



HOAD HILL HARRIERS NEWSLETTER

FEBRUARY 2018 –MARCH 2018



Anna Shaw



Stephen Peters catches the early sunrise on the summit of Coniston Old Man

EDITORIAL: Adrian

Hooray –the lighter nights are back and the torches and high-vis gear can be packed away for six months. If the last two day's rain is anything to go by, we'll need flippers and snorkels soon! Monday runs should be more fun with some routes going off-road, so be warned; don't wear those new trainers you got for Christmas, especially if it's been raining!

There has been a buzz at the club over the last month, training seems to have stepped up a little, with more options being available and circuit training on offer as well. Judging by the recent results and PB's that members are achieving, the training seems to be paying off. But it is not all about racing, with many of you enjoying social runs on and off - road.

Welcome to new members Jeanette Chester, and Richard and Helen Walker, I hope you enjoy running with us and we can help you take your running to the next level.

Can I also take this opportunity to thank everyone with the help in the organising, setting up, and running of the cross country fixture we hosted at Glaxo. When we offered to help the league out by hosting this event for the first time, we had our 'doubters' within and outside the club. Obvious concerns were providing an interesting course, being able to set up the course considering the problems with trying to push spiked posts into the slag deposits under the grass, and getting hold of the equipment needed to run it. It was a huge undertaking and was not without its problems. But once again, you all came up trumps in true Harrier style and did the club proud.

The feedback we have received from other clubs has been amazing, and was covered in a letter from Dawn Locke which I enclose further in the newsletter. It makes interesting reading, and in the light of the comments received, we will probably be hosting it again, hopefully in a warmer, less windy 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!!

DATE CHANGE

Please note that we have had to change the date of the Summer 10 k to August 22nd. This change had to be made due to the fact that that Conishead Priory has changed the date of the weekly festival they hold in July.

PAUL JARVIS MILE

Our next club event which we will be hosting is the Paul Jarvis memorial mile on Sunday 13th May. Please note this is a local clubs invitation only event. It is a measured, timed mile but will not be posted in Run Britain.

MONDAY NIGHT SOCIAL RUN: Tom Evelin:

Every Monday from the 9th April for 10 weeks I am planning on doing 6 miles to 10 miles in ten weeks. Weeks 1/2 6 miles. Weeks 3/4 7 miles. Weeks 5/6 8 miles. Weeks 7/8 9 miles. Weeks 9/10 10 miles target pace between 10 minute to 9 minute pace per mile. All welcome.

DATA PROTECTION LEGISTRATION:

A change in government legislation regarding data protection called The General Data Protection Regulation (**GDPR**) will be in place from 25th May 2018. Please read our Privacy Statement below. This is also being emailed to all members.

...GLAXO HOAD HILL HARRIERS...

Paul Jarvis Memorial Mile

1 MILE Memorial road race

SUNDAY, May 13th 2018

JUNIOR MILE 12.30PM
UNDER 8'S MUST BE ACCOMPANIED BY AN ADULT

SENIOR MILE 1.00PM
MINIMUM AGE 12

Registration open from 11.30am
INVITATION TO ALL LOCAL CLUBS

Certificates to all junior competitors
PosterMyWall.com WWW.hoadhillharriers.co.uk

DONATIONS ENTRY

GLAXO HOAD HILL HARRIERS PRIVACY NOTICE

Glaxo Hoad Hill Harriers are committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your membership, Glaxo Hoad Hill Harriers is the Data Controller and is responsible for storing and otherwise processing that data in a fair, lawful, secure and transparent way.

What personal data we hold on you

You may give us information about you by filling in forms at an event or online, or by corresponding with us by phone, e-mail or otherwise. This includes information you provide when you register with the Club. The information you give us may include your name, date of birth, address, e-mail address, phone number, name of the EA affiliated Clubs with which you are registered and gender (Athletics Data). We may also ask for relevant health information, other data which informs/advises coaches.

Why we need your personal data

The reason we need your Athletics Data is to be able to administer your membership, and provide the membership services you are signing up to when you register with the club. Our lawful basis for processing your personal data is that we have a contractual obligation to you as a member to provide the services you are registering for.

