



**HOAD HILL HARRIERS**  
**NEWSLETTER**  
**JANUARY 2020**



**HAPPY NEW  
YEAR**



## **EDITORIAL: Adrian**

On behalf of the committee, can I wish everyone a happy, successful and injury free running year. Many of you are embarking on various training programmes to tackle different races and distances over the year, whilst many are happy just to run and enjoy the many positive aspects of our sport. What ever 'floats your boat', the club is here to support you all, every step of the way!

Once again, many thanks to all those who have sent in reports and photos this month, it certainly makes my life easier, and hopefully produces an interesting read. If you have any ideas on what could be added to the newsletter, please let me know. In producing this, I try to keep everyone informed with what is happening at the club, both socially, organisational, and update you on running events/results. If any members compete in a race, know of any good races or have any views on anything, please feel free to e mail your article to me, Adrian at [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com) - and I will include it in the next newsletter. Finally, apologies if I have missed a race you competed in, missed you from a result or if you don't like the photo I used of you!!

## **CONGRATULATIONS:**

Trophy winners from last year! .....Ashley and Alison Cooke for their Club Championship Vet awards.

.....TO Terry Peat and Heather Travis for winning TRI ISLANDS Hoad Hill Harriers runners of their year award.

.....TO Christine Winder for joining the Vet 60 Category!

..... To David Fulford for winning an England Masters Vet Vest after his great half marathon race.

.....To Ellie Simmonds on her selection to the England Orienteering Squad .

## **WELCOME NEW MEMBERS:**

Welcome, Kellyjo Tinkler, Graham Jessop and Tarryn Wagner to the senior section, and Dougie Mitchell to the juniors.

## **CLUB WEBSITE:**

The club website has been updated with race events, club champs, training programmes etc. for 2020. Pages will be added shortly, such as a race diary and links to race organisers. If you have any ideas on how it can be improved, please let us know.

## **CLUB CHARITY 2019:**

Many thanks to all who help raise funds during the year for Duddon and Furness Mountain Rescue Team. A total of £650 was raised, and a cheque is on its way.

## **CLUB CHARITY 2020.**

Four potential club charities were proposed: **Rosemere Cancer Foundation**, Royal Preston Hospital, **Growing Well** – a Kendal farm based mental health charity, **Ulverston Canal** Regeneration Group and **Mummy's Star**. It was agreed to support two charities in 2020: **Growing Well** and **Mummy's Star**.

**Growing Well** is a farm-based Mental Health charity near Kendal who provide a safe supportive working environment to nurture mental health recovery. They work with people on a weekly basis, sometime over years, to help rebuild a sense of purpose, to engage in meaningful and fulfilling activity and to build hope for the future. Their charitable enterprise combines mental health recovery work with the operation of an organic growing company. Over the past 15 years, they have been recognised as a leader in the field of Care Farming.

**Mummy's Star** is the only charity in the UK and Ireland dedicated to women and their families affected by cancer during pregnancy shortly after a birth. Their aim is to support pregnancy through cancer and beyond.

More specifically the charity focuses on supporting women and families where the:

- Woman is diagnosed or treated for cancer during her pregnancy.
- Woman is diagnosed or treated for cancer within a year of her giving birth.
- Family in the first year of a birth lose their female partner as a result of cancer.



**2020 MEMBERSHIP SUBS:** Many thanks to all those who have already paid this year's subs. Please be aware that all members whether 1<sup>st</sup> or 2<sup>nd</sup> claim, have to continue their membership of GSK Sports and Social Club as well. Their subs for 2020 remain the same at £30, and are also due now (many of you will have had postal reminders.) Details on how to pay this are below.

**SENIOR MEMBERS OF HOAD HILL HARRIERS:**

**First claim members**

**Increased by £1 to £23 which includes England Athletics affiliation £1 increase to £16.** (Some newer members paid £15 England Affiliation fee in Autumn. Your current membership covers you until we pay the England Athletics fees on April 1st, when their 2020-2021 year starts, but it is easier for us to collect these fees now, with your club membership, enabling us to make one bulk payment for all members in April.

**Discount for two adults/family membership –**

**Two senior members - £21 each. which includes £16 EA affiliation.**

**One senior member with two junior members - £21 for the senior member**

**Second Claim Members**

**Same as last year: £7 – assuming your £16 EA Affiliation is paid to their 1st claim club.**

**HOW TO PAY HHHARRIERS SUBS:**

- I will be at the club collecting the **£23** fee on Monday and Thursday evenings before training sessions.
- If you are unable to get down, you could post them to me at The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN. I am happy to take cash, but please make cheques payable to **Glaxo Hoad Hill Harriers**.
- You can also pay through BACS: Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHsubs to identify your payment; and let Julie Newnham know you have paid it: [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com).

**GSK SPORTS AND SOCIAL CLUB MEMBERSHIP: Most of you will have had a letter from GSK Sports and Social Club, requesting this year's membership fees, which are £30.** As you also have to be a member of the Sports Club to become a member of Hoad Hill Harriers, they would like this payment as soon as possible. This payment can be made several ways:

- send a cheque made out to **GSK Sports and Social Club** to: GSK Sports and Social Club, North Lonsdale Road, Ulverston, Cumbria LA129DR Please put your name on the back and Hoad Hill Harriers. It can also be handed over when the office is open on Mon/Wed/Frid or to the operator behind the bar.
- Hand the payment (cash or cheque) to me and I will forward it to the club.
- Using BACS: Nat West Bank, Account No.05208777 Sort code 01-08-93 (Please include a reference name to identify your payment)

**SENIOR THURSDAY NIGHT COACHING PLAN Q1 2020**

Overall Focus – stamina and endurance for Cross Country, Coniston 14 and Marathon preparation

