



**HOAD HILL HARRIERS**  
**NEWSLETTER**



**JULY 2019**



## **EDITORIAL:**

Well July seemed to fly by, and as usual you have all been busy. Hopefully I have managed to capture a flavour of what you have all been up to in this issue.

The next two months will be busy ones for the club, hosting three events – the 10k, 5k and cross country. Whilst we obviously try to encourage as many of you to take part, it is also vital that we have volunteers to assist in the smooth running and organisation of these events. Friends, family and partners are all welcome to help, so please keep an eye open for 'shout outs' for help and ease the workload of others.

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](mailto:adrian.newnham@btinternet.com) - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, missed you from a result or if you don't like the photo I used of you!!

**WELCOME:** Welcome to new member Michal Parka, we hope you enjoy your time with us.

## **PAUL'S BENCH:**

It was a glorious evening for our annual run up to Paul Jarvis's memorial bench on Hoad Hill, to honour his memory and the sterling work he did for our club.

Many thanks go to Simon Barton, who removed the bench to carry out some repair work a couple of weeks earlier.



## 20 BARRIERS RACE: CARNFORTH: 7<sup>th</sup>. July: Pete Davison



Pete Davison 65<sup>th</sup>. 45:46



Ian Conway 138<sup>th</sup>. 59:18

### **Carnforth 20 Barriers and the Joys of Off-Road Running**

This is one you would all actually really enjoy despite the ominous title. The barriers are stiles and the terrain is more cross country than fell. I am determined next year to get a good group of us to do this one, as it is a great atmosphere, as I often find when Lancs. clubs like Bentham Beagles are present in numbers.

Recent chats with members have revealed an increasing interest in off road running. It's been great to see everyone enjoying Pat's bank holiday runs introducing folk to local paths they did not know existed. The Monday summer runs are increasingly exploring local off-road routes and if any of you have a favourite local walk that involves paths or trails then be bold and share it, you'd be surprised how many people would appreciate it!

Oh yes; the race! Ian Conway and I had a lovely run round paths and fields we would not have otherwise known and came away the better for it. We just can't remember our times or positions, or care! And that is another joy of off-road races. You can't really compare them year on year as each is very different. So, you have always done well! And there are always some old buggers at the back so you don't come last! Oh, and they are A LOT cheaper to enter than road races. (this one set us back a fiver each).

Here are a couple of up and coming local off road races that you can't get lost on ( i.e way marked) and are more cross country despite the 'fell' title' so are good to try as a first shot at it...

Beetham Show Fell Race 27<sup>th</sup> July

Rusland Show Fell Race 17<sup>th</sup> August

## **HOAD HILL FELL RACE: July 4<sup>th</sup>, Louise Thompson**

This year's fell race saw record numbers tackle our new course, extended this year with the addition of an extra mile, taking the runners to the undulating Eastern side of Newland, and providing the local fell runners with an opportunity to run a fell in private ownership.

On the hottest night on record for this event, the fells were good underfoot, with dry sections, gravel paths, and rocky outcrops providing plenty of firm ground to run this 4.4k race with 198m of climb.

The steep climb up the side of Hoad, saw the 48 runners begin to stretch out, before disappearing over the top by the monument.

A good viewpoint from the monument, enabled you watch the race develop from all angles on the course. They were only out of site as they took a steep descent down the footpath at Newland, before heading back-up towards little Hoad. A small group of 3 from Ambleside AC, Ulverston Tri & Leven Valley looked to gain a slight advantage as they descended down towards Newland Back and that didn't change until they hit the fast level section returning up to the monument. Michael Gregory, from Ulverston Tri Club, took the opportunity at this point with a fast, confident descent down toward the finish, just missing out on the 20-minute mark. Only a 10 second gap split him from Luke Bowen of Ambleside AC in 20.42 and Noah Kidd of Leven Valley and first Junior Runner in 20.49. 4<sup>th</sup> James Bowen Ambleside Ac 2<sup>nd</sup> Junior runner 5<sup>th</sup> Mathew Rooke Black Combe Runners 21.57 6<sup>th</sup> Brian Pennington Howgill Harriers 22.09

