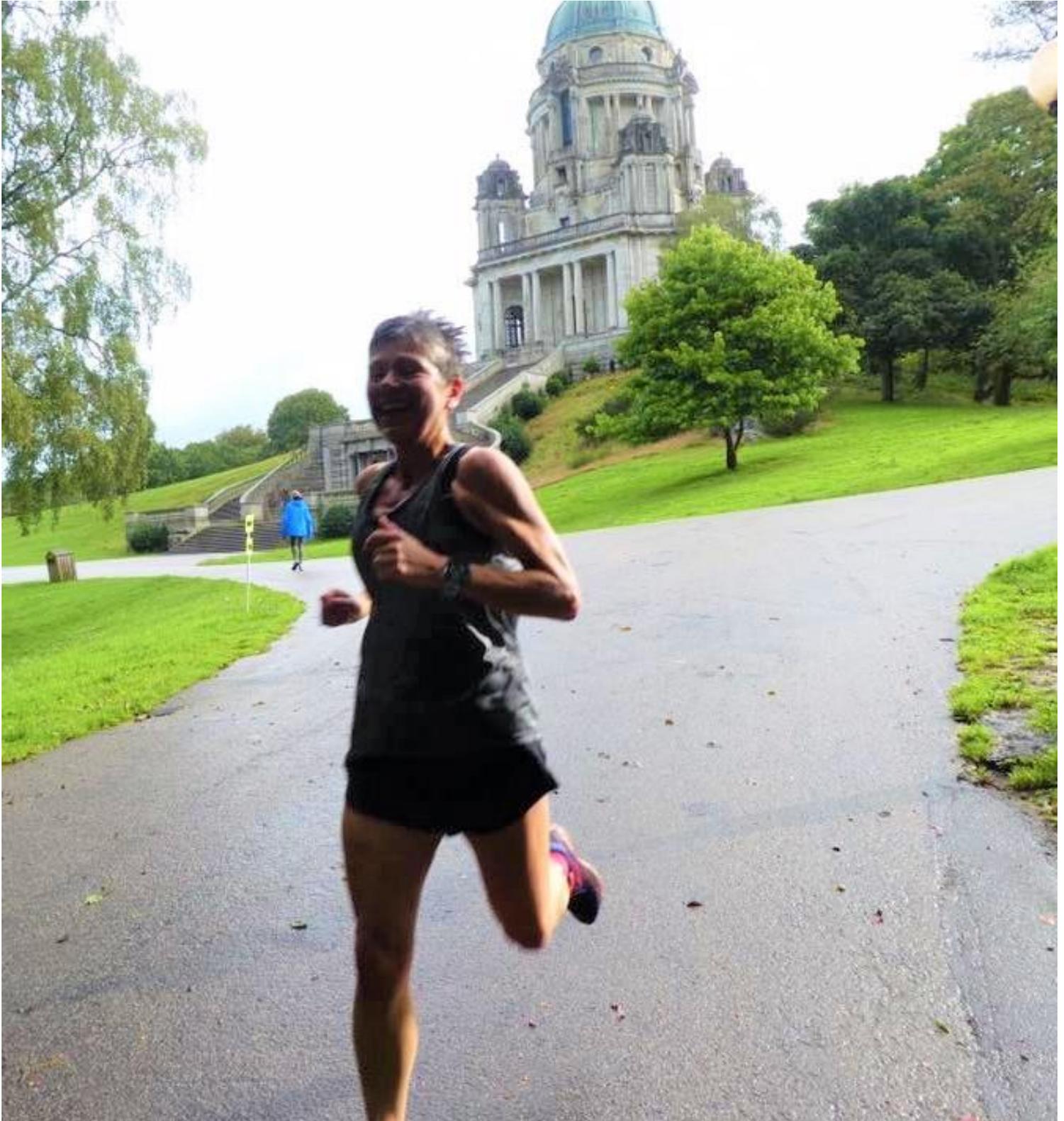




HOAD HILL HARRIERS
NEWSLETTER
AUGUST 2019



EDITORIAL

Well I guess that's summer over with, get those head torch batteries charged, and high viz jackets out, pack the vests away for another seven months and start pounding the streets and pavements. Still we can't complain, the weather has been kind to us over the last few months.

The summer race events we hosted went down well, with many favourable comments about the organisation, marshalling and the new 5k route. Everything went smoothly thanks to race director Louise and her team of helpers. Many thanks to all those who marshalled, help set up and tidy things away. There is just the cross country to go on Saturday September 28th. A further shout out for helpers will go out shortly.

Reports of our 5K event and The Great North Run will be in the next newsletter.

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, Vincent Jeuk and Antonia Fan who is trying us out at the moment.

CONGRATULATIONS:



Many congratulations to club member Stephen Peters and his wife Ethan who were recently married.



