



HOAD HILL HARRIERS **NEWSLETTER**



SEPTEMBER/OCTOBER 2019



WE'VE DONE IT!!!!



**Paul Managh and Alastair Macdonald completing their Gram Slam GB Ultra on Snowdon
Mel Simmonds and Kathy Edmondson finishing Chester, their first marathon.**

EDITORIAL:

Well it's been a busy couple of months, and I have been struggling to keep up with things. Therefore, I'm afraid this issue has had to run for two months, and is rather a long one!

Since the last newsletter, we have hosted two events, the 5K and the x country, both of which were highly successful. Again, this is all down to the volunteers; club members, family and friends. Club race director, Louise Thompson had to quickly reorganise our 5k route due to road works, get it measured and registered just weeks before the event. It is always a worry when changes have to be made, but the good positive feedback about the route, and the number of PB's which were achieved, are a testimony to the effort Louise put in to making the night a success. Many thanks everyone.

There have been some great individual and team performances over the last month, showing the club has an incredible depth of runners, of all ages and abilities. But running is a cruel sport, and we have several runners struggling with long term injuries. A speedy recovery to all those in that frustrating position, and we hope you make it back soon.

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 new members Mark Simmonds, Ellie Simmonds, James Howarth, Russ Atherton, Joanne Stanway, Richard Marlton, Jack Wright (Second claim)

TERRY AND DOROTHY:

Terry and Dorothy would like to thank everyone who helped them celebrate their 50th wedding anniversary at The Old Friends.

It was a lovely evening and Terry raised £150 for the Hospice. Thank you for your donations.

ENTERING RACES

When entering races, please remember to do so as:

Glaxo Hoad Hill Harriers.

At a recent race where several club members entered, we were down under four different club names.

At that particular race, had there been a team prize, we should have won it, but wouldn't have done so because the system wouldn't recognise everyone as running for the same club.



CLUB VESTS:

Although we have some club vests in stock, a new order has been sent for more of the common sizes we are low on. Adults are £24:50, and Junior £20:50. Please let me know if you require one.

HOODIES

A couple of junior members wish to order Club Hoodies. (They would make an excellent Christmas present!) It makes the delivery costs cheaper if we have a larger order. They come in red, black or grey Adults are £23:50, Juniors £21:50. To have your names on the back is an extra £1:50. Again, let me know if you want to order one.



Ross Campbell defied the stormy conditions to claim another win on the roads of Ulverston as he crossed the line first in the Glaxo Hoad Hill Harriers Charter 5k race.

Campbell, who runs for Barrow and Furness Striders, previously won the Summer 10k last month and he was the strongest in the field again, as he finished ahead Hoad Hill's Dave Fulford, in the Harriers' second annual road race of the year.

A rainy night with winds up to 50mph saw over 130 dedicated runners under a rainbow-lit skies take on a new 5km course. A flat, fast course heading to Siemens, before looping back past the clubhouse,

heading out toward the coast and back in front on the spectators, giving runners and supporters the opportunity to see other racegoers positions throughout the race.

The race horn lead runners out, and the mass of runners soon grouped into two leading packs before a good spread of runners headed out towards the tannery. In rainy conditions, it certainly wasn't the night for personal bests.

Campbell led a small pack of runners and soon took a lead before a strong field chased to get positions before the first corner at the Tannery and Siemens Estate.

Campbell and Fulford, who is heading back to form after an injury-hit 2018, Andrew Dorrian, Josh Hartley and Sam McSherry, soared ahead as they passed the clubhouse with less than a mile to the finish.

After a tight turn at the roundabout, Campbell stretched his lead to ten seconds before hitting the finish in a respectable 16:09 in such conditions, ahead of Fulford (16:20) and his fellow Harrier Andrew Dorrian (16:21).

Behind the leading pack, the women's race was won by Leven Valley AC junior Jessica Bailey, who crossed the line 23rd overall in 18:49, 13 seconds ahead of her clubmate Olesia Winder, with another Leven runner, Georgia Bell, third in 19:58.



ULVERSTON CHARTER 5k Dave Fulford – 2nd in 16:20



'In stark contrast to Lancaster, this was to be a windy affair. After a good block of training following Lancaster, I knew I was in good to shape coming into the race, but knew this would be quite a different test compared to Lancaster. The new course was exciting, a few twists and turns and the wind to contend with. Noting the wind would be right against us I used race experience to shelter behind someone for the first mile against the wind and use that to my advantage. Ross Campbell was present and has been impressive all year, a target to sit behind. As we head off there was an early group, though no-one could break away due to the conditions, I sat in behind Ross early on and ran hard to stay with him, latching on as if he was lead out train in a bike race as others tried to follow behind him. (Ross admitted after the race he was reluctant to lead but as everyone else was hanging on it was always going to pan out that way).

As we turned and made our way back, the signs were there that people were working, with Josh Hartley slowly drifting off and Ross breaking myself and the young Leven's protégé at 2 miles. I stayed focused and followed 2nd place as we head to the turn point by Ulverston canal. As we turned for home, glancing across, I could see Josh behind and Andy Dorrian progressing. Following the Leven's runner, I suspected he would have a sprint finish so gathered myself and pushed on with 400m to go, for which he had no response. I was hanging on as I ran through the car park and was taken aback to see Andy Dorrian had not only overtaken Josh but the Leven's runner too, the track work no doubt helping him out. Not to be outdone, I sprinted before Andy could get too close. A hard run race by all accounts, rewarded with the team prize and my second fastest ever 5k time (my pb on the alleged short Dalton 5k!).

That was to be my last race as a Senior and not bad to way to finish off as I shortly turn 40, Vets running here we come!

HOAD HILL HARRIERS RESULTS:

Men's 1st Team Prize

2 nd . David Fulford 16:20	3 rd . Andrew Dorrian 16:21 PB	7 th . James Corbishley 17:08 PB
16 th . Justin Corbishley 18:22 PB	25 th . Vincent Jeuk 19:00	28 th . Mike Cubin 19:12
29 th . Luke Turner 19:17	30 th . Jeffrey Chadwick 19:24	32 nd . Tom Southward 19:34
39 th . Mick Cull 20:05 PB	42 nd . Martyn Willacy 20:30 PB	44 th . Andrew Jackson 20:37
49 th . Patrick Thomas 20:51 1 st .Vet70	50 th . Graham Pinder 20:56	53 rd . Lauren Booth 21:31 PB
60 th . Glenn Boulter 22:06 PB	61 st . Heather Travis 22:07	63 rd . Pete Davison 22:12
71 st . John O'Neill 22:33	84 th . Max Hazelhurst 24:01	



LANCASTER 5k Frid 13th. Adrian

On Friday night we met up, ate cake, had a couple of pints, and decided to do a 5k race (not in that order!) The highlight of the evening was Pat Thomas accidentally locking himself in the disabled toilet five mins before the race started, and was unable to get out! Fortunately, his screams were heard, and he was eventually released.

I was told there would be two races, the first being for the faster guys, and the second for the slower, the race I would go in. As numbers were down, I heard someone say there was only going to be one race, I wasn't unduly worried as I had spotted several runners I thought I should be able to stay ahead of. We lined up and were quickly off, and quick was the operative word. Within metres, everyone was ahead, with all 5 hoadies in the last six. The pace was blistering, I looked at my watch at the pace and panicked, I haven't done this pace for years! and as we looped round opposite the start, I spotted the runners I thought I would beat, waiting for the second race. Martyn and Pat started gaining a few places, and Alan and I spent the first lap of 3 at the back. Alan eventually gained a place, which put me well and truly in last place. Now I am a proud man, and have never been last before, so I had to work really hard to catch up the person ahead. With a lap to go we ran side by side, then they started to ease ahead. One final push saw me go past again and luckily pull clear as the finish line approached. After the lack of regular running recently, I was hoping to finish under 25 minutes, so a time of 23:04 made me smile, once I got my breath back.

The second race started straight afterwards, and once they had combined the results of the two races, my position was respectful, with myself finishing as 1st Vet 65, Pat first Vet 70, Martin 1st. Vet 50



Martyn Willacy 20:50 Patrick Thomas 21:16, Pete Davison 21:35, Alan Wilson 21:39, Adrian Newnham 23:04.

LANCASTER CASTLE 10K Sun 15th Sept



The race starts just a short walk from the Historic Lancaster Castle and finished inside the Castle itself! The route is rural, taking in the Luneside countryside and is relatively flat, so suitable for pb hunters! But.....this race has a tough final 1/4 mile finish, all uphill!
The Harrier's were the 1st Men's Team winners.

1st. 35:27 Andrew Dorrian

8th. 40:56 Darren Coward

19th. 45:35 Heather Travis 1st,V45 F

27th. 46:55 Glenn Boulter

31st. 47:35 Alison Cooke 1st V55 F

36th.48:56 Alan Wilson V55

40th. 49:53 Ashley Cooke

59th. 53:04 Leanne Bayliff





GREAT NORTH RUN 8th Sunday : Mark Tomkinson

This was my ninth year doing the run and I unfortunately started my training cycle with a couple of niggles, carried over from the xc season.

I started a 12-week, medium mileage, pretty high-intensity plan, with the intention of challenging my PB. The plan also called for a couple of 10k races and a 10-mile race in the run up to the half marathon.

My first race was the Crazy cow 10k in Preston, where I was shocked to be placed 3rd. Warton 10k was next a month later, this was a hilly course where I managed to finish 6th. The Caldervale 10 miler took place 3 weeks later, another hilly course which I ran solely on heartrate, with no idea of pace. It was in doing this, that helped me to finish strong and pick up several places in the last 2 miles.

