



HOAD HILL HARRIERS NEWSLETTER

APRIL 2018

VIRGIN LONDON MARATHON



EDITORIAL: Adrian

For those of you who race, the season has well and truly started, with some great club turn-outs. For this reason, the newsletter is out sooner than usual. The last few have been on the large side, and I worry whether people read them, or miss announcements. I am going to try and keep on top of things, and record things as they happen, in order to get the newsletter out more regularly.

I'm afraid the junior section is a bit thin on the ground this month, the Corbishley lads have obviously been taking it easy!! I enjoy receiving reports from the juniors; it is everyone's newsletter and any addition from the youngsters is welcome. Their membership is over the fifty mark now, with new arrivals trying them out on a weekly basis. If anyone fancies attending a coaching assistant course to help coach the youngsters, please let me know, and I'll pass it on to the committee.

Welcome to new member Bill, and Simon who is trying us out. It is also great to see Kerry and Cheryl back running with us.

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!!

ENGLAND ATHLETICS AFFILIATION: Julie N.

You should all have received an e mail to inform you that your athlete registration with England Athletics by **Glaxo Hoad Hill Harriers** has now been processed for the year 2018/19

Your registered athlete number (also known as a URN) was included in the email. Please note/record this number to your phone, as you are likely to be asked for it when you are entering competitions as an affiliated runner, and to receive your £2 discount.

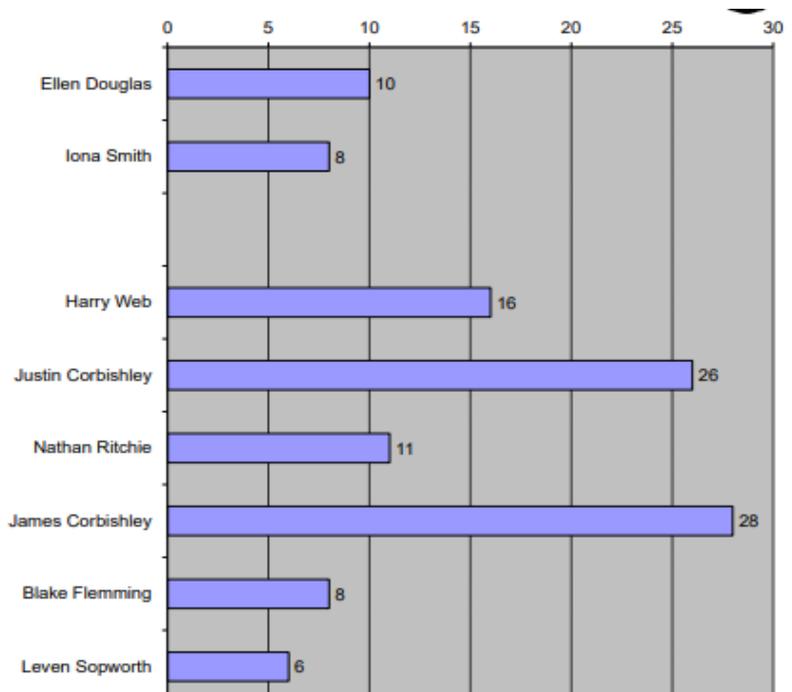
Do not forget to enter races as a member of **GLAXO HOAD HILL HARRIERS.**

Your registration card and other information will be sent to you shortly. Please take a moment to log in at www.englandathletics.org/myprofile to ensure that your details I have sent in are correct, If you do not currently have a password, use the reset password option. This will help ensure you receive your registration pack, which includes your registration card and details of other benefits. It is also important that you check your name and date of birth are correctly recorded and you choose what types of information you wish to receive from England Athletics in the form of ebulletins and updates.

England Athletics are currently contacting members, requesting them to open their EA Portal and sign up to new privacy and data requests.

JUNIOR CLUB CHAMPIONSHIPS

These are the current standings, with The Paul Jarvis Mile and Dalton 10K/Fun run acting as the next counters.





View of the estuary taken on one of the Monday night runs.

CIRCUIT TRAINING:

_Don't forgot, Damian is holding circuit training sessions in the sports hall on Monday nights before the social runs – 6:20 to 6:40, 50p - All welcome.

FLEETWOOD 10K APRIL 8th.



Very happy with my time today at Fleetwood 10k 45min 38sec (a PB by 10 seconds), 6th lady home and just missed out on FV40 prize by 20 seconds (I'll get her next time!!)

MANCHESTER MARATHON: April 8th

Dave Bridges: This was my 1st ever marathon that I have taken, I have done a few races in preparation for this one and felt confident in my ability to do a good time, I set myself a target of between 3.5/4 hours, so to come in at 3hrs27mins and 10secs was a bonus, well happy with that, I know I can go quicker so have entered again next year, loved the atmosphere of the whole thing.

I only started running again about 17 months ago when Millom parkrun got set up, this is a big achievement for myself for my 1st marathon, in such a short space of time.



Penny Moreton: Manchester Marathon – a few steps closer to project BQ420 and why I run

I was going to write this within a few days of finishing my marathon, but things got in the way which has given me more time to reflect upon how it went. I know a lot of you think I run too many long-distance events and there are times when I think maybe you are right. So, this time I had taken a very different approach to this marathon, not running as many longer runs; although suffice to say our winter didn't give much encouragement. I went out regularly but kept most of my runs under 15 miles in duration, averaging 13 miles or 2 – 3 hours depending on the terrain. My longest run was the notorious Trimpell 20 on an extremely cold day, despite being flat I was out for four and quarter hours, so I certainly got my 'time on my feet'.

Overall, Manchester went extremely well, I had set myself three goals after the most important one of finishing it; the over ambitious 4.35 finish, the more realistic 4.45 and finally running quicker than 4.54 run in very hot conditions in Toronto last October.

Weather conditions were perfect about 7°C as we walked to the start near the Old Trafford football ground. Finding the starting pen was easy, as usual despite having toed the start line of numerous marathons, waves of nerves enveloped me, and a tear came to my eye as the start gun was fired. It took 12 minutes to cross the line passing under the Asics balloon archway. Not too many discarded pieces of clothing or water bottles in the opening miles, and my pace settled to nearly 6.30km pace.

Although it wasn't too warm, my pace was suggesting an ingestion of my regular SIS gel at 4.5-mile intervals than the usual 5 miles, so it didn't quite coincide with the drinks stations. These stations were well stocked with 330ml bottles and very happy marshals; Manchester, like Chester is a well organised race.

Another gel at 9 miles and feeling pretty sound along a long straight stretch where the fastest competitors pass you on the other side of the road. I spotted my friend Matt Campbell, looking comfortable for a sub 3 hours and not far behind him my 10 in 10 mentor Steve Edwards; amazingly racing his 816th marathon!! Inevitably, running alongside such energy in unison, my next mile was stupidly fast and I missed a drinks station. So, took my gel without water at 14 miles and not long afterwards, my stomach started to cramp up. I decided to slow a little to ease the discomfort and was grateful for the portaloos at 16 miles.

Despite the short queue at the loo I lost nearly six very valuable minutes and I started to panic as my splits were suggesting a slower than Toronto finish time – no way did I want that to happen. There was a lot of self-talk over the closing five kilometres. It was only a Park Run to the finish, I had to get quicker and quickly pushed as hard as I could muster, desperate to get under 6.45km pace. The crowds over the final mile or so are great and their shouting really helped spur me. It is a very long straight finish, reminiscent of the last mile of the Great North Run, but when the body is tired because it's been asked to race rather than run a marathon the last 800m went on for ever.

I crossed the line, exhausted, 4.50.02 – what I would have given for a 4.49! It took over three quarters of an hour to get changed, collect my free non-alcoholic beer, down it and feel a little more human again. Wow that was a tough one, but second objective had been virtually achieved – without the loo stop I would have had my sub 4.50 – so suppose job done. Now to recover and regroup and ponder – why do I put myself through this crazy distance. Fundamentally, because of the buzz after it's all been completed.