These sessions will cater for anyone new to interval work through to experienced athletes – we'll help you get into

Intermediate and Advanced Groups					Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
30 <sup>th</sup> Jan	North Lonsdale Road	2 x 2 miles	Pace judgement	Aim for 3 negative split	Station approach	10 x sprints (5 up/ 5 down)	Speed on hills	Style
6 <sup>th</sup> Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	5 laps doing sides	Speed	Style
8 <sup>th</sup> Feb – Mid Lancs Cross Country								
13 <sup>th</sup> Feb	Morecambe Road	3 x 1 mile TTT format & 4x1min	Working together	Arms	Siemens Ind Estate	10 x 500m	Speed/ Endurance	Pace judgement
20 <sup>th</sup> Feb	Triangle	4 x 1k then 1x 1mile Long side rec	Pacing	Posture 'helium balloon!'	Siemens Ind Estate	90secs. run, 30secs. rest, 30secs. run. 90secs. rest x 10	Speed	Pace judgement
27 <sup>th</sup> Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	1side/2 sides/3sides/1 side/2 sides/3 sides with 1 side recovery	Speed	Pace judgement
29 <sup>th</sup> Feb – Mid Lancs Cross Country								
5 <sup>th</sup> Mar	Belmont, Greenbank	5-6 hill reps (300-400m). Recovery back down the hill	Hills/stamina	Form	Siemens Ind Estate	Pyramid 200/400/600/800 /600/400/200	Speed	Pace control

the right group and help you move between groups at the right time.

**Safety – Don't forget high viz clothing till we get onto the field; 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%**

## **FROSTY TRIPLE SERIES: 13<sup>th</sup> – 15<sup>th</sup> DEC**



Embracing the festive spirit, Tri-Island Running hosted their 3rd annual triple event with a festival of running - 4 distances were available each day, 5km, 10km, Half Marathon and Full Marathon.



Each finisher received a bespoke Tri-Island Running Medal and a goody bag and for those who completed all three days, an event T-Shirt as well. All their courses were flat, easy to follow routes and included lapped courses.

### **Day 1: Rampside Ramble**

**5K:** Simon Barton 4<sup>th</sup> 24:55 Caroline Peet 13<sup>th</sup> 31:40

**Half Marathon:** Nigel Storey 2<sup>nd</sup> 1.40.18 Sally Barton 9<sup>th</sup>. 1:58:14



### **Day 2: On the Edge Challenge**

**5K:** Heather Travis 2<sup>nd</sup>. 1<sup>st</sup>. Lady 25:01

**10K:** Bill Sharp 2<sup>nd</sup> 51:55



**Day 3: Rampside Ramble**

**5K:** Terry Peat 30:08

**10K** Mick Cull 1<sup>st</sup> 43:25

**Half Marathon:** Darren Coward 1<sup>st</sup> 1:30:27 **PB**



**JUNIOR SECTION:**

**FOSTY TRIPLE SERIES:**

**5K**

**Quote from Zach**

"I really enjoyed the 5k run because I got to run with my friend and because it was my first 5k so I ran with my Dad. I liked the medal and all the cheering for us Hoadies!"

Zack Parkinson 32:11

Joseph Connolly 28:40



**JUNIOR PRESENTATION NIGHT:**



Well done to all the juniors, such a lot of hard work and determination this year from all the runners. Chris and Louise said it was truly the hardest job of the year, when there are so many deserving achievements.



**CHAMPIONSHIP GIRLS**

1st IONA SMITH  
2nd ELLEN DOUGLAS  
3rd KATELYN DOUGLAS

**PROMISING RUNNERS**

QUINN THOMPSON  
BEN BARCLAY  
EMILY SPENSER  
AMELIA THOMPSON

**PROMISING NEWCOMERS**

NATALIA ANDERSON  
KYRAN HARVEY  
THEO ZABOKLICKI

**CHAMPIONSHIP BOYS**

1st CALVIN SINGLETON  
2nd ETHAN HARVEY  
3rd MAX HAZELHURST

**COMMITMENT**

LILY MITCHEL  
JOSEPH CONNOLLY  
NOAH ZABOKLIKI  
ROSE YEARNSHIRE

**OUTSTANDING IMPROVEMENT**

LEVEN SOPWORTH NICHOLSON

**JUNIOR PARK RUN SUCCESSES:**

Oscar Yearnshire **PB** 27:16 Emily Spencer **PB** 27:17, Rose Yearnshire **PB** 28:05 Holly Heffernan **PB** 24:14  
Joseph Connolly **PB** 27:52

**WHITESTONES SUNDAY WINTER LEAGUE FELL RACE:**

Under 11 Race:26<sup>th</sup>. Theo Zaboklicki 09:58, 9<sup>th</sup>. Noah Zaboklicki 08:27 Under 15 Race: 16<sup>th</sup>. Max Hazlehurst 07:45

**SCOUT SCAR SUNDAY WINTER LEAGUE FELL RACE**

**Under 13 Race.**12<sup>th</sup> Max Hazlehurst Boy 08:25

## **BIRKRIGG SUNDAY WINTER LEAGUE FELL RACE (Championship Counter):**

**Under 13 Race:** 14<sup>th</sup>. Max Hazlehurst 06:12, 36<sup>th</sup>. Ellen Douglas 07:22, 38<sup>th</sup>. Kieran Harvey 07:27