The training plan called for a half marathon time trial, 4 weeks out from the race, and as I was on holiday at the time, I decided to attempt this on the hotel treadmill. I managed 10 miles and had to stop due to the heat, boredom and San Miguel. Race day started windless, with a chill in the air. The excitement started to build for me halfway across Town Moor, when I hear the distant music from the start. Once I cross the bridge onto the southbound carriageway of the A167 and see the start line, the adrenaline flows. The first mile felt great as it should, however my pacing for some reason was poor right throughout the race, and I felt weak on the hills. Luckily there was a runner going at a similar pace to me at the 10-mile mark, so we had a good too and fro for the remainder of the run and it gave me a target to concentrate on.



It was my second-best half marathon time at 1:22:49 and I really had to work for it. I'll be back next year for the 40th edition and my 10th for another stab at a PB.

Other club runners:	Philip Horrocks	1:40:45	Simon Austin	1:41:00
	John O'Neill	1:58:12	Hannah Milby	2:19:21
			Mel Simmonds	2:21:23

AMBLESIDE 60k BRATHAY ULTRA: Lee Winter



I signed up for this race just after a good performance in my last Ultra in June. I really like the 50 – 60km distance races and I've had some good finishes at the distance over the years, all previous four finishes were surprisingly 11th place. I'd been injured for most of the year but after a good summer of endurance training, I knew I was running well enough to push a decent time and perhaps even challenge for a top ten place.

The race route took competitors around the lakes in a clockwise loop starting and finishing at Ambleside with over 7500 ft of ascent and plenty of tricky, technical sections to negotiate.

After an early morning registration and a quick chat with fellow Harrier and competitor, Penny Moreton, I made my way to the start line. The air was filled with a heavy mist, blocking out the views of the surrounding countryside and of what was to come.

I really wanted to push myself at the race, so I knew a good start would be in order. I set off in about 4th place across Rothay park and straight up over Loughrigg. The leaders pushed hard up and over the hill and I matched them step for step, feeling strong. A group of us broke off at the top of the hill and continued down towards Chapel stile. I felt really good, but the pace was a bit quicker than I had planned to run. I stayed within the group until about the 10k mark where I knew if I continued at that pace, I would burn myself out towards the end. The end was also where the biggest climbs of the day were, so I backed off the pace slightly and dropped back from the lead group into about 9th place.

We wound our way through chapel Stile, over Tarn Hows and dropped down into Coniston. The early morning mist was starting to lift, revealing a beautiful autumnal day, perfect for trail running.

The first big climb of the day loomed ahead, so I unsheathed my running poles from my backpack and attacked the ascent. After a steep but short climb up to Wetherlam Quarries, we were on our way back down again to Tilberthwaite, then it was onto Little Langdale and another long slow ascent up to Blea Tarn and the halfway checkpoint.



My legs were a little heavy, but I pushed on, over and down to the checkpoint, bumping into another Harrier, Alastair Macdonald, who was Marshalling a road crossing. After a brief update and pep talk, we parted ways and I ran down the hill into the campsite where the checkpoint was set up. I ran through the gate, but my backpack didn't, snagging on something and pulling me backwards, ripping through my pack. I untangled myself and walked into the checkpoint still in about 9th place. I removed my pack to check the damage and found my running poles quiver had been ripped from its fixings. (After seeing someone do something similar at a previous race, I always carry some tie wraps, just in case). I fished the tie wraps out and made some field repairs, all the time hearing competitors' feet running behind me. I repaired my pack as best as I could and took the opportunity to restock my gels and fuels whilst it was off my back. I thought at this point I had slipped out of the top 20 placings, so I took my time and refuelled before setting off again.



I took the next section in my stride as I pushed on towards the second big ascent of the day - Stake Pass. The rough path snakes its way up the fell alongside Stake Gill up to a cheeky 1500ft peak. It was a tough climb especially with 20+ miles in my legs already and I really struggled towards the top. The warm air started to take its toll as I drained most of my water on the climb. The descent on the other side was just as bad, with switchback after switchback smashing and twisting my already battered quads. A really technical section of running then awaited us at the bottom.

A gnarly, slippery, muddy and rocky path wound its way alongside Langstrath Beck. I had to really concentrate as I made my way, slipping frequently and once stepping up to my knee in putrid smelling mud. Further along the beck, my lead foot slipped sideways, and gravity took control, slamming me sideways onto an unforgiving hillock. I stood up; winded but otherwise ok and walked on but couldn't breathe. It took me a few minutes to regain my breath and start running again. Luckily a checkpoint awaited us at the end of the valley. I made my way there, gathered myself and refuelled ready for the last climb of the day.

The ascent took us nearly 1800ft up to Lining Crag. This was part of the route I didn't know and the final scramble up the crag face really took me by surprise, draining just about all of my energy reserve. I was spent as I summited the crag, but I dug deep and pushed on knowing there was only about 12k left to go. The path took us down onto the boggy Wythburn fells then onto the ridge of Gibson Knott. This was a really tough section, the path twisting along the ridge, rising and falling, boggy, rocky and unforgiving. My legs felt like lead as I reached the descent just before Helm Crag and I staggered down the steep and sharp switchbacks, dropping down towards Grasmere.

Perhaps the easiest section of the day (on paper) was the final 8k from Grasmere to Ambleside but it proved one of the hardest. The solid tarmac roads, lined with tourists, jarred and shocked my aching legs. Every crunching footstep drained more energy from me and tearing away at muscle. I really had to focus to continue running. All my body wanted to do was stop. Finally, I reached under Loughrigg road and made my final push for home. Rothay Park was upon me again and I somehow crossed the finish line on two feet. Battered and bruised, I was handed a bottle opener medal and a bottle of specially brewed real ale from Hawkshead Breweries (which I saved for later). I thought I had slipped out of the top 20 and I hadn't passed any other competitors since the halfway mark. It was a great surprise to me to be told I had finished in 12th place. What a cracking end to the race!

On reflection, I loved the race, the tough terrain and climbs, dovetailed with the amazing scenery and great organisation made this a fantastic event. Although I fell and ripped my pack, I thoroughly enjoyed the experience. Having to push myself, especially towards the end, makes me feel alive and I always surprise myself, just how much my body can take and give. I think it's the adventure that I love. The blood sweat, tears and mud make it so much more exciting and visceral to me than a flat road race. Looking forward, I think this distance holds good prospects for my racing career and with a few tweaks to future training (namely more hills!) and a bit of good fortune I might be able to break into a top ten finish...watch this space.



AMBLESIDE 60k BRATHAY ULTRA: Penny Moreton

60 Just a number?

Towards the end of last year, I hit another milestone in my life, 60 years old, wow, but heh, it's just a number, it's how you feel that's important. I decided to mark the occasion with a special race, wanted to find something with 60 in it, having run 55 trail kilometres in my 55th year and 56 road miles when I was 58, I debated about 60 miles. I settled for the Brathay 60km scheduled for September, a brand-new event over the high fells above Ambleside, Langdale, Coniston and Grasmere.

So, a new year, bringing new hope and for me as a runner new lines to cross. There is a saying in Nepal that says it; how it is. ***Ke garne?*** A beautiful Nepalese phrase which translates literally to '**what to do?**' With the deeper understanding of one's attitude, one's mindset, one's philosophy.

For me, '*Ke garne?*' It meant what would I do when faced with a difficult situation, frustrating and challenging situation. Quite in that place of being between a rock and a hard place. It is a saying that accepts and surrenders to how things are, because only then can we decide how to react or not react to a situation.

Since running the Chester marathon, the previous autumn where two of my major dreams were smashed out of the park, massive anxiety set in and a scary ride was to follow. I started my 60th year with hope. However, depression and anxiety are complex things. I started questioning why I run as it was an expression of who I was. Simply that. The black dog kept me company throughout the spring, as preparations were being laid for September, Manchester marathon (slowest ever 5.52), Keswick to Barrow (plagued by a stomach upset all the way round preventing the 9.45 time resulting in 11.05), Windermere marathon (5.27). The mind constantly playing games with me. I started to withdraw, maybe if I didn't run, I wouldn't be crying inside with such frustration and self-doubt. It kept getting harder to keep trusting. Running in isolation as I couldn't face it when I couldn't keep up with the beginners on club nights.

Time passes. I enter the June Coniston Trail marathon, needing a longer trail run as September is drawing ever nearer. I lace up my trail shoes and start making those gentle steps. My legs ache on the long uphill climbs and slowly I start to recover some of my rhythm over the stone shattered paths and technical rooted woods. Despite the course measuring up at 45km and suffering stomach upsets till 15km the race is completed in driving drizzle 6.57.

July, and I brave going back to be amidst my running family and trot along the Cumbria Way from Coniston to Ulverston. I am humbled by the response of everyone as I felt very anxious at the beginning when I couldn't keep up with everyone. Thank you, to those of you who trotted with me that day I don't think you'll ever realise how difficult mentally it was that day.



Skip on and September arrives, having recced some of the Brathay route in the weeks preceding, I'm standing in Rothay Park in Ambleside just before 8 about to embark on 60km of trail and high fells. Fellow Hoadie, Lee Winter looking as fit as a butcher's dog, was there. Briefing over and away towards my first checkpoint at the woodyard near Tarn Hows. The weather was beautiful, hardly any wind, dry and the sun started to creep onto the outlying tops. The first climb is lung bursting but thankfully it topped out and my heart was not going to explode. The scenery was stunning as I bypass Loughrigg tarn to Tarn Hows. My pace was slow and steady as I know the second half is higher in its numerous terrains, I had the pleasure of a tail runner not far behind me.