Jeanette Chester: I woke up on Manchester Marathon day to perfect weather conditions – no rain, no sun and no wind! I travelled in the morning with my family and was filled with mixed emotions as I stood on the starting line. Part of me just couldn't wait for the next 4 and bit hours to be over, and the other part was feeling quite excited that I had made a decision, that this was to be my last marathon.

As with a few people, the marathon challenge was on my bucket list to achieve before a special birthday, a few years ago. The first few marathons I completed, I loved every minute of the challenge and experience. Manchester 2018 was to be my 9th. Over the last couple of years, I have constantly put so much pressure on myself to train and prepare for the runs and I then beat myself up (not literally) if things didn't go to plan, or I didn't do faster than the previous run. After many internal conversations with myself, I decided this was to be last!

I stood with my fellow runners next to the 4-hr pace setter and set off. Within less than a mile, I was already caught up with the mass of runners and ended up with 3 hrs 30 runners. Adrenalin was running crazy through my body and I was running at speeds far too fast than I would normally go. 10 miles in and I had to have a word with myself as I knew I wouldn't be able to finish if I carried on as I was. I levelled out my speed and continued head down looking at my watch and working out how long I had potentially left before my mission would be over. 18 miles in and I hit that famous wall that all runners seem to talk about. I struggled with the internal thoughts from my brain saying that I really wanted to walk. Around me other runners had slowed their pace and were doing a mixture of walking and running. After 15 mins of deliberation I gave myself permission to walk for 10 seconds and then continue running. I continued with this pattern and crossed over the finish line after 4:14:17 with a massive smile on my face knowing that my marathon days have come to an end.....or maybe 10 would be a one nice to finish on????



HALE 5 MILER: 1st April: Simon



Well, after a roam around Liverpool city centre and another evening of a bargain Premier Inn at St Helens it was the Hale 5 miler at 9:30 this morning.

Lots of folk dressed up in Easter related gear, loads of serious and fun runners it starts from the park in the village and is a one lapper on the roads.

Beautiful morning, nice and cool and no wind. Belter of a race, about 400ish in it, Nice n flat too so no excuses.

Sal stormed in at 44:13 and yours truly sneaked under the tape in 38:32, so both well happy.

Oh, and you get a medal, some head gear AND an Easter egg at the finish, mmmmm

PARKRUN:



Damian Jones PB at Fellfoot 21:20

Mike Cubin- 2 x PB's at Barrow – 19:44

James Corbishley PB 18:40 and Justin Corbishley PB 19:35 at Barrow

New member, Bill Sharp broken PB twice at Barrow – 24:19

Matt Elkington. Dave Fulford and Dave Bridges have been first finishers at Barrow and Millom Parkruns.

Chester Park Run tourists Simon and Sal Keeping up appearances- 1st in their age groups.

Park run tourist, Pat Thomas ran a season best at Cirencester's Parkrun and set a new record for Vet 65 on their course, in a time of 22:16

HOADIES OUT AND ABOUT: Sunday Bluebell wood run.



KENDAL WINTER LEAGUE- Sedbergh

After the final round of the winter series, Ian Peters had a very good finish. After the whole series, he came in 43rd out of 366, and was the 6th Vet 60 overall. CONGRATULATIONS.



Thursday Night Coaching Plan - Summer 2018

Overall Focus – building speed (whilst maintaining strength) for summer 10k races

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

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

Date	Intermediate and Advanced Groups				Starters Group			
	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
26 th Apr	GSK Sports field	10 x 400m matched pairs – Chasing start	Pace increase	Form - posture	GSK Sports field	6 x 400m jog recovery	Speed	Form and balance of effort
3 rd May	GSK Sports field	Pyramid 2x200m, 2x400m, 800m, 1 mile, 800, 2x400, 2x200. Active jog recoveries	Maintaining pace	Arms	GSK Sports field	2 min efforts from base line to own cone and back 10 off	Speed stamina	Form and constant effort
10 th May	GSK Sports field	Overlapping 800m figure of 8 in matched pairs x 6	Working together	Stride	GSK Sports field	Hill Sprints, 10 x 100ish m	Speed	Running form and speed.
17 th May	The Bay! (or the field) Tide, channel and weather dependent!	Run From your cone to "the point". 6-8 x 2 min. 90s recovery	Fast and fun		Memorial Gardens	10 double laps with ½ lap recovery	Speed stamina	Pace Change
24 th May	GSK Sports field	6-8 alternate long and short reps ending downhill on the banking	Tackling hills	Descending	GSK Sports field	8 x 400 m jog recovery, accelerating from first to last.	Pace control	Form and speed change

31 st May	GSK Sports field	2 x 2 miles, 4 mins recovery	Stamina	Maintaining form while climbing	GSK sports field	Relays, ~200 m	Hills/stamina	Form and speed
7 th Jun	Canal and GSK Sports field	2 x 1 mile (team time trial style!), 4 by 1 min and 4 x 100m	Strong, fast finish on tired legs	Form – posture	GSK Sports field	Slag bank laps, 6 off	Speed Endurance	Pace Change
14 th Jun	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Form – Arms	Morecambe Road	1 mile Trains, 2 off	Stamina	Pace change/pace control
21 st Jun	GSK Sports field	Pyramid 2x100m, 2x200m, 2x400, 800m, 1k, 800m 2x400, 2x200, 2x100m. Active jog recoveries	Speed	Form – Stride	GSK Sports field	Pyramid 100, 200, 400, 800, 800, 400, 200, 100.	Speed management	Form and pace stamina
29 th Jun	North Lonsdale Road or GSK Sports field	<u>2 mile</u> time trial. Long warm up and warm down	Progress check	Pacing – aim for negative split and form overall	GSK Sports field	8 x 400m, jog recovery	Speed stamina	Form

ADDITIONAL TRAINING:

For those of you who can't make Thursday night sessions, Steve Hartle from the Barrow running community is currently in his second year as a Strength & Conditioning student. He is not a running coach but has vast experience in rugby league. He is running free training sessions on Wednesdays, 6:30 in Barrow Park. They are for all ages and abilities. For your seasoned runners, it might be training methods you've seen before. He will be trying some new things with the group though. The sessions are to benefit everyone, and it's based on individual effort, and not racing each other. Meet at the Bandstand 6:30pm.

POSTED ON FACEBOOK ON DAMIAN'S POST:

'Don't take laxatives before a run!!'

Nice one Dave Jackson.



LAKELAND TRAILS: HAWKSHEAD Sat 14th April:



17km Race 182 finishers
26th Kieran Ireland 83:07



68th Darina Delinova 94:19



10km (which was 11.8km!!) 551 Finishers:
25th Steve Peters 64:18



63rd Alan Wilson 69:04



102nd Simon Barton 73:53
184th Sally Barton 84:56



LANCASTER 3 BRIDGES 10K 15th April. Adrian



I DON'T KNOW WHERE PAT'S GOT TO!



I have never done this one before, having been warned about the steps you have to go up to reach the top of one of the bridges. But I had to go, to act as peacemaker between Pat and Pete, who spent the whole journey there, arguing about which one of them was going to be fastest, and by how many minutes! There's nothing like friendly rivalry!! On arrival, Pat even pointed to a pile of dog mess and said, 'that sums up how your race is going to go Pete!'

It was going to be the first of the 10k season of races, I had no expectations and I just wanted to enjoy it. It was a good club turnout, and it was great to see Lee and Paul there, and Phil who was racing for the first time in ages. The start was slow and congested, and it took a while to get into a steady pace, only

1st I STOPPED TO HELP AN OLD LADY CROSS THE ROAD... A PREGNANT LADY HAD A PUNCTURE, SO I CHANGED HER WHEEL, THEN.....

to have it interrupted at 2 miles with the bridge steps. It was chaotic; some wanted to run up, others walked up them blocking the way, and by the time I got to the top, the group I was with had got well ahead of me. It took another two miles to get back into a rhythm and start catching them up. I could see Tom up ahead and managed to close the gap down a little, but with a mile to go, we turned round and ran back on the other side of the road, and I knew Tom was too far ahead, and having seen me, was bound to up his pace! Phil was on my tail, so spotting a Barrow Strider vest ahead of me, I decided to make him my target, and managed to pass him with 200 metres to go.