NO	NAME	CLUB	CAT	TIME
1	Michael Gregory	Ulverston Tri Club	M40	20.32
2	Luke Bowen	Ambleside AC	MU23	20.42
3	Noah Kidd	Leven Valley	U18B	20.49
4	James Bowen	Ambleside AC	U16B	21.20
5	Mathew Rooke	Black Combe Runners	MSEN	21.57
6	Brian Pennington	Howgill Harriers	M40	22.09
7	Bobby Gard-Storry	UA	MSEN	22.19
8	Andrew Dorrian	Hoad Hill Harriers	MSEN	22.21
9	Jos Addison	Helm Hill	MSEN	22.40
10	Jay Heaton	Hoad Hill Harriers	MU23	22.46
11	Edward Sargent	Leven Valley	U16B	22.52
12	James Bailey	Leven Valley	M45	23.02
13	Paul Singleton	UA	M65	23.17
14	Samuel McSherry	Leven Valley	U18B	23.33
15	John Millen	Black Combe Runners	M45	23.34
16	Owain Rhys Clark	Leven Valley	U16B	24.49
17	David Kyriacou	Leven Valley	M40	25.21
18	Dave Parker	Leven Valley	M50	25.28
19	Mark Simmonds	Leven Valley	M55	25.38
20	Ronnie Haddow	Furness Fell Runners	M45	25.50
21	Dave McNally	Leven Valley	M40	26.03
22	Nathan Harris	Leven Valley	MSEN	26.17
23	Nathan Ritchie	Leven Valley	U16B	26.27
24	Mick Cull	Hoad Hill Harriers	MSEN	26.32
25	Paul Managh	Hoad Hill Harriers	M40	26.34
26	Dan Aaron	Furness Fell Runners	M45	26.48
27	David White	Helm Hill	M45	27.22
28	Michael Jewell	Black Combe Runners	M60	27.39
29	Jonathan Bailey	Black Combe Runners	M40	27.35
30	Jason Walters	UA	M45	30.23
31	Lewis Watts	Hoad Hill Harriers	MSEN	30.27
32	Chris Roberts	Black Combe Runners	M60	30.30
33	Paul Corkhill	Leven Valley	M40	31.11
34	Jim Davis	CTR	M55	31.26
35	Andrew Hemsley	Walney Wind Cheetas	M55	32.31
36	John Pollard	Glossopdale Harriers	M65	34.12
37	Karl Fursey	Black Combe Runners	M50	35.30

A strong field soon came home in quick succession, with the first female and 1<sup>st</sup> junior girl home, Olesia Winder of Leven Valley 25.01 She gained a minute over 2<sup>nd</sup> Female, Rebecca Rooke of Black Combe Runners 26.36, 3<sup>rd</sup> Kathleen Aubbey Helm Hill 27.22, 4<sup>th</sup> Liz McNally Leven Valley 29.21 5<sup>th</sup> Lauren Booth G Hoad Hill Harriers 30.39 6<sup>th</sup> Susan Ross Black Combe Runners 31.30

This was a great competitive event, which is growing in popularity and numbers each year. Hoad Hill Harriers would like to thank:

Race sponsor Steven Martin Associates, Ford park, Ulverston Towns Trust, tenant farmer and landowner for allowing the event to be held.





## **RESULTS**

### **LADIES**

NO	NAME	CLUB	CAT	TIME
1	Olesia Winder	Leven Valley	U16G	25.01
2	Rebecca Rooke	Black Combe Runners	WSEN	26.36
3	Kathleen Aubbey	Helm Hill	W55	27.22
4	Liz McNally	Leven Valley	W45	29.21
5	Lauren Booth	Hoad Hill Harriers	WU23	30.39
6	Susan Ross	Black Combe Runners	W40	31.30
7	Jo Bailey	UA	W45	33.58
8	Kathleen Donnelly	Black Combe Runners	W50	33.30
9	Lindsey Buck	CTR	W55	35.53
10	Lucy Zabocklika	UA	W40	39.11

**(EDITOR'S NOTE)** Thanks must also go to Louise for organising the event, those that helped set the course up and everyone who marshaled and helped on the night.



### **THE FOLLOWING EMAIL WAS SENT TO THE CLUB:**

[www.letsdothis.com](http://www.letsdothis.com)

My name is Kyle from [Let's Do This](http://Let's Do This). We're an online, community focused marketplace for endurance sports events across the UK.

I wanted to make you aware of the new ballot feature we've just launched. Our new [ballot page](#) allows users to set automatic reminders to sign up for the most sought-after races across the UK and the world, giving them the best possible chance to compete.

We would be really grateful if you would consider sharing this feature by placing a link to [this page](#) on your site. Hopefully you think it might be useful for your members to prevent them from missing out on some great events! Alternatively, you might find that your members would find our event search function more useful to help them find new races. I've popped a link to it [here](#) for your convenience.

**Kyle D McCormick**  
**Growth Marketing Manager**  
 +44 7796 713516

### **CLUB VESTS:**

A new consignment of club vests has arrived in the popular sizes. I will bring them along on club nights. Cost is £24:50.

## **BENTHAM 10K: 7<sup>th</sup> July**



The route was the same as 2018, on country roads with spectacular views of Ingleborough and the Yorkshire 3 peaks. The course was undulating and challenging. Unfortunately, as it clashed with our Cumbria Way run, the numbers of Hoadies racing was down on previous years.