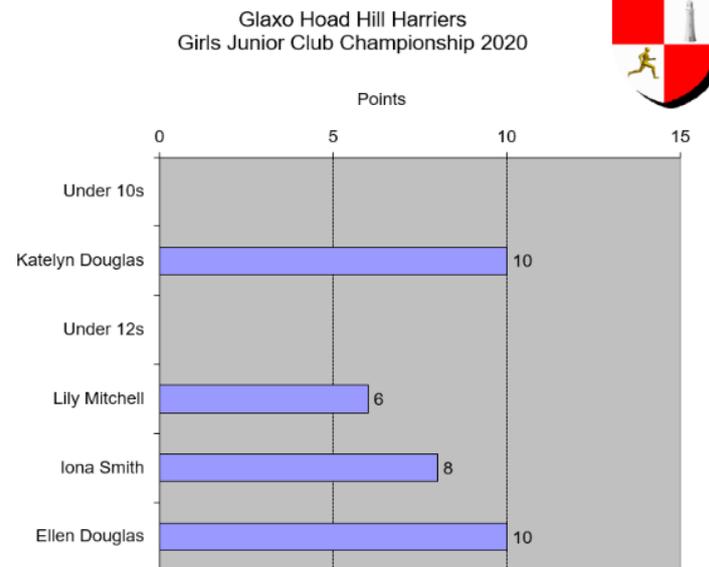
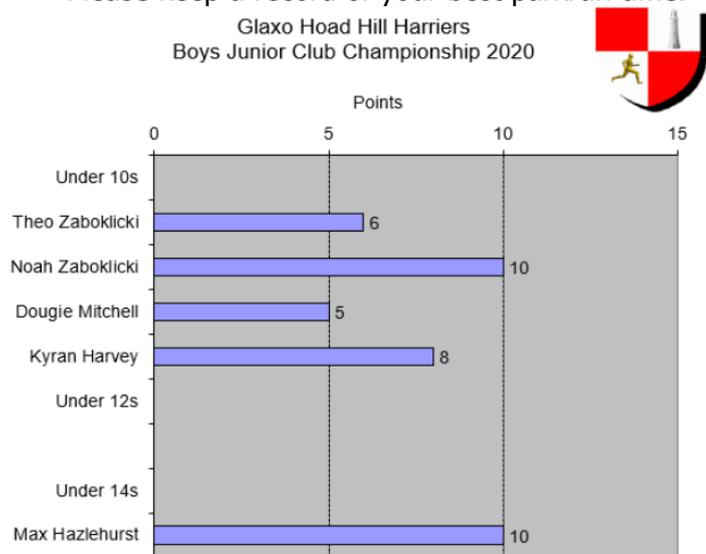
39<sup>th</sup>. Iona Smith 07:28, 50<sup>th</sup>. Lily Mitchell 10:20 Katelyn Douglas

**Under 11 Race:** 17<sup>th</sup>. Noah Zaboklicki 06:57 31<sup>st</sup>. Theo Zaboklicki 08:00

## **JUNIOR CLUB CHAMPIONSHIP RACES 2020:**

	<b>Event</b>	<b>Date</b>
1	Kendal Winter League Birkrigg Common	26/01/2020
2	Midlancs X-country Ryelands Park Lancaster	29/02/2020
3	Paul Jarvis 1 Mile fun run	10/05/2020
4	Birkrigg Common Fell Race	20/05/2020
5	Dalton Charter 1 Mile fun Run	15/05/2020 May 2020
6	Hoad Hill Fell Race	02/07/2020
7	HHH Junior Sprint Championships	Wednesday in August 2020
8	Glaxo Summer 1 mile Fun Run	26/08/2020
9	Ulverston Monument 1 mile Fun Run	09/09/2020
10	Midlancs X-country Ulverston	TBC
11	Xmas Pudding 1 mile fun run	06/12/2020
12	Best Ulverston park run time	Throughout 2020

- Please keep a record of your best parkrun time.



## **JUNIOR MEMBERSHIP SUBS 2020:**

Children's fees have had to increase by £2; from £20 to **£22** made up of £14 for Glaxo Hoad Hill Harriers and £8 for GSK Sports and Social Club. These fees could be paid to the children's coaches, in a signed envelope either cash or cheque made out to Glaxo Hoad Hill Harriers.

2 BACS Payments have to be made to each club's accounts:

**£14 for Glaxo Hoad Hill Harriers:** Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHsubs to identify your payment; and let Julie Newnham know you have paid it: [adrian.newnham@btinternet.com](mailto:adrian.newnham@btinternet.com).

**£8 for GSK Sports and Social Club.** to Nat West Bank, Account No.05208777

Sort code 01-08-93 (Please include child's reference name and HHH subs to identify your payment)

\*If there are any changes in addresses, contact details and medical information, could you let us know to enable us to update our club database.

So far, 10 of our 50 junior members subs have been paid. Although some members do not start running again until the nights get lighter, we would appreciate payment now. It is easier for the membership secretary and the treasurer to bank and send off England Athletics Affiliation fees in one go.

## **BURNLEY X COUNTRY:**

Well done to our juniours who took part in this fixture, both in the Under 13 races. 31<sup>st</sup>. Iona Smith 11:56 and 35<sup>th</sup>. Max Hazlehurst 12:14



## **KENDAL MINT COMPANY:**



**CLUB DISCOUNT**

REDEEM CODE ONLINE: HHH15

Terms & Conditions Apply.

**15% Off & Free Delivery**

KENDAL MINT CO.



I know several of you have tried and like their gels and recovery drinks. Don't forget you can purchase them online with free delivery and 15% off all prices including sales items. The discount code is **HHH15**. <https://www.kendalmint.co.uk/>

## **CUMBRIA X COUNTRY CHAMPIONSHIPS Jan 4th. Penrith.**



Matt Elkington 6<sup>th</sup>. in the Senior Men's race.