First fuel station, we were welcomed by chefs in their whites as some of the hotels provided our nibbles, grabbing flapjacks, bananas and a few sausages to provide some savoury for later, onward I go. Bypassing Coniston village along the Yewdale fells up above the Coppermine youth hostel, I was glad of my poles giving rhythm to my stride. It was quite heartening as I started to actually overtake people near Blea Tarn on my way to Little Langdale. Checkpoint 2 and cups of sugared tea never tasted so good, onwards under the magnificent Langdale Pikes along the Cumbria Way following Mickleden Beck on a good path. Kendal mint cake and savoury sausages were consumed, and a quick photo was taken at the huge cairn of stones at the base of Stake Pass.

CHRISTMAS MENU

Ulverston Golf Club

Christmas Evening Menu

3 Courses £18.95 pp
Starters

Home-made Winter Vegetable Soup
Served with a warm bread roll

Ham Hock Terrine
With a crisp salad, Scottish oat cakes and an Apple and damson chutney.

Smoked Salmon and Prawn Salad
Served with a cos lettuce salad, balsamic glaze and Marie-rose sauce

Main Courses

Hand Carved Turkey Breast
Served with sage and onion stuffing and pigs in blankets

Roast Beef
Served with Yorkshire Pudding

Sea Bass
Oven cooked with a caper, lemon and tarragon cream sauce

Stilton & Leek Pasta Bake
Served with garlic bread

All served with garlic sautéed new potatoes, roast potatoes & seasonal vegetables

Desserts

Traditional Christmas Pudding
Served with a homemade brandy sauce

Tart Au Citron
With wild berries and fresh cream

Selection of Cheese and biscuits

Tea/coffee and Mince Pies

Christmas menu, **Saturday 7th December at Ulverston Golf Club.** Please see attached menu. The price will be £20 pp, the difference will be going towards the disco. Please make menu choices, it can be done on our facebook site where there is a menu post, or e mail:

adrian.newnham@btinternet.com

Money to Di, Julie N or Karen on a club night please. Over 40 people have booked so far.

ROC MOUNTAIN MARATHON: Sept 22nd

Many congratulations to Paul Managh, who won his class with his partner in the Southern uplands of Scotland.

SNOWDON GB ULTRA 50



Terrific results for Paul Managh and Alastair Macdonald.

'Well what can I say, one amazing weekend racing the Snowdonia 50 ultra. Overwhelmed to achieve what I set out to do back in December 2018, the GB ultras Grandslam of 4x 50 mile ultra races. To finally complete it this weekend in Snowdonia was truly EPIC on a super tough course over the mountains. Great to have Paul Managh with me on the mission, both completing the Slam. Amazing to take part The GB ULTRAS with such a great atmosphere and met so many great friends along the way on our journey. Now for some rest and plot the next mission.'

Overall grand slam result: Paul 2nd, Alastair 5th.



MID LANCS X COUNTRY: MEETING 1: GLAXO: Sat 28th Sept. Adrian

After adverse weather conditions in previous events, the Gods smiled kindly over GSK Sports grounds, as we hosted the first Mid – Lancs X country race of the season.

750 runners, representing clubs from Cumbria and Lancashire, enjoyed the sunshine as they tackled this scenic, tough and technical course. Covering seven races, groups from Under 11 to Senior runners competed over a range of distances, from 1.5 to 6 miles.

Urged on by 100's of spectators, many local runners finished in high positions and helped their teams to top league team positions.

The Senior Ladies' race had a large entry of 179, with 29 teams participating.



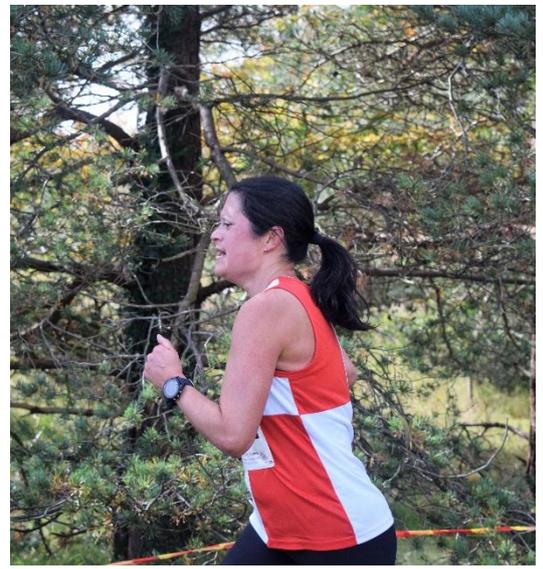
There were high hopes for our ladies' team, with Sharon racing for the first time in a year and a half, Heather back to her best having missed all last season's x country with her broken ankle, and Lauren Booth, representing us for the first time, having broken her ankle doing x country for her previous club. From the start, Sharon got off to a good start, and was placed in the top 5 after the short lap, however she completely lost energy on the final lap and fell several times, with Rebecca overtaking her on the finish straight, finishing in 23rd. Sharon finally collapsed over the finish line, but with Elsie finishing just behind her, having had a strong last lap, our first three back secured an excellent 1st team finish in 6th. place and 3rd in their Division.



Rebecca



Sharon



Elsie



Our 'B' team finished in 10th place overall, and 5th. in their league, with strong runs from Heather Travis, Lauren Booth and Julie Hunter.
 Our Vet 35 team were 2nd, the Vet 45 team 2nd and the Vet 55 team 1st thanks to great Vet finishes from Alison Cooke. Stevie Barron and Jeanette Chester.



23th: Rebecca Rooke; 30:21.
 35th: Heather Travis: 31:15.
 49th: Deborah Yearshire: 32:15.
 88th: Stevie Barron 34:48.
 139th Hannah Milby 40:23.
 169th Christine Winder 48:07.

29th Sharon Dixon :30:50.
 36th: Lauren Booth: 31:38.
 63rd Liz White 32:49.
 95th Jeanette Chester L55 9, 35:19.
 156th. Stephanie Roberts 44:29.

32nd:Elsie Roberts:31:05.
 40th Julie Hunter:31:44.
 70th Alison Cooke:33:27.
 134th. Carol Whittle: 39:51.
 157th Penny Moreton 45:13.



The men's race saw a tight group of four, running as a pack for most of the race. There was a close finish between HHHarrier Matt Elkington, who just beat Barrow Strider's Jed Bartlett into 4th place, followed a minute later by teammate Jack Wright who finished in 7th place in his first outing for Harriers. Initially, Hoad Hill's first team finished in 3rd position overall, which gave them second place in Div. 1. However due to a 'cxxx xp' by England Athletics over registering Jack to run for us, he has since been removed from the results, despite an appeal made by myself, the first team dropped to 5th place. (He is now registered to run x countries for us in the future!) The B team were 14th, out of 27 teams.

The Vet 40 team were 9th, the Vet 50 team 4th, and the Vet 60 team 3rd.

It was great to see several running their debut x country for the club, with some great battles for bragging rights further down the field. It was also brilliant to see Mark Saunders back after a couple of years break.

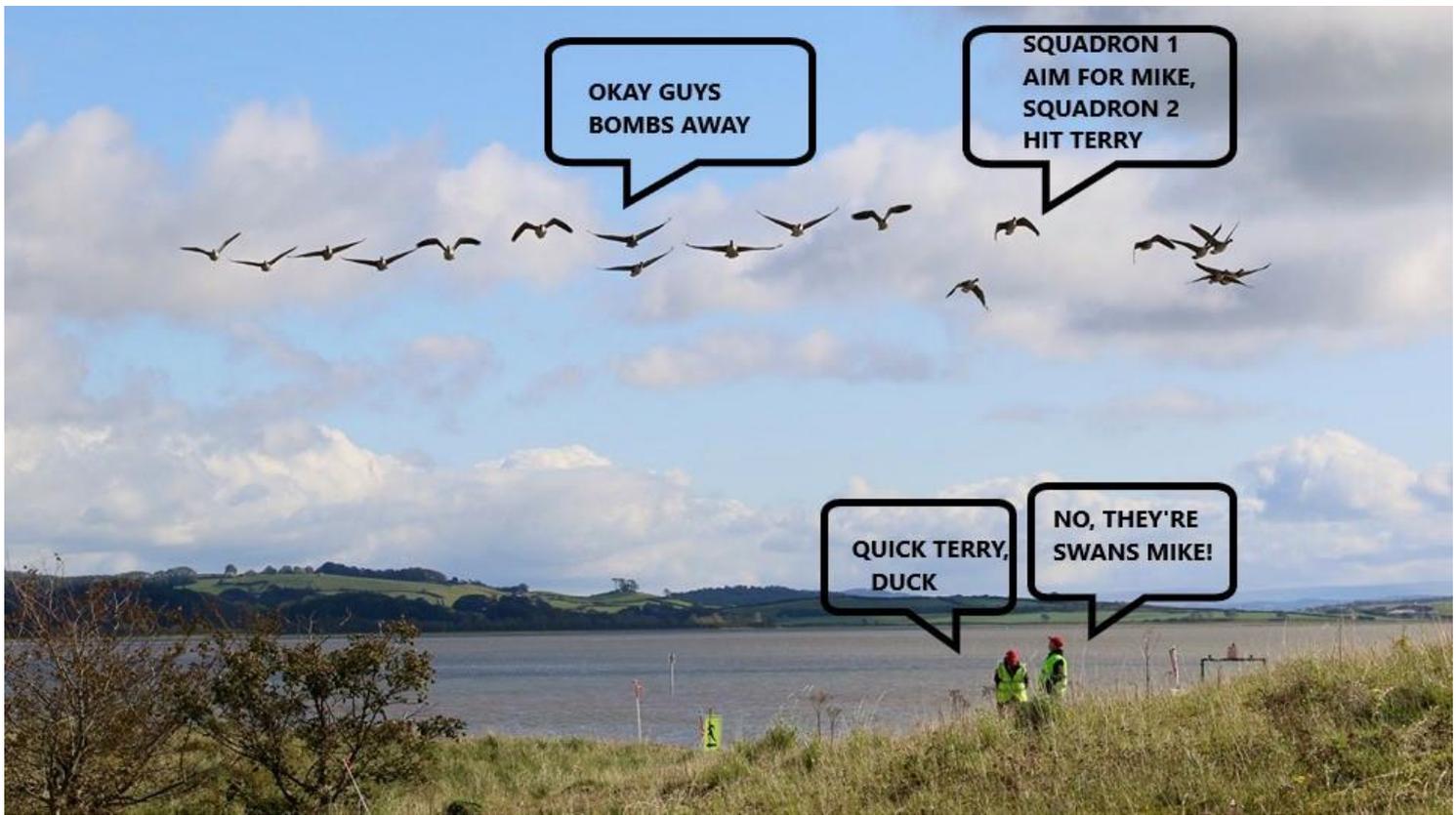
As it was our a home fixture, it was a great turn out, let's hope we can keep the enthusiasm going for the rest of the season.