Well done Alison, who was 3<sup>rd</sup> lady and 1<sup>st</sup> Vet 55

26<sup>th</sup>. 00:49:19 Alison Cooke  
27<sup>th</sup>. 00:49:24 Ashleigh Cooke  
41<sup>st</sup>. 00:54:04 Sally Barton

62<sup>nd</sup>. 01:01:06 Janine McNeill  
71<sup>st</sup>. 01:06:19 Naomi Capstick

## **PROVISIONAL MID LANCS X COUNTRY DATES**

I will shortly have to register all those who wish to participate in our x country team. Last season over 60 members raced and I will automatically register anyone who has already taken part, unless you let me know otherwise. For new members, or members who have not participated before, there is no individual cost, as the club pays £130 to register in the league. You can take part in any of the races that suit your commitments. As we have first/second teams as well as Vet teams, anyone is welcome to join us, regardless of their speed. Please let me know by email if you wish to join us for the first time.

Sat Sept 28<sup>th</sup>. GLAXO, ULVERSTON,

Sat Nov 9<sup>th</sup>. HYNDBURN

Sat Nov 23<sup>rd</sup>. LIVERPOOL

Jan 11<sup>th</sup>. BURNLEY

Feb 8<sup>th</sup>. BLACKPOOL

Feb 29<sup>th</sup>. RYLANDS PARK, LANCASTER.

Please see our x country section on our Website, More details to follow in the next newsletter.

## **PARK RUNS:**

**Fell Foot:** Martyn Willacy PB 20:19 Ashleigh Mayvers PB 29:39

**Barrow:** Glenn Boulter PB 23:43, Paul Managh PB 19:51, Mick Cull PB 20:08

**Ford Parkrun:** Alan Wilson 22:32

## CUMBRIA WAY: 7<sup>th</sup>. July



What a cracking day we had! The weather was perfect, and the biggest turnout yet, with 30 taking part, the majority running the whole distance from Coniston to Ulverston. With a complete mix of running abilities, it was a pleasant social run, taking in the superb views and epitomized what the club is all about. With a dip in Beacon Tarn at the half-way stage, and a pint and pie at the end, it was a perfect day out!



## KENDAL 10K SERIES ENDMOOR: 10<sup>th</sup> July Adrian



Endmoor village hosted the final 10 K race in the series, on what turned out to be a dry and warm evening. Hoodies were out in force which was strange considering the notorious nature of the course, three miles uphill, then three miles down with an uphill finish. Perhaps they're sadistic; there were no after race burgers on offer, or free beer, no shiny bling to hang around necks. It was a club championship counter, so perhaps that tempted them out. It was good to see Tom back racing after a bit of a lay off due to injuries and niggles

Although our first three ladies finished before any other team, on counting up the positions of each runner, Lancaster just pipped them to the prize, which was a shame as HHH had won all the previous team prizes.

However exhausted faces soon changed to smiles when the extensive range of cakes were offered round (I've never seen Ashley move so fast!! Certainly his 20 metre PB!) A good night was had by all!

Jay had a great run, and will surely go sub 40 soon, on a flatter course, and it was great to see tom Evelyn racing again after a long lay-off.

9 <sup>th</sup> . 40:09 Jay Heaton	13 <sup>th</sup> 41:27 Gary Dover 1 <sup>st</sup> V50	38 <sup>th</sup> 48:09 Horrocks Philip
40 <sup>th</sup> . 48:26 Heather Travis 1 <sup>st</sup> F Vet V40	48 <sup>th</sup> . 00:50:10 Cooke James	50 <sup>th</sup> . 00:50:35 Lauren Booth
53 <sup>rd</sup> . 50:59 Allison Cooke 1 <sup>st</sup> . V50	56 <sup>th</sup> . 52:28 Frank McKeown	62 <sup>nd</sup> . 53:20 Simon Barton
66 <sup>th</sup> . 53:32 Catherine Heygate	68 <sup>th</sup> . 54:03 Sally Barton	74 <sup>th</sup> . 58:26 Tom Evelin
87 <sup>th</sup> . 01:06:21 Naomi Capstick		



**WARTON 10K: 13<sup>th</sup>. July: Heather Travis**



6<sup>th</sup>. Mark Tomkinson 1<sup>st</sup>. MV45 39:27.



15<sup>th</sup>. Heather Travis 1<sup>st</sup>. FV45 47:04 4<sup>th</sup>. Lady 47:04

A new race for this year, in a lovely village near Carnforth around the scenic villages of Warton. Although it was only a few days after Endmoor, I thought I would give it a try.

I was joined on the start line by Mark Tomkinson, Alison and Ashley Cooke plus several friends from Walney Wind Cheetahs. It turned out to be a lot hillier than I expected, and it was hot and sunny, so I really struggled on the first couple of hilly miles. However, I managed to hang on and come in as 4<sup>th</sup> lady. Mark had a very strong run finishing 6<sup>th</sup> and Alison and Ashley did really well too, especially considering that they had done Bentham, Endmoor and Warton all in one week!

Instead of a medal we got a bottle of beer from a local brewery, which Ash and Mark seemed very happy with! After the race there was a fete on at the school, so it was a nice day out and the sunny weather helped. This race is definitely not a PB course, but I think I would do it again if it becomes a yearly event.



