



HOAD HILL HARRIERS NEWSLETTER FEBRUARY / MARCH 2019



EDITORIAL: Adrian

Hooray – the light nights are here, and we can throw away those head torches and high Viz bibs for another six months, and not have to worry about tripping over kerb edges or pot holes. (Now we just have to contend with tree roots, divots, quicksand, stinging nettles, brambles, mad heifers, horses, pollen and midges in the eye; as the Monday night runs hit off road routes!)

It is also great that we can get back on the field and banking for rep sessions on a Thursday night.

Sorry about the delay in getting this out, the last couple of months have been hectic!- so I can relax for a month!

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

WELCOME TO:

Welcome to new Senior members: Jay Heaton, Mel Simmonds, Carol Hunter, Lauren Booth and Junior members Ben Barclay, Robert Pike, Sam Sibley

CLUB VESTS:



It has been great to see the new club vests being used when representing the club at races, and the feedback about the quality/fit/comfort has been very positive. Stock is currently low, and a new order will be going in shortly (delivery is 8 weeks) Whilst we have stock of junior and smaller vests, we only have a couple of small, no medium and two large in stock.

If you considering getting one, please let me know ASAP and I'll add you to the list. I have every size available (except medium) to try on for size!

Adults vest- £24:50:: XXS – 34", XS – 36", Small – 38", medium – 40", large – 42", X Large – 44", XXL

– 46", Juniors £20:50 SIZES: 7/8 year -26", 9/10 year – 28", 11/12 year – 30", 13/14year – 32"



HOODIES

I have been asked by one of the seniors to order them a hoody. As there is an £8 charge for delivery, it would be great to order some more to spread the cost. They come in a variety of styles unzipped, ladies zipped/men's zipped, all in black, red or grey. Cost is £23 for standard Adults, zipped Adults are £32:50 Adults name on the back are an extra £1:50 Juniors are £21 with their name printed on the back. We have a small/med/large you can try for size



FACEBOOK POLICY:

Our club's Facebook administrators have recently had to remove a couple of posts from our club site which were deemed unsuitable. Our Facebook policy will be posted in Hoad Hill Harriers Website Policy section by the end of the week. Please try and find the time to read it.

SENIOR COACHING PROGRAMME

GLAXO HOAD HILL HARRIERS

Thursday Night Coaching Plan - Summer 2019

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
25 th Apr	GSK Sports field	10 x 400m matched pairs – Chasing start, slow jog recovery	Pace increase	Form - posture	GSK Sports field	12 x 90 sec	Speed	Pace control
2 nd May	GSK Sports field	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400, 2x200. Active jog recoveries	Maintaining pace	Form – active leg recovery	GSK Sports field	2 x 2 miles	Stamina	Pace judgement
9 th May	GSK Sports field	Overlapping 800m figure of 8 in matched pairs x 6	Working together	Stride	GSK Sports field	10 x 400m	Speed/endurance	Form & pace
16 th May	GSK Sports field	Run From your cone to "the point" 8 x 2 min. 90s recovery	Pacing	Arms	GSK Sports field	4 x 200, 4 x 400, 4 x 200	Speed	Pace control
23 rd May	GSK Sports field	6-8 reps ending downhill on the banking, jog recovery	Tackling hills	Descending		5k Time Trial	Progress check	Pace judgement
30 th May	GSK Sports field	3 x 1 mile, 3 x 1 min, 3 x 100m walk/jog recovery	Strong, fast finish on tired legs	Maintaining form while climbing	GSK sports field	Pyramid 200m, 400m, 600m, 800m, 600m, 400m, 200m	Speed/endurance	Form & pace
6 th Jun	GSK Sports field	4 x 400, 2 x 800, 4 x 400		Form – posture (helium balloon!)	GSK Sports field	3 x 1 mile	Speed	Pace judgement
13 th Jun	GSK Sports field	12 x 400m matched pairs – Chasing start	Pace increase	Form – active leg recovery	GSK Sports field	5 x figure of 8's	Speed/hills	Style

CONGRATULATIONS:

Pat Thomas on reaching 100 Parkruns.

SUMMER DO

Our Summer Do will be held on Saturday 29th June at The Mill in Ulverston (not Bardsea!), starting at 6.30 pm with a quality buffet and disco, all for only £15 per head! We have use of the loft room with bar and disco, buffet food served 7-7.30. Please give Adrian, Julie or Pete your money to book a place. Dress is strictly informal!

You can also pay through BACS: Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHDO to identify your payment; and let Julie Newnham know you have paid it so we can add you to the list: adrian.newnham@btinternet.com.



GOODBYE TO:

Darina and Kieran, who have decided to move to the Czech Republic (personally, I blame Brexit) We wish both of you and son Oliver, all the best for the future and hope you have fond memories of muddy x- country courses in England!



MONTANE GRIZEDALE MARATHON TRAIL: Feb 3rd



The Grizedale Trail 13 & 26 take place from Grizedale Forest Visitor Centre, near Hawkshead. The half marathon course is the first 13 miles of the marathon route and takes place on good forest tracks. The route is 'undulating' but you are rewarded with some great views of Coniston and surrounding areas. Grizedale Visitor Centre is the finish for the half marathon, but the full marathon distance runners continue on to complete an Eastern loop towards Windermere.



The terrain is varied, with some road sections, but it's certainly not flat.

Our intrepid distance runners Alastair and Paul tackled the marathon distance, with Paul coming in at 17th in a time of 4:18 and Alastair 43rd. in 4:41.

DENTDALE 14 and 8 milers 9th March: Simon

12 Hoadies made the journey to Dent to take part in the annual road races. Taking part in early March means it's a bit of a lottery as to weather conditions, and this year was no exception, with heavy winds and showers leading up to the 1pm start time. Fortunately, conditions improved as the races got under way and provided good running conditions despite some flooding and a small change to the route, due to deep water.