## **PARK RUN NEWS:**

Many congrats to successes this month at various Parkruns in the area.

**Ford Parkrun:** Andrew Dorian **PB** 17:17 Glenn Boulter **PB** 20:38, Liz White **PB** 22:38 Gary Dover – 1<sup>st</sup> finisher and **PB** 19:47 Michal Parka **PB** 21:58 Carol Whittle **PB** 28:09

**Barrow Parkrun:** Andrew Dorrian **PB** 16:33 Glenn Boulter **PB** 20:56 Ian Walker **PB** 27:31

**Fell Foot Parkrun:** Jack Wright. 1<sup>st</sup> finisher.

**Ambleside Rothay Parkrun** Jack Wright, 1<sup>st</sup>. finisher Lauren Booth 1<sup>st</sup>. Lady finisher

## **HOAD HILL HARRIERS BOXING DAY 5K HANDICAPPED RACE:**



Over 60 runners of all ages, left their watches at home and braved the weather, to support our club charity, Duddon and Furness Mountain Rescue. Many thanks to all involved who helped to raise £103.

Glen Boulter predicted his time exactly, with Dave Barstow 2 seconds out and Graham Pinder 3 seconds out. The first three men back were Callum Rowett of UTC who was back in 17:35, followed by Justin Corbishley in 18:47 and Lewis Watts in 18:54. The first three ladies were Karen Maggio Poyntz 22:10, Alison Cooke 22:50 and Janice Callister 22:57. The fancy dress was won by James Clarke.



## **KONG WINTER SERIES:**

**1<sup>st</sup> Matt Elkington 00:38:24 4<sup>th</sup>. Jack Wright 00:40:10**

## **WANSELL FELL RACE: Dec 27: Pete Davison.**



### **Wansfell Race. A race report including 17 cakes, can you spot them?**

I was parkin my car when I looked up and saw the brownie yellow sun trying to break through the tall trees of the black forest under Wansfell . Oh dear, I though as I gingerly stepped out feeling a bit of a lemon as I realised I had my top on upside down. I quickly decided that I needed another layer as I had felt warmer last week in Dundee! I was the first there and was wondering if I had the right date but soon, I spotted Dick and my other clubmate Victoria Sponge, she's an angel! It was not the best of races as I fell plum on my face, but luckily, I had a snowball to hand to reduce the swelling. I just hope the critics do not pan me! At least I did not fall as far as that poor lad Hans, you should have seen the swiss roll! Anyway, I can recommend the race to all and hope yule log it down in your diary for next year.

But seriously...

### **Wansfell Race and the science of recovery food.**

OK so there was a lot of cake on offer after this one and it was all free. But in case you hadn't realised, Alan Wilson and I are

athletes, we do not just trawl local races simply entering those advertising free confectionary.

So, we decided on a healthy option at a local café after this particular trot out, involving vegetables and other such recommended recovery foods. I always believe in trying new age methods and experimenting with a diet for recovery after a hard race...NOT!

Monotonously munching my way through such dreary drivel as broccoli, tomatoes and salad I was thinking, there is nothing like that guilt free cake or two after burning some calories, and this was nothing like it. So, I will quickly be returning to my tried and tested formula for getting those limbs going again...cake, cake and beer.

Mind, I am fanatical about stretching ...stretching for another cake, stretching my last tenner to another round etc.

Oh, and the race was as good as I remember it, lots of jokes about running off turkey and people propelling themselves uphill on the aftereffects of too many sprouts. Well done Ambleside AC for another great day out and thank you Leanne for the support. And Alan flew past me on the way down, excitedly shouting that he had spotted a right fit bustard. I didn't know he was a bit of a twitcher! Onwards and downwards as they say...

1<sup>st</sup>. Jack Wright (representing Ambleside AC) 20:47

144<sup>th</sup> Alan 'Waffles' Wilson 34:52 155<sup>th</sup>. Pete 'the Pasty legged Pasty' Davison 35:38.

## **MEDAL RECYCLING:**

If you have any unwanted medals, please bring them down to the club house. We are collecting them and passing them on to club member Becca Rooke. They will go to a local scrap metal dealer and money collected will go into Greener Ulverston funds. Greener Ulverston is a community group run by a small committee that was set up in April 2019. They aim to help educate locals about various environmental issues and what they can do to help. One of their mottos is 'simple changes, every day, by everyone'. They have set up various recycling points around Ulverston for pens, toothbrushes and toothpaste, contact lenses, as well as promoting other schemes that exist. Other initiatives include a Summer Recycling Challenge that 1000 primary school children took part in, distribution of 210 free trees, co-organised the Global Climate Strike outside the Coronation Hall in September 2019, and they are running an Eco Club at Sir John Barrow Primary School.



## **CENTRAL LANCS (PRESTON) HALF MARATHON: Sun 6<sup>th</sup>. Jan Sal Barton**



Sally Barton achieved her half marathon PB, knocking two and a half minutes off her previous one, finishing as 2<sup>nd</sup> Vet 55 in a time of 1:55:16.

'It was nice to see some friendly faces as there was a contingent of Parkside Panthers entered too, so that cheered me up at the start and helped to take my mind of my pre-race nerves. It was a good day for running, fine and no rain and very little wind.

The race runs mainly on country lanes, slightly undulating with a total of 269 feet of ascent. Basically, I ran as fast as I could and was thrilled to see that my time was 1.55.16 with an average pace of 8.46mins/mile. The medal was enormous, and we got a chocolate biscuit and some sweets at the finish! I've done this race twice and would do it again and certainly recommend it.'