A DATE FOR YOUR DIARY:

The date for our Christmas Club Do and Presentation Night is Sat 7th Dec and will be held at Ulverston Golf Club. The cost will be approximately £20 There will also be a disco after the meal and presentations. More details to follow.

HAVERIGG PRISON PARKRUN

Haverigg Prison was the first prison parkrun in the world. Participants are desperately short of running gear, so rather than throw old trainers away could you clean them and hand over to Pat Thomas. It doesn't matter how bad you think they are; they'll still be welcome. The same goes for running tops and shorts. In addition to the parkrun, Haverigg also run a Pad to Parkrun scheme for inmates who can't yet manage 5k - akin to Couch to 5k. So, your gear can be used by pad to parkrun users as well.

Please bring any donations to the club on a Monday or Thursday and hand them to Pat.

RIP:

I'm sure many of you were shocked to hear recently of the sudden death of Gill Thompson.

Gill was truly an inspirational person and has been described as a 'legend' by the local running community and those she worked with at the shipyard, where she was one of the first female nuclear physicists.

A member of Barrow Striders and recently Walney Wind Cheetahs, she was often seen running along the lanes and through the villages, as well as regularly attending Park runs and local races.

Her achievements are too great to mention, she will certainly be missed.

A service will be held at 12 noon at The Trevelyan Chapel, Dalkeith Street, Barrow, on Wednesday 25th September.



PARK RUNS:

Morecambe Park Run, and it was warm one too!!

Sal Barton 25.51 - one second outside an all time pb! First Vet F55

Simon Barton 22.13 - a new all time 5km pb.

James Corbishly 1st finisher at Fell Foot in a new pb of 17.45 and brother Justin 5th in new pb of 18.39!

Luke Turner 2nd at Ford Park in 20.52. Also at Ford Parkrun – Alan Wilson PB 22:16, Pat Thomas broke the Vet 70 record – 22:30



Sharon Dixon, Park Run Tourist:

'First one was at Colby Woodland Gardens (voted in the top 10 nicest park runs...apparently)

I felt like I ran well, I came 3rd lady and 2nd v45...just running out of steam on last lap,21.17.

The 2nd one was at Harverfordwest. Didn't feel too great at the start of this one (thoughts of Endmoor came flooding back) Took it easy and just wanted to make it round, bit disappointing as the course was quite a good one, flattish but bit rutty as it was round a horse racing track but could have been on for a good time.

Came 2nd lady ..1st v45 .. in 21.50 (record for V45 21.20)

1st lady at Skipton Parkrun 21:21.'

ED: It's been good to see Sharon slowly get back on the road to recovery, it has certainly been a long year for her and hopefully she be back on form soon.

MID LANCS TRACK AND FIELD: LITHERLAND SPORTS FIELD: 3rd. August



Another proud result from our Track & Field team at Litherland Mid Lancs meeting yesterday, well done everyone which included 5 PB's and I'm sure a few club records

Heather Travis

'The penultimate track meeting of the season saw 6 Harriers compete at Litherland Sports Park near Liverpool. A fantastic venue and lovely sunny weather made it a great day for spectators although a bit hot for the competitors. Performance of the day definitely went to Justin Corbishley in the under 15s 1500m; he bided his time while the others shot off too fast then picked them off on

the last 2 laps and very nearly won the race, only missing out by the narrowest of margins. I don't know if he could hear us screaming from the other side of the track but Mrs Corbishley was practically hoarse afterwards! Everyone put in great performances and there were lots of points gained in our division.'

Senior Men 800m Andrew Dorrian 1st 2.06 PB, Luke Turner 2nd 2.10 PB

Under 15s 1500m Justin Corbishley 2nd 4.39 PB (1st in division 2)

Senior Men 1500m James Corbishley 3rd 4.42 PB (1st in division 2), Jeff Chadwick 6th 5.13 (3rd in division 2)

Senior Women 1500m Heather Travis 2nd 5.57 PB (1st in division 2)

The final meeting of the season is on 24th August at Blackpool – see Mid Lancs website for further details.



RIVERSIDE 10 MILER, LANCASTER 4th August: Dave Fulford



A hot day (one of the few we seemed to have had) awaited the runners at the Lancaster Riverside 10 miler (formally the wagon and horses 10 mile). This was to be my first 10 miler for many a year and saw it as a good opportunity to get my legs back into racing again after a stubborn injury had taken me out in February. 176 runners took to the start line on a grassy field and whilst surveying the early part of the course I was a little startled to see that from the expanse at the start that at no more than 40m it whittled down to a 3 person wide 90 degree sharp left turn! Yikes! Thinking back to cross country starts, I thought that the only way to go would be to make a full charge to the corner, otherwise I could lose time (or

worse get tripped) as we all hurtled round this sharp corner so soon. As the gun went at the start, I shot off like a scolded cat to the first corner, only to find I was in the lead! And by quite a few metres! Well at least it made the first corner easy to navigate! After a short trot up a grassy hill I thought I best settle down and wait for someone to come join me (as you do) and off we all went. A leading group of 5-6 stuck together for 2-3 miles and I felt comfortable at the pace we were travelling at, to the point that myself and a fellow runner exchanged a few words, he looked like he was cruising (turned out he was).