I would like to thank everyone who helped me set the event up, marshal and tidy up afterwards, and finally, the staff of GSK Sports and Social Club for their support.

Glaxo Hoad Hill Harriers Men:

- | | | |
|---|---|--|
| 4 th . Matthew Elkington 32:28. | 7 th Jack Wright 33:29. | 19 th Andrew Dorrian 34:56. |
| 28 th James Corbishley U20 3, 36:07. | 52 nd Matthew Rooke 37:57. | 61 st . Luke Turner 38:36. |
| 88 th . Sean Dixon 40:35. | 89 th . Vincent Jeuk 40:36. | 96 th . Jeffrey Chadwick 40:59. |
| 101 st Tom Southward 41:05. | 102 nd Andrew Jackson 41:08. | 111 th Darren Coward 41:28. |
| 114 th . Cian Nutt 41:32. | 128 st . Stephen Peters 42:26. | 138 th Michael Cull 43:13. |
| 155 th Alan Wilson 44:01. | 164 th Martin Willacy 44:58. | 171 st Graham Pinder 45:45. |
| 182 nd Glenn Boulter 47:27. | 186 th Peter Davison 47:49. | 200 th Mark Saunders 49:58. |
| 214 th Adrian Newnham 51:52. | 219 th Bill Sharp 53:43. | 230 th Karl Fursey 59:56. |





RAMPSIDE RUSH: Cancer Care 10K

Heather Travis:

45:46

3rd. overall,

2nd. Lady,

1st Vet 45

Terry Peet:

1:06:13

1st. Vet 60

SNAPE 10K



Sal: 00.54.08

Simon: 1:05:49 (running round with a mate!)

JUNIOR SECTION:

Ulverston Charter 1 Mile Fun Run: Well done all those Harriers who took part:



10. 06:50 Ionia Smith



11. 07:04 Ben Barclay



12. 07:09 Calvin Singleton



17. 07:48 Ellen Douglas



18. 07:53 Emily Spencer



19. 07:54 Katelyn Douglas



34. 08:29 Joseph Connolly



35. 08:36 Zach Parkinson

MID LANCs X COUNTRY: GLAXO

It was great to see so many of the juniors taking part, some of you doing one for the first time. I hope you are tempted to have a go at some of the others in the series.

If you want to see the fixture dates, visit: <http://www.midlancs.org.uk>

UNDER 11 GIRLS:

35th. Katelyn Douglas, 10:40. 38th. Rose Yearnshire, 10:58. 39th. Lily Mitchell, 11:37

UNDER 11 BOYS:

6th. Ethan Harvey, 8:17. 25th. Calvin Singleton, 9:03 37th. Ben Barclay 9:42. 56th. George Gilbert 12:05

UNDER 13 GIRLS:

26th Iona Smith, 11:24. 52nd Ellen Douglas 13:20

UNDER 14 BOYS:

12th. Leven Sopwith Nicholson 10:41. 21st. Max Hazelhurst 11:25

UNDER 15 BOYS:

9th. Justin Corbishley 16:29

17.



JUNIOR SECTION (Contd.) VIEWS ON X COUNTRY

Ellen Douglas.

'I think the Cross Country race last Saturday was really good. It was a bright and sunny day but the whole course was really muddy and wet, and all the runners looked as though they had been rolling in mud! There were Hoad Hill juniors in several of the kid's events. I really enjoyed it and we got lots of support from the marshals as we ran past. It was my sister's first cross country event, and she really liked it - especially getting covered in mud at the end! There were lots and lots of people there, because there were about 6 junior races and even more adult ones. I'm looking forward to doing another one!'

Rose Yearnshire:



'Cross country was tough but fun. I felt anxious when I arrived and had butterflies right up until the start line. When the loud bang from the gun went off, I set off quite quickly to get up front. The course was muddy, spirally and hilly. The girls in my race were determined to get to the front but I tried not to let them past. It felt amazing to hear people cheering my name and pushing me on. It pushed me to my limits. When people said you are almost there, I felt happy but sad it was over. As I sprinted down the finish line, I felt a moment of exhilaration. I could see my dad and brother cheering for me. I was very proud of myself but would have liked a medal! My first ever X country was amazing. I'm looking forward to doing more.'

George Gilbert

'I thought that competing in the cross country was an amazing experience for people who like running. I thought that running in the vest for my team felt powerful and I was going to win the race (which I didn't). Everyone who was running the race was kind and at the end showed very good sportsmanship. I loved it so much! The course was hard but most of the banks weren't too difficult and I liked running down the big hill at the end. I'm definitely running another race. A great thanks to all the people who cheered me and the Hoad Hill Harriers.'

Ethan Harvey - It's Good to be Back



The last time I put a Hoady vest on was at the Birkrigg Fell race. I have had a few months off from running due to injuries. Like a lot of runners, I have got Osgoodschlatter disease, and then on the first day of the summer holidays, I fractured my skull which meant no running, but on the plus side it was a good rest for my knees!

On Saturday 28th September, I excitedly put on my Hoady vest and got ready for the Mid Lancs Cross Country at my home venue in Ulverston. The weather was a lot better than last year, but it was still quite boggy. I had butterflies in my stomach at the start line but once the gun went, I was raring to go. I beat my time from last year and finished 6th in the Boys U11 race so I was very happy. Thank you to everyone who cheered us round and who organised this great event. Overall, I really enjoyed it. If

you haven't been running in a while, come and give it a go, you won't regret it!

Iona was playing away in UVHS colours yesterday, in the English Schools Fell Running Championships at Giggleswick near Settle. She came in at 20.13, in 29th place among the year 7 girls on a 2.7k course with a mere 130m climbing, which one of her friends described as "brutal"!

JUNIOR PARK RUN SUCCESSES:

Joseph Connolly PB 29:57, Max Hazelhurst 21:16



CLUB CHAMPIONSHIPS: Alan Wilson:

Latest tables attached, which now include all the race results to-date including the Langdale marathon and half. It's Next qualifying races are the Allithwaite 8 on 2/11/19 and the Lytham Windmill Remembrance 10K on 10/11/19.

Women's Scores @ 20/10/19

Men's Scores @ 20/10/19

Senior

Overall Position	Total Points	Name
1	92	Leanne Bayliff
2	90	Stephanie Roberts
3	40	Lauren Booth
4	33	Cheryl Young
5	23	Catherine Heygate
6	14	Hannah Milby
=7	10	Ashleigh Mayvers
=7	10	Kathy Edmondson
9	8	Charlie Brankin

Senior

Overall Position	Total Points	Name
1	104	Darren Coward
2	78	Andrew Dorrian
3	50	Lewis Watts
4	48	Tom Southward
5	38	Glenn Boulter
=6	29	Luke Turner
=6	29	David Fulford
8	25	Mick Cull
9	19	Jay Heaton
10	16	Matt Rooke
11	10	Matthew Elkington
12	7	Stephen Peters
=13	5	Rob Browne
=13	5	Alastair Macdonald

Vet 50

Overall Position	Total Points	Name
1	135	Ashley Cooke
2	114	Gary Dover
3	104	Simon Barton
4	94	Alan Wilson
5	76	Adrian Newnham
6	74	Phil Horrocks
7	56	Bill Sharp
8	41	Pat Thomas
9	40	Mike Lavery
10	39	Peter Davison
11	38	Mike Fawcett
12	27	Terry Peet
=13	24	Graham Pinder
=13	24	Martin Willacy
15	23	Sean Dixon
16	22	Ian Walker
=17	20	Damian Jones
=17	20	Chris Howie
19	18	John O'Neil
20	17	Nigel Storey
21	16	Tom Evelin
22	14	Simon Stanway
=23	10	Jeffrey Chadwick
=23	10	Terry Gannon
25	9	Tony Clarke
=26	5	Ken Lamb
=26	5	Ian Peters
=26	5	Dennis Metcalf

Vet 40

Overall Position	Total Points	Name
1	139	Naomi Capstick
2	105	Heather Travis
3	65	Julie Hunter
4	64	Deborah Yearshire
5	25	Janine McNeill
6	19	Louise Thompson
7	16	Liz White
8	12	Mel Simmonds
9	10	Elsie Roberts
=10	8	Cheryl Stanway
=10	8	Andrea Anderson

Vet 40

Overall Position	Total Points	Name
1	109	Frank McKeown
2	52	Michael Cubin
3	48	Mark Bailey
4	42	Karl Fursey
5	26	Mark Tomkinson
6	20	Mark Bonner
7	18	Richard Walker
8	10	Andy Jackson
9	8	Erik Hampton
10	6	Mark Lehrle

Vet 50

Overall Position	Total Points	Name
1	202	Alison Cooke
2	184	Sally Barton
3	104	Penny Moreton
4	92	Christine Winder
5	68	Stephanie Gillies
6	64	Stevie Barron
7	41	Kath Whipple
=8	35	Julie Newnham
=8	35	Jeanette Chester
10	32	Carol Postlethwaite
11	22	Caroline Peet
12	15	Helen Towers
=13	10	Dianne McMillan
=13	10	Karen Morgan
=15	5	Hazel Dixon
=15	5	Dorothy Stirling

It's neck and neck in the Senior Ladies between Leanne Bayliff and Stephanie Roberts. With only two qualifying races left, there is only 2 points between them.