31<sup>st</sup>. Alison Cooke 50:50.



Ashleigh Cooke 51:30

### **WASDALE FELL RACE 13<sup>th</sup>. July**

4<sup>th</sup>. Matt Elkington (running for Ambleside AC 04:15:50)

The Wasdale Fell Race (sometimes known as the Wasdale Horseshoe) is an annual Lake District fell race held in July, starting and finishing at Brackenclose in Wasdale. The course is approximately 21 Miles / 32km with around 9,000 ft / 2750 m of ascent and takes in checkpoints at Whin Rigg, Seatallan, Pillar, Great Gable, Esk Hause shelter, Scafell Pike and Lingmell nose wall. Among long fell races, Wasdale has one of the highest ratios of feet of ascent per mile, and it is often considered to be the toughest of the British races.

### **BARROW RUNNING FESTIVAL : 6<sup>th</sup> October - Heather Travis**

This is being organised by Life Leisure and it's hoped that if successful, it will become a yearly event. Alan has added the 10k to our Championship list and there is an early bird offer for the first 100 entries meaning that affiliated runners can enter for just £10 and even better there is a t shirt as well as a medal. The 10k is chip timed as is the measured mile but there is also a more relaxed "Mental Health Mile" which you can walk or run, so there is something for everyone. It would be great if we could support this local, non-profit making event and it's brilliant to have a new local race on the calendar. For details or to enter please go online:

[www.lifeleisurebarrowpark.com/love-barrow-running-festival/](http://www.lifeleisurebarrowpark.com/love-barrow-running-festival/)

## **JUNIOR SECTION**

### **HOAD HILL FELL RACE: Louise Thompson**

#### **BOY'S RESULTS**

NO	NAME	CLUB	CAT	TIME
1	Will McNally	Leven Valley	U12B	7.14
2	Leven S Nicholson	Hoad Hill Harriers	U14B	7.46
3	Blake Flemming	Ambleside AC	U12B	8.09
4	Callus Pennington	Howgill Harriers	U14B	8.10
5	Max Hazlehurst	Hoad Hill Harriers	U12B	8.45
6	Robert Pike	Hoad Hill Harriers	U12B	8.49
7	Ivan Winder	Levens Valley	U10B	9.01
8	Dexter Harris Stoker	Leven Valley	U10B	9.08
9	Calvin Singleton	Hoad Hill Harriers	U12B	9.29
10	Ben Barclay	Hoad Hill Harriers	U10B	9.48
11	Alfie Barnes	Hoad Hill Harriers	U12B	10.11
12	Demitri Kyriacou	Leven Valley	U14B	10.13
13	John Williamson	Leven Valley	U12B	10.47
14	Charlie Martin	Furness Fell Runners	U14B	11.11
15	Joseph Connelly	Hoad Hill Harriers	U10B	12.58
16	Zachery Parkinson	Hoad Hill Harriers	U10B	13.03



#### **GIRL'S RESULTS:**

NO	NAME	CLUB	CAT	TIME
1	Jessica Bailey	Leven Valley	U14G	7.42
2	Georgia Bell	Leven Valley	U14G	7.46
3	Marina Bailey	UA	U12G	9.01
4	Lucy Bell	Leven Valley	U12G	9.20
5	Sophie Leadbetter	Leven Valley	U12G	9.30
6	Florrie Haddow	Furness Fell Runners	U10G	9.40
7	Iona Smith	Hoad Hill Harriers	U12G	9.41
8	Penelope Boyle	Leven Valley	U10G	9.56
9	Erin Walters	UA	U10G	11.11
10	Brooke Durlin	Leven Valley	U12G	12.16
11	Elsbeth Martin	Furness Fell Runners	U14G	12.26
12	Lily Athersmith	Furness Fell Runners	U10G	12.59



A record number of runners attended our fell race on what turned out to be one of the hottest in the club's history of the event. 28 Juniors started off the event, in a flash of club vests ranging from Hoad Hill Juniors, Ambleside AC, Leven Valley & Furness Fell Runners along with unattached participants.

(contd. overleaf.)

A quick start saw runners head along Ford Park to the first climb and steepest section of the course. This soon strung out the field. Young Will McNally took an early lead as the course levelled out, heading over the back before turning runners back up to the monument, and the steep descent to the last straight before the finish. Will maintained his good lead and was followed in by a group of runners from Ambleside, Hoad Hill and Leven's Valley, all fighting for the positions in the latter stages of the race.

1<sup>st</sup> Home was Will McNally with a significant lead to take the race in 7.14 seconds ahead of 2<sup>nd</sup> overall and 1<sup>st</sup> girl home, Jessica Bailey, Leven's Valley 7.42 just ahead of 2<sup>nd</sup> boy Leven Sopwith-Nicholson Hoad Hill 7.46, 2<sup>nd</sup> girl home Georgia Bell Leven Valley 7.46, 3<sup>rd</sup> boy Blake Flemming Ambleside AC 8.09. 3<sup>rd</sup> girl Marina Bailey 9.01.