After 4 miles the group was still 5-6 runners, so I just upped the pace a little to see who would follow. The runner I had been chatting with immediately latched on without hesitating, before I settled back to the previous pace. A group of 4 remained now, a certain Steve Littler in tow too. The 3 of us let another runner lead the way, he was breathing very heavily but he was happy to lead us through the course along the river (as per a lot the Lancaster run routes, this was along the cycle path and alongside the river, flat and reasonable views). Being a hot day (23 degrees C I'd say) the shelter from the trees certainly helped. Then there came my first dilemma. It was clear who the winner was to be (he was a 15:30 5k man, we'd had a chat about it at 4 miles!) and the guy leading seemed likely he would drop off at any moment – and here's where strategies can go wrong...

At 7.5mile I still felt good, not long to go it felt and I was chomping at the bit, so I thought I'd break for home and really up the pace and off I went! The eventual winner immediately latched on (as expected), the other 2 not responding. At 8 miles the eventual winner broke away, I was still working hard but that was me at my limit. At 9 miles I felt footsteps get louder, Steve Littler now on my shoulder. Back into town and we were working, 800m we upped the pace, 400m to go and a slight uphill section and Steve pushed on again and I couldn't live with the pace. 3rd place it was to be for the day in a time of 57:24. I was happy with how the race went but knew I had gone too early. One to lodge in the memory bank for sure.



side 10m 2019. Sprint Finish Photography

RIVERSIDE 10 MILER: Simon Barton

So, Lancaster bound for the second instalment of racing this weekend, well for Mrs B, not me! After running at the Morecambe Park Run the previous day and only missing out on a pb by 1 second! she thought let's do another race!

For me, the Morecambe Park Run was enough, so assisting with the warm up was my limit today!

The race started at 11.00 near the millennium bridge and goes out back along the river towards the motorway as far as the Holiday Inn, does a "u" turn back to the bridge, over the bridge to Trimpell, where you run a small triangle and then return to the bridge and finish where you started!!

A fine squad of 6 Hoadies braved the very warm conditions and all did extremely well, with everyone happy with their results, with three taking prizes!



Riverside 10m 2019. Sprint Finish Photography



Riverside 10m 2019. Sprint Finish Photography



Riverside 10m 2019. Sprint Finish Photography

3rd Dave Fulford 57.23 9th Gary Dover 1st MV 50 in 66.00 28th Darren Coward 73.45
35th Lewis Watts 76.59 62nd Sally B 1st FV 55 in 87.57 118th Janine McNeill 100.23



Riverside 10m 2019. Sprint Finish Photography



Riverside 10m 2019. Sprint Finish Photography

SUMMER SAUNTER SERIES: Barrow

DAY 1 FRIDAY :

5k: 3rd. Sal Barton 28:04 Christine Winder 33:58



DAY 2 SATURDAY:



5K Alison Cooke 4th. 24:26 Sal Barton 26:38 Ashleigh Cooke 26:40
Steph Roberts 31:03 Christine Winder 31:14

10k: Lewis Watts 2nd 44:11 Heather Travis 2nd Lady 48:04 Bill Sharp
51:23 Leanne Bayliff 55:30

Half Marathon: Darren Coward 2nd. 1:35:26 Frank McKeown
1:53:40

SUNDAY:

5k: Heather Travis 24:25 Christine Winder 32:53 Terry Peat 32:53



CITY OF PRESTON: NATIONAL 5/10 MILE CHAMPIONSHIPS 11th. August:

5 mile: Simon Barton 37:09 2nd Vet 60 Ashleigh Cooke 36:59 1st. Vet 60 Alison Cooke

10 mile: Phil Horrocks 1:16:08 Sally Barton 1:25:45 1st Vet 55



Sal Barton: 'This race was held on the outskirts of Preston at Walmer Bridge and was described as a fast and flat course with PB potential. The City of Preston 5 mile returned this year, incorporating the National 5 mile championships, sure to attract a quality field of runners from all over the country!. The 5 mile race was one lap and the 10 mile was two.

The weather conditions were damp and cool and there wasn't any wind. I was trying for a good time, so kept up a good pace but as I passed the start to begin the second lap, how I wished I'd entered the 5 mile instead! Ashley, Alison and Simon were there and had all finished but were very encouraging, so I bashed on and finished in a time of 85mins 51secs.

It was chip timed and we received results immediately by email and I was amazed and thrilled to have come first place in the Vet 55 category!'