### **GARSTANG 10K 12<sup>th</sup> Jan**

116<sup>th</sup>. HEATHER TRAVIS 00:46:26.07  
 268<sup>th</sup>. MIKE LAVERY 00:54:58.68  
 328<sup>th</sup>. MIKE FAWCETT 00:58:29.62

### **AGM AND COMMITTEE 2020:**

<b>Role/Position</b>	<b>Nominee</b>
Chair	Alan Wilson
Vice Chair	Terry Gannon
Secretary	Glenn Boulter
Treasurer	Phil Horrocks
Race Director	Louise Thompson
Membership	Julie Newnham
Head Coach	Damian Jones
Cross Country, Newsletter, Kit	Adrian Newnham
Media, Club Champs, Trophies	Simon Barton
Men's Captain	Tom Evelin
Women's Captain	Mel Simmonds
Website	Graham Pinder
Social	Karen Morgan
Other Committee Member	Peter Davison
Other Committee Member	Pat Thomas

The Chair read out his yearly report which was followed by the treasurer's report. The following members were elected as the club's committee for 2020.

Please feel free to approach a committee member with any issues you have, or to forward anything you wish to be brought up at our monthly committee meetings.

## MID LANCS X COUNTRY: TOWNELEY PARK, BURNLEY: Jan 11<sup>th</sup>.

Thankfully, the terrible weather forecast for the event, didn't deter the 28 seniors who travelled to Burnley to represent the club.

In fact, the bad weather didn't really materialise, and we were pleasantly surprised by the firm conditions that the course presented.



The ladies' team were a little depleted, but all played a crucial part in securing good team positions.

The first team composed of: Liz White, Elsie Roberts and Alison Cooke finished in 15<sup>th</sup>/38 teams. They are now in an overall position of second place in their league, and another good finish in the next two events should get them promoted.

The second team of Stephanie Gillies, Sally Barton and Penny Moreton helped their team maintain a high overall position of 6<sup>th</sup> place out of 40 teams, and the highest placed B team in their league.

The Vet 35 team were 8/18, and are now in an overall league position of 5/23 teams  
The Vet 55 team were 5/12 and are now in overall league position of 3<sup>rd</sup>.



46<sup>th</sup>. Liz White 25:25,



51<sup>st</sup>. Elsie Roberts 25:33



74<sup>th</sup>. Alison Cooke 26:56



93<sup>rd</sup> Stephanie Gillies 27:59,



122<sup>nd</sup> Sally Barton 29:43



169<sup>th</sup>. Penny Moreton 35:26  
173<sup>rd</sup> Stephanie Roberts 35:59



The men's team had a strong turnout, although were missing several strong Vet 40 runners due to injuries and work commitments. Frank joined us for his first outing, and smiled all the way round, indicating he would happily do more!

Matt tucked in with the leading group and stayed with them before it split on the final lap. He maintained his position and a final sprint saw him finish in 3<sup>rd</sup> place. He is now in = 1<sup>st</sup> place in the individual male standings. Strong runs from Andrew, Vincent, Luke, Gary and Lewis saw the men's team finish in 11/28<sup>th</sup>. position, with the B team in 21<sup>st</sup> position.

Our Vet 40 team finished 10<sup>th</sup> whilst a strong Vet 50 squad of Gary, Sean and Mark Simmonds finished 3<sup>rd</sup>. The Vet 60 team of Graham, Pat and Ashleigh finished in second place. Well done everyone, two events to go!



3<sup>rd</sup>. Matthew Elkington 33:12,  
109<sup>th</sup>. Luke Turner 41:11,  
123<sup>rd</sup> Sean Dixon 41:52,  
151<sup>th</sup>. Alan Wilson 43:17,  
193<sup>rd</sup>. Glenn Boulter 45:49,  
233<sup>rd</sup> James Cooke 49:30,  
260<sup>th</sup>. Adrian Newnham 55:00,

20<sup>th</sup> Andrew Dorrian 36:12,  
113<sup>th</sup> Gary Dover 41:21,  
130<sup>th</sup> Mark Simmonds 42:14,  
177<sup>th</sup> Nigel Storey 44:48,  
200<sup>th</sup> Graham Pinder 46:12,  
249<sup>th</sup> Simon Barton 51:55,  
263<sup>rd</sup>. Frank McKeown 55:37,

100<sup>th</sup> Vincent Jeuk 40:42,  
114<sup>th</sup> Lewis Watts 41:28,  
148<sup>th</sup> Mark Saunders 43:06,  
191<sup>st</sup> Damian Jones 45:45,  
207<sup>th</sup> Patrick Thomas 46:54,  
251<sup>st</sup> Ken Lamb 52:03,  
269<sup>th</sup>. Karl Fursey 1:02:01

**The last two fixtures:**

Feb 8<sup>th</sup>. Lawson's Ground, Blackpool

Feb 29<sup>th</sup>. Ryelands Park, Lancaster,

## 4 VILLAGES HALF MARATHON, HELSBY, CHESHIRE:19<sup>th</sup> Jan: David Fulford



Having turned 40 on October 8th last year, I have always had it in mind to have a go at obtaining an England vest at Master's level (basically for the aging runner!) Although the opportunity exists for the vet 35 category, historical results suggested it would be unlikely for me to achieve my goal.

After 4 months of what had been great training, the Essar 4 villages half marathon (in Cheshire) was the target, though the starting line up (available online) suggested only a PB would be enough, it was a stacked field. After a tough taper, including a real injury scare and a minor cold a few days before I was pleased just to be on the start line.

A perfect day weather wise, helped calm race day nerves, everything clicking into place as I felt ready for the battle ahead. I knew I had to get my race strategy just right, in fact I've always faltered from mile 11, every single time (and I've raced half a dozen). The gun went and we were off, finally time to relax into it! Target pace was 5:30 per mile, except for the hills later on.

