensibly I set off towards the back and it wasn't long before I was the back marker despite going well at about 13 - minute mile pace. I got a good rhythm going and kept catching a couple of back markers up. There was more tarmac than I remembered around Hodge Close and the opposite way to where I had been on K2B. The steep short undulations and warming conditions irritated me, stupidly, I went faster to get the hills out the way and was longing for the first fuel station even though I had been hydrating. It appeared at 7.9 miles, so I was a bit grumpy having expected it earlier. A quick piece of flapjack, jelly babies and banana consumed – away to next checkpoint Hawkshead Hill.



This section was fast ground in places and my first technical sections. Ground conditions were dry and glad of my poles in places as I attempted to skip over tree roots and downward slanting rocks before getting to Tarn Hows. A lap and a half of Tarn Hows, going in the opposite direction to when I normally potter round. Made good time here and it was lovely to see photographer James Kirby in his usual place, at the top of an incline – he does take a good photo. Quick refuel as the next section before the official feed station was very technical, lots of fallen trees to negotiate and narrow twisting paths through the forest. It needed plenty of concentration to negotiate, but my knee was coping brilliantly, no pain, bending well on the uneven ground. This was the longest section before the next fuel section, so I had to remember to top my reserves halfway through as Water Yeat was 11 miles away. The forest tracks were great, head down, under 13 - minute miles now and relishing how well it was going. The trees shielded us from the strong breeze and once out of the woods and across Bethacar Moor it was wild. I love this section it's open, exposed, stony and usually fast. However, this year obviously it was quite a challenge, reckon running it would have been easier, but picking my way into the strong headwind negotiating the rocks and loose ground proved hard. I lost over an hour from coming out the woods down to Low Nibthwaite even though my knee was performing well I still needed to err on caution, one lateral twist and my race would be over.

The lower steeper descent also grabbed away a lot of the really good progress I'd made, so it was really frustrating because calculations prior to here, suggested I'd finish in 6.45, well inside the 8- hour limit. Finally, I got to the road at Nibthwaite and Water Yeat feed station was a very welcome sight!

Refuelled, the sun was now out and next challenge was to get to Sunny Bank via Beacon Tarn. The ground sections nearer the tarn and on its each very, very saturated in places, so really glad of my poles and the twisty rocky section before the run in to Sunny Bank saw me lose more precious time. Sunny Bank to the finish was less than a parkrun and this really spurred me on. However, I was mentally goosed at this point with all the concentration from the technicalities of earlier. To compound the problem, it started to shower rain which made the lakeshore tree roots and broken ground extremely slippery.

To say I was getting anxious about being timed out would be right, I just got more and more frustrated, as I felt really strong physically, almost not tired, which is ridiculous – because I'd been on the course nearly 8 hours. I battled my demons and saw the last marshal before entering the last half mile, must admit I was crying, because I was so worried I was going to be timed out – I've only ever had one DNF (Dublin marathon 2009 flattened by a cyclist) and I didn't want this to end that way. The marshal shouted encouragement, powering myself to the finish, going round that last loop of the field seemed to take forever – but I got there!

Collected my wooden medal and t shirt – officially last – over the time limit gun to finish 8.09 – 26.62 miles – 2943 calories – average pace 16.40 – 3717 foot of ascent – suppose the consolation if there is any – my net time was 7.24. Thoughts over a month later – overall very pleased (once disappointments had subsided) – never give up on your dreams – possible is everything – and my knee had no aftereffects.

LAKELAND TRAILS CONISTON 10K: 11th. June

Simon Barton 1:08:19 Sally Barton 1:10:34

LAKELAND TRAILS CONISTON HALF MARATHON 11th.June



Mel Simmonds and Dorothy Stirling: 2:32:56

HAWSHEAD 10k: 15th June



110 runners took part in this popular race which is part of the Kendal 10k series. Whether it was the free burger at the end of the race, or the sunny evening conditions which tempted them I don't know, but it was a great turn-out as usual by HHHarriers, with 13 members taking part. Notable runs were had by Charlie, Darren Coward who got a PB, and Aliso who was first FVet 60.