Well done Iona Smith, who was the only girl from the club to take part.



## **JUNIOR PARKRUN:**

Congrats to James Corbishley. PB at Fell Foot – 18:41 and again 18:18

## **A few junior member successes in other sports:**



**Scarlet Burrows** has won a young achievers award.

For the school games cycle cross event, when all had finished, and others retired, Scarlett was offered the chance to pull out but said she wanted to finish the third and final lap. With her school teammates cheering her all the way round Scarlett completed the course.



We also had 2 runners placed at Cumbria Schools orienteering champs last month.

**Leven Sopworth Nicholson** 2nd Year 7 Boy's Race, narrowly missed out winning by 15 seconds.

**Quinn Thompson** Year 5 boys County Champion (was in Year 4 but competed in Year 5 boy's race)

## LANCASTER 10K: 17<sup>th</sup>. July: Adrian

This is one of my favourite mid-week races. It's a fast course, starting and finishing with a lap of the Salt Ayre running track, following the cycle track along the Lune estuary, hitting the country lanes and a slight hill, before returning the same way. If you don't like the customary bling handed out at the end of the race, they do provide a goody bag with sandwich, mars bar, crisps and fruit – a nice touch!

The late afternoon rain had just about eased off when we arrived, and although the first couple of miles were into a headwind, it was a warm claggy night and perfect conditions for some fast times.

The race is part of the Police Federations 10k race championship series, so numbers are bolstered by their participation.

There was a good turn-out from HHH, and some good results. I could see that Tom Southward was in a good position on entering the loop-back at 3-miles, and despite doing a tri event at the weekend, and a tight hamstring, he went sub 40 for the first time, breaking his PB and finishing in a creditable 10<sup>th</sup> place.

Pat Thomas also had a cracking run, his first as a Vet 70, and he duly won the category in a great time of 44:02, which proves that age has no barriers!

Phil Horrocks continues his good form, finishing ahead of Heather Travis, who also had a strong run and was 1<sup>st</sup>. FVet 50 in 45:50.

Lewis Watts, running his first road race for the Harriers finished in 46:57, and it was the first time Frank has dipped under 50 minutes since joining us.

Mike Lavery, running with the HHH Hareem managed to encourage Christine Winder to a prize as 1<sup>st</sup> FVet 55.

A good night was had by all, especially as the threatening downpour started on the journey home!

10 <sup>th</sup> Tom Southward ,PB 39:25	32 <sup>nd</sup> Patrick Thomas 1st vet 70 44:02,	37 <sup>th</sup> . Phil Horrocks 44:30
45 <sup>th</sup> Heather Travis 1st F Vet 45 45:50,	51 <sup>st</sup> . Lewis Watts 46:57.	62 <sup>nd</sup> . Frank McKeown PB 49:19
73 <sup>rd</sup> Adrian Newnham 51:16	115 <sup>th</sup> Mike Fawcett 57:39	131 <sup>st</sup> . Terry Peet 1:01:29
137 <sup>th</sup> .Christine Winder 1st. Vet55 1:02:56	138 <sup>th</sup> .Mike Lavery 1:03:58	139 <sup>th</sup> . Naomi Capstick 1:3:59



## THURSDAY NIGHT COACHING PLAN Q3 2019

Overall Focus – maintaining speed for summer 10k races gradually building stamina and strength for the XC season.

These sessions will cater for anyone new to interval work through to experienced athletes – we'll help you get into the right group and help you move between groups at the right time.

**Safety – Let the coach/run leader know if you need to drop out early, and take it easy if you are racing soon, recovering or not feeling 100%.**

Weather permitting most summer sessions through to mid-September except time trials will be on the field.

Date	Intermediate and Advanced Groups				Starters Group			
	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
25 Jul	GSK Sports field	6 x 800m, Jog recovery	Stamina	Pace increase				
1 Aug	GSK Sports field	12 x 400m, walk recovery	Maintaining pace through to the end	Working the arms	GSK Sports field	12 x 90 sec with 90 sec rest	Speed	Pace judgement
8 Aug	GSK Sports field	10min x 400m, 10 min x 200m, 10 min x 400m In matched pairs relay style	Working together	Pacing	GSK Sports field	5 x 1k	Speed/Endurance.	Form & pace
15 Aug	<u>Knothallow Murder, Maniac mile</u>	2 x 1.1 mile!! Up then down	Strong, fast finish on tired legs	Fun/Pain!	GSK Sports field	5 x Figure of 8's on the banking	Speed/Hills	Style
21 Aug	<b>GHHH Summer 10k Race</b>							
22 Aug	GSK Sports field	Overlapping 6 x 800m figure of 8 in matched pairs	Working together	Upright posture	GSK Sports field	Pyramid 200, <u>400</u> , <u>600</u> , 800, 600, 400, 200	Speed/Endurance	Pace judgement
29 Aug	GSK Sports Field	8 reps ending downhill on the banking	Tackling hills	Descending	GSK Sports field	10 x 400m	Speed/Endurance	Form & Pace