The Dent 7.9 and 14.2 mile races are run by a superb voluntary team raising money to support the local school with over £6000 achieved last year.

10 Hoad Hill runners took on the 7.9mile and 2 took on the 14.2, with great success.

Results 7.9 miler (189 finishers)

- | | |
|---------------------------|-------------------------------------|
| 36th Alan Wilson 58.25, | 39th Stephanie Gillies 59.00, |
| 41st Simon Barton 59:08 | 1st Vet 60 43rd Alison Cooke 59.23, |
| 47th Ashley Cooke 59.22 | 59th Adrian Newnham 62.47 |
| 79th Sally Barton 66.46, | 1st Vet 65 |
| 100th Mike Lavery 69.41 | |
| 135th Mike Fawcett 76.19 | 157th Naomi Capstick 82.09, |
| 169th Penny Moreton 89.12 | |



For the 14.2 mile race (283 runners)

7th Gary Dover 99.37 1st MV 55

266th Karl Fursey (Black Coombe Runners 157.00)



MID LANCS X COUNTRY: LEIGH SPORTS VILLAGE: Feb 9th. Adrian



Well, Storm Erik did its best to try and disrupt this meeting, however twenty-two seniors and three juniors weren't put off by the travel warnings issued by the media. Visions of club tents being blown away, didn't come to fruition, and the prospect of a wet, windy muddy event, fortunately didn't materialise.

Conditions were perfect, and we were even met with a period of sunshine during the men's race.

The ladies' team were led back by Alison Cooke, who had a superb run, finishing as the 1st v55 in 57th place with a time of 24.59. Stevie Barron, was just a minute behind in 78th (25.54),

followed by Sal Barton in 27:52. This gave our Vet 55 team first place on the day, maintaining their overall league lead, with one more race to go. Steph Roberts (31.16) led the second team back, with Penny Moreton (31.29) close behind her. Christine Winder (33.20) and Julie Newnham (34.03) were the final runners back.





The men's team welcomed new x country runners, Darren Coward and Bill Sharp.

There were some good club battles, and improved times, thanks to the favourable conditions. Mark Bonner was our first member back in 36:42, This gave him 28th place and third Vet 40. Richard Walker worked hard to catch Mark and was only 26 seconds behind in 37:08. Andrew Dorrian had another great run and almost caught Richard, missing out by just 7 seconds in 37:15.



Mark Tomkinson was next in 38:06, and a great sprint finish by Mike Cubin (39:46) and Gary Dover(39:46) saw Gary just win the bragging rights, and bring the men's team back in 7th place.

Mark Lehle (40.35) led the second team back, with Sean Dixon (40.47), Luke Turner (43.00) Darren Coward (43:24), Pat Thomas(44:58) and Graham Pinder (45.52).making up the six team members.

The final finishers were the ever-improving Simon Barton (48.38), followed by Ashley Cooke (48.40), Adrian Newnham (51.08) and Bill Sharp (52.31).

The men's first team were 7/29, Vet 40 team 2nd. Vet 50 team 3rd.Vet 60 team 2nd.

UTC DUATHLON 10th Feb: Heather Travis



Following my injury last September, I've been working on my fitness and getting back to speed at parkruns, so I felt like the UTC team duathlon would be a good challenge. So now I just had to find a partner to do the cycling! Amy Whelan stepped in and I

was a bit worried that I would be horrendously slow, compared to the times she can do. But she kindly said she didn't mind about the time, as she was just happy to be competing. The event consists of a 5k run, 17k bike ride then another 5k run, so as we had entered as a team, I would do the 2 runs and Amy would do the cycling.

On the day, I had no expectations other than hopefully not to finish last! The



run route was very familiar along West End Lane and Brick Kiln Road to the sea front, then back the same route. A bit of a cross wind on the return leg made life a little harder, but I felt okay and got back to transition and "tagged" Amy, who then set off on the 17k cycle leg.

Then came the hard part for me, as I had to try to keep warm and keep my legs moving for the next 5k run when Amy got back. Amy was very fast though, and was soon heading back into transition; so off I went again on the second run. The competitors were more spread out now, so that meant that the whole way along the run, I was passing people coming the other way and everyone was encouraging each other, which was fantastic.

Overall Amy and I finished 12th out of 33 competitors and were 2nd team back although the

first team of 2 men were actually first overall in the whole event. I really enjoyed the day and was very happy to give my new club vest an outing, hopefully the first of many in 2019.

I'd like to add a thank you to everyone from HHH for your support through my injury and for welcoming me back to the club on my return.

Harrier, Richard Walker also took part, but did the runs and the cycle, finishing in 6th. place overall.

LANCASTER POWER OF 5K: 16th Feb

Matt Elkington was 2nd with a PB of 15:25

Mark Bonner was 2nd Vet 45 in 17:10

GOOD LUCK:

Good luck to all those doing the London Marathon this Sunday – Paul Managh, Mark Tomkinson, Mark Lehrle and Terry Peat.

SPONSORSHIP: Many thanks to Steve Martin Associates for the sponsorship of £1200 towards our race events.



MID LANCS TRACK AND FIELD:

On the strength of your responses when we asked about your interest in taking part in these events, Hoad Hill Harriers paid £120 to affiliate to the league. Below is a timetable of events for the season. These events are open to both seniors and juniors. The juniors only have three age groups – Under13, Under 15, Under 17 Please note the following age rule: 10 year olds may compete if 11 by 31st August 2019, so eight/nine year olds are unable to participate.