Lee, Kieran and Paul had great runs, especially as Kieran raced a Lakeland Trail 17k the previous day. Pete got the bragging rights over Pat, whose chin was seen to quiver on the way home; it was certainly quieter in the car on the way back!



LEE WINTER 'A cracking run down the Lune with Hoad Hill Harriers in the 3 Bridges 10k. I managed to pace it really well, with strong last two miles and finished 13th, winning my Vet40 age category in 38:40. I really surprised myself today, as I've not done a road 10k for 3 years, and the run turned out to be my 3rd ever fastest 10k time! With no long stuff planned this year (after London next weekend) it's giving me chance to change tack, concentrating on shorter races of 5 & 10k, hoping to see my times come down.'

- | | | |
|--|---|---|
| 13 th . Lee Winter 1 st .V40 M 0:38:40 | 29 th . Kieran Ireland 0:42:22 | 38 th . Managh Paul 0:43:15 |
| 66 th . Pete Davison 0:45:01 | 80 th . Patrick Thomas 0:45:55 V65 | 116 th . Tom Evelin. 0:49:08 V60 |
| 131 st . Adrian Newnham 0:49:42 V65 | 138 th . Philip Horrocks 0:50:24 | 268 th . Janine McNeill 1:00:52 |

PENNY'S WORLD TOUR PART 5 – Still hiking for bears but found giant pizzas instead

The next stage of my American tour was to take me across four states, on a huge silver Amtrak train; ultimately to Redwing Minnesota on the banks of the famous Mississippi river. The weather continued to be in the high 90s, I was so glad that I was extremely fit and able to cope with the heat. On checking in, I had the disappointment to discover I hadn't secured a bottom bunk (the journey was to take the best part of 38 hours) but I had got a window seat – it would be a very long journey!

Overnight, I didn't sleep much, as in true Casey Jones style; the horn of the train sounded as we rattled through the numerous crossings and to warn cattle off the line. Already awake at daybreak, the scenery revealed vast open arable fields, punctured with silver towering grain silos.

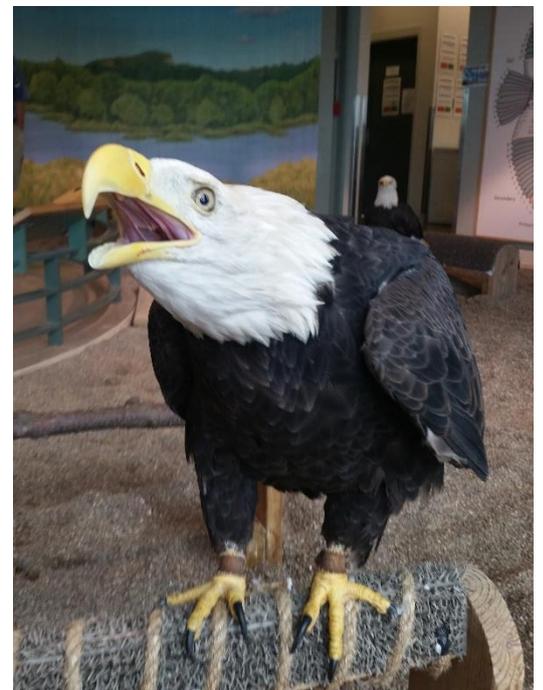
The journey gave me ample opportunity to list my photos in my journal which in three months already amounted to over 2500 photos. The train took a few stops to refuel the restaurant car, so leg stretching was welcome and 24 hours into the journey, the carriage became full of passengers from the Amish community. I felt as though I was on a set from Little House on the Prairie, as the women were dressed in long thick grey dresses with white mop caps in their hair and white aprons, the men had some magnificent beards (Alastair would certainly have been jealous) and invariably black suits and hats. The clothing was hardly ideal as the heat was quite oppressive.



Halfway through my second full day on the train I arrived at my destination Redwing, I was hungry and quite dehydrated due to insufficient supplies. It was so good to meet up with my pen pal of 25 years Janet, who I haven't met since the first time on Wainwright's Coast to Coast – amazing she had not changed at all. So, a chance to relax in a beautiful sleepy little town, in a delightful wooden bungalow.

Janet is an active 65-year-old and although not a runner, she cycles everywhere. So, I was introduced to a sturdy machine with numerous gears – my new companion for the next three weeks, when we were not hiking at a lodge deep in the forests. The weather continued to be dry hot and sunny. Over a hundred miles we hiked looking for brown bears (no luck!!), spotted beavers and their dams, lots of red squirrels and white-tailed deer. The trails were steep and very isolated and spectacularly beautiful. Back in Redwing, visits were taken to craft beer bars where there invariably was a pizza house attached – never have I seen such large multi flavoured pizzas; needless to say the 15" didn't defeat me – always up for a challenge. A trip to an American Bald Eagle reserve was amazing – these birds are totally majestic and absolutely huge.

All too soon I had to leave the wide forests and solitude to catch a flight to San Francisco. 4 hours later what a contrast! Busy, noisy, smelly of burger bars, trams, policemen with guns, yellow cabs and so many people! I found my youth hostel Fort Mason, on the edge of the river, within view of the world famous Golden Gate Bridge.



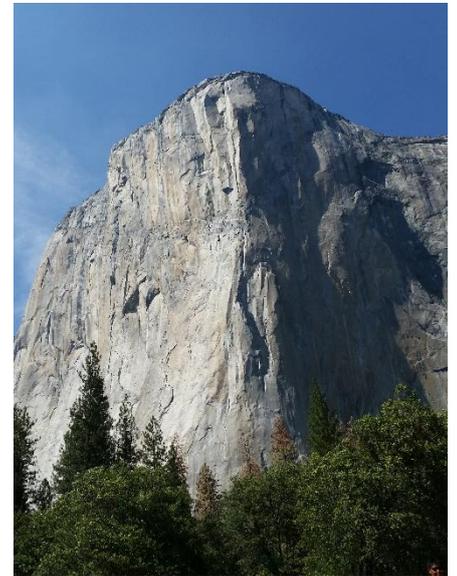


I bought a BART ticket and caught one of the famous wooden trams for a tour of the city, the hills are huge big dippers – think Knothollow and steeper and crawling up them on a cable and winding wheel system; hanging on to the seat was quite awesome. Alcatraz, Maceys department store, and so much more to fit in! At one point the tram stopped at the top of the narrowest street in the world, an immensely insane zig zag of hairpin bends descending down a 1 in 3 hill – hill reps anyone?? Decided to run to the Golden Gate Bridge along the beach path, route of about 10km, a fabulous experience as the nearer I got to the bridge, the more impressive it became in its rustic red paintwork. Fortunately, the notorious fog was not enshrouding today, and I was blessed to see it in all its glory. The path across the bridge goes on forever and is packed with people and cyclists sharing the same space. Across the other side I climbed Marlin Hill to get views back to where I had been – I feel it's more impressive from this side. I then relaxed at Fisherman's Wharf, famous for its huge brown fur seals. Like everything in America, the seals were colossal, not

surprised with the number of fish in the harbour.

My final day in San Francisco, was spent on a day trip to the famous Yosemite National Park, and what a stunningly beautiful place it is. Huge grey granite cliffs, towering up above the yellow poppy strewn valley floor. Up to at least 3000 feet, glistening polished rock, dotted with hammocks attached on mere threads of climbing rope, as the climbers rested in the intense heat . I had my picnic below the famous El Capitan within sight of Cathedral Spire. It was breath-taking and so blissfully quiet. It was magnificent. Sad to have to leave such a sanctuary of peace; but somewhere to return too.