As stated in the previous update, Naomi Capstick has it all sewn up in the Vet 40s. Well done Naomi.

In the Vet 50s Alison Cooke has almost won it but it is still arithmetically possible for Sally Barton to catch up (just).

Darren Coward, Frank McKeown and Ashley Cooke top the Seniors, Vet 40s and Vet 50s respectively. With only two qualifying races left in the Championship, all three can no longer be caught and they have won their respective trophies! Well done.

Simon Barton is taking over the running of the Championship Series next year, so if anyone has a race they would like to suggest for the calendar, please let him know.

THURSDAY NIGHT COACHING PLAN Q4 2019

Overall Focus – stamina and endurance for Cross Country and early Marathon preparation ready for next Spring

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 – Don't forget high viz clothing, 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%

Intermediate and Advanced Groups					Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
10 th Oct	North Lonsdale Rd	2 x 2 miles	3 Negative splits	Pacing	Triangle			
17 th Oct	Lyndhurst Road	10 hill reps (300m). Short side recovery	Climbing & stamina	Active leg recovery	Siemens Ind Est	Pyramid 200, 400,600,800, 600,400,200	Speed & endurance	Pace control
24 th Oct	Triangle	6 x 1k triangles, 1 long side recovery		Upright posture	Morecambe Road	12 x 90secs Rest 90secs	Speed	Pace control
31 st Oct	Belmont, Greenbank	5 hill reps. Recovery back down the hill	Strong climbing	Arm drive	North Lonsdale Rd	3 x 1mile	Speed & endurance	Form & pace
7 th Nov	Lyndhurst Road	12-14 hill reps (300m). Short side recovery	Strong descending	Active leg recovery	Siemens Ind Est	8 x 600m	Speed & endurance	Pace judgement
9 th Nov – Mid Lancs Cross Country Hyndburn								
14 th Nov	Siemens Ind Estate	6 x 800m, 2 min recovery. 10k pace to finish	Each rep 2s faster	Stride and knee lift	Memorial Gardens	1 lap/2 lap/3 lap x3 with 1/2lap/1lap recovery	Speed & endurance	Pace judgement
17 th Nov – Brampton to Carlisle 10 mile road race								
21 st Nov	Siemens Ind Estate	12 x 1 minute (400m for those not racing). 1m recovery	Pre-XC easy session	Active leg recovery	Morecambe Rd	2 x 2 miles	Stamina	Pace control
23 rd Nov – Mid Lancs Cross Country Liverpool.								
28 th Nov	Siemens Ind Estate	12x1 minute (400m for those not racing). 70s recovery	Pre-10k easy session	Upright posture	Morecambe Rd	1min, 2 min, 3 min x 3	Pace & stamina	Form
1 st Dec – GHHH Christmas Pudding 10k race								
5 th Dec	Priory Road or Morecambe Road	Whistle returns. 6 x 3min, 90s rests	Arm drive	Pacing – Same distance each rep	Siemens Ind Estate	100m, 200m, 300m x 6	Speed	Form
12 th Dec	Canal Foot to NL Rd	6 x 800m, 2 min recovery 5k pace to finish	Pacing. Each rep 2s faster		Siemens Ind Estate	10 x 400m	Speed & endurance	Form & pace
19 th Dec	Triangle	6 x 1k triangles, 1 long side recovery	Stamina	Form	Morecambe Rd	12 x 1min, with 1min recovery	Pace	Pace judgement
Christmas & New Year break – don't forget the Fancy Dress Blind Handicap on Boxing Day								
2 nd Jan	Morecambe Road	2x1 mile in trains then 4x1 minute	Working together	Strong finishing	Memorial Gardens	10 x 1lap with ½ lap recovery	easy start to the New Year	Completing the session !!!
9 th Jan	Siemens Ind Estate	12x1 minute (400m for those not racing). 1 min recovery	Pre-XC easy session	Stance	North Lonsdale Rd	2 x 1mile, 2 x ½mile	Stamina	Pace
11 th Jan – Mid Lancs Cross Country								
16 th Jan	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, otherwise 2m	Endurance	Stride	Triangle	1, 2, 3 sides of triangle x 3	Speed	Pace judgement
23 rd Jan	North Lonsdale Road	2 mile time trial OR 2 x 2 miles	Progress check	Pacing – aim for negative split	Siemens Ind Estate	4 x 200m, 4 x 400m, 4 x 200m	Speed & stamina	Pace judgement

PARK RUN ACHIEVEMENTS:

Ford Parkrun: Glen Boulter PB 22:04, Luke Turner PB 20:00 Charlie Brankin PB 29:01

Barrow Parkrun: Andrew Dorrian PB 16:48

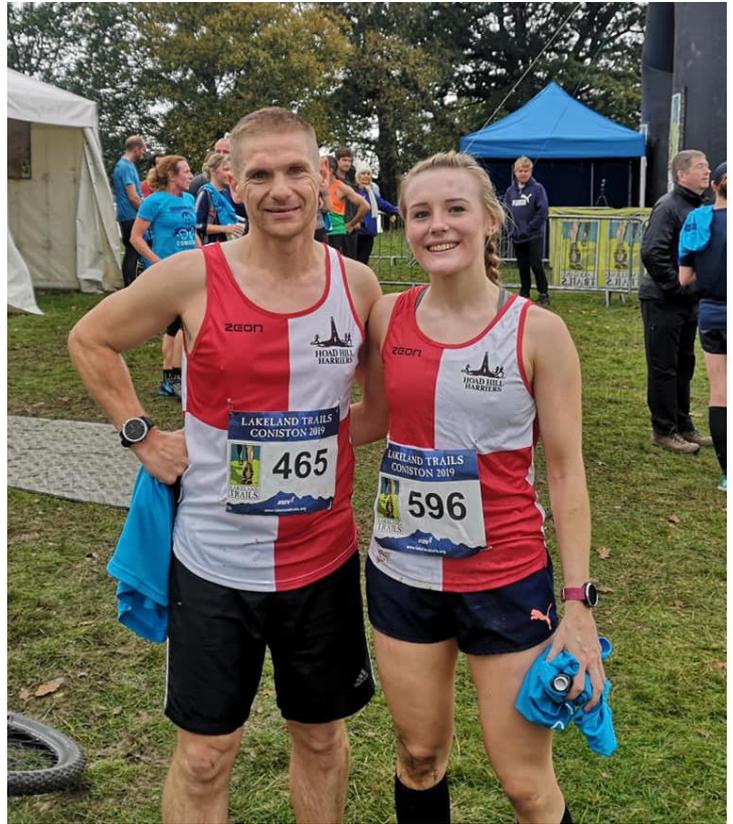
YORKSHIRE MARATHON: Oct 20th.

Running one of the UK's most popular marathon races, with a course offering great views of ancient York, **Michael Parka** completed it in a time of 3:44.

LAKELAND TRAILS: CONISTON 10k Trail: 5th. October



LAUREN BOOTH: 58:44: 4th. Lady



LEE WINTER: 47:06

'A great day out at Coniston Lakeland Trails 10k. I finally managed a podium finish, 3rd place! A cracking route and a brilliant race, 3 miles up then 3 miles down, rocky and muddy fun!'

LOVE BARROW 10K 6th. October



Well done Hoadies at the Barrow 10k, a great turnout from our club. Approximately, 350 entered, so the run was a big success. Dave Fulford was first with a fantastic run and there were Vet. category wins for Heather, Ashley, Alison and Deborah.

DAVE FULFORD: Barrow 10k – my last race as a Senior! (1st place in 35:58)

Well this was to be my last race in the senior category. With it being the inaugural event and local, it seemed rather fitting. I wasn't sure quite what to expect (weather included!) but there was certainly a buzz in front of the town hall by the start. The 1-mile fun run had been a success and very well supported, so many smiling faces coming through the finish line. After a warmup (thoroughly needed, it wasn't the warmest of days!) was the mass warm up, with limbs flying everywhere as they tried to copy the well-rehearsed dancers on stage. I was now a bit chilly again as I didn't entertain the idea of pulling something with movements I'm not used to! Off to the start we went and there was a host of Levens, Cheetahs and Hoadies alike, milling around.