Sat 13th April

Sat 4th May

Sat 1st June

Sat 6th July

Sat 3rd August

Sat 24th August - Medal Mtg

TRACK EVENTS: 100m, 200m, 400m, 800m, 1,500m, 3000m, Relays at three of three meetings- 4 x 100 and 4x 400

FIELD EVENTS: Hammer, High Jump, Javelin, Shot, Triple Jump. Long Jump, Discus

Anyone thinking of taking part in any of the events needs to be registered, even if you want to just do one event. Jeff Chadwick is our Track and Field secretary, and he can be contacted at: jeffrey.chadwick@icloud.com

Details and info can be found on the **Track and Field** section on the **Mid Lancs Site** via this link:

<http://www.midlancs.org.uk/>

Witton Park, Blackburn: Sat 13th April - Jeff

'This was a fantastic start for the new Hoad Hill Track & Field team, some great results and club records also set. Well done all who came and took up the challenge.'

Senior Men 800m

7th. Andrew Dorrian 2:12.00

10th. Luke Turner 2:22:70

12th. Jeffrey Chadwick 2:43.6

Senior Men 1500m

4th. Andrew Dorrian 4:33.8

9th. Luke Turner 5:02.7

Senior Men 3000m

6th. Mark Bonner 9:43.8

Senior Men Javelin Throw

4 Jeffrey Chadwick 20.88 m

Under 17 Men 3000m

2nd. Connor O'Hara 9:58.1

Senior Women 1500m

3rd. Heather Travis 6:14.3

Witton Park, Blackburn

Wilson Playing Fields, Hyndburn

Preston Arena, UCLAN

Salt Ayre Track, Lancaster

Litherland Sports Park

Stanley Park, Blackpool



MID LANCS X COUNTRY:CUERDEN PARK March 2nd



Cuerden Valley Park near Preston, staged the final Mid Lancs X Country event of the season. Despite severe weather warnings, conditions were excellent as five South Lakes club teams battled it out with teams from all over Lancashire and Cumbria. This proper x country course has a mixture of everything, sharp hilly cambers, forests tracks, river crossings, bends and fast downhill sections. The ladies' team was bolstered by the addition of Jeanette Chester, and they only had one aim, to try and finish ahead of as many Kendal ladies as they could,

to secure the Vet 55 title.

Steph Gillies (27:26) Alison Cooke (28:00) and Stevie Barron (28:24) led our first team back, with Jeanette Chester (29:22), Sally Barton (30:14) and Stephanie Roberts (34:41) coming in for the B team.

Julie Newnham (38:00) Penny Moreton (39:10) Christine Winder (40:42) completed the ladies' line-up.



Our ladies first team finished 14/31 teams, the B team were 26th.

The Ladies' Vet 35 team finished 7/16.

The Ladies' Vet 45 team finished 4/14 teams.

The Ladies Vet 55 team were first.





Well it was another great turn-out by the men, who really enjoyed the tough terrain. There were several points on the course where runners crossed in opposite direction, providing a great opportunity to see how team-mates were doing and cheer them on. Positions constantly changed, as runners adapted to the various sections of the course, with some still managing to find a sprint on the uphill finish!

35th. Andrew Dorrian 39:46 69th. Michael Cubin 42:24 74th. Matthew Rooke 42:43 81st. Gary Dover 43:03
 94th. Sean Dixon 43:43 100th. Tom Southward 44:07 115th. Luke Turner 45:04 117th. Darren Coward 45:27
 135th. Nigel Storey 46:38 173th. Graham Pinder 50:24 183th. Alan Wilson 51:47 193th. Simon Barton 53:07
 205th. Adrian Newnham 55:13 224th. Tony Clarke 1:11:18



MID LANCS X COUNTRY END OF SEASON ROUND UP: Adrian

It was another highly successful season for Hoad Hill Harriers, who saw 60 senior and 10 juniors participate throughout the six meetings.

My aim this year was to keep the men's team in the first division and get the ladies' team promoted from Division 3 to 2.



In the open Men's Senior Division One, our newly promoted first team enjoyed their tussle with the top teams, managing a podium place by finishing third., so that was an added bonus. The B team just missed out on promotion, by finishing 3rd in their league Vet teams proved that age is no barrier. Led by Mark Bonner, in the individual rankings finished 4th overall MV40 in his age group (out of 114)

In the Vet 40 category there are 4 leagues of 7 teams, with Hoad Hill coming out top of Division 1 for the second year running.

The Vet 50 team compete in a single league of 13 teams achieving 3rd place.

The Vet 60 team who had led the league for the whole season, were beaten into second overall position, after

the final race.

Sadly, Hoad Hills ladies' first team struggled with injuries during the season, so promotion had to be forgotten. However, those that participated excelled themselves, and still managed to finish with an overall 12th. league position from 37 teams.

Alison Cooke, Steph Gillies and Stevie Barron ran consistently well all season supported superbly by the rest of the ladies' team

Alison Cooke was the overall winner in the Vet 55 category and led the Vet 55 team to league victory after a very close competition with Kendal AC ladies. Can I take this opportunity to thank all those who participated this season, and helped with driving, baking, and general support.



The X Country Presentation Ceremony was a cracking night, with the club picking up 7 awards in all, the men won one in every category!! It was brilliant to see WWCheetahs and Leven's Valley there too, we lived up to our wild reputations and were the last to leave – there were some sore heads in the morning! Special thanks to Dave Jones who drove us there superbly and had to watch us drink alcohol whilst he supped his diet coke!!



CHESTER ULTRA 50 2nd March

The Race is hosted by the GB Ultras team and spans some of the very best & most beautiful natural trails in the Chester region. This well-marked ultra-marathon combines trails along the River Dee, North Cheshire Way & the Sandstone Trail taking in the Old Dee Bridge, Chester Racecourse, Helsby Hill, Frodsham & Delamere Forest.