Bring on New Zealand!!



BLACPOOL 10K: Sat 21st.April: Heather:



Very hot conditions at the Blackpool 10k today and I'm recovering from a slight ankle sprain, but I got round in 48.25 and was 10th lady. Good luck to everyone running tomorrow and be careful in the heat cos it was bad enough here today.

BLACPOOL ½ Marathon : Sun 22nd.April: Mike Cubin

'Blackpool Half Marathon completed in just under 1 hour 28 minutes. Official chip time 1:27.26 and I finished 25th. Aimed for 6:45 min / miles throughout so pleased with the way I paced my race.

I had to really dig in over the last 2 miles when the course turned and finished along the Prom into a headwind. Not a bad season opener. With more specific half marathon training I would hope to run 4 or 5 minutes faster this Summer.'

MID LANS X COUNTRY PRESENTATION NIGHT: Adrian



After such a successful x country season, a visit to the annual award presentation night was the order of the day, to pick up the eight awards, won by the club and individuals this season.

The eighteen Hoadies who travelled down to the new venue, certainly weren't disappointed. The Premier Suite at Blackburn Rovers stadium was a huge step up from the working men's club in Preston where it is normally held, it's just a shame the beer prices weren't at working men's club rates! This didn't put the Ulverston contingent off, (although many had started drinking on the journey down, with Karen bringing

glasses/gin/tonic/ice/lemon and olives to which the driver commented 'Posh bunch you lot!'



The event was well attended by about two hundred, and the ceremony got underway with the food. Although very good, the girls were disappointed there was no sweet, so had to make do with going back for a second main helping. I guess savings had to be made due to the cost of hiring the venue.

Our success was evident by the collection of eight awards consisting of four trophies and several sets of medals, and several other clubs congratulated us on how well our club had done, especially in the

Vet individual and team categories. We were also congratulated again over the hosting of the final event of the season.

Awards over, and the disco started and an early finish to the night seemed on the cards for HHH, as several eight-year-old girls took to the dance floor and the DJ responded by playing nothing but Ariana Grande songs. The trouble was the girls and their mothers were good and knew all the dance moves.

Jeff and Andy soon cleared the dance floor by requesting Meat Loafs 'Bat out of hell', and once the young girls disappeared, HHH took over the dance floor and were the last ones standing. Andy, in true racing style danced with his elbows out, ensuring that no-one got in our way, and demonstrated why he was such a legend on the Northern Soul circuit at Wigan Casino in the 70's.



Instead of the traditional 'dance round the handbags', the trophies were proudly placed on the dancefloor and were danced round instead.



A great night was had by all, and I'm sure there were some late risers the following morning with sore heads!

VIRGIN LONDON MARATHON April 22nd

Five Competitors from Hoad Hill Harriers took on the roads of London in what turned out to be a record high temperature of 24.6 degrees, subjected all the runners to conditions not seen at any time during their training preparations. It was a great start for all the Hoadies but like everyone else they were affected by the heat, but still recorded some good times.

'MAYBE NEXT YEAR?!': Mark Tomkinson 3:14:51

That was hard work! By far the worst I've ever felt during a race. We were warned, and I adjusted my pacing accordingly; but not enough.

By the time I reached the Cutty Sark at 6 miles, I was adjusting my pace again. Just past Tower bridge at 13 miles, I was readjusting yet again, with 15 miles gone - I stopped for the first time. I felt horrendous and judging by some of the people around - me I wasn't the only one.

I pretty much ran-walked the rest of the way, however seeing my family at Cleopatra's Needle really spurred me on, after I'd stopped to talk to them. Setting back off, with one mile to go, past the Houses of Parliament and along Birdcage Walk reminded me of why I wanted to do this race.

On the day, my ambition outweighed my talent, and I paid for it. It wasn't a day for pb's. I owe that race one. Maybe next year!?

The Spirit of London : Lee Winter 3:41:17



My training for this year's London Marathon didn't go quite as well as I had hoped for. After an ankle injury side-lined me before Christmas, a back spasm completely took me out for 3 weeks in February. My fitness and endurance ebbed away, leaving me only 8 weeks of training for the marathon. I quickly did the maths and came up with an emergency marathon plan that would get me round our capital in one piece. Using a bit of my long-distance experience, I came up with a plan (on a post it note!). It wasn't ideal, the weekly long runs would have to increase about 15/20% each week rather than the suggested 5/10%. To combat this, I dropped my training and race pace back to compensate for the increased mileage.

I decided to gently pick up the weekly mileage to peak at a 50-mile week, with the longest run of 20 miles two weeks from the race. I still wasn't sure if I would be able to run London until the last few weeks of training, when I pushed through 20 miles on my long run. Then, with only a short 2-week taper to London I made it to the start line...

This would be my first and possibly only time running the London Marathon. The first thing that hit me was the sheer size of the operation. There were banners, marshals, runners and spectators EVERYWHERE! Because I had qualified in a good for age category, my start pen was right at the front. The gun sounded, and the Elite men shot into the distance like bolting antelopes, gracefully running at just over 4 min mile pace!

The rest of us mortals followed eagerly behind, the surge of bodies heaved and pushed me along for the first few hundred yards, way too fast for my race plan. So, I took control, shuffled off to the side and slowed down to the pace I had planned and trained for. The balmy London weather was cracking the pavements at 24 degrees and the sweat was already dripping from my sunglasses.

For the next three miles I must have been overtaken by about 1000 runners, including Spiderman, a Viking and a 6ft Paddington bear! I shoved my ego way down and relaxed, letting everyone pass and not affect my race strategy. My race plan was to treat the race like an LSR, running the first half marathon at 8:35 min mile pace and then negative split the race with a slightly faster second half coming home in approx. 3hrs 43min. I hoped that by running it sensibly, I could 1: get round without injury and 2: get straight back into training after the race without too much damage done to my legs.

Crowds of spectators started to gather along the route, cheering and wishing us well as we passed by. I relaxed into my pace, lifted my form and the miles started to drift by.

The volume from the cheering spectators grew as we approached the Cutty Sark. The noise was amazing, carrying us around the Victorian Clipper on a literal wave of excitement. The feeling was utterly incredible. I had never experienced anything like it before and a smile beamed from my face as I drifted past.

That smile never left my face for the rest of the race, as I enjoyed the show unfolding before my eyes. The route wound itself around London, passing iconic landmarks as we ran through the capital. Each section of the route offered a totally different flavour of London, from Caribbean Steel Bands to Gospel choirs; we were entertained the whole way around. The crowds grew and grew as did the reception that we received; it was totally amazing that so many people had turned out to cheer on their friends, families and all us other runners.

Frequently dotted along the route were refreshment stations, offering mostly water bottles but some offered Lucozade Sport and gels. The water stations were more numerous this year to cope with the soring temperatures. I had previously ran a couple of long distance races in temperatures hotter than London, so I knew how to fuel and hydrate properly. By taking regular small sips of liquid rather than a large gulp, I kept myself in a well hydrated state and never running out of water between stations. There were also several showers on the side of the course, sprinkling us with cold water as we passed under them. I took full advantage of these, slightly slowing to get the maximum cooling effect. We also passed a couple of local fire stations along the way that were hosing down the runners with a fine spray of freezing cold water, which was extremely welcome and made me smile, it was great fun!

As the miles ticked over into the twenties, I started to feel stronger and pushed my pace slightly faster overtaking lots of struggling runners. It was really good to finish a race such as this, feeling so good. The final few miles shot by and I found myself with only 600m to run, down the Mall to the finish. The jubilation was incredible; I had so much fun and extremely enjoyed the race and the experience. I collected my medal and was ushered to the bag collection area then made my way back to my hotel to take in the epic race.