MEMORY WALK:

Being hosted by GSK Sports and Social club:

Memory Walk 20th. October, 2019.

There are three walk distances, 1km; 2.5km and 5km.

Printed Registration Forms and Sponsor Forms are available in the Lounge at the Sports Complex

Join our Memory Walk

Dementia is the UK's biggest killer, with one person developing dementia every 3 minutes.

Unite with us in **Your walk. Your way.** to raise vital funds for Alzheimer's Society.

Date: Sunday 20 October 2019

Time: Registration from 10.00am

Location: GSK Sports & Social Club

For more information contact:

GSK Sports & Social Club
North Lonsdale Road, Ulverston LA12 9DR
01229 482127/482320/482518
Also on FaceBook

Alzheimer's Society **Memory walk**

FR Registered with THE CHARITABLE REGULATORY AUTHORITY

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 2365545

RIVERSIDE HALF MARATHON, LANCASTER:18th July



Ken Lamb 1:51:07 Gary Dover 16th. 1hr 29mins (1st vet 55) [Janine McNeill](#) 2hrs 9 mins

Ken:

'Riverside Half marathon today, a good training run for Sundowner Half Iron distance triathlon in two weeks. Ran well to 11 miles then fell away a little, but 1min faster than Freckleton half so heading in the right direction.'

FLEETWOOD HALF MARATHON 18th August: Heather Travis



Following last year's disastrous race where a marshal sent a lot of us the wrong way, we were all offered a free entry for this year.

So, I took them up on the offer and was feeling quite hopeful about a possible PB, however the weather had other ideas as it decided to blow a gale!

There was a great turn out of over 400 runners so at first, I was able to shelter in the pack but as soon as we became more stretched out along the prom, the wind really took its toll. Obviously living in Cumbria, we are used to all weathers, but I was literally being blown sideways into the sea wall, my legs were being knocked against each other and several times I was completely lifted off my feet. Add to this the sand being whipped up and lashed against my face - I certainly got exfoliated along the way! When we turned off the prom there was brief respite with the wind behind us, but we soon turned back into it again. The second lap really took its toll and at one point I looked at my watch and saw an 8.51min mile, so I knew any chance of a PB

had been blown away! Eventually I turned onto the prom for the 3rd and final time, got battered by the wind some more then it was onto the grass for the final push over the line. I finished in 1hr 46 min, 11th lady and 2nd FV45; 107th overall out of 426 so not bad really considering the conditions but the PB will have to wait for another day!

HOAD HILL HARRIERS 10K Aug 21st. Louise Thompson

Ross rallies to a storming finish in the Hoad Hill Summer 10k.

The first of our annual road races took place through Ulverston's streets and saw over 200 runners take on the six miles, all hoping for quick times.

This popular race attracted a vast number of local clubs and a strong field lined up at the start, ready to make their way down Morecambe Road, before heading out towards the coast road and the Priory grounds before returning to the clubhouse.

Conditions weren't too good on this wet evening, but it didn't seem to affect performances, with over 60 affiliated runners achieving PB's on a flat fast course

A small pack of six soon broke away, taking the field of runners out at a quick pace. This soon narrowed down to four at the midway point at the Priory before heading back the way they came. Matching pace for pace, the four runners from Bristol & West AC, Ambleside AC, Striders and Lemington AC kept a blistering pace, fighting for positions coming up to the five-mile point. Eventually gaps started to appear in the field, with Callum Hanlon and Ross Campbell braking away at the last half mile mark. Ross Campbell, who won both 10k events in 2017 and has been placed in all our 10k events over the last 5 years showed his race experience as the two runners turned onto North Lonsdale Rd. With the clubhouse in view, and after comfortably sitting on Callum's heels for the last 6 miles, Ross took the lead into the finish to win in a comfortable 32.31; his quickest time on the course and the 3rd quickest time recorded for this race.



Callum Hanlon 2nd Lemington AC 32.32, Oliver Gajdowski 3rd Ambleside AC, Jed Bartlett 4th Bristol & West, Luke Bowen 5th Kendal AAC.

Barrow Strider, Bob Atkinson stormed home in 35.06 to take another course record in the MV60 category, and now holds all course records from MV40 to MV60 dating back as far as 1999.

First Female runner home was Katherine Cousins 39.21 Lancaster & Morcambe AC, Hollie Orr 2nd Black Combe Runners 42.20, Alison King 3rd Isle of Man AC 43.31, Amy Singleton 4th Walney Wind Cheetahs' 44.10, Lucy Varney 5th Kendal AAC 44.10.

The young guns of HHHarriers had cracking runs, led home by Andrew Dorrian, James Corbishley,

Connor O'Hara and Luke Turner, all achieving PB's. Some of our newer members, Michal Parka, Lauren Booth and Lewis Watts, had great runs, whilst our Vets also had good races with Gary Dover winning the Vet 55 category, Pat Thomas the Vet 70 and Heather Travis the FVet 45.