Paul Managh finished in a brilliant 31st position, setting a 50 mile PB in 8hrs 49min.

'Brilliant event and awesome meeting all the other runners / Gb ultras Family and amazed at support and hard work from volunteers/marshals who can help make these events happen. Still buzzing at Pb for 50 mile distance, and the great thing is legs don't feel too bad either considering. Here's to the next 50 miler in April. M2L. #Gbultras.'

Alastair Macdonald finished in 60th position in 9hrs 54min.



OUR NEXT EVENT: The Paul Jarvis Mile: Sun 12th. May

Glaxo Sports club, North Lonsdale Rd, Ulverston, Cumbria

Glaxo Hoad Hill Harriers

PAUL JARVIS MEMORIAL MILE

Invitation to all Local Clubs

Registration from 11.30

under 8's must be accompanied by an adult

12.30 Junior Mile

1.00 Senior Mile

Minimum age 12

Donation entry

Certificates to all junior runners

This is a great opportunity to race this road mile course, in memory of former club member Paul Jarvis. It is a local club and 'friends of Hoad Hill Harriers' invitation only mile race. It is held on a flat, fast, measured course, starting behind the old GSK car park. It goes towards the coast and The Bay Horse Pub, returning through the sports club car park, finishing at the steps of the Sports Club.

Entry is free, but we ask that a donation is given to towards the club's charity, in one of the buckets found in the clubhouse. Please register from 11:30 onwards and pick up a race number on arrival in the clubhouse. The junior race starts at 12:30, under eight-year olds must be accompanied by an adult. Certificates will be given to the children after their race. The Senior race starts at 1:00, with the minimum entry age being twelve years old. There are no prizes for the adult's race. Results and photos will be posted later in our club Facebook site and on our website. A barbeque will be operating providing burgers and hot dogs for a small donation.



If anyone is free for a few hours to help out with setting up, marshaling, time keeping, results, or event clear up please let me or Louise know, or post on our Facebook site on the event post.

MENTAL HEALTH MILE



MOVE 4 MUSIC 10K March



Bill – 49: 24 Heather – 1st Lady 46min 34sec

KENDAL WINTER LEAGUE

Congratulations to Ian Peters, who participated in several of these events.

Whitstone 175th 55:23

Birkrigg Common 140th 35:30

Cunswick 89th. 52:04

Scout Scar 282th. 50:03

Sedbergh School 100th. 45:37



SUNDAY RUNS:



LANCASTER MOTHER'S DAY 10K 30th March: Heather Travis

I entered this race in some trepidation, as it was mainly on the course where I broke my ankle. But I felt like I needed to return to the scene of the crime and get it over with!

It was a perfect day for running – nice and dry with a light breeze. I got up near the front at the start, as the Lancaster runs are often very congested. I got off to a good start, and there was a guy from Vegan Runners going at a steady pace, so I decided to try to stick with him. I passed the 1-mile marker and saw the drain cover where I went over on my ankle. So I really concentrated on my footing and thankfully passed it with no mishaps. I had a brief chat with my vegan friend at the halfway mark, and discovered that he had broken his foot last summer (falling down the stairs after a race!) so we were a good pair!

This was probably the first time I can say I felt good the whole way through a race, and by mile 5 I knew I could finish strong. Once I got to the Millennium Bridge, I sprinted off and left my new friend behind and had a great finish. I did however wait for him after the finish line, and thanked him for his company and we realised we had both achieved PBs so he didn't mind that I'd left him behind. My time was 45.25 and I was 7th lady in a strong field, 36th overall out of 257.

I spoke to Billy from LRS at the end and he seemed quite disappointed that he didn't have to rescue me in his cart this time. He said they had to fix the flat tyre after I'd been in the cart but I tried not to take that too personally.....



CONISTON 14 30th, March

Coniston 14 is probably the most beautiful road race in Britain, and attracts some 1600 runners for the annual run round Coniston lake. This year, it was held in ideal racing conditions, and was won by Lewis Rogers of Loftus and Whitby AC in 73.32, nearly 5minutes ahead of the second-place runner. First female was Eleanor Fowler of Nuneaton Harriers in a time of 91.08.

18 Hoad Hill Harriers took on the 2019 challenge, several for the first time, and Julie Hunter, Tom Southward, Nigel Storey and Deborah Yearnshire (21 mins quicker than last year!) all achieving PB's. There was plenty of support around the course from fellow Hoadies, which was much appreciated by the runners.

First Harrier home was Mike Cubin in 53rd position in a time of 91.21. 65th Gary Dover (4th MV55) 92.43
93rd Tom Southward 95.39 157th Darren Coward 100.26 227th Nigel Storey 104.33
304th Mark Bailey 108.31 336th Stephen Peters 110.24 364th Julie Hunter 111.36
365th Deborah Yearnshire 111.37 437th John O`Neill 113.20 701st Frank McKeown 125.53
804th Kath Whipple 131.01 873rd Cheryl Stanway 135.09 874th Simon Stanway 135.09
1119th Terry Peet 152.01 1122nd Kathy Edmonson 152.31 1191st Penny Moreton 158.46

TRIMPELL 20 17th. March



Three Harriers ran the latest round of the Lancaster series in preparation for various marathons, the Trimpell 20 miler. 571 runners ran in conditions somewhat brighter but cooler than the previous day, and certainly better than last year.

Mark Lehrle 67th. 2:26:35
Leanne Bayliff 3:15:28
Penny Moreton 4:06:29

MANCHESTER MARATHON: April 7th Leanne Bayliff



To say it's been a long time coming is an understatement. My first opportunity to run a marathon came in October 2010 when I got a place in London but shortly after I fell pregnant with William, the second time was in December 2012 when I got the club place but again shortly after, I fell pregnant with Isabelle (some might question why but for us, children are like buses, you wait a very long time for one and then three come along almost at once!)