Under starters orders and we were off, briskly into town (no time to window shop as we head through Portland walk), with a lead group of 4 or 5 heading up the field. Since no-one had shot off at a lightning pace the plan was to keep it simple. Go with whoever was in the lead for the 1st lap and pick it on the 2nd lap. Heading onto Abbey Road was strange with the road being closed off, though I still couldn't help myself checking for traffic. For those not familiar with the course and Barrow park in particular, the course is a hilly one, we seemed to either be going up or down, not much flat terrain to speak of!

Heading into the maze of Barrow park, it seemed as if it was just myself and Ryan Everett at the head of the field, though this shortly turned out to be quite untrue. Heading up towards the cemetery for the 2nd time in quick succession, a Walney wind cheetah blasted up the hill ahead! A tall stocky guy - I subsequently found out he was an ex international swimmer, which tallied. I thought fair enough, abruptly left Ryan in my wake, and tagged onto him. We continued along (spotted a certain Andy Dorrian in 3rd but he had run an incredible time the day before in the Barrow park run which was always going to take the edge off his performance) and continued into Greengate street. I forgot how big that hill looks like when you're running along, kept the thought of it out of my head though! We continued along and I just picked up the pace a touch and a small gap opened up. Needless to say, he came charging by up the hill in Greengate street and we completed the 1st lap neck and neck, stride for stride.

Sticking to the plan and now on a flat part I put my foot down, charging through Portland walk (sub 5min miling for a short period), not quite sure what the shoppers were thinking! I opened up a decent size gap and eased off a little. I kept pressing through Barrow park up to the 5-mile point and then eased back again for the last mile or so. Coming through the finish was superb, people applauding, I shook hands with the cyclist who had guided me through the course and crossed the line. 35:58 on a hilly course with a fair breeze and no real taper, couldn't complain at all. Being central to Barrow had got the community out, it was really good to see so many people out and supporting us all, a great event with a great atmosphere in the town.

After the event, plenty of photos were taken and I was even live on BBC Radio Cumbria (I'll stick to running, rather than speeches!) One person also said in jest that 'you'll be going for a lap round again will you mate?'. He was a little taken aback when I said that I will actually be running a lap round as a warm down! Prizes galore awaited when I returned (I was late for it!), so much so that I had to pass across belongings to carry them all back off the stage! This included a memorial trophy for the late Gillian Thompson, a nice touch indeed. A great way to finish off my running at the Senior level. Who knows what awaits at the Vet 40 level, watch this space!

David Fulford 35:58.	Darren Coward 42:42.	Lewis Watts 43:13.	Heather Travis 46:27
Glenn Boulter 46:49.	Ashley Cooke 48:09	Alison Cooke 48:51	Deborah Yearnshire 48:44
Liz White 49:05	Julie Hunter 50:34	Simon Barton 50:29	Bill Sharp 52:22
Leanne Bayliff 55:04	Sally Barton 55:35	Carol Postlethwaite 56:38	Hannah Milby 59:39
Ian Walker 66:16	Cheryl Young 66:16		

CHESTER METRIC/FULL MARATHON: Adrian



For the last 5 years, our club has supported this excellently organised and well supported event, with most members opting for the full marathon. I have run the metric (16.4 miles) for the last three years, and thoroughly enjoy the course, as on joining the marathon runners for their last 8 miles, you feel part of the main event.

Anyone considering doing a marathon, this is a good step-up from a half marathon. It was a great social weekend, with many of us opting to stay in the same hotel. Many thanks to Gary and Gwen for booking the weekend's carb- loading meals.

On a personal level, I was pleased to finish in , without having to walk having done only one 5k race and our x country in the month beforehand.

Several members have booked again already for next year!

MARATHON RESULTS:

Gary Dover 3:14:08	Mike Cubin 3:24:52
Ken Lamb 3:51:03	Frank McKeown 4:30:09
Janine Mc Neil 5:05:29	Kathy Edmondson 5:17:46
Mel Simmonds 5:17:51	Terry Peet 6:00:00



Mike Cubin: 'I felt comfortable to 21 miles, running with the 3:15 pacer before my left calf started to spasm and pain in my left ankle forced me to slow. However, I was pleased I managed to shuffle the last 5 miles to the finish, rather than throw the towel in and walk and knocked 18+ minutes off my pb! Sub 3:15 is definitely well within my capabilities if I fancy another crack at it.'

CHESTER MARATHON: 6th Oct. Mel Simmonds

Marathons are tough!

An overly enthusiastic run earlier this year lead to me being encouraged to sign up for my first marathon. At the time I had only run 10K!

Six months of training, a few more races and a long rest after the K2B broke me, I found myself in October checking the weather forecast for Chester on a 3-hour rotation.



Along with a small band of more knowledge GHHH runners we had a most enjoyable pre-race dinner of pasta, water (in my case) and tin trays being hit with spoons! – You needed to be there. Next morning, we met in the hotel foyer to walk to the start. We disowned Ken 'Ghostbuster' Lamb, and all kept our distance from who appeared dressed in a white paper overall, to be discarded at the start. However, his day was made when two other runners were spotted wearing the same attire over their running gear, in order to keep warm before the start.

In typical race format I met Kathy my training and race day buddy in the queue for the loo. We set off in great form – far too great form. I sailed through the first 11 miles much too fast. I hung on for a half marathon PB, shortly followed by the realisation that I was going to pay for it.

I can honestly say that the second half was both mentally and physically terrible. We adopted a fast walk then challenged each other to run to a given point strategy. The distances between the mile markers got decidedly longer. Keeping food and fluids down wasn't easy either. In spite of feeling dreadful, I started to really appreciate the people around me. Other runners toughing it out, brief conversations to drag you out of your catatonic state. Marshalls still bright and encouraging, locals paying music all helped to shuffle you on a little more.

After our journey through the lanes, into Wales and out of Wales, we eventually arrived back in Chester. You could smell the finish line, but they cruelly detoured you through a park then you dropped down to the side of the river Dee and onto the longest (no joke) run-in ever! Spurred on by friends, family and complete strangers, we summoned up a smile for the finish line. I must have looked a mess though as I was promptly pounced upon by a first aider asking if I needed help or even just helping to get my medal. I made it on my own!

Chester was hard...really hard and it hurt a lot. But I did it. 5 hrs 17 mins.

I could analyse where I went wrong (most completely obvious) but for the moment I am happy just to reduce the distance.



CHESTER MARATHON: Frank McKeown

Having completed a handful of Half Marathons over the last couple of years, the Chester Marathon on the 6th October was my first attempt at completing the full Marathon distance.

I can happily recommend to anyone wanting to complete their first 26.2 miles, that the Chester Marathon is a well organised event.



I was encouraged to register for the race by my friends Claire and Craig at work, and as part of raising some sponsorship for Claire House Children's Hospice, I got a running vest and set up just giving page. Now followed the best part of 16 weeks steadily building up longer distance runs, before tapering back in the final weeks and then heading to Chester.

Making sure that we were all fully fuelled for the race, Gary Dover kindly organised for the approx 18 Hoadies and friends to enjoy a night of pasta in preparation, which was delicious.

Of course, there were pre-race nerves on the day as the start time approached.

Normally starting and finishing on the racecourse, due to waterlogged course, the start was by the side of the racecourse. There were a range of pacer runners at 15 min intervals between 3 to 5 hrs. With a 9am start, we were all keen to get underway, just time to remember my pace from training runs and set off at a sensible pace, after all it's a Marathon not a sprint.

Then we are underway with the course taking a route through the city, with the chance to view the roman walls, the Cathedral and though the centre packed with well-wishers already gathered to cheer us on. The course now took us over the River Dee and out towards the Cheshire villages of Eccleston, Belgrave and Pulford where the language on the road signs changed as we entered Wales. All along the route the locals turned out to cheer us on, which was much appreciated, as were the water stations which were every 3 miles. Onwards towards Borrass Head, where during a loop, we approached the halfway point, which was a great boost.

We were treated to some musical entertainment in this part of the route, with bands playing outside local pubs, which again provided good encouragement.

Up until now, the course was flat and the weather for October was kind, just a short light shower, the conditions were good.

Though the villages of Holt and Farndon and we were back into England, then as we approached the village of Churton, we joined with the runners of the Metric Marathon 26.2 km. With legs starting to remind me of the miles done so far, a couple of hills, I decided to take it steady, taking on water and gels regularly to keep hydration and energy levels.

The village of Aldford was 20 miles in, this was as far as I had gone in training, so this was now new to me, with 6.2 miles to go, it remained quite rural until the 23 mile point and we approached Huntingdon and the scenery turned from rural as we started to see the outskirts of the city.

All along the route, there are people cheering us on and the organising team had arranged for race angels to encourage us up a couple of inclines as we approached the city centre. My legs were moving still, just not as fast and as we approached the run in to Grosvenor Park and the Groves alongside the River Dee. Here, there were crowds of supporters cheering us on to the finish line, crossing under the timer was a great feeling, I now had a Marathon PB, which was 4:30, very pleased.

Collecting medal, goody bag and T shirt was next, it was not long until my friends Claire and Craig also completing their first Marathons. Time now for a short rest to recover, but just enough time to say to all for their support and encouragement- a very big Thank You.

My Chester Marathon 2019: aka the day of the living dead: Terry Peet

Following my previous marathon London2018, I offered some tips to beginning marathoners

1. ***Do more training than I did.***

Ah that old chestnut. I can't say I ignored it but let's just say it wasn't as comprehensive as it should have been for Chester what with teeth extractions, waspy thing stings and the return of Churchill's black dog.

2. ***On race day just set out to finish, don't get fixated on a time.***

I initially had the idea of 4.45 but it became apparent that finishing was to be the be all and end all. This one I stuck to like glue.