1st mile 5:30 (I even gave myself a thumbs up!) 2nd mile 5:30, perfect. I rode the early surge and allowed many to go past me, learning from previous races where I would go with the surge. I found myself in a group of 4, working together nicely.

The miles ticked by, I felt comfortable, running fast but not racing, despite some faster miles at sub 5:30 pace. Our group was catching a good few runners, helping morale. I knew I had to keep to my race plan, the race starts at mile 10 miles I kept saying! It'll get harder soon!

Mile 8, one of the group broke away, I was starting to really feel the pace now, particularly as we were climbing steadily, this was hurting but I still had something left, not knowing where I was in my category with the top 4 to qualify.

Mile 10 was a slower one, time slipping away, I caught 2 more which really helped me to focus, I was struggling at this stage but knew the downhill section was to come soon. A brief chat with another runner (confirming he wasn't a vet in the process!) and at 10.5 miles it was time to push on, time to race!

Someone came flying past me, I couldn't latch on, he was gone. I kept pressing knowing I was moving swiftly. Mile 12, in the zone, catching those in front, 5:17 mile on a more downhill section and another flagging runner was caught. With 800m to go another runner came flying past me (again later I found out he was vet 40, which could be pivotal).

Into the final sections, twisting turning but where 's the finish! I eased off a little, knowing I had a small gap to the runner behind, the final gantry in sight, finally! I was being caught, and quickly, best not let him catch me so upped my pace, still not enough but a final sprint kept him at bay.

Finishing in 1hr 13m 28secs I was happy, broke the curse of fading as my last mile was in 5:30 but had the 2 that went past me lost me the England vest? So I had a pb and the prize of a London marathon Championship entry, but I wanted the big prize or I knew I would be disappointed despite having run as well as I could.

Time ticked; I had finished in 18th place (out of over 2000 runners). The wait for the results was painstaking. Finally, I saw 4th flash up on my screen, I had made it! Elated, truly elated, emotional in fact. A few handshakes from those around me, they knew what it meant.

Never thought I would ever get to say it, but I get to represent my country on 15th March against the Celtic nations. Trying to stay fit and free of injury is the next challenge, for hopefully what will be a truly memorable day. Thanks for reading!

The final word has to be never to give up. At school I never ran for my school cross country team, finishing 3rd to 5th with the top 2 qualifying (out of 40-50 boys). Keep running and keep believing. Finished in 1hr 13m, 20secs ahead of 5th vet with 4 to qualify.

## 2020 CLUB CHAMPIONSHIP SERIES

### Current Championship Race List – Quarter 1 2020

- 11<sup>th</sup> January – Mid Lancs Cross Country, Towneley Park, Burnley -
  - 26<sup>th</sup> January – Kendal Winter League – Birkrigg Common - NEW
  - 8<sup>th</sup> February - Mid Lancs Cross Country, Blackpool -
  - 15<sup>th</sup> February – Barrow Park Run (5k) -
  - 29<sup>th</sup> February – Mid Lancs Cross Country, Lancaster -
  - 14<sup>th</sup> March – Dentdale Run (7.9m & 14.2M) -
  - 21<sup>st</sup> March – Coniston 14 -
- (Quarter 2 races will be added at the end of February!)

### **PLEASE REMEMBER:**

When entering races, please do so as a member of **Glaxo Hoad Hill Harriers**.

### **CLUB CHAMPIONSHIP SERIES LEAGUE**

#### **STANDINGS (after 2 events)**

#### Club Series Championship

#### Women's Scores @ 26/1/20

##### Senior

Overall I	Total Points	Name
1	20	Liz White
2	9	Stephanie Roberts
3	0	
4	0	
5	0	
6	0	
7	0	
8	0	

##### Vet 45

Overall I	Total Points	Name
1	10	Elsie Roberts
2	9	Stephanie Gillies
3	0	
4	0	
5	0	
6	0	
7	0	
8	0	
9	0	
10	0	

##### Vet 55

Overall I	Total Points	Name
1	20	Alison Cooke
2	18	Sally Barton
3	8	Penny Moreton

#### Club Series Championship

#### Men's Scores @ 26/1/20

##### Senior

Overall Position	Total Points	Name
1	15	Lewis Watts
2	10	Darren Coward
3	10	Matt Elkington
4	9	Andrew Dorian
4	9	Glen Boulter
6	8	Vincent Jeuk
6	8	Stephen Peters
8	7	Mike Cull
8	7	Luke Turner
10	6	James Howarth
11	5	Mark Saunders

##### Vet 50

Overall Position	Total Points	Name
1	10	Gary Dover
2	9	Sean Dixon
3	8	Mark Simmonds
4	7	Alan Wilson
5	6	Nigel Storey
6	5	Damian Jones
7	4	Ken Lamb
8	3	Frank McKeown
9	2	Karl Fursey

##### VET 60

Overall Position	Total Points	Name
1	10	Graham Pinder
2	10	Ian Peters
3	9	Pat Thomas
4	8	James Cooke
5	7	Simon Barton
6	6	Adrian Newnham

**KENDAL WINTER LEAGUE: WHITESTONE FELL RACE:** Ian Peters 56:08

**KENDAL WINTER LEAGUE: SCOUT SCAR FELL RACE:** Ian Peters 48:37

**KENDAL WINTER LEAGUE: BIRKRIGG FELL RACE:**

The weather was certainly atrocious for the earlier junior races, with driving rain and mist making visibility tough. However, for the start of the senior race, it stopped raining and the superb views from the summit were visible once again.

As it was a club championship counter, Hoadies were out in force amongst the 170 competitors.