So, third time lucky I decided as a 40th birthday challenge I would enter Manchester. Training had gone relatively well with a particularly mild winter not hampering any long runs. When it came to tapering, I started to doubt myself but everyone told me this is normal. The children headed off on holiday with Grandma and Grandad, so we drove down to Manchester for the night.

We stayed in the centre so had a short tram ride to the start line, everything was very well organised with marshals at all tram stops advising where to get off. The start was in colour waves with a slight time delay between each. Being quite far back I managed to see the wheelchair start (what a tremendous speed!) and the first wave. My garmin was playing its usual tricks and couldn't

find its GPS so I was frantically waving my arm in the air to help (not sure it actually does but we all do that don't we?) and then I was off. The race set off to plan, every now and again I was puzzled by people flying past at break neck speed and then I realised they were relay runners so settled back down. I started to struggle a little after mile 20 but saw a friendly 10 in 10 t-shirt and Sonja dragged me along a bit. I'd been advised the run in was a very long straight one but decided to give it everything I had left. The atmosphere all along the course was amazing, people out with jelly babies, drink stations were frequent and all in all it was a great day, so much so I've entered again!

MANCHESTER MARATHON: John O'Neil

It was a chilly start but dry, and 3 hours into the run, the Sun made a short appearance. This was only my 4th Marathon in my running career and I've two more this year to train for.

26.2 Miles Mmmm !! not every runners cup of tea, you have to be dedicated, putting your running shoes on when you would rather curl up in front of the tv on a cold wet evening, or just chilling out after work. But, when you put the work in, you know you have done your best, and that gives you the mental status to tackle, let's face it; a long way to run or even walk!

My target was anything under 4 hrs, my time was 4:1:35 seconds, even 3.59 would of been nice, but I did it with no incidents or injury's and more importantly, my recovery was amazingly quick. The feeling going over the finish line is just amazing and emotional.

It has to be said, that if it was not for the spectators cheering us on, it would be very hard mentally; they were fabulous.

Next Marathon Edinburgh!!



Penny Moreton: 5:52:05

LAKELAND TRAILS: CARTMEL 17th.March: Simon



Saturday 16th March 2019 marked the opening round of the Lakeland Trails 2019 series at Cartmel, with a further 8 rounds taking place across the Lake District over the next 8 months. Conditions were set to be very wet and muddy with the amount of rain that had fallen during the week but Storm Gareth continued its work on Saturday to make conditions extremely challenging such that the two longer 18km races we're shortened to 10km to reduce the amount of time Marshall's were out on the course. Despite this a total of 1240 runners finished across 4 races.

15 Hoadies entered 3 of the races with everyone achieving fantastic results:

Sport Trail 5km (129 runners)

2nd Justin Corbishley U16 boy 25.31
14th Adrian Newnham 1st MV60 34.08
20th Amelia Thompson U16 girl 35.07
57th Naomi Capstick FV40 41.16
60th Julie Newnham FV50 41.44
76th Christine Winder FV50 43.23
91st Louise Thompson FV40 44.41

15K TRAIL RACE (Reduced to 10k due to the deteriorating weather)

28th. Darren Coward

81st. Mark Bailey

135th. Steph Gillies

10km Trail (541 runners)

72nd Simon Barton 1st MV60 56.44
112th Sally Barton 1st FV 50. 61.41
144th Kath Whipple 2nd Vet 50 63.25
147th Alan Wilson MV50 63.34
349th Ian Walker MV50 75.37



LANCASTER CASTLE 10K: April 7th.

Daren Coward: 8th in 41:24



LOUGHRIGG FELL RACE: Wed April 10th.

Hosted by Ambleside AC, this out and back blast from Rothay Park in Ambleside, packs a lot into its short length. Conditions were perfect for this popular race, with its gruelling uphill start.

A record turn-out of 269 runners and a new men's record saw an exciting start to the mid-week fell racing season at Loughrigg. The four-mile route to the summit of Loughrigg and back, with 1000 feet of climbing, saw Keswick AC's Jacob Adkin take a new course record in 25 minutes and 59 seconds and Sarah McCormack of Ambleside AC take her third win in a row in a time of 30 minutes and 41 seconds.



Alastair Macdonald 173rd. in 40:21

Photo courtesy of Steven Wilson – www.granddayout photography.co.uk

LAKELAND TRAILS: HAWKSHEAD: Sat 13th.
April



10k

59/419 Alan (no club vest) Wilson 1:07:14

215. Ian Walker 1:26:25

16K

119. Sally Barton

3rd. F Vet50 1:46:20



GARSTANG GALLOP 7 Miler: 24th March

Alison Cooke was the 1st Vet 55 lady in a time of 54:34,
Ashleigh Cooke: 53:51 and Phil Horrocks 53:46



CLUB SERIES CHAMPIONSHIP 2019 Current Championship Race List

- 12th January – Mid Lancs Cross Country, Towneley Park, Burnley - *Complete*
- 19th January – Millom Parkrun (5K) - *Complete*
- 9th February - Mid Lancs Cross Country, Leigh Sports Village - *Complete*
- 23rd February – Ford Parkrun, Ulverston (5K) - *Complete*
- 2nd March – Mid Lancs Cross Country, Cuerden Valley Park - *Complete*
- 9th March – Dentdale Run (14.2m & 7.9m) - *Complete*
- 16th March – Cartmel Lakeland Trails (5K, 10K & 18K) - *Complete*
- 30th March – Coniston 14 - *Complete*
- 14th April - Lancaster 3 Bridges 10K - *Complete*
- 27th April - Wray Scarecrow 10K
- 3rd May - Dalton Charter 10K
- 8th May – Kendal 10K
- 19th May - Windermere Marathon
- 29th May - Levens 10K
- 2nd June - Coniston Lakeland Trails Marathon & Half Marathon
- 19th June - Hawkshead 10K
- 29th June - Barrow Parkrun (5K)

More Races to be added in due course.