## CLUB CHAMPIONSHIPS

- 10<sup>th</sup> August - Tri-Island Roa Island Ruckus (Summer Saunter series) - 5K, 10K, 1/2m & marathon
- 24<sup>th</sup> August - Pilling 10K
- 1<sup>st</sup> September - Golden Ball 10m & 20m (Lancaster)
- 15<sup>th</sup> September - Lancaster Castle 10K
- 6<sup>th</sup> October - Barrow 10K
- 19<sup>th</sup> October - Langdale marathon and half marathon
- 2<sup>nd</sup> November - Allithwaite 8
- 10<sup>th</sup> November - Windmill Remembrance Day 10K (Lytham)

*The following HHH organised races will qualify for 5 points for marshalling, but no running points:*

- 4<sup>th</sup> July – Hoad Fell Race - Complete
- 21<sup>st</sup> August - Summer 10K road race
- 4<sup>th</sup> September – Charter 5K Road Race
- 28<sup>th</sup> September- Mid Lancs X Country – Glaxo Ulverston

## BBQ:

We would like to provide a BBQ selling burgers and hot dogs at our 10K and 5K events. It is a great opportunity to make some money for the club. We have all the gear and can get it set up, we just need someone to do the cooking and sales on the night. If anyone is available on either or both nights, please could you let me know.

## CLUB CHAPIONSHIPS CURRENT STANDINGS:

### Men as of 31/7/2019

#### Senior

Overall Position	Total Points	Name
1	68	Andrew Dorrian
2	58	Darren Coward
3	29	Luke Turner
4	28	Tom Southward
5	25	Mick Cull
6	23	Glenn Boulter
7	19	Jay Heaton
8	16	Matt Rooke
9	10	Matthew Elkington
=10	9	David Fulford
=10	9	Lewis Watts
12	7	Stephen Peters

#### Vet 50

Overall Position	Total Points	Name
1	99	Gary Dover
2	84	Simon Barton
3	74	Ashley Cooke
4	69	Alan Wilson
5	66	Adrian Newnham
6	64	Phil Horrocks
7	41	Pat Thomas
8	30	Bill Sharp
=9	25	Peter Davison
=9	25	Mike Lavery
11	23	Mike Fawcett
12	20	Damian Jones
13	19	Graham Pinder
14	18	Sean Dixon
=15	17	Nigel Storey
=15	17	Terry Peet
17	14	Simon Stanway
18	11	Ian Walker
19	10	Jeffrey Chadwick
=20	9	Martin Willacy
=20	9	Tony Clarke
22	8	John O'Neil
23	6	Tom Evelin
24	5	Chris Howie

#### Vet 40

Overall Position	Total Points	Name
1	89	Frank McKeown
2	48	Mark Bailey
3	47	Michael Cubin
4	26	Mark Tomkinson
5	20	Mark Bonner
6	18	Richard Walker
7	17	Karl Furse
8	10	Andy Jackson
9	8	Erik Hampton
10	6	Mark Lehrle

### Ladies as of 31/7/2019

#### Senior

Overall Position	Total Points	Name
1	46	Stephanie Roberts
2	43	Leanne Bayliff
3	40	Lauren Booth
4	20	Cheryl Young
5	18	Catherine Heygate
=6	10	Ashleigh Mayvers
=6	10	Kathy Edmondson
8	8	Charlie Brankin

#### Vet 40

Overall Position	Total Points	Name
1	113	Naomi Capstick
2	70	Heather Travis
3	38	Julie Hunter
4	36	Deborah Yearnshire
=5	10	Elsie Roberts
=5	10	Janine McNeill
7	9	Louise Thompson
=8	8	Cheryl Stanway
=8	8	Andrea Anderson
10	7	Mel Simmonds

#### Vet 50

Overall Position	Total Points	Name
1	137	Alison Cooke
2	134	Sally Barton
3	73	Penny Moreton
4	67	Christine Winder
5	63	Stephanie Gillies
6	39	Stevie Barron
7	36	Kath Whipple
8	25	Julie Newnham
9	19	Carol Postlethwaite
10	16	Jeanette Chester
11	12	Caroline Peet
=12	5	Hazel Dixon
=12	5	Dianne McMillan
=12	5	Karen Morgan
=12	5	Helen Towers

## PENDLE RACE SERIES 20 -21<sup>st</sup>.July: Simon Barton



The festival is held in the little village of Barley, a few miles away from Colne at the end of the M65. Over the weekend they host a 5km/10km/half marathon on the Saturday and a trail race on the Sunday.

This was another "why don't we do this race at Barley" from Mrs B, to which I always reply " how far?" This time forgetting to ask "how much elevation?!!