Thinking back to the race, I have to say it was an utterly incredible experience. The organising, the marshals and volunteers were outstanding, and I could not fault a single thing, especially with the numbers they had to deal with. My race plan, fuelling and hydration were spot on and I'm so glad I didn't push too hard, especially with the hot conditions. By slowing my natural pace down, sitting back and experiencing the marathon, rather than racing it, it opened my eyes to the bigger picture of what was happening all around me.

The whole of London had become one, as people from all races, religions and orientations came together and celebrated this amazing event. That feeling of oneness and joy that emanated from everyone along the whole route made it a very, very special event. The "Spirit of London" is the official slogan of the London marathon and I can genuinely say that I had experienced just that over the whole 26.2 miles. I loved every step of the race and would whole heartedly recommend, if you ever get one chance at running the London Marathon – take it!

SHARON DIXON: 3:30:58 Last year, for some silly reason, I decided to enter The London Marathon, qualifying in the Good For Age category.

I hadn't run at London for 8 years, so I was quite excited about the prospect of return to the city! Like everyone else, I put in months of training, with long runs and speed sessions in lots of rainy, wet weather winter weather.

As the event grew closer, I started to get a little nervous...(not like me!) It seemed such a long way... Baz and I travelled down on the Friday by train, and went to the ExCel to collect my number and have a look around at all the stalls. We were mainly looking for tops and flapjack for Baz's mountain biking weekend away the following week.

On Saturday we chilled, but did walk 3 miles to the O2 to the cinema, which I probably shouldn't have, With pasta for tea I was in bed 8.30 much to Baz's dismay...(in The big city and going bed at 8.30!!).

I woke up really scared, the weather was going to be the hottest ever, 23c, and the organisers had texted us all to adapt our goals and slow down and listen to your body. Take water at water stations and to DRINK,DOUSE,DRAIN,DROP!!,

Luckily, we were only staying around the corner from Greenwich, so after my porridge and banana we were off to join the 1000s walking to the start.

The green start being the furthest away, seemed to take ages to reach. I stopped off in a bush on the way, then got my bag on the wagon and went straight in the toilet queue. Once I started chatting to people. I felt quite relaxed.

I was starting in Pen 4, way behind the 3.15 & 3.30 pacers. I was not sure why, as my qualifying time was 3.26, but anyway, I thought all the fast runners wouldn't take long getting over the start.

The Queen started the race and we all started....walking, it took 2.30 mins to get over the line and I was off. The first job was to try to catch the 3.30 pacers then the 3.15.

I caught them and felt quite comfortable, I could have gone past them, but thought I would stick with the group as I would tire later.

At the Mile 4 water station, I passed a few bottles to runners on my right, then stood on a full bottle on the floor, turning my foot over. I felt a sharp pain and shouted s***, I didn't know what damage I had done and if I could still run? It didn't feel right, but I carried on. The 3.15 pacer slowly disappeared!

For most of the way I wanted to drop out as things didn't feel right, but I couldn't, I just carried on running the best I could, and felt like I was jogging, and everyone was passing me.

In parts, I did feel okay, and the crowds were amazing. I tried to keep cool and hydrated, taking water at each mile and running through the showers and many thanks has to go to the firemen with their hoses.

At mile 24, I saw Dave Fulford and he was walking. I thought he was going to run in with me, but he said he had been walking from mile 17 with cramp and couldn't run.

It felt a long way over the last few miles and seemed to go on for ever. Then I saw 600 metres to go, I tried to pick it up and passed a lady dressed as a bear, I had to beat her!! I was now trying to make 3.30, which I just missed, but really, I didn't care, I was happy just to finish and still get a good time considering my foot and the weather. Later, I found out I was 4474th. overall, 522nd. women, and the 54-old granny over 45!

They placed a medal around my neck...it was all worthwhile after all the training, I was told me to go through and get some water....water!!!...I had just had 23 bottles of water...I wanted Coke, well...I really didn't know what I wanted!

I was glad to see Baz, he had enjoyed himself, finding other runners on the Spectators' Marathon App.

Back to the apartment for fish and chips (with salt) and bottle of Rose.

The atmosphere was amazing and always is, this is a must for every athlete.

Greenwich was amazing with everyone cheering so loudly, and we so Mo pass on the opposite side of road at mile 11. We all screamed and shouted, as did crowds over the last few miles, encouraging you to make it to the end.

But for now, I think that is my last Marathon....for a while anyway.

Well done to everyone who completed the marathon, being the hottest one ever with the weather taking its toll on people.

London Marathon - 22nd April 2018: Dave Fulford: 3:43:00

London Marathon 2018 completed and the medal and t-shirt to prove it!! My debut in the marathon after being a 'runner' for just over 20 years! But behind every marathon is a story. A before, during and after, and here's mine.

My road to London started back in October 2016 at the Manchester half marathon, where I ran a personal best time and all importantly an automatic qualifying time in the Championship entry for London for 2017 and 2018. 2017 was never on the cards with a dissertation to write to finish off my Master's degree, so 2018 it was always going to be. Training actually began in October 2017, to build up some long runs to allow me to run the full distance in training, so that I knew what I was up against. 7th January 2018 was the day (I didn't need to look the date up, it's lodged in the memory bank!), my GPS recording a time a few seconds under 3 hours, so was certainly pleased with that as I didn't run hard. Next stop was the Great North West half marathon in Blackpool in February, and though my race strategy wasn't quite right on the day, I finished a smidgen over 1hr 16m and was generally pleased with the performance.

From that day forth is where the marathon training really began, with a 5 week block of training before the tapering down. Mileage increased each week, regularly clocking over 70miles per week. The elements were often against me, a 15 miler in March I very nearly curtailed, after running 12miles in freezing rain (I did finish it off!) and having to shelter on another run as a heavy hail storm battered me. I did think about the charity (Bluebell Foundation) I was running for during some of my runs, and that certainly helped keep my focus, particularly as funds were coming in thick and fast. I did, however, really enjoy the morning runs. 10 miles I often ran before work as the sun came up, can't beat it. I often joked at work that it would be blazing hot on the day, with almost every training run having been run in at least 2 layers of clothing (occasionally 4!). It was inevitable that it would ultimately be the hottest London marathon on record.

3.5 weeks before the race and disaster struck. I strained a tendon and was brought to a hobble, a few days rest and not much improvement.

After 6 days I saw a physio who put me right, and I was luckily back in action in a flash, able to run a 20 miler 5 days later (phew!) One consequence being that I could not do any of the pacier work, though at least I had the miles in the bag.

To the day itself. I had been nervous, not just the morning before - but days before. I had a good night's sleep and I felt pretty good and in a relaxed state. Upon entering Greenwich Park, the hoards where there, a sight to behold, of so many others all embarking on the same journey. The Championship entry area was no quieter than the masses, there were hundreds of us there, often cantering around like horses before the Grand National, to then go and seek what little shade there was quickly after. To the start we headed, all the training since January coming to play in just the one race, so much was riding on it and so many eyes watching. I managed to sneak along the barriers and started in about the 3rd row, with clear sight of the main man himself (Sir Mo). It was revealed that the Queen would start the race from Windsor (not quite what we expected, so disappointing not to see her directly).



It was warm already, too warm in fact at 10am. I adjusted my race plan to aim for 2h 45 instead of 2hr 40, to run as I feel and not even contemplate pushing/ racing until mile 20. Once we got going, it was evident that it was going to be battle of attrition, to keep cool and hydrated as well as fuelled. I settled in to my rhythm and within 2 minutes I was already sweating. The first water station at 3 miles couldn't come quick enough. A couple of sips of a bottle and the rest all over my body. With water stations every mile this became key, a sip or 2 and the rest to keep me cool and it was working, I felt good. Cutty Sark was brilliant and Tower Bridge better. I've said to many that the experience of the crowds is truly amazing, words cannot explain but it is a life experience to behold. If you haven't ran it yet and are considering enter, then do so, and keep trying to enter until you get in. It will be more than worth it.