Caroline and I motored down to Chester on Friday and detoured via Morecambe to buy a dog, as you do. 'Yes we'll take her but can we drop by next Friday to pick her up?' You see Big Dog was no longer with us but enjoying his new life back at the rescue centre. We miss him but we couldn't give him the freedom he demanded. Anyway, we now have a lab pup somewhat smaller. **Lia** will now be the guest editor with the moniker 'Little Big Dog'. That should please our own in-house wine aficionado Heather Travis.

Ok that's the Awwww bit finished.

On Saturday we had a stroll around Chester and decided to hit Prêt, for a coffee as I know that they do a good filter coffee for 99p and a simpleton like me can at least understand what it is I am expecting, none of that '*latey skinny muckychiano*'™ or whatever needs steam cleaning before they serve it up. Anyway, who should we spot flying out of Prêt on a shopping mission none other than Julie Newnham. Poor lass I suspected that Adrian had embarrassed her again. Probably sitting on the same table with Adrian is embarrassment enough. '*The lads are upstairs*' she informed us, as without breaking step, she disappeared into the crowds. We met with the lads and I found that Gary Dover was a kindred spirit in the 99p coffee stakes. Later I was to find out what a persuasive character he is as we headed for *Up and Running* and Mrs. P emerged with a new pair of Altra Paradigms, luckily with a 20% discount for all competitors (!!!). Gary assured her that they would cure all her problems and no doubt turn Mr. P into George Clooney. Certainly they failed on the second count! We await the outcome on the running front.

Suffice to say when the shopping contingent re-joined us once again in Prêt it was declared that at least some had achieved a PB (Plentiful Bargains) although the final results are subject to a stewards enquiry regarding evidence of credit card statements.

Saturday evening saw us dining as a group at *La Fattoria*, a chaotic but endearing Italian restaurant to 'carb load'. On our return to the hotel, a few hardened 'carb loaders' visited the bar for a final top up.

By 6.30 the next morning most Hoadies were consuming their porridge and whatever else they believed was the magic elixir that would get them round the course with PB's. By 8.00 am we were ready to set off en masse for the start. A final team photo was taken with some of us myself (*Barry Taylor*) and Ken (*Moxey*) looking like an outtake picture from an episode of *Auf Wiedersehen Pet*.



This year the course was a little different because the amount of rain precluded a start and finish on the racecourse itself, so the start was transferred to a road running parallel to the racecourse. The weather was ideal with just a few

showers forecast and by 9 am, the speed merchants were off and about 5 minutes later, we tail- end Charlies of the plus 5 hours group were passing the start timing mat. There was a good supportive turnout as we ran through the city with Adrian taking some great photos as we rounded a bend. All credit to Adrian who then had to prepare for the start of the metric marathon.

All was going reasonably well for me until about 9.5 miles when I started to feel **ITBS** in my right leg. 1 hour and 20 minutes later I had got to 15.25 miles and started to feel the effects of sciatica as well, plus a painful left shin. At 18 miles there was a stop for a call of nature. Shortly after this I saw another runner sat by the road unable to continue because his legs had seized up. He still looked to have some energy but it was cramp that had got him. In my bum bag I had salt sachets generously 'provided' by the hotel. I administered those and stayed with him for 8 minutes according to Mr. Garmin. Then we, **the living dead**, set off and hobbled for the next 7 miles determined to get to the finish and the blue finishers shirt. We were aware that the cut off was officially 6 hours and the marshals were so supportive. We had a good laugh along the way and even managed to reel in a few other runners. He found it so funny/embarrassing that he was 32 and I was approaching 64 but we kept each other going both obsessed by the finishers' shirt and as per *Apollo 13*, **failure was not an option**.

When we came to the final climb there was no way that I was going to keep up with him and I encouraged him to go ahead. By this time, I was almost walking sideways but the amazing thing was that people were so positive and supportive even groups of teenagers. I got to the park and thought it's nearly over. For me it was okay, but it must have been infuriating for fast runners having to change direction every few yards. It was like running in a maze. On exiting the park, there was a steep downhill section and I could feel my right knee screaming at me. Eventually it levelled off and I got onto a flatter section and knew that the finish was very close. As I approached the final 100 yards or so, Caroline was there to greet me with a '*Come on run you can do it*' it was well meant but I replied '*I'm bl***y well going as fast as I can*'. I crossed the line got the medal, T shirt, and goody bag-**REEEESULT**.

Was I pleased with myself – yes indeed I was. I had battled my injuries and demons for 16 plus miles and finished. The time was immaterial but to me it surpassed the achievement of running my first marathon in London in 2018.

I craved a beer so we got back to *La Fattoria* as soon as my legs would carry me. I walked /hobbled into a round of applause. Thanks Hoadies and I apologise for delaying your meals. Thanks also for such a great weekend.

Postscript: I had already signed to do the 2020 Manchester marathon and told Caroline that it would be my final marathon, however just like mountaineers who say never again but a week later are wishing they were back summiting, I signed up to do Chester in 2020. Why you may ask? Well for one I have unfinished business with Chester and want to run it again to achieve a better time. Secondly the camaraderie of the weekend was fantastic. It was great to belong to Glaxo Hoad Hill Harriers and be counted as a Hoadie. By the way I was in A&E on Monday with possible left leg stress #/cellulitis/compartment syndrome – Doctor, 'let's just see how it goes and come back if it doesn't resolve'. Did I care? No, I was still buzzing from Sunday, the joys of marathon running eh!

Why do I run? It's not because I'm any good but it's the feeling of being part of, a largely caring group of like-minded people. Many runners helped me along the way in Chester even if it was only a passing '*keep on you'll do it*' I felt compelled to stop and help when another runner was in need. Together we pulled each other through. He crossed the finishing line ahead of me by 10-15 minutes but two days later I received a message which I reproduce below. He included a picture of him hand in hand with his two children crossing the line looking so proud of their dad. What else better, on that marathon of Sunday 6th October could I have done than to unwittingly provide that memory for the family?

Hi Terry,

Just wanted to drop you a quick message to say thank you for rescuing me on the marathon, without them salts and having you as a running buddy for the final few miles i'm not sure i would have finished the race.

Thank you :)

MORECAMBE 10K: 12th. Oct: Heather Travis



'Inspired by Kipchoge yesterday Andy and I ran our Nikes off in the Morecambe 10k. Andy won the race in an amazing PB time of 33.56 and I was 4th lady, 1st fv45 in 44.37 which was also a PB.

GREAT SOUTH RUN: 10 miles 20th Oct.

Tom Evelyn: 01:27:47

GREAT LANGDALE MARATHON/HALF: 19th Oct

Tom Southward 23rd 1.39.37
Darren Coward 25th 1.40.15
Julie Hunter 100th 2nd Vet 45 1.54.59
Deborah Yearnshire 131st, 3rd FV40, 1.59.27
Liz White 135th, 4th FV40, 1.59.48
Stevie Barron 191st, 1st FV60, 02..07.06
Jeanette Chester 193rd, 3rd FV55, 02.07.50
Sally Barton 195th, 4th FV55, 02.08.20
Leanne Bayliff 253rd, 02.15.07
Stephanie Roberts 371st, 02.47.32
Penny Moreton 385th, 03.11.14



Full Marathon

John O Neil 72nd, 1st MV60. 04.34.16
Karl Fursey 121st, 05.39.32

(More photos and reports of this event in the next newsletter)



KARL'S RACE DIARY:

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

Sat 02 Nov: For info only....Allithwaite "8". This is a mixed road and mostly trail, race going from Allithwaite village, near Grange-over-Sands, so it's close to us for those not racing at Keswick or Lancaster the next day. 11am start and entry is available in advance via the Si Entries website or on the day. Off-road shoes needed as there's 950ft climb involved on the trail fell sections, which do give some great views over Morecambe Bay. More details on Allithwaite running club's website and Facebook pages.

Sun 03 Nov: Keswick Derwentwater 10 mile race. Again, several of us have ran this race many times in the past. Advanced entry is preferred at £12, slightly more on the day. 12 noon from the Moot Hall in the town centre. Register and park at Crosthwaite school, and use the 1km from there to the start as your warm-up run.

ALSO TODAY (3rd): The penultimate race in the Lancaster race series, is it's popular half marathon, which some HHHs have ran in the past. Starting at 11am from the Castle, this fast course should see some of you getting close to, or possibly new pb's. Entry is on the steep side at £20 in advance, and on the day entry may be available to, but do check Lancaster and Morecambe ACs website to make sure. Their final series race clashes with our pudding 10k.

As the venue is next to Lancaster rail station and parking is limited, advice is to come by train where possible, £9.90 day return from Ulverston.

Sat 09 Nov: Mid-Lancs cross-country series race 2 of 6 at Hyndburn Wilson playing fields. Full details on their website or see Adrian if you are taking part. Timings as per the first fixture at Glaxo. Allow plenty of time to get there.

Sat 02 Nov: (Date change from the 9th, now a week earlier this year) For info only....Dunnerdale fell race. 5 miles, 1800ft ascent, from the Blacksmith's Arms at Broughton Mills. 13:00, with entry in advance only. Fell shoes and appropriate body cover required. Same day as the FRA dinner and "do" at Grange Netherwood hotel.

Sun 10 Nov (TBC, was on 11 Nov last year): Lytham St. Anne's (Windmill) 10km. 11:05, after the two minute Armistice Day silence, from Lowther Pavilion. £12 to enter. Fast course, but an extremely busy race, so no guarantee of a pb or if entry on the day (£14) will be available.