The Saturday races all set off at the same time with the 5km diverting off fairly early on and the half Marathon doing the 10km route twice with a bit extra tagged on!!

There is a hill at 1.5 miles - I think I heard! But can't be any worse than the one at Endmoor- wrong!! Two miles of hill with the steepest at 8%, oh that's why there are two black arrows on the OS map! Thankfully I

was only doing it once, Mrs B had it twice on the half Marathon! At least the last mile was all downhill and potential for a mile pb!

"Well how was that" we reflected after it was all over - Garmin informed us that the 10km was 760 feet of climb, and the half Marathon nearly 2000 feet!

Still great times for both of us with Mrs B 2hrs 8 mins 10 sec (for 13.4!) and Mr B a respectable 50.20, with a 6.24 last mile!!

## PILLING 10K July 27<sup>th</sup>.

**Heather Travis:** A very clammy Pilling 10k today, 6th lady 45.09



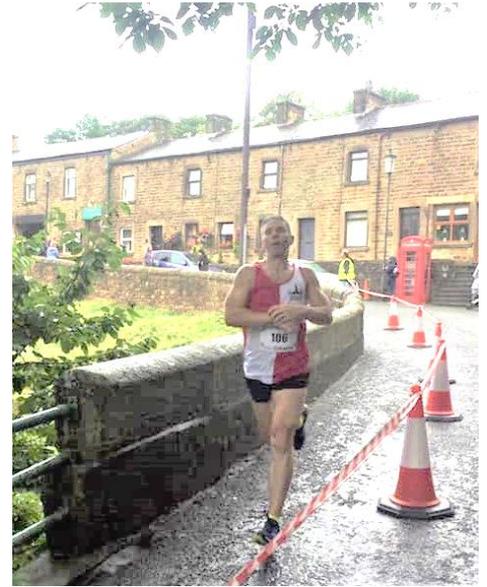
## BEETHAM SPORTS July 27<sup>th</sup>.

**Nigel Storey:** You could say it was a bit of a damp one, but great conditions really for a short fast Fell race (5.7 miles ) I ran the race in 2017 so I was very happy to run a PB by a good 2 minutes in 48:57 and came in 25/88 so not too shabby a day, and did the HHH vest proud. The two young guys in the picture are my wife's young cousins and I managed to beat one of them for the first time; it probably won't happen again!

## **MONTANE LAKELAND 50 July 27<sup>th</sup>.**

**Simon Austin:** 'Competed in the Lakeland 50 yesterday, where it rained pretty much all the time! Finished in 394<sup>th</sup> place out of over 800 runners.' **14:22:50**

## **CALDERDALE 10 MILER: 28<sup>th</sup> July**



**Ashley Cooke:** Caldervale 10 mile road race - who ever decided to put this one in the club champs??????? To say it was hilly was a little way short of the mark. They missed the word VERY HILLY out of the description. At least the weather was kind, the sun didn't shine, it was just nice drizzle with low cloud on top of Caldervale Fell.

Over 150 runners raced, with Mark Tomkinson leading home the 4 Hoadies in 1hr 05:31, Ashley 1hr 21:28, Alison 1hr 22:00 (1st lady vet 55) and Sally 1hr 28:42. After the run they all refuelled with pie and peas or lovely home-made cakes. Even Mr Barton scoffed and he didn't run!!

**Sal Barton:** It was nice to see Ashley, Alison and Mark when we arrived for the race. Having completed the Pendle Running Festival Half Marathon the week before, I wasn't sure whether I would be capable of another long race, but it actually gave me confidence knowing that it was shorter and there would be less elevation. The weather was damp and not too warm.

In the event, the hills weren't too bad and there was a nice downhill finish. I was happy with my time of 88.42 mins, very pleased for Alison getting first Vet 55 and for Mark who had an amazing run. There was a good spread of food in the village hall afterwards and the medal was MASSIVE!

# Know Your First Aiders



The following Hoad Hill Harrier Members are qualified First Aiders:

Stevie Barron

Dave Jones

Helen Walker

Sean Dixon

Date: 6<sup>th</sup> August 2019

## OUR NEXT EVENTS:

NORTH LONSDALE RD, ULVERSTON CUMBRIA LA129DR

GLAXO SPORTS CLUB,

FUN RUN 6.30PM  
10K 7.00PM

SUMMER

**GHHH 10K & FUN RUN**  
**21ST AUGUST**

ONLINE ENTRIES AT UKROADRACES.CO.UK  
ON THE NIGHT ENTRY FROM 5.30PM

[WWW.hoadhillharriers.co.uk](http://WWW.hoadhillharriers.co.uk)

GLAXO HOAD HILL HARRIERS

CHARTER  
**5K** ROAD RACE & FUN RUN

WEDNESDAY, SEPTEMBER 4TH

GLAXO SPORTS CLUB, NORTH LONSDALE RD ULVERSTON, CUMBRIA LA129DR

ONLINE REGISTRATION AT UKROADRACES.CO.UK  
WWW.HOADHILLHARRIERS.CO.UK  
ON THE NIGHT REGISTRATION FROM 5.30PM

5K 6.15PM  
5K 6.45PM

If you can help in any way, marshalling etc, please let me know or post on Facebook.