I went through half way in 1hr 23m 00s. Bang on target as I hadn't pushed and felt really good (if a bit warm) and felt confident I could negative split. Miles 14, 15 and 16 came and went, mile 16 being one of my fastest. Shortly after mile 16 something didn't feel right, by 16.5 I slowed marginally, I could feel my quads a little. Too early for this I thought. My 17 was slower and mile 18 slower still, my quads were sore. I took the decision to stop and stretch them. They were sore, really sore, I was gutted. I knew deep down this was it.

I ran for the next few miles slower and slower, frustrated that it was just my quads, the rest of me had plenty more to offer. I got to 21 miles and was brought to a grinding halt. Walking was easy yet running now unbearable, every time I tried to run the crowd would cheer, they gave me so much encouragement. But the pain really was too much. Seeing my brother's smiling face at 25 miles was great, a familiar face and words of encouragement certainly helped as had seeing Sharon Dixon earlier on. With 400m I felt a pat on the back, it was Lee Winter! He said, 'come on, run the last bit with me'. He said he was glad to see me, but I was so much happier to see him I can tell you. I hobbled along with Lee, getting ourselves on TV as part of the process and I literally hobbled across the line. No elation, no satisfaction unfortunately, just glad of no more pain and that I had completed it for the charity, that was my driver to finish, I *had* to finish.

The next few days I had mixed emotions, wondering what had gone so wrong, was it just the heat? I suspect not but it certainly contributed. I was certainly pleased to have raised so much for the Bluebell Foundation (nearly £1900 in total) and so heartened by all the messages of congratulations received thereafter. A great journey and a truly fantastic experience.

But, alas, unfinished business! A 2-year plan to get back to London. Manchester marathon entered next April, then London hopefully the year after (Championship or good for age as I would have turned 40), even just to run the whole course. So, watch this space, because one thing for sure, it's gonna be one heck of a journey!! I would just like to say thanks again for all the support I have received, with particular mention to Hoad club mates Jeff Chadwick for the training, Penny Moreton for all the encouragement and Lee Winter for bringing me home.

Alastair MacDonald 4:14:57.

WRAY SCARECROW 10K Sat28th. April: Pete Davison



Editor: Pete was missing from the team photograph – organisers thought he was the scarecrow Barney Rubble of the Flintstones and carted him off and stuck him in someone’s garden!



Yet more evidence of what a flipping great club we are, was on show here at Wray Scarecrow 10k today!

14 Hoad Hill Harriers turned up, with all the usual self-deprecating humour and banter that is fast becoming our trademark. Thank God we had a half decent runner out today in Richard Walker (who finished second), as the rest of us lost focus immediately on arrival in the registration centre, as a result of the sheer mass of gorgeous cake on offer! Richard shouted us all in after he finished, which sums up the spirit we have here.

Wray is a beautiful little village and the scarecrows dotted all over the gardens were very entertaining. A rather hilly course but on a day like this the views are inspiring. There was an awkward moment during the prize giving as we were thanked for bringing our own scarecrow, we obviously had to explain that Pat is in fact still alive, and looks like that most of the time.

And after....What better way to spend a Saturday afternoon than eating cake in a quaint village hall feeling self-

righteous, having done a testing race amid excellent company. We’ll be back next year!



2nd 0:36:54 Richard WALKER,



19th. 0:44:15 Peter DAVISON,



26th. 0:45:56 Patrick THOMAS



133rd. 0:59:18 Janine MCNEIL

150th. 1:01:55 Stephanie ROBERTS, PB



73th. 0:52:23 Ashley J. COOKE

64th. 0:50:49 Stephanie GILLIES



59th. 0:50:00 Natalie DODDS



78th 0:52:39 Leanne BAYLIFF



50th.0:48:32 Alan WILSON



55th. 0:49:29 Adrian NEWNHAM, 60th. 0:50:04 Phil HORROCKS, 45th. 0:47:47 Helen WALKER, 47th.0:47:58 Alison COOKE



BAY GATEWAY 10K:LANCASTER Sat 28th. April: Heather Travis



I saw this new race advertised on the Lancaster Race Series website and decided to give it a go. It was a 5pm start and registration was at the 3-1-5 gym near Lancaster, so it was very easy to get to from the M6. A lot of Hoadies had opted to do the Wray Scarecrow 10k which was on the same day, so there were no familiar faces in the crowd, but I got chatting to a few people while waiting at the start. We lined up on the path alongside the river Lune and Billy from LRS gave his usual funny "pep talk" with his megaphone, then we got underway. I've recently had a slight ankle problem, so wasn't feeling overly confident as despite doing the Blackpool 10k the week before, I hadn't done any real speed work or hills in a couple of weeks, and I was worried my ankle might trouble me. We set off along the first part of the route which was an out and back along the river then a loop along another path before a steep ramp up to a bridge over the river. As I crossed the bridge, a helpful spectator shouted "4th lady!" so I was pleased to know I was well up the field and it spurred me on to keep it going. There was another nasty ramp around mile 4 leading up to the new Bay Gateway road, and we joined the footpath alongside the busy road. The path became a gradual incline made worse by the fact we were running against a breeze, and I could feel my pace slowing down. There were no spectators along this section, but a few lorry drivers beeped encouragement as they drove past. Another runner overtook me and said, "This is hard work!" so I was glad to know it wasn't just me that was struggling!

I willed my tired legs to keep going and made it to the top of the hill, I struggled for a minute to get my breathing back under control, then there was a lovely downhill. So, I let fly and soon actually overtook the guy who had passed me on the hill. He looked a bit surprised but shouted encouragement at me. We then turned off the Bay Gateway and back onto the river path towards the finish. It felt great to cross the line, then Billy came over to tell me I'd won the FV40 category and gave me a bottle of wine so that made it seem worth all the hard work! Looking at the results later, there were only 69 runners altogether and 32 ladies, so no wonder I was so far up the field. But I was still very pleased with my run and also that my ankle had held up well! I would definitely do this race again, as everyone was very friendly including the marshals who gave me lots of encouragement.

CHESTER 1/2 MARATHON: Sun 29th. April



Ken Lamb:

1:42:45 m 862/6000

The Chester Half is one of the UK's longest established and most highly regarded half marathons, starting and finishing in the historic Roman/Medieval city of Chester.

The fast and largely flat city and rural race route is run entirely on closed roads.

'A lovely long weekend in Chester with Teresa. Chester half marathon done for the first time and my target achieved.

Apart from The Great North Run, this is the biggest half marathon, I have done with over 6000 people running.

I managed to get around in 1hr 42mins, inside my 1hr 45min target and apart from my last mile ran very evenly.

I would recommend this as a good half to do, very well organised and great support around the route.'

CUMBRIA WAY - CONISTON TO ULVERSTON:

On Sunday 1st. July, club members and friends are once again running part of the Cumbria Way from Coniston to Ulverston. You can run the whole distance (approx. 15.5 miles), or from Coniston to Sunny Bank(Torver) (3.75miles) or Sunny Bank to Ulverston (11.7 miles) or Sunny Bank to Gawthwaite (6.5 miles) or Gawthwaite to Ulverston (5.2 miles) Some are starting from Coniston at 10:00 meeting at the Crown Hotel. The next starting point is from Sunny Bank (Just below the Landover garage, small carpark, halfway up the hill) meeting with the Coniston group at approx. 10:45 The final meeting point is at the top of Gawthwaite at approx.12:30 -12:45. We should arrive in Ulverston for approx. 2:00 – 2:15 Afterwards, we are meeting at the Old Friends for a drink and pie and peas for those who have ordered it, which will be served at 3:00 (£5). This is leisurely Sunday run, and not a race, as there are a mixture of abilities running, and people may want to stop for photos, re-grouping, swim in Beacon Tarn, toilet etc, times are approximates.