HOAD HILL FINISHERS

7th. 00:34:37 Andrew Dorrian PB
 19th. 00:38:15 Gary Dover PB
 30th. 00:40:01 Vincent Jeuk
 47th. 00:42:28 Michal Parka PB
 75th. 00:44:33 Patrick Thomas
 84th. 00:45:07 Heather Travis
 93rd. 00:46:37 John O'Neill PB
 127th. 00:50:55 Lamb Ken
 201st. 01:02:46 Mike Lavery

12th. 00:35:30 James Corbishley PB
 21th. 00:38:45 Luke Turner PB
 31st. 00:40:36 Darren Coward PB
 52nd. 00:43:11 Michael Harrison
 80th. 00:44:56 Lauren Booth
 88th. 00:45:34 Davison Pete
 95th. 00:46:59 Glenn Boulter PB
 164th. 00:54:58 Hannah Milby PB
 202nd. 01:02:50 265 Hazel Dixon PB

18th. 00:38:14 Connor O'Hara PB
 28th. 00:39:57 Tom Southward
 36th. 00:41:01 Lewis Watts PB
 53th. 00:43:15 Simon Austin
 81st. 00:44:56 Philip Horrocks
 89th. 00:45:34 Martyn Willacy
 110th. 00:48:47 Liz White PB
 165th. 00:55:06 Janine McNeill



PILLING 10K 24th. AUGUST



26th. 00:44:32 Martyn Willacy
 43rd. 00:48:33 Simon Barton
 70th. 01:03:40 Stephanie Roberts

38th. 00:46:53 Pete Davison
 44th. 00:48:42 Alison Cooke
 83rd. 01:11:02 Naomi Capstick

40th. 00:47:44 James Cooke
 52nd. 00:52:38 Barton Sally

MID LANCS Cross-Country Secretary's Report to the 2019 Fixtures Meeting : Dawn Locke

Outline of the 2018 - 2019 Season

Five internal fixtures and the Liverpool Cross Challenge made up the 2018-2019 season. Attendances were: Ulverston, 13th October 675; Liverpool, 24th November 1,031, a misleadingly high figure swelled by athletes who don't otherwise compete at the MLL; Hyndburn, 8th December 768 and in the New Year, Burnley, 12th January 963; Leigh, 9th February 802 and Cuerden, 2nd March 742 totalling 4,981 for the season, 11% up on 2017-2018.

Age group races were again characterized by huge fields in the U11s and mostly rising numbers in other races. Figures for averages, with the previous season's figures in brackets, are: U11s 154(149); U13s 105(121) and U15s 88(80); U17s 42(27); U20s 21(23); Senior & Veteran Women 155(136) and Senior & Veteran Men 275(222). Junior to Senior average rates were 410 (387) to 420 (358) and gender ratios were boys to girls 227 : 183 and men to women 275 : 155 with males now moving well in advance.

Before the start of the season 2,247 entries (excluding Liverpool) were taken from 34 clubs and two composite teams and, thanks to registration staff Margaret Crompton and Jean Hoyle, another 500 were added during the season (cf 2295 + 584 in 2017-2018).

Run Direct attended cross-country for the first time contributing a donation to the League of £100. Generous sponsorship for the numbers of £475:20 was once again provided by Highfield Priory School of Fulwood in exchange for publicity. Guest income was much higher than in previous years at over £300 due to the strong presence of Sedbergh School RC attending as guests after being denied membership.

The Presentation returned to Blackburn Rovers FC on Friday 12th April with an attendance of 171.

Twenty-two clubs had individual winners and 21, team winners. Gaining most individual Junior awards were Blackburn Harriers, Chorley Athletic & Tri and Leven Valley and Senior awards, Border Harriers and Lytham St Annes RRC. The highest accolade went to Preston Harriers who took both the Men's and Women's Senior Championships, to my knowledge the first time this has been done. The most Junior team awards went to Blackburn Harriers and Trawden AC and the most Senior team awards to Kendal AAC (7 awards) and **Glaxo Hoad Hill Harriers (6 awards)**. An attractive new Senior Ladies Championship Cup was bought by BWFAC to replace the previous trophy and Dave Waywell of Wesham RR donated the V70M's trophy to reward his own club's achievement of winning the first team award in this category.