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

- 4th July – Hoad Fell Race 21st August - Summer 10K road race 4th September – Charter 5K Road Race

Women's Scores @ 20/4/19

Men's Scores @ 20/4/19

Senior

Overall Position	Total Points	Name
1	39	Stephanie Roberts
=2	10	Ashleigh Mayvers
=2	10	Deborah Yearnshire
4	9	Kathy Edmondson

Senior

Overall Position	Total Points	Name
1	41	Darren Coward
2	38	Andrew Dorrian
3	22	Luke Turner
4	18	Tom Southward
5	17	Mick Cull
6	16	Matt Rooke
7	10	Matthew Elkington
8	9	David Fulford
9	7	Stephen Peters

Vet 50

Overall Position	Total Points	Name
1	59	Gary Dover
2	39	Simon Barton
3	30	Adrian Newnham
4	29	Alan Wilson
5	25	Pat Thomas
6	20	Ashley Cooke
7	19	Graham Pinder
8	18	Sean Dixon
9	17	Nigel Storey
10	14	Simon Stanway
11	13	Phil Horrocks
=12	11	Bill Sharp
=12	11	Peter Davison
=14	10	Jeffrey Chadwick
=14	10	Mike Lavery
=14	10	Mike Fawcett
=17	8	Ian Walker
=17	8	John O'Neil
=19	6	Damian Jones
=19	6	Terry Peet
21	3	Tony Clarke

Vet 40

Overall Position	Total Points	Name
1	38	Naomi Capstick
2	20	Heather Travis
3	10	Julie Hunter
=4	9	Louise Thompson
=4	9	Cheryl Stanway
=6	8	Andrea Anderson
=6	8	Mel Simmonds

Vet 40

Overall Position	Total Points	Name
1	28	Frank McKeown
2	27	Michael Cubin
3	20	Mark Bonner
4	19	Mark Bailey
5	18	Richard Walker
6	16	Mark Tomkinson
7	10	Andy Jackson
8	7	Karl Fursey
9	6	Mark Lehrle

Vet 50

Overall Position	Total Points	Name
1	58	Alison Cooke
2	56	Sally Barton
=3	48	Stephanie Gillies
=3	48	Penny Moreton
5	32	Christine Winder
6	27	Kath Whipple
7	25	Stevie Barron
8	20	Julie Newnham
9	7	Jeanette Chester

Stephanie Roberts has extended her lead in the Seniors' league, whilst Naomi Capstick still heads up the Vet 40s. In the Vet 50s Alison Cooke now leads, with Sally Barton close behind. There's still a long way to go though, and lots of points to be had. Next qualifying races are Wray Scarecrow 10K on 27th April and Dalton Charter 10K on 3rd May.

Darren Coward still leads the Seniors. Frank McKeown is just ahead of Mike Cubin in the Vet 40s, and Gary Dover has extended his lead in the Vet 50s. There's still a long way to go though, and lots of points to be had.

JUNIOR SECTION



Iona Smith competing at Cuerden Valley x country and Leigh x country

Noah Zaboklicki (8 yrs old)



"On Saturday 9th February 2019 I ran my first ever x country event. I have been running with Hoad Hill Harriers since September 2018, so I was really looking forward to having the opportunity to run for the club. It was quite a long drive, but worth it as I had a brilliant time! I am already looking forward to the next one and hoping to improve my time".

(Juniors Contd.)



Another brilliant run by Connor O'Hara at Leigh X Country
Amelia Thomson at Cartmel 5kTrail race.



A parkrun PB for Oscar 31:01



JUNIORS AT PARKRUN

A pb for Iona Smith 25:24 ,James Corbishley 19.18 Justin Corbishley 19.22 pb Connor OHara 18.56 pb
Leven Sopwith 21.53 pb

Kendal Winter League:

Abi McNichol raced at Barbondale in the Under 11 race and finished 9th in 10:01

NEXT JUNIOR EVENT

Paul Jarvis Mile on Sunday 12th May

PARKRUNS



Castlemain Park Run and Newport Lakes Parkrun, Australia: Pat Thomas

Two significant differences struck me about parkruns in Australia. Firstly, they all start at 8 o'clock to avoid the heat later in the morning. Secondly - SNAKES. Yep. At both parkruns that I did, snakes raised their ugly heads.

Castlemaine parkrun is a lovely gravel path 3 lapper around the botanical gardens. I was a bit unnerved to see a notice on the route warning of the existence of snakes (see photo). Well that was enough to spur me on to a respectable 10th place finish (out of 103) in 22.06.

A week later, I ran the Newport Lakes parkrun, which is in Melbourne. Again, it was run on a gravel path, but this time it was a hilly double lap. Despite the early start it was hot, even at 8. The Run Director nonchalantly announced that no snakes had been seen on the course that morning whilst the signage was being put out. Well that's alright then! I ran this with my daughter Claire and son in law James. I was happy with a 7th place finish (out of 77) in a time of 23.20, one place behind Claire. James didn't have his barcode and came second as unknown.

A – Z OF PARKRUNS: Pat Thomas

I've been surprised to find out just how many parkrunners chase the alphabet. By that I mean run a parkrun beginning with each of the 26 letters of the alphabet. A bit difficult to complete all 26 – there isn't an X and the Z is in Poland!