54<sup>th</sup>. Darren Coward 27:27,



66<sup>th</sup>. Lewis Watts 28:28



Stephen Peters 28:53 75<sup>th</sup>.



Mick Cull Man 28:58



97<sup>th</sup>. James Howarth 30:38,



110<sup>th</sup>. Glenn Boulter 31:32 117<sup>th</sup>.



Liz White 32:08, 118<sup>th</sup>.  
Sally Barton 37:03



Alison Cooke 32:18 153<sup>rd</sup>.



Ian Peters 37:00, 154<sup>th</sup>.



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

Here is the first part of the new year's road races. Races for CUMBRIA and Lancaster area only. Entry fees are for ATTACHED club runners and may be subject to alteration...please check in case of revisions.

**Sat 08 Feb: For reference only: Penultimate mid-Lancs cross-country fixture at Blackpool.** Car parking will be limited nearby. As many Hoadies as possible needed to run to secure valuable points for the club.

**Sun 16 Feb: Lancaster Valentine's weekend 10km road race.** More details and online entry is available via John Schofield's website. 11am start with a Valentine's momento for all finishers. Steepish entry fee.

**TBC: Fri 28 Feb: Morecambe Power of 5k road race.** Must be a series of these Friday night 7pm races, every six weeks going round the Salt Ayre cycle track three times. £5 entry, but see Lancaster and Morecambe ACs website for further details.

**Sat 15 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE:** Broughton-in-Furness Cross-Country. Two laps starting and finishing at the old railway line near Broughton Square. Hilly and muddy fields are also included in the 5 mile distance. See BCRs website calendar for more details, a map and a link for where to park. 10:30. Handicapped start. Free.

**Sat 22 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Whin Rigg (The Screes) fell race.** Around 5 miles and 1600ft ascent primarily following the Screes fell race course, but see the website for further details, where to park etc. Off time is 10:30 and the event is Free and Handicapped.

**Sun 23 Feb: Maryport 10 miler.** This popular undulating / hillyish Cumbrian race starts at 11am from Netherhall School with entry (£12) available on the day. Free buffet after for all finishers. Cumberland AC or Netherhall ACs website for more details.

**Sun 23 Feb: Montane Dalemmain 10km trail race.** 9:30am from Dalemmain House, Ullswater, near Penrith. Like the Lakeland Trail race series, this to is steep entry fee at £25, but included is a bespoke medal and tech race t-shirt. More details on the Lakeland 100.com website.

**Sat 29 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Black Combe up and down fell race** covering 4.5 miles and 1800ft ascent to the summit and back, from Whicham Church, Silecroft. There's a large car park there now, and off time is 10:30am. Handicapped. Free.

**Sun 01 Mar: (TBC maybe previous week) Ulverston Triathlon Club winter series race Duathlon at Ulverston.** Entry fee applies. See any Hoadie who's also a member of UTC for all the details you need.

**Sat 29 Feb: For reference only: Final mid-Lancs cross-country fixture at Ryelands Park, Lancaster.** See our Facebook or the Mid-Lancs website for more details and watch out for club updates. Please try and race this one...it could make all the difference to the clubs' standings in the league tables. Timings as per previous races in this league.

**Sun 01 Mar: Ron Hill Accrington 10k.** 9:30am from Accrington Market Hall, Peel Street. £17 entry in advance, more on the day. Further details available by clicking on the link on John Scofield's UK Results website which also has a full race calendar of events in the country.

**Sun 01 Mar: Haweswater Half-Marathon,** 11:30am from Bampton School, 9 miles outside Penrith. Registration at nearby village hall. £20 in advance, £22 on the day if limit not reached. Very scenic, but challenging out and back route to Mardale Head. Superb pre-spring marathon training run. A 1.6 mile junior race is also taking place and entry for this is on the day only. See Eden Runners website (they organise it) for full details and entry form.

**Sun 08 Mar: New Longton 10k and 1 mile fun run.** 10:30am from New Longton All Saints Primary School near Preston. £11.50 in advance via Bookitzone website. Fun Run entry on the day, 10am start. More details also on this website.

**Sat 14 Mar: Dent 14.2 miler.** Many Hoadies have ran this in the past. Need I say more, but see the Dentdale website for more info. Entry is £16 in advance only, £18 on the day if race limit not reached. Start time is 1pm. A useful hilly pre-spring / London Marathon training race. **There is a shorter 7.9 mile race option...**details on website, entry fee is same as the 14.2. Great for runners wanting a shorter, less challenging run.

**Sat 21 Mar: Lakeland Trails race series 2020 kicks off with the Cartmel** 18km and 10km events from Cartmel racecourse. Expect to get muddy, but it's no worse than a mid-Lancs fixture, however, entry is steep at over £25. From 1pm. More details on the Lakeland trails website.

**Sun 15 Mar: Lancaster (Trimpell) 20 mile road race.** Your pre-spring marathon weekly long run this week is this race, however, entry is steep at £25 (there is entry on the day) and this race has had bad publicity in the past. On the plus side it's practically pancake flat. 11am from Lancaster 3-1-5 Health Club close to J36 M6. Car parking is very restricted at this venue.

**March: (Check web as date is TBC) Lorton School 10km road race.** From the village school, near Cockermouth. Undulating course. 11am. £10 in advance, £12 all on the day. Lorton school website for details and link.