## **KARL'S RACE DIARY:**

**Sat 10 Aug: Catforth Canter 5km road race.** 6:30pm from Catforth village hall, near Preston. Fast course on lanes around the area. Pie and drinks provided to all finishers. Ages 11 upwards can take part. £6 entry fee in advance, £8 on the night. UK results website for more info.

**Sun 11 Aug: City of Preston 5 mile and 10 mile road races.** 10am (both races start) from Walmer Bridge village hall in Preston. Fast, slightly undulating course over 1 lap or two laps for the 10 miler. Plenty of prizes with spot prizes up for grabs to. £12 or £17 in advance, slightly more on the day to enter. A busy race.

**Sun 11 Aug: TBC Ulverston Triathlon Club ladies sprint triathlon.** 12:00 for 12:45 briefing and 1pm start. At Ulverston leisure centre. £20 solo, £30 team entry fee. For info only....please see UTCs website for more details. Limit 50 places.

**Sat 17 Aug: Rusland 5 trail race.** Although an off-roader with 800ft climb, there are a lot of other attractions here that make this a good afternoon out for all ages at a traditional Lakeland show, from Whitestock Meadow just beyond Oxen Park. There is a shorter 1.75 mile trail race and junior / senior track races on the showfield also. See the Rusland website for further details. Just £5 entry to the show and you can take part in any or all of the races at no extra charge.

**August: (HHH CLUB CHAMPS COUNTER) The Pilling 10km** race series race from the Golden Ball hotel in Pilling, Lancashire at 11am. £12 in advance or £14 on the day. There's more info on UK results website. At time of submitting it's likely this race will be on Sat, 24th.

There's also a race on the 27th July, but that one isn't in the club champs.

**Sun 18 Aug:** If you missed the Riverside (formerly called the Wagon and Horses) 10 miler from Lancaster quayside two weeks earlier, why not try the half marathon (new race in 2013) from here instead / or as well? Same pub. This race is likely to be very busy, so pre-entry is advised at £20. It could cost more on the day if not full. See Lancaster race series or John Schofield's websites for more details. 11am start.

**Wed 21 Aug: Ulverston Summer 10km.** Need I say more? 7:00pm and entry is also available on the night. Let's hope for good weather, and remember that if you are running you'll need to have a marshal with you to take your place....they could then return the favour at the pudding 10k on the 1st Dec.....remember the pudding race in 2014 had a record turnout and last summer's 10k also had over 200 runners taking part.

A junior one mile fun run / race takes place at 6:30pm, with entry on the night only.

**Sat 24 Aug: TBC** (please check if it's on this date or the following week) Lancaster 5k and 10k race series (4th of 5). Details as 27 July above. Not in the HHH club champs.

**Sun 01 Sep: (HHH CLUB CHAMPS COUNTER) The Lancaster (Golden Ball) 20 mile and 10 mile races.** Full details on John Schofield's UK road races website, but basically the 20 miler is the same course as the March Trimpell 20, but at a much better time of year both weather and temperature wise. Both distances are counting for points so choose wisely.

**ALSO TODAY:** (for info only) Busy for races as Garstang are going to lose out to runners heading for the Lancaster races above, when they have their annual half marathon, whilst the Halliwell Jones Rugby stadium in Wigan gets its own 10km race named after the landmark that could potentially be an extremely busy and popular event. If you require further info on these two races, please go to John Schofield's UK results website.

**Tue 03 Sep: Gosforth village 10km race and fun run.** 6:30pm from the playing fields next to the A595 by the Seascale turn-off and close to the Wheatsheaf Inn pub. This may be the registration point if the rugby clubhouse is closed. £10 on the night. Undulating, but a fast-ish course, and unlike the June 10 miler which starts 3/4 of a mile away at the Wellington end of the village, this starts where you park, more handy given the earlier start time, as this is also the last "light nights" midweek 10k race of 2019 in Cumbria. More info on the Gosforth village or Blengdale Runners' websites.

**Wed 04 Sep:** Ulverston Autumn 5km and 1 mile fun run races. As for the 10km two weeks earlier marshals will be required. See Louise if you can help. It may be possible to help pre-race and also run it. Note the earlier starting times of 6:15pm for the fun run and 6:45pm the main race. Loop course passing the baths and taking place on some of the 10k route.

**Don't forget** there's the weekly 5km Park Run taking place at 9am every Saturday in Barrow Park, at Millom school, also now at Ford Park (Ulverston) and at Fell Foot Country Park near Newby Bridge. It's free to enter, but please see the park run website for details before turning up....especially if you've not done one before. Those who have don't forget your barcode otherwise you won't get a time. Many Hoadies do the park run and their results are usually announced at club night every Monday.