13th 00:37:19 Charlie Jeffrey



20th 00:39:02 Darren Coward



45th 00:44:57 Glenn Boulter



49th 00:45:19 Helen Walker



51st 00:45:27 Heather Travis



55th 00:46:30 Damian Jones



74th 00:49:51 Deborah Yearnshire



76th 00:50:37 Pete Davison



77th 00:50:43 Julie Hunter 84th



00:51:42 Alison Cooke



91st 00:53:07 Cormac Murray



100th 00:55:47 Simon Barton



102nd 00:56:23 Terry Peet

FATHER'S DAY 10K, LANCASTER: 19th. June



Heather Travis 4th lady 44:2 25th. 00:44:24

LANCASTER FESTIVAL OF RUNNING 10K: 9th July



Heather Travis: 'A bit too hot for me today at the Celebration of Running 10k in Lancaster but was 3rd lady in 45.01.'

CUMBRIA WAY CLUB SOCIAL RUN: 9th. July



Well done all those who participated in the Cumbria Way run from Coniston to Ulverston, whether you ran the whole distance or part of it. Sadly, numbers were down this year, and some are missing from the group photo.

BARRIERS FELL RACE: 6th July



Ian Conway 2nd Vet 70 113th./131
01:01;37

LAKESIDE TO GUMMERS HOW FELL RACE. 25th. June (Including a row across the lake and back!)



Darren Coward – 3.02 miles, 35:50 mins

20th Anniversary of the 2nd era race, originally run in 1930's from Buck Yeats, to Lakeside Hotel, rowing across Windermere and then running up Gummers How, before rowing back to the hotel gardens on the shore of Windermere.



KIRKBY IN FURNESS GALA FELL RACE: Sat 25th June



Rory Anderson 27th/79 00:27:25

APPLEBY 10K : Sun 26th June.



The 10K enjoys a fast, undulating, one lap course set in the surrounding and picturesque, Eden Valley

Heather Travis. 1st lady 46:00 14th overall

'Really enjoyed the day and thanks to WWC for inviting me along.'



MID LANCS TRACK AND FIELD: BLACKBURN:16thJuly



Luke Turner and Heather Travis represented the club at the track meeting at Witton Park.

Luke was 7th in his 800m race, finishing in a time of 2:08:0

Heather ran in the 3000m race, finishing 4th in 12:47.2 She said, 'You know it's hot when there's a water station on a 3k track run. Can I also point out how hard it is for a small person competing against giants.'

BEETHAM SPORTS FELL RACE 23rd. July

Pete Davison 66th/98 00:59:04

MONTANE LAKELAND 50 30thJuly

Darren Coward had a cracking run, finishing in 68th/1,327 in a time of 10:34:26

MID LANCS TRACK AND FIELD: LITHERLAND SPORTS PARK: 7th. August.

In the Senior Men's 800m race, **Luke Turner** was 4th in 2:22.3

TRI ISLAND SUMMER SAUNTER: 14th Aug



Heather Travis was the 1st lady finisher, and 2nd. overall in the 5k race in a time of 24:19

BORDER HARRIERS TRACK AND FIELD OPEN MEETING: CARLISLE: 21st. Aug

Senior Men 800m 1st. Luke Turner 2:11:05

TORVER COUNTY FAIR: 21st Aug



Ellie Simmonds received a bonus birthday present today winning prizes as the first under 23 in the fell race to the top of Coniston Old Man and back!



BORROWDALE FELL RACE 21K 21st. Aug

A low-level undulating route with a great combination of off-road running terrain throughout ranging from lakeshore trails, hard-packed rocky trails, grassy tracks & woodland singletrack. The initial section around Buttermere Lake is more hard-packed trail with some technical rocky sections. From scenic lakeshore trails, through beautiful, wooded valleys, the routes have been designed to incorporate many of the iconic locations around the Borrowdale Valley including Castle Crag, Surprise View, Ashness Bridge, Great Wood, Friar's Crag, the traditional lakeland hamlets of Grange, Rosthwaite & Watendlath.



Sal Barton: 73rd/92 3:07:29 'They say pride comes before a fall don't they? I was really looking forward to the Borrowdale Trail 21k event hosted by High Terrain Events. I weighed up the amount of ascent and even checked out how many in my age group- could I maybe come first in my age group?