**Sun 22 Mar: Workington to Keswick 30 miler.** ALL ROAD. Great K2B warm up event. Although a walk, a few people run it. See Karl if anyone fancies doing it this year. From the legion club in the town starting when you are ready between 7:30 and 8:30am (each walker/ runner is given a route card to be stamped at each CP, and the start marshalls mark it with your start time, so there's no worries about a mass start), it is routed via Branthwaite, Ullock (CP1), Mockerkin, Loweswater, Lorton Valley (CP2), Lanthwaite Green, Buttermere village hall (17.5 miles CP3), Honister Pass to Seatoller (CP4), Rosthwaite, Grange Bridge (Last CP), and Keswick Cricket Club (may change, but was this venue in 2013. See the Workington to Keswick Facebook site for more details and how to enter.

**Sat 21 Mar: (A week earlier this year) Coniston 14.** 11am start. Generally it's pre-entry only, do it before 28 Feb as this race is usually full by then. See their website and this will almost certainly be a club champs counter event. There may be entry on the day if limit isn't reached...this has happened most years since 2010. Prices are very steep at £30 to enter.

**Sun 22 Mar: (TBC) Great Grizedale forest trail 10 mile race.** 12:00 from the main visitors centre at Satterthwaite. Entry in advance on SI Entries website or on the day. See Grizedale10run website for more info and entry / route details.

**Sat 21 Mar: Mother's Day 10k...**from the George and Dragon pub in Lancaster on the quay. 11am. £15 on the day. Also fun run for the kids at 11:05 costing £3. Lancaster races website for more details and a full list of their 2020 fixtures.

**Sat 28 Mar: (Date TBC) Longtown 10 mile race.** New event in N Cumbria that could become a favourite. Undulating in places. From Longtown primary school at 12:00. £12 in advance, £14 on the day. No further details at time of submitting, so please check all relevant websites to see if the 2020 race is on.

**Sun 29 Mar: Garstang Gallop 7 miler.** 11am from Garstang sports & social club. £12 in advance or £14 on the day. See John Schofield's website for more details and link.

DON'T FORGET EVERY SATURDAY AT 9am IS THE WEEKLY 5k PARK RUN FROM BARROW-IN-FURNESS, MILLOM, ULVERSTON AND NEWBY BRIDGE (Fell Foot) AND Ambleside. Best of all it's free to enter, but see the park run website for details before turning up.

## ROAD RACES

<b>JANUARY</b>	<b>APRIL</b>	<b>31 MAY CRAZY COW 10K</b>
5 JAN CENTRAL LANCS HALF MARATHON	5 APR RACE TO THE CASTLE 10K	<b>JUNE</b>
5 JAN LANCASTER WINTER 5K	5 APR FLEETWOOD 10K	7 JUN MORECAMBE 10K RACE 1
12 JAN GARSTANG 10K	10 APR CALDERVALE 10 MILE	13 JUN PILLING 10K RACE 2
19 JAN INSKIP HALF MARATHON	12 APR	14 JUN CATFORTH 10K
26 JAN PARK & RIDE 10K	13 APR WELLY 10K, LANCASTER PRIORY	17 JUN HAWKSHEAD 10K
<b>FEBRUARY</b>	18 APR WORDEN PARK 5K	21 JUN FATHER'S DAY 10K
2 FEB BLACKBURN WINTER WARMER 10K & 2K	19 APR 3 BRIDGES 10K	21 JUN FRECKLETON HALF MARATHON
8 FEB CALDERVALE MUDDY SHOES 10M & 5M	25 APR BLACKPOOL FESTIVAL OF RUNNING	24 JUN BENTHAM MIDSUMMER MADNESS 10K
9 FEB MAD DOG 10K	26 APR BLACKPOOL FESTIVAL OF RUNNING	28 JUN SOUTHPORT HALF MARATHON & 10K
16 FEB VALENTINES 10K	28 APR RIPLEY 4 MILE SUPPER RUN	<b>JULY</b>
16 FEB GREAT NORTH WEST HALF MARATHON	<b>MAY</b>	4 JUL CATFORTH 5K
22 FEB STANLEY PARK 10K WEEKEND	2 MAY WRAY SCARECROW 10K	4 JUL LOSTOCK HALL CARNIVAL 5K
23 FEB STANLEY PARK 10K WEEKEND	3 MAY KESWICK HALF MARATHON	5 JUL MORECAMBE 10K RACE 2
23 FEB 38 <sup>TH</sup> LOSTOCK 6 MILE	3 MAY SHERRIFF 10K	7 JUL CALDERVALE SUPPER RUN
<b>MARCH</b>	6 MAY KENDAL 10K	8 JUL ENDMOOR 10K
1 MAR RON HILL ACCRINGTON 10K	8 MAY AVENHAM PARK 5K	11 JUL PILLING 10K RACE 3
1 MAR TROTTERS 5 MILE	10 MAY BLACKSTICKS BLUE 10K	12 JUL BLACKPOOL SUMMER 10K
8 MAR NEW LONGTON 10K	10 MAY CHORLEY 10K	15 JUL LANCASTER 10K
8 MAR RODDLESWORTH ROLLER	16 MAY PILLING 10K RACE 1	16 JUL SCORTON SUPPER RUN
15 MAR TRIMPELL 20 MILE	16 MAY BLACKPOOL PROMENADE 10 MILER	18 JUL ELSWICK 10 MILE
21 MAR MOTHER'S DAY 10K	17 MAY WORDEN PARK 10K	19 JUL WINDMILL HALF MARATHON
22 MAR	20 MAY WESHAM SUMMER 10K	26 JUL CALDERVALE SUMMER 10 MILE
29 MAR MUDDY BOTTOMS	24 MAY HANGMAN'S NOOSE 10K	
29 MAR GARSTANG GALLOP 7 MILE	24 MAY BLACKPOOL BEACH 10K	
	27 MAY LEVENS 10K	
	30 MAY CATFORTH 5K	