If you want to order Pie and Peas – Cheese or Meat, could you reply to this as Julie needs to get the order in, and bring £5 down to the club. Could anyone wanting to go, please let me know by replying, and where you want to run from and to. You can also reply on Facebook or on the form on the club notice board. If you require transport, please try and sort it out with people who sign up below. We can always run people back to pick up cars when we have finished, but would prefer not to have to go all the way back to Coniston.

LAKELAND TRAILS: STAVELY: Sat 5th. May



17K Challenge Race

445/464 Penny Moreton
2:50:55

'a mix of walking, pulling myself out of the mud after being nudged over by the one of fastest men at the 6.7m mark and running all the flat and downhill sections - which were pretty technical in places. It was hard but overall pretty enjoyable for my first excursion for over 3 weeks.'



17K Race
(19k actual)
05/206 105
Darina
Delinova
1:45:08

10K Race
(7.3) 45/400
Alan Wilson
1:06:41



CLUB SUMMER BALL 2018:

This year, the ball is strictly limited to 50, on a first 50 PAID basis and that full payment in one go has to be made to Julie Newnham who will collect on club nights; cash or cheque made out to Glaxo Hoad Hill Harriers. (no bacs) Can you email Alison (who is Pete Davison's long-suffering wife) with your menu choices.



Hoad Hill Harriers Summer Ball

Saturday 7th July

7pm for 7:30pm

£22.50 per person

The Coach House – Ford Park – Ulverston

Starters

Roasted Tomato Soup with Homemade Bread *vegan/dairy free*

Tiger Prawn Salad with sea food sauce, cucumber ribbons and buttered granary bread

Chicken Liver Parfait with olive oil crostini, kitchen garden fruit chutney & crispy ham salad

Roasted beetroot & blueberry quinoa salad, lemon vinaigrette, dressed watercress *vegan/dairy free*

Mains

Braised Featherblade of Beef, chive mash, roasted root vegetables & squash puree

Roast Chicken Breast, pomme anna potatoes, steamed green vegetables & mint pesto

Pan Seared Salmon Fillet, rosti potato, pea puree & lemon & chive cream sauce

Red Onion Tart Tartin, grated blue cheese, root vegetable puree & mustard vinaigrette

Baked Polenta cake, roasted peppers, aubergine caviar, balsamic reduction *vegan/ dairy free*

Puddings

Sticky Toffee Pudding, butterscotch sauce & vanilla ice cream

Dark chocolate Torte with raspberry ice cream

Vanilla Pannacotta with rhubarb compote & ginger shortbread

Chocolate fudge cake strawberry sorbet *vegan/dairy free*

Cheese & Biscuits plus £2.50 supplement

**Please email your menu choices to Alison Davison
alisondavison2@hotmail.co.uk**

There will also be a disco.

CLUB CHAMPIONSHIP SERIES 29/04/18

MEN

Senior

Overall Position	Total Points	Name
1	37	Stephen Peters
2	19	Tom Southward
=3	10	Matthew Elkington
=3	10	Cian Nutt
=3	10	Kieran Ireland
6	7	Luke Turner
7	5	Alastair Macdonald
8	2	David Fulford

Vet 40

Overall Position	Total Points	Name
1	20	Jeffrey Chadwick
2	19	Lee Winter
3	17	Paul Managh
4	12	Karl Fursey
=5	10	Richard Walker
=5	10	Mark Bonner
=5	10	Mark Tomkinson
8	8	Mark Lehrle
9	7	Andy Jackson
10	6	David Bridges
11	5	Michael Cubin

Vet 50

Overall Position	Total Points	Name
1	28	Pat Thomas
2	27	Alan Wilson
3	26	Simon Barton
4	22	Peter Davison
5	20	Gary Dover
6	16	Adrian Newnham
=7	14	Tom Evelin
=7	14	Phil Horrocks
9	10	Terry Peet
=10	9	Damian Jones
=10	9	Nigel Storey
12	8	Ken Lamb
13	7	Paul Quinn
14	5	Ashley Cooke
=15	2	Chris Howie
=15	2	Graham Pinder
=15	2	Ian Peters
=15	2	John Barstow
=15	2	Mike Lavery
=15	2	Sean Dixon
=15	2	Terry Gannon
=15	2	Tony Clarke
=15	2	Dennis Metcalf

LADIES

Senior

Overall Position	Total Points	Name
1	19	Amanda Jenkins
2	17	Leanne Bayliff
3	15	Stephanie Roberts
4	12	Amy Stitt
=5	10	Amy Whelan
=5	10	Helen Walker
6	9	Natalie Dodds
7	8	Deborah Yearshire
8	7	Kathy Edmondson

Vet 40

Overall Position	Total Points	Name
1	36	Janine McNeill
2	20	Sharon Dixon
3	18	Elsie Roberts
4	15	Heather Travis
5	10	Julie Hunter
6	9	Karen Bennett
7	2	Louise Thompson

Vet 50

Overall Position	Total Points	Name
1	29	Sally Barton
=2	20	Penny Moreton
=2	20	Alison Cooke
4	17	Christine Winder
=5	9	Caroline Peet
=5	9	Stephanie Gillies
=7	2	Dianne McMillan
=7	2	Helen Towers
=7	2	Rachel Ashton
=7	2	Carol Whittle
=7	2	Julie Newnham
=7	2	Karen Morgan

Current Championship Race List

- 18th May - Dalton 10K
- 20th May – Windermere Marathon
- 30th May – Levens 10K
- 2nd June - Grasmere Gallop, 10K or 17K
- 3rd June - Morecambe 10K
- 9th June - Windmill Race, 9.5m, Caton, Lancs
- 20th June – Hawkshead 10K
- 1st July - Morecambe Half Marathon
- 11th July - Endmoor 10K
- 25th July - Lancaster 10K
- 28th July - Pilling 10K
- 5th August – Riverside 10M, Lancaster
- 12th August – City of Preston 10M
- 19th August – Riverside Half Marathon, Lancs
- 25th August – Lancaster 5K (3-1-5 series)
- 2nd September – Golden Ball 20M, Lancaster
- 9th September – Ribble Way Trails, 10K or Half Marathon
- 16th September – Lancaster Castle 10K
- 29th September - Lancaster 5K (3-1-5 series)
- 7th October - Chester Marathon or Metric Marathon

Note: Further races to be added in due course.

All HHH organised races will qualify for marshalling points, but not running points. This includes:

- 6th July – Hoad Fell Race
- 22nd August - Summer 10K road race
- 5th September – Charter 5K Road Race

CLOUGH HEAD, KESWICK FELL RACE:

Matt Elkington finished 10th in 39:14. This was a one-off race and short 'counter' for the 2018 English Fell Running Championships (Sponsored by Pete Bland Sports and Inov-8). 4.5miles, 1800ft over Threlkeld Knotts and Clough Head.

ALICE'S ESCAPES – OPEN DAY

Meet the team and find out more about what they do, take a look around our luxury holiday caravans. Come and enjoy a tea or coffee with cake. Sat 19th. May 2pm-6pm at Alice's Escapes, Bardsea Leisure Centre.

KESWICK HALF MARATHON: Sun 6th May

Tom Southward 30/730 1:37:01

John O'Neil 2:05:23

LIVERPOOL SPRING 10K: Sun 6th May

Karen Anne Bennet 58:33



KARL'S RACE DIARY:



All races are for CUMBRIA and LANCASTER AREA only and entry fees are based on ATTACHED club runners only. Dates may be subject to change.

Wed 09 May: Kendal 10km. Fast, but slightly hilly- run from Kendal leisure centre. Opening race in Kendal ACs midweek five race Grand Prix. Other races include Levens, Hawkshead, Endmoor and Staveley every three weeks. 7pm and £10 in advance or £12 on the night.

Sat 12 May: The annual Keswick to Barrow and Coniston to Barrow run / walk charity event. For info only. Some of us have done either or both these events and Karl has done it annually since 2004.