The day was warm, not too windy. The first four miles were on lovely trails by Derwent Water but then there was a very steep rocky climb. All the tracks from then on seemed very stony. Then another huge (well, huge to me) climb up Castle Crag. At some point on a flat stony area, I tripped and fell and banged my knee quite badly. Fortunately, no one saw me lying on the floor in pain! I carried on but by now it was a case of finishing only. The downhill towards the finish was so narrow and stony with chest high bracken, that I couldn't run as I couldn't see where to put my feet. I was overtaken by some supremely fit Marathon runners who had set off half an hour earlier than us. The final run to the finish was flat along the edge of Derwent Water again, dodging tourists. The views were beautiful, but I've learnt my lesson. Know your capabilities. I'll stick to 10k trail races with Lakeland Trails from now on.'

Darren Coward: 5th/92 1:52:57 'Really happy with 5th place, especially so soon after the LL50.'



RUSLAND SHOW SHORT FELL RACE: 20th August

Lizzie Browne: 2nd. Female in the short race.

Ian Conway- long fell race 'last out and last back!!'

ULVERSTON SUMMER 10K: 24th August

At long last, the club is back to doing something we do really well, hosting races!! It was not without its problems. The course needed officially remeasuring, a race licence had to be applied for with new conditions we had to meet before it could be granted, and finding first aid cover.

All those involved in its organisation were concerned, as race numbers at many of the local races have been considerably down over the last year. As the costs in organising such an event have escalated (1st aid cover alone was £330), it was important to try and make a profit to bolster club funds, which have taken a great hit over the last two years. The committee tried tweaking a few things like a small increase in race entry fees, and fewer Vet prizes, targeting Vet 40, 50, 60 and 70 age groups only. We have yet to discover if we have made a profit, obviously everything will be reviewed, and changes made for future races if it is deemed necessary.

However, what was in no doubt, was the brilliant support from our club members in making it another success. Yes, entry numbers were down, but with 120+ entering, it can only improve next time.

So, thank you all on the race committee, especially Louise and Dorothy, those of you from our club and Walney Wind Cheetahs for marshalling duties, and of course, all those who raced.

Conditions were perfect for the race, the threatening rain didn't materialise. Ex Hoad Hill Harrier, Harry Stainton led from the off, despite competing in two fell races at the weekend, to finish first in 00:33:48, with a comfortable lead of almost a minute. Second place went to Ross Campbell 00:34:43, closely followed the 1st Lady, Kate Maltby in 00:35:02.

There were some great runs from our members, with Charlie, Luke and Darren finishing as the first Male team (Walney Windcheetahs won the Ladies Team Prize,)

Liz Browne finished as 2nd Lady, whilst McLeod Joanne was the 1st FVet 50.

5 th 00:35:45 Charlie Jeffrey PB	6 th 00:35:52 Luke Turner PB	13 th (2 nd lady) 00:36:53 Lizzie Browne
21 st 00:38:24 Darren Coward PB	23 rd 00:38:58 Will Heard PB	24 th 00:39:10 Mike Cubin
28 th 00:39:23 Gary Dover	33 rd 00:39:56 Nathan White PB	39 th 00:41:48 Tom Southward
48 th 00:44:26 Simon Austin	51 st 00:45:35 Rob Davies	57 th 00:46:32 Joanne McLeod
62 nd 00:47:40 Alastair MacDonald	76 th 00:49:25 Cormac Murray PB	77 th 00:49:35 Edward Quirk
82 nd 00:51:09 Ray Riley	95 th 00:52:57 Siobhan Riley	103 rd 00:56:42 Angela Spencer







MID LANCS TRACK AND FIELD MEDAL MEETING: BLACKPOOL: SAT27th.August.



Heather Travis: 3000m/12:53.3

'Just about made it from Arran to Blackpool in time for my 3k on the track. I was quite surprised I could run at all after all the food and wine on holiday, but I won silver (Ok there was only one other lady running but I still had to qualify for a medal by running in previous meetings). Absolutely knackered now though!'

MATT ELKINGTON Representing Ambleside for fell racing, Matt has had some impressive races recently. 13th.



Aug: Bradwell English Champs Race: 1st Place 8K Time: 36:22:00 Elv. 457m



21st. Aug: Matterhorn Ultratracks Active 1st Place 18.7 K Time: 1:29:00 Elev.941M

18.