Assessment of the 2018 - 2019 Season

There were many good features of the 2018 - 2019 season, in addition to the healthy attendances and peak U11 numbers and plenty of appreciative comments at the season's end. True cross-country enthusiasts were entertained and challenged over fast flat competitive parkland at Burnley; on cleverly planned courses with hard and soft surfaces at Ulverston; in intricate woodland with steep embankment climbs at Hyndburn; by tough competition from national stars in the festive atmosphere at Liverpool; on mainly flat but attractive golf-side courses at Leigh and on demanding slopes and rough pasture of the main field at Cuerden Valley backed up with flattish riverside paths. Giving us the benefit of their ingenuity and hard work were our organizers and hosts: Adrian Newnham and Glaxo Hoad Hill Harriers, Liverpool clubs (Liverpool Harriers, Liverpool PS and Southport Waterloo), Norman Mitchell and Hyndburn AC, Dave Potter and Trawden AC, Joe and Margaret Galvin and Leigh Harriers and Paula Plowman and Red Rose Road Runners, all of whom richly deserve our thanks.

Thanks must also go to our seventeen-strong squad of reliable and efficient officials led by Referee Lee Thompson, Starter Patricia Jackson and Chief Timekeeper Ron Scott who ensure that all races are well run, correctly recorded and efficiently timed. However, in spite of general satisfaction, the season was not without its problems. Poor weather, lack of helpers and marshals, a dispute, wasted Liverpool chips and disturbed farmers were all features of the 2018 - 2019. Wet and windy weather adversely affected Ulverston, Hyndburn and Leigh making course-setting more difficult as tapes had to be continually replaced. Weather coupled with lack of helpers at Hyndburn had the knock-on effects of delayed starts, overlapping races and wrongly directed competitors. At Ulverston an altercation disturbed the harmony, at Cuerden, local farmers and Trust members were unhappy at the field sizes and gates left open and at Liverpool the Co-ordinator's reaction to the large number of unused chips was to propose an increase in MLL fees to deter profligate entries.

MID LANCS X COUNTRY DATES: Following the meeting, the following dates and venues have been confirmed.

- 1) Saturday 28th September 2019 - Ulverston
 - 2) Saturday 9th November 2019 - Hyndburn
 - 3) Saturday 23rd November 2019 - Liverpool
 - 4) Saturday 11th January 2020 - Burnley
 - 5) Saturday 8th February 2020 - Blackpool
 - 6) Saturday 29th February 2020 - Ryelands
- Reserve: Saturday 28th March 2020 - Leigh
Presentation: Friday 24th April 2020 - Blackburn FC

MID LANCS TRACK AND FIELD: BLACKPOOL: 24th. AUGUST



Gold for Luke in the 800m
Silver for Jeff in the 800m
Bronze for Justin in the 1500m
Gold for James in the 3000m
Can I take this opportunity to thank Jeff Chadwick for taking charge of the Track and Field team this year. His training and assistance has certainly helped those that participated throughout the series,
Also, a huge WELL DONE to all members who took part this year.

JUNIOR SECTION

ULVERSTON 10k FUN RUN MILE

Fortunately, the drizzle held off as over 70 children set off on the fun run mile around the clubhouse grounds. The winner by quite a distance was Isaac Robinson of Howgill Harriers in 05:44, followed by Georgia Bell 05:58 and Owain Clark 05:59, both of Leven Vallet AC.

Hoad Hill Harriers Junior positions: Well done those that took part



8th. 00:06:42 Ben



13th. 00:06:57 Iona



15th. 00:07:04 Calvin



19th. 07:28 79 Ellen



24th. 07:39 Lily



38th. 00:08:19 Katelyn

GOLDEN BALL LANCASTER 10 AND 20 MILE RACES: SEPT 1st.: Ashleigh Cooke



Sprint Finish Race Photography



Sprint Finish Race Photography

A great day for a run with cool breeze and very little sun, the 106 sensible runners who ran the 10 miler included 4 Hoadies while a fifth, Tom Southward decided to join the other runners doing the 2 laps!!!! Why, I've no idea; one lap was bad enough going up and down the narrow cycle way. Both races started together which caused a bit of a bottle neck getting stuck behind 20 mile runners who would take 4hrs to do their course.

First home for the Hoadies was Lewis Watts, 23rd in 72:04, Ashley 34th and first vet 60 77:02 closely followed by Alison first lady vet 55 in 77:34 then Penny in 97th 1hr 47mins 22. All pleased with their times just a shame there was no prize giving.

The weather turned cold and wet on the second lap but Tom ran really well, for a time of 2hrs 25;38 and easily inside his predicted 2 ½ hours.

CLUB CHAMPIONSHIPS UPDATE: @ 17/09/2019: Alan Wilson

MEN: Darren Coward still leads the Seniors, but Andrew Dorrian is not far behind. Frank McKeown has a huge lead at the top of the Vet 40s, whilst Ashley Cooke has moved into top spot in the Vet 50s when Gary Dover wasn't looking! Next qualifying race is the Barrow 10K on 6th October.

LADIES: Leanne Bayliff has closed the gap between her and Stephanie Roberts at the top of the Seniors – its looking close! Meanwhile Naomi Capstick still has a big lead in the Vet 40s, but Heather Travis has closed in a little bit. In the Vet 50s Alison Cooke has just eased ahead of Sally Barton – this is another close one! Next qualifying race is the Barrow 10K on 6th October.