This got me wondering how many letters we hoadies have ticked off. Here is my contribution;

A - Abingdon B - Basingstoke C - Castlemaine (Australia) E - Exeter H- Harrogate M- Minehead N - Newport Lakes (Australia) O - Oxford S - Swindon T -Tring W – Witney

Can anyone fill in the gaps ?

PARK RUN PB'S

Congratulations to all those who have recently achieved PB's recently :Andrew Dorian, Darren Coward, Mick Cull, Simon and Sal, Kath Whipple, Ashleigh Mavers, Julie Newnham, Jan Heffernan, William Sharp, Steph Roberts, Adrian, Heather Travis, Carol Whittle, Ashleigh Mavers, Carol Hunter

Simon Barton got his 5k PB at Southport Parkrun. he also set a new Vet 60 record at Alnwick Parkrun – sadly it was beaten the following week!

LANCASTER 3 BRIDGES 10K 14th April

Hosted by Lancaster and Morecambe AC, this long-standing popular race, returned to the clubhouse venue, with the start and finish located on the running track. Starting at the clubhouse next to Salt Ayre Sports Centre, the scenic route is almost entirely traffic free, and crosses three bridges spanning the historic River Lune. The course is mainly flat and fast. The sting in the tail is the bridge with the steps, which is runnable, so long as your path isn't blocked by walking runners!

This year, it was well attended by the club, probably as it was a championship counter, with 13 members taking part.

Vet 55 Prize winner, Gary Dover, produced his best 10k time for three years, breaking the 40 min barrier, and Vet 65 winner, Pat Thomas continued his good form, finishing ahead of club rival, Pete Davison!



Heather Travis, returning from injury produced another consistently strong run, but couldn't quite catch Phil Horrocks who was running for WWC!

Alison Cooke was pleased with her 2nd F Vet 55 position, especially as she finished ahead of her husband Ashleigh.

Steph Roberts managed to produce a PB, whilst Mike Lavery acted as a pacer to encourage Naomi round for her PB.

13th Gary Dover 00:39:34. 1st. Vet 55 29th. Andy Jackson 00:41:06 61st Patrick Thomas 00:44:33 1st. Vet 65
 73rd Pete Davison 00:45:05 76th. Phil Horrocks 00:45:16 (WWC) 81st. Heather Travis 00:45:37
 103rd. Alison Cooke 00:46:58 2nd Vet55 117th. Ashleigh Cooke 00:47:43 203rd. Adrian Newnham 00:52:56
 268th. Mike Fawcett 00:57:09 285th. Steph Roberts 00:59:26 PB 302nd. Christine Winder 01:01:45
 320th. Mike Lavery 01:02:53 321st. Naomi Capstick 01:03:07 PB>

MARYPORT 10 MILER:

Ashleigh Cooke 82:24 Penny Moreton 93:49

ADVANCED RACE INFO

Appleby Rotary 10k race. Appleby 10k and Fun Run which are both to be run on the 30th June.

<https://www.runbritain.com/entries/EnterRace.aspx?evid=79b906ce5e66&erid=75bf0ac05e5e>

"THE LAP - Lake Windermere Ultra - Saturday 7th to Sunday 8th September 2019

It is called THE LAP and is a 45mi route on tracks and trails around Windermere, taking in High Dam, Gummer's How, Orrest Head, Wansfell, Loughrigg and Latterbarrow. It's taking place on Saturday 7th September from the YMCA Lakeside Well stocked aid stations, hot food and plenty of cake, plus we've got ace caterers for finisher's meals plus (hopefully!) a beer from a local brewery as our medals! You couldn't ask for a more beautiful venue too.

A 45 mile anticlockwise Ultra Trail around Lake Windermere. Open to runners and walkers, fully way-marked and with generous cut-offs; it makes a great introduction to longer races or a fast, low level option for experienced racers.

It's a really nice route and all very runnable. We've given generous cut-offs to get as many people involved as we can but also hoping to get some faster bods along as it will make a great, fast ultra, plus cash prizes to help that along.

We're keen to get as many local runners as possible and so we're offering a £10 discount off their entry with code, until the end of April: CUMBRIA19, making it just £55.

This is our first year and we're late to the party getting launched but we were just keen to get it out there. The price will go up for 2020 but anyone that enters this year will get a pay freeze if they come back next year (plus the added interest of it being run in the opposite direction each year!).

e: info@thelap.co.uk

w: www.thelap.co.uk

f: @lakewindermereultra



KARL'S RACE DIARY:

Wed 24th April 7pm. Keswick "round the houses" 4.2 mile race. An evening run around the streets of Keswick, including the hilly routes such as Chestnut Hill. £8, £12 on the night and it starts at 7pm. See Keswick ACs website for details.

April: (Date TBC) Valiants (Preston) half marathon. From Valiants Equestrian centre, Lancaster Road, Preston at 10:30am. £18 in advance only. Good Easter 13.1 miler.

Sun 28 Apr: For info only: Kendal spring sprint triathlon. See link from John Schofield's UK results website.

Sat 27 Apr: Wray Scarecrow 10km. 1:15pm from Wray village 8 miles east of J34 M6. £8 in advance or £10 on the day. Scarecrow medals to all finishers. Min age 15 to enter. More info and entry form on UK Road Races website. (RACE IS FULL)

Sat 27th Sun April 28th Blackpool Festival of running, 2k, 5k, 10k, half, marathon See Fylde Coast runners for details <https://www.fyldecoastrunners.com/blackpool-festival-of-running.html>

Fri 03 May: NOTE DATE IS EARLIER THIS YEAR. Dalton-in-Furness 10km road race. Need I say more? Always a popular, if undulating and hilly, event and a regular club champs counter. 7:15pm from the cricket ground and entry (£10 I think) is available on the night.