Sat 30 Nov: (Note later date change) Cumbria Cross-Country series race 3 of 5. At time of submitting a venue had yet to be decided, likely to be Fitz Park in Keswick, but will follow the same principals / timings etc as the Cockermouth race above. Eden runners website lists the dates / venues of these and more on Cumbria Athletics Facebook page.

Sun 17 Nov: The 68th annual Brampton to Carlisle 10. Start at William Howard school, finish at the Sands Centre. £15 entry in advance, or £17 on the day. 11:30 start. This is a very busy race with up to 1000 runners all trying for pb's over one of the fastest 10 mile courses in the UK. Chip timing is being used, and all finishers got a short-sleeved technical running top.

(At time of submitting not sure if the outing is happening this year.)

3tALSO TODAY (17th): There are races in Lancaster and Preston. The Pendle Witches 10km takes place near Lancaster castle where the uphill finish is. Register at the Royal Kings Arms Hotel in Market Street, close to the start. Parking is in local car parks, so best bet is to come by train, as the finish is adjacent to the station with registration a short walk from the station. £9.90 day return from Ulverston and the race starts at 11am.

At Preston the 38th 10 mile road race takes place from Hutton. Those going can see more info and details on John Schofield's UK results website.

ALSO TODAY (17th): Arnside Knott hill / trail race. This starts from Silverdale, visiting Arnside Knott and returning over a 6 mile course. A link is available from John Schofield's UK results website and the FRA website has more info to.

Sat 23 Nov: Ravenstonedale 10km road race. 1:30pm from Ravenstonedale village primary school situated half-way between J38 of the M6 and Kirkby Stephen. A fun run is also happening. £13 on the day. ADVANCE ENTRY IS AVAILABLE AT £10. Undulating route. Howgill Harriers and John Schofield's UK results websites for further info.

Sat 23 Nov THE ABOVE RACE WILL CLASH WITH THE NATIONAL CROSS COUNTRY CHAMPS COUNTER AT LIVERPOOL, which is also the next race in the mid-Lancs Cross-Country series of 6. A big turnout of Hoadies is expected at Sefton Park and junior races are also happening. Check website for timings as they (and your race number) will be different from normal mid-Lancs races. Extremely busy event and allow sufficient time to get there and parked up.

Sat 30 Nov: (TBC) Wesham 10km road race. This is one of the NW most popular 10ks. 11am from Lea Town St. Mary's school, Salwick. See UK results website for details and enter early as this race is usually full and on the day entry is not guaranteed.

Sun 24 Nov: Lancaster race series: 3-1-5 Health Club, next to Jct 34 M6 at Lancaster where the first race in it's 5 race winter series gets underway. You have a choice of a 5km (1 lap) or 10km (2 laps) along a flat course as used in the summer series. Full details are on Lancaster races website. Both start at 11am, on the Luneside path, 800m from the health club.

Sun 01 Dec: Hoad Hill Harriers Ulverston Xmas pudding 10km. Need I say more? £10 entry with an 11:30am start. A junior 1 mile fun run will also happen at 11am.

In 2014 this race had a record turnout of well over 300 runners, and marshals will be key to ensuring that this year, the race goes off without any hitches.

The club will enforce rules about marshals being required, so those who ran in the August 10k will more than likely have to marshal today, or vice versa. Louise will require at least 30 helpers / marshals on the day, so if you or a partner is available, please put your name on the sheet pinned up on the noticeboard at the club, email Louise or post on our Facebook page. Announcements will be made on Monday and Thursday nights before club runs to see who can volunteer. Some posts may require being at the club by 8am to assist with setting up etc. All finishers will receive a Christmas pudding.

Sat 07 Dec: Cumbria cross-country series races league at Workington Curwen Park. All timings etc as mentioned for Cockermouth above, with junior races from noon and senior men off at 1:10pm. Karl has done this course twice & is a tester with hills and sharp turns thrown in. Parking close to Calva Bridge just down the road hill, near the police station.

NEW DATE: Sat 07 Dec: Great Langdale Xmas pudding 10km race. Midday from the New Dungeon Ghyll hotel, Great Langdale. Also a fun run at 11am to the Old Dungeon Ghyll and back. £15 IN ADVANCE only. No entry on the day except fun run. Includes free parking and a large 2lb Xmas pudding for all finishers. NOTE THIS RACE IS A WEEK LATER THAN USUAL AND AVOIDS CLASHING WITH OUR PUDDING 10k SIX DAYS EARLIER.

ANNOYINGLY....FOR THE THIRD YEAR RUNNING....ALSO TODAY (1st) is the Lancaster 3-1-5 Health Club half marathon and 5k fun run from the venue close to Jct 34 M6. I've put this in for info only, as it clashes with our 10k, and will have a dramatic effect on numbers attending our race, despite their option of having a race twice as long and twice as short as ours. To rub salt in the wound, there is also a 10 mile road race happening at Bilsborrow, just north of M6 Jct 32, near Preston, so runners based around there will most likely enter this one.

Sun 08 Dec: Longridge 7 mile pudding race, near Preston. If Xmas pud races are your cup of tea, then try this event out. 10am and £15 entry in advance or £17 on the day. A link is available from John Schofield's UK road races website.

Fri 13 to Sun 15 Dec: Tri-Island's Frosty triple series of races in the Barrow area. Choices of 5k, 10k, half and full marathons on all three days. Some Hoadies have taken part in this last year as well as the summer tidal triple in June. Enter one, two or all three days, its up to you. See their website for more details, prices and start times at a different venue. Si Entries website also has more details and links to enter any or all of the races in this triple series.

Sat 14 Dec: Cumbria cross-country races series league at Carlisle Rickerby Park. Timings etc as mentioned for Workington and Cockermouth.

Sun 15 Dec: BCRs Fancy Dress Downhill Race. (Free Entry and open to all) Meet at the Newfield Inn (Seathwaite) by 11am, walk up to the top of Caw fell, then, from midday, once you've been given your handicap, run back to the pub via the route of the Duddon Valley fell race, crossing the ladder stile. See the BCR forum for details, including pictures, and more details of handicap awards, prizes and so on.

Sun 15 Dec: (TBC, may be following week, but is on) CFRs Christmas pudding race. This is an off road, approx 6km, event at Isel, about 3 miles outside Cockermouth. 11am and £4 entry fee. Worth a shot if you are up there that day and like the other pud races mentioned there's a festive pud for all finishers. Check their website in case of a last minute date change.

Sun 15 Dec: Lancaster Christmas Cracker 10k race 1 of 2. (2 of 2 is on the 22nd) 11am from St. George's Quay (George & Dragon pub) over a fast course. Medal to all finishers. Entry is £12 in advance or £14 on the day. If you do both races the entry is £20 in advance only. More info on UK road races website. A 1 mile fun run for kids is also happening.

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

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

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

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

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

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

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

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

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

Don't forget there's the weekly 5km Park Run taking place at 9am every Saturday in Barrow Park, Fell Foot country park, near Newby Bridge, Ford Park at Ulverston and Millom school fields. 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 runs at all four venues, and their results are usually announced at club night every Monday.

ALSO...away from running, why not try out Clubbercise aerobic dance workout exercise classes at Dalton leisure centre? Use this as cross-training. Karl goes there regularly and classes take place there on Monday's at 6:30pm, Tuesday at 8:15pm, Wednesday at 8pm, Friday's at 1:30pm and Saturday's at 3pm...the UK's only regular Saturday afternoon Clubbercise class. This uses rave type glowsticks done to 90s dance music and up to date hits giving a great workout...it's like a night out minus the booze! Glowsticks are available to buy at the centre. Shaun and Bill are the instructors.

See Dalton leisure centre and Clubbercise websites & FB pages for all the info etc you could want on this.

At time of submitting I have no details of the Cumbria cross-country county championship event for the open age category. Last year (Jan 2019) it was at Carlisle, and is likely to be there again on Sunday, 19th January, 2020, though this is unconfirmed at time of submitting. Junior races also take place. Usually, juniors start at noon, whilst the senior men and women go off together at 1:15pm.

MID LANCS X COUNTRY

The next x country race in the mid Lancs series is on **Sat Nov 9th at Wilson Playing Fields, Hyndburn**, which is between Blackburn and Burnley. I have emailed out an info sheet with travel details for this meeting. Those new to our x country set-up, I try to organise travel arrangements the week before we leave. We usually meet outside the WCF shop at Booths car Park in Ulverston. Of course, drivers can make alternative arrangements with pick up points for people they give lifts too. We usually try to rotate drivers over the season, and it is customary to give £5 towards petrol costs.

I therefore need to know who fancies going and whether you are making your own way there, or if you require a lift, or are offering to drive and how many spaces you have. If you are one of our regulars and can't come, please also let me know. The sooner I know these details, the easier and quicker it is for me to sort things out. Please email me or respond on the facebook post.

LIVERPOOL – SEFTON PARK 23rd. November

Although this third Mid Lancs event is not for a month, I have to register all possible runners beforehand and pay for your timing chips (our club pays for this.) This is part of the British Athletics Cross Challenge national championship series, where the English European Squads are selected. It is a superb event and a great day out.

Could you let me know if you would like to race this, and I can add you to the entry list for our club and get it sent off. My deadline to send things off is **MONDAY 11th NOVEMBER**

I will post details about this race later, however please note that start times are different for this meeting.

Kendal AAC Wednesday Night 10K Series:

06 May - Kendal 10K
27 May - Levens 10K
17 June - Hawkshead 10K
08 July - Endmoor 10K