Senior

Overall Position	Total Points	Name
1	86	Darren Coward
2	78	Andrew Dorrian
3	42	Lewis Watts
4	38	Tom Southward
5	31	Glenn Boulter
6	29	Luke Turner
7	25	Mick Cull
=8	19	Jay Heaton
=8	19	David Fulford
10	16	Matt Rooke
11	10	Matthew Elkington
12	7	Stephen Peters
13	5	Rob Browne

Vet 40

Overall Position	Total Points	Name
1	109	Frank McKeown
2	48	Mark Bailey
3	47	Michael Cubin
4	27	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	121	Ashley Cooke
2	109	Gary Dover
3	96	Simon Barton
4	89	Alan Wilson
5	71	Adrian Newnham
6	64	Phil Horrocks
7	44	Bill Sharp
8	41	Pat Thomas
9	34	Peter Davison
10	33	Mike Fawcett
11	30	Mike Lavery
12	23	Sean Dixon
13	22	Terry Peet
14	20	Damian Jones
=15	19	Graham Pinder
=15	19	Martin Willacy
17	17	Nigel Storey
18	15	Chris Howie
19	14	Simon Stanway
=20	11	Ian Walker
=20	11	Tom Evelin
22	10	Jeffrey Chadwick
23	9	Tony Clarke
24	8	John O'Neil
25	5	Terry Gannon

Senior

Overall Position	Total Points	Name
1	76	Stephanie Roberts
2	67	Leanne Bayliff
3	40	Lauren Booth
4	25	Cheryl Young
5	23	Catherine Heygate
=6	10	Ashleigh Mayvers
=6	10	Kathy Edmondson
8	8	Charlie Brankin

Vet 40

Overall Position	Total Points	Name
1	133	Naomi Capstick
2	90	Heather Travis
3	43	Julie Hunter
4	41	Deborah Yearnshire
5	25	Janine McNeill
6	14	Louise Thompson
7	10	Elsie Roberts
=8	8	Cheryl Stanway
=8	8	Andrea Anderson
10	7	Mel Simmonds

Vet 50

Overall Position	Total Points	Name
1	187	Alison Cooke
2	167	Sally Barton
3	92	Penny Moreton
4	80	Christine Winder
5	68	Stephanie Gillies
6	49	Stevie Barron
7	41	Kath Whipple
8	30	Julie Newnham
9	24	Carol Postlethwaite
10	21	Jeanette Chester
11	17	Caroline Peet
12	15	Helen Towers
13	10	Dianne McMillan
=14	5	Hazel Dixon
=14	5	Karen Morgan
=14	5	Dorothy Stirling



KARL'S RACE DIARY:

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

Again, if I get word of races NOT included here, plus changes of date, I will forward on separately.

Sat 21 Sep: (Date change from last year) Cumbria cross-country series races one of five.

This is at Cockermouth, just past the school, with junior and adult races from 12:00. See the Cumbria athletics Facebook page or locally based running club websites for more details, and at time of submitting, on the day entry is available for all events with a discount available if entering all five races in this series.

Sun 22 Sep: Wigton (Wiggonby) 10km race. 11am from Wiggonby primary school near Wigton on a course similar to the Gosforth 10k, not as hilly as Dalton. Circular route on minor roads with drinks station halfway. A new race in Cumbria. £10 in advance, more on the day. See UK results website for further details and a link to book on.

Sun 22 Sep: (TBC) Blackpool music run 10km and 2km junior races. Try out this event whilst visiting the illuminations for something different, as there'll be music and 20 local bands playing throughout the race course. All finishers gain entry to the festival that afternoon and the prom is closed to traffic. You'll run past all of the resort's iconic landmarks. 11am fun run, 12:00 the 10k starts. Entry is steep at £22 (£5 fun run) and more info on link from John Schofield's UK results website.

Sat 28 Sep: Mid-Lancs Cross-Country opening race of the 19/20 season at Glaxo in Ulverston. This will be extremely busy, Adrian will require as many marshals as possible and those that assisted with the race last October and in March 2018 when it was hosted here will know it requires a lot of hard work and organising. "Hoadies" running in the later races may well be required to help out / marshal junior races and vice versa. Start times are also slightly revised this season, especially senior women (13:30) and men (14:15).

Even after racing has finished please assist with helping to clear away. We've had excellent feedback from all the clubs taking part in Mid-Lancs cross country races here at Glaxo, let's keep it up this time and have an enjoyable, if challenging day. Your club needs you.

Sun 29 Sep: City of Preston (formerly Run Preston) 10k race. For info only...see UK results website for details, link and entry form. There is a junior race also, but note the 10k starts at the rather early time of 9:30am.