Sun 13 May: Paul Jarvis one mile race. For info only....See our social media and give this event your support or if you are available to marshal, that to would be greatly appreciated.

Sun 13 May: TBC Dallam Dash 10km. Undulating run from Milnthorpe. See Dallam ACs website for further details

Sun 13 May: Long Marton 10km. Undulating road and trail race starting & finishing at Long Marton School, near Appleby. Only £10 on the day with a 2pm start. Junior races from 1pm are also available.

Fri 18 May: Dalton-in-Furness 10km. Need I say more? Most of us have ran it before, only fly in the ointment is the bad timing of it, for Windermere marathon 38 hours later. 7:15pm from the cricket club with entry at £10 on the night. Kids race also.

May or June: (Not same weekend each year) Keswick Mountain festival trail races. 4 to choose from: 50k, 25k, 10k and 5k. From the Newlands Valley just outside the town. See keswickmountainfestival.co.uk for further details.

Sun 20 May: Windermere Marathon. Again need I say more, having ran every one since it's re-inauguration in 2007. 10:30am start from the B5286 outside Brathay Hall at Clappersgate, but the entry fee is steep at £35. THIS IS A CLUB CHAMPS COUNTER RACE.

May or June: TBC (Midweek) Kirkby Stephen 10km road race. 7pm from the Grammar School. Also junior races at 6pm. £10 in advance or £12 on the day. Links, details and entry on John Schofield's website.

Tue 22 May: Hay-O trail 6k. Short midweek blast from Cockermouth school on the off-road section over the hill just off the old A66. Part of Derwent ACs grand prix race series. 7pm. £7 on the night entry.

Wed 23 May: TBC (could be a week either side) Carlisle Urban City trail race. 6:45pm from the cathedral, Castle Street. £12 in advance or £15 on the day. Details on John Schofield's website.

Wed 30 May: Levens 10km race. 7:30pm from the village hall close to the A590 between Grange and Kendal. First half is flat, second half: tough and hilly! Race 2 of 4 in Kendal ACs Grand Prix series. £10 in advance or £12 on the night entry.

Sat 19 May: ### NOTE THIS FIRST RACE IS A WEEK EARLIER THAN USUAL THIS YEAR Lancaster 5k and 10k series race 1 of 5, from the 3-1-5 Health Club, close to J34 M6. This is usually held on the last Saturday of each month, until September, at 6pm, and entry is £7 per 5km race in the series, or £13 per 10km race in the series, in advance or on the night.

Wed 30 May: TBC Carlisle 10k road race. Organised by Carlisle tri club, this event starts and finishes at Carlisle racecourse. 7:30pm. See carlisle-tri.com for more details.

Sun 27 May: TBC (could be the following week) Abbeytown 10 mile road race. 1pm from Abbeytown in NW Cumbria between Wigton and Silloth. A fast, flat course on a par with Brampton to Carlisle. £12 I think, on the day.

Sun 27 May: Lancaster Hangman's Noose 10km road race. 11am from Lancaster castle. Fast course, but be warned...the last 400m is an uphill finish to the gallows inside the castle itself. Entry £13 in advance. See John Schofield or Lancaster races website for further details and to pre-enter.

Sat 02 Jun: Bendrigg 10km race. 2pm from Bendrigg Lodge, Old Hutton close to junction 37 of the M6....signposted to the start from here. Their annual fun day which also goes to raise funds for the lodge. Fast, but undulating and a race Karl has yet to do. £10 (I think) on the day.

Sat 02 Jun: Grasmere Gallop 17.2 km multi-terrain event. Karl, Penny and others have ran it in the past. 10:45 start from the village centre, but entry is steep at £25 I think, on the day. May be slightly less pre-entering by the Spring Bank Holiday weekend closing date.

Sun 03 Jun: Lakeland trails marathon and half marathon. Start and finish Coniston landing point. Scenic, but challenging trail race which Karl, Penny and other HHH members have ran in the past. ALL ENTRY IS NOW CLOSED. See the Lakeland trails website for further details.

Sun 03 Jun: Morecambe 10km road race. This starts on the prom, but is a very busy race so pre-entry at £14 is advised. 11am start, on a fast, but undulating course in places. Could be a club champs counter.

Sat 09 Jun: The Blaydon races. This is the UK's oldest running races having been established on the 9th June, 1862, and is always held on the same date each year. See blaydonrace.co.uk. Word of warning....it's a long way to go to this event, being just outside Gateshead.

Sat 09 Jun: (CANCELLED IN 2018) The Windmill race. Scenic trail type race taking place from the station hotel sports field at Caton, near Lancaster. See the windmill race website for start times and entry details.

Wed 13 Jun: Gosforth 10 mile race. 7pm from the Wellington end of the village. Registration on the evening at the Wheatsheaf Inn. £10 entry I think. Undulating. Several Hoadies have raced this in the past. Blengdale Runners' website. CLUB CHAMPS COUNTER RACE?

Wed 20 Jun: Hawkshead 10km. Need I say more? Popular event. A CLUB CHAMPS COUNTER RACE. £10 in advance or £12 on the night entry fee. 7:30pm start. Free BBQ after the race, and free results. A highlight in the race calendar. Race 3 of 4 in Kendal ACs Grand Prix series.

Sat 16 Jun: Carlisle rat race at Carlisle castle. See ratracethewall.com for all details.

Sun 17 Jun: Lancaster Father's Day 10km race. 11am from Salt-Ayre running track. £14 entry fee on the day. see John Schofield's or Lancaster races website for further details. Part of Lancaster & Morecambe ACs race series.

Sat 23 Jun: TBC Gibson Grind Trail race 14km. Start and finish at Dean Gibson junior school in Kendal, just up the lane from Kendal college where free car parking is available. A very scenic and at times fast race over Scout Scar and nearby hills. Me and Penny have ran it before. 2pm start and £15 entry on the day....a cheaper alternative to the Lakeland trails.

Sat 23 Jun: TBC (May be the 30th) Eaglesfield "Paddle School" (Bodyfit) 5km road race. This will be a hilly and undulating course on minor country lanes near Cockermouth. see CFRs website for further details including start times and entry.

Sat 16 Jun: (NEW DATE) Lancaster 5km and 10km series race 2 of 5. 6pm. See details above for 19th May for further info.

Sun 01 Jul: Morecambe half marathon. Yes, a chance for runners to run along part of this most infamous of seaside resorts. See John Schofield's UK Results website for more details. 11am from the Superbowl, Central Drive. £20 in advance, £22 on the day. 2 mile junior unique run at 11:10. £5 on the day.

Sun 08 Jul: Lakeland trails ultra 55km race. Also a 23km option is available. ALL ENTRY FOR BOTH DISTANCES IS NOW FULL. This is for info only and full details can be found on the Lakeland Trails website.

Sun 24 Jun: Appleby Rotary club 10k and 4k races. See the link from John Schofield's website. No further details at time of submitting.

TBC: (Summer) Lancaster marathon. 10am from the castle. New race in 2017, but entry is steeper than London and Windermere at.....£40! Lancaster races website for further details.

Tue 03 Jul: Carnforth 20 barriers 5 mile multi-terrain race. As it says, the 20 barriers will be fences, gates or other obstacles to negotiate along the course. 7pm from Carnforth High school close to J35 M6. Entry is available on the night. More info on John Schofield's website.

Tue 03 Jul: Lambfoot Loop 10km road race. 7pm from Cockermouth School (Registration is £6 attached, which is excellent value for money for a 10k in 2018, at Derwent ACs clubhouse a km away in Kirkgate....use that as a warm up to get to the start). "Once you've climbed the hill, it's easy" is their motto.

DON'T FORGET EVERY SATURDAY AT 9am IS THE WEEKLY 5k PARK RUN FROM BARROW-IN-FURNESS, FELL FOOT and MILLOM. Best of all it's free to enter, but see the park run website for details before turning up.