Sun 05 May: Keswick Half-Marathon. 11:30 from Keswick RUFC (registration and finish here, start is on the main road). Highly popular race as it's a Bank Holiday weekend, so expect over 600 runners. Undulating / hilly roads. £20 I think in advance, more on the day. This race doesn't have an entry limit and could easily accommodate up to 1000 runners.

Tue 07 May: Whitehaven 10k from Lowca Rugby league club at 7pm. Cumberland ACs website for further details.

Wed 08 May: Kendal 10k from the leisure centre at 7:30pm. First race in the 10k Kendal AC Grand Prix series which also includes races at Levens, Hawkshead and Endmoor at three weekly intervals between each one. More info on their website including a discount by entering all four races in advance.

Sat 11 May: Keswick to Barrow and Coniston to Barrow walk / run events.

Sun 12th May Hoad Hill Harriers Paul Jarvis Mile Junior Mile start: 12:30pm Senior Mile start: 1:00pm Glaxo Sports Club, North Lonsdale Rd, Ulverston, Cumbria. Free entry/charity donation. BBQ will be available.

<http://www.hoadhillharriers.co.uk/files/pdf/paul-jarvis-mile-information-sheet.pdf>

Sun 12th. May The Capsticks Blue 10k, Nr Inglewhite, Preston, starting at 10am Commemorative Blacksticks Blue Cheese to all Competitors <http://www.ukroadraces.info/entryforms/2019/blac.pdf>

Sun 12th May Barrow Mental Health Mile

Sunday 19th May WORDEN PARK 10K AND FUN RUN A scenic two lap race in and around parkland and country roads, starting and finishing in Worden Park, Leyland 10k Starts 11:00 Entry Fees: £10.00 attached, £12.00 unattached. Entries on the day £3 extra. https://bookitzone.com/steve_ashcroft/LR2FFX

Sun 19th. May. The Great Manchester 10k and half Marathon: The UK's biggest and best 10k, with more than 40,000 people taking part each year. <https://www.greatrun.org/great-manchester-run>

25th/26th May Liverpool Rock and Roll Marathon/half/ 5k <https://www.runrocknroll.com/Events/Liverpool>

Sun 26th. Blackpool Beach 10k/5k A gruelling yet fun event for all abilities and ages. Choose either the 10k or 5k distance. Run on mainly hard packed sand from the South Pier in Blackpool to just beyond St Anne's Pier and back <https://www.fyldecoastrunners.com/blackpool-beach-10k.html>

Sun 26th May Northallerton 10k Start Time: 11am <https://bookitzone.com/Northallerton10k/eL2FFX>

Wednesday 29th May Kendal 10k Series: Levens- Road race around the Lyth Valley and Brigsteer 7.30pm start ENTRY FEES: Attached: £10.00 per race Unattached: £12.00 per race EXTRA £2.00 ON THE DAY

June 1st Grasmere Gallop 10k/17k/5k fun run Run amidst the spectacular surroundings of Grasmere village and Rydal Water. <https://www.grasmeregallop.co.uk/>

June 2nd. Morecambe 10k: A new flat course along the prom and back. Details: <https://www.lancaster-race-series.co.uk/10km-races/morecambe-10km/>

June 7-9th. Barrow – Tri Island Running. Various distances: 3 coastal marathons and 3 beautiful venues, the Tidal Triple Series brings runners 3 of Barrow's coastal pathways which are traffic free and with a variety of terrain to cater for all running styles. We also have 10km and 5km races available. <https://www.triislandrunning.co.uk/tidal-triple>



KENDAL AAC



WEDNESDAY NIGHT SERIES



Kendal 10k

Licence No: 2019 - 35744

Course records: Male – 2013 Danny Parkinson 32.33

Female – 2017 Lizzie Browne 35.43

Road race through Natland & Sedgwick

Wednesday 8 May 2019 7.30pm start

Registration at Kendal Leisure Centre LA9 7HX

Levens 10k

Licence No: 2019 - 36055

Course records: Male – 2013 Danny Parkinson 32.58

Female – 2017 Rosie Woodhams 37.54

Road race around the Lyth Valley and Brigsteer

Wednesday 29 May 2019 7.30pm start

Registration at Levens Village Hall LA8 8NJ

Hawkshead 10k

Licence No: 2019 - 36054

Course records: Male – 2013 Danny Parkinson 31.49

Female – 2016 Heidi Dent 36.46

Road race around Esthwaite Water followed by
BBQ

Wednesday 19 June 2019 7.30pm start

Endmoor 10k

Licence No: 2019 - 36202

Course records: Male - 2013 Danny Parkinson 32.47

Female – 2017 Rosie Woodhams 38.04

Road race on a hilly course around Endmoor

Wednesday 10 July 2019 7.30pm start

Registration at Endmoor Village Hall LA8 0HH

First man and woman home in all 4 races wins a voucher for a pair of Brooks trainers from Pete Bland donated by Brooks

PRIZES 1st 3 MALE 1st 3 FEMALE TEAMS 1st MALE 3 to count 1st FEMALE 3 to count 1st Vet 40, 50, 60 and 70 Male & Female

ENTRY FEES: Attached: £10.00 per race Unattached: £12.00 per race EXTRA £2.00 ON THE DAY

Enter all 4 in Series Attached: £36.00 Unattached: £44.00 extra £2 if entering all races at Kendal

Make cheques payable to: 'Kendal AAC' with S.A.E to: Carolyn Kevan 14 Greengate, Levens, Kendal, Cumbria LA8 8NF

Email: carolyn.kevan@talktalk.net

Under UKA Rules

Unsuitable for wheelchairs – No pushchairs

Enter Online: www.ukroadraces.info

Postal closing date: 7 days before each race