ALSO TODAY (29th): The Penrith (Stoneybeck) 10k takes place from the Stoneybeck Inn, just north of the town. Race starts at 10am, is slightly undulating and more details are available on Eden Runners' website.

Wed 25 Sep: (Note midweek not Saturday) National Fitness (Lancaster) 5k. Starts at 6pm from the Luneside path half a mile away from the 3-1-5 Health Club (registration and car parking here) near Jct 34 M6. Entry at £5 is available on the night and is the UK's last light nights run of the year with sunset at 7pm.

Sat 28th Sep: Pilling 10k race series fifth of the five events from near Preston. See John Schofield's website for link and info. This is at the earlier time, starting at 11am, so why not make a day out of it and do both?

Sun 06 Oct: Chester marathon and Metric mathon (26.2km or 16.3 miles) races..

(NEW DATE) Sat 05 Oct: Lakeland Trails series races at Coniston. 15km and 10km races / challenge available for slower runners with an extra hour to finish. See their website for further details, however, at time of submitting all entry is full and only the kids fun trail race has entry on the day. Link: iderhq.com/events/84644/love-barrow-running-festival-10k?fbclid=IwARONtxIuL6_QMzYvz53SAPbSbJVH8i-A8n0NFmXCD0h8sraRPM56maeT-g

Sun 6th Oct Love Barrow Running Festival: This is the first year for this fantastic new event which has opportunities for all to become involved! Entry fees are as follows- Early bird **first 100** = £13.00 Affiliated Running Club Members = £10.00 Standard entry = £15.00 On the day entry = £20.00

Sun 06 Oct: (TBC) Caton (near Lancaster) Windmills 10k road race. 12:30pm from Brookhouse village. A scenic run to the windmills, going right underneath them. Impressive views to the Yorkshire hills, Lakes fells & Bowland. Not a pb course. £10 in advance. Entry on the day at £12 is also available. More on UK results web link.

Sun 13 Oct: (TBC) The Penrith Rotary club 10k trail race and family fun run. There are further details and a link, with online entry available, by visiting Dave Clarke's UK Road Races website. Trail shoes recommended.

Sat 12 Oct: Cumbria Cross-Country fixture 2 of 5. At Penrith Frenchfields. Timings and race distances similar to Cockermouth above. More details on the Cumbria athletics Facebook page or Eden Runners website.

Sun 13 Oct: Morecambe 10km road race series. Like Pilling two weeks earlier there is now a series at Morecambe to. 11am start on the prom. Race HQ and registration at Brew me sunshine in nearby Victoria Street. Junior runners 11 or over can enter this race and all runners receive a medal. More details on Lancaster races website, John Schofield's UK results website and on the day entry is also available.

ALSO TODAY (13th): Gosforth Viking 5km. New race in W Cumbria from the rugby ground beside the A595 junction. This race runs along the new cycle / bridleway between Gosforth and Seascale as an out and back, no turnings and traffic free. Be advised it's pre-entry only at £6, until 12 Oct and organisers have limited it to 80. Start time is 10:30 and junior runners 13 and over can also take part. Link on UK results website.

Sat 19 Oct: The Great Langdale marathon and half marathon. From the New Dungeon Ghyll (Sticklebarn Tavern) hotel beyond Chapel Stile. Anyone who has ran the 2 lap marathon (1 lap half) will know just what a tough road race this is, taking in the surrounding lanes of the Langdale Valley and Skelwith Bridge area. Both races start at 10:30am with runners wearing different coloured numbers according to race entered.

Junior 1.5 mile race to the Old Dungeon Ghyll and back at 10am is also available with entry on the day only for this race. Advance entry by 13 Oct only, for the half and full marathons with entry & more details on the Langdale races website. (£30 marathon, £22 half, at time of submitting)

A race Karl has done in the past & he was the first senior runner (under 40) overall at the time, in the 2002 race, finishing in twelfth position in 3:56.55 that day.

Sun 20 Oct: Green Drive 5 mile race and 1 mile under 16s junior run. 11am from Lytham. Incorporates the Lancashire 5 mile AA road race championship. Entry is steep at £11 in advance and £13 on the day, whilst junior entry is £3.

Sun 27 Oct: Lancaster castle "Break out of jail Halloween 10k" road race and junior 1 mile fun run. Halloween fancy dress encouraged for both races. 1pm juniors, 2pm seniors, but entry is steep at £12 in advance or £14 on the day and half these prices for the junior event. More details and link from UK results and Lancaster races website. As the venue is next to Lancaster rail station and parking is limited, advice is to come by train where possible thanks to the later start times and it's £9.90 adult day return from Ulverston. Trains are roughly hourly in both directions until late evening.

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.

THAT COMPLETES THE LIST. UPDATES, DATE CHANGES and ANY OTHER INFO / RACES NOT LISTED WILL BE FORWARDED ON OR POSTED ON OUR FACEBOOK PAGE.