Reasons we need to process your data include:

For training and competition entry

- sharing personal data with club coaches or officials to administer training sessions;
- sharing personal data with club team managers to enter events;
- sharing personal data with facility providers to manage access to the track or check delivery standards; and
- sharing personal data with leagues, county associations (and county schools' associations) and other competition providers for entry in events.

For membership and club management

- processing of membership forms and payments;
- sharing data with committee members to provide information about club activities, membership renewals or invitation to social events;
- club newsletter promoting club activity; and
- publishing of race and competition results

Any special category health data we hold on you is only processed for the purpose of passing health data to coaches to allow the safe running of training sessions. We process this data on the lawful basis of consent. Therefore, we will also need your explicit consent to process this data, which we will ask for at the point of collecting it.

On occasion we may collect personal data from junior non-members (e.g. such as any non-member participant who fills in a form at a taster sessions/event). This information will be stored for 4 weeks after a session/event and then destroyed securely. Our lawful basis for processing data is consent. Therefore, we will also need explicit consent from non-members to process this data, which we will ask for at the point of collecting it.

Hoad Hill Harriers have a Facebook site. All members are free to join this page. If you join our site, please note that the provider of this social media platform has their own privacy policies and that the club do not accept any responsibility or liability for these policies. Please check these policies before you submit any personal data on the club social media pages.

Who we share your personal data with

When you become a member of the Club, you will also automatically be registered as a member of England Athletics Limited. We will provide England Athletics Limited with your Athletics Data which they will use to enable access to the MyAthletics portal. England Athletics Limited will contact you to invite you to sign into and update your MyAthletics portal. You can set and amend your privacy settings from the MyAthletics portal. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics Limited, please contact dataprotection@englandathletics.org.]

The Club does not supply any personal data it holds for this purpose to any other third party. The Club does not store or transfer your personal data outside of the UK.

How long we hold your personal data

We will hold your personal data on file for as long as you are a member with us. Athlete data is updated every year on annual membership forms. Any personal data we hold on you will be securely destroyed after five years of inactivity on that member's account, in line with England Athletics Limited's retention policy. Your data is not processed for any further purposes other than those detailed in this policy.

Your rights regarding your personal data

As a data subject you may have the right at any time to request access to, rectification or erasure of your personal data; to restrict or object to certain kinds of processing of your personal data, including direct marketing; to the portability of your personal data and to complain to the UK's data protection supervisory authority, the Information Commissioner's Office about the processing of your personal data.

As a data subject you are not obliged to share your personal data with the Club. If you choose not to share your personal data with us we will not be able to register or administer your membership.

HAPPY CHAPPIES!!!!



JUNIOR AND SENIOR CLUB SUBS: Julie Newnham

Many thanks, it took a while to get them in, but we are almost there now, however there are still some members who are not responding to emails. If you have changed emails/address/phone number, could you please let me know so I can update records. £100 has been sent this week to affiliate the club with England Athletics for another year. We will be sending one cheque to cover all members affiliation in about ten days' time. If anyone still has to pay their subs, could you please do so now, so we don't have to send off separate cheques at a later date, creating additional unnecessary workload for those concerned.

There are still some junior members who are training, and need to pay subs for this year. Could you please pass on the money and completed forms (if a new member), to the coaches so we can process your membership.

SUMMER BALL:

The date for this year's summer ball is July Sat 7th at The Coach House at Ford Park, and the Christmas Dinner/Presentation night is at the same venue, probably on Sat 8th. December. The Summer Ball menu and details will follow in the next newsletter.

PNF Developmental Stretching with Dave Jackson: Mon April 16th 8pm: Pete Davison

Dave has kindly offered to run a PNF developmental stretching workshop for us after our run on the Monday of 16th April, at our clubhouse. It is free and open to all HHH club members or guests.

We will request all run leaders to have everyone back by 8pm that night so that anybody who wants to attend does not miss out.

I have to confess that I do little stretching myself, but Dave tried it out on me and I had to admit it had only good effects, I am now 6 inches taller!

If you have never heard of it, google it. It looks interesting.

CUMBRIA COUNTY X COUNTRY CHAMPIONSHIPS: KESWICK: 6th Jan: Sharon



MILLOM PARKRUN

Penny Moreton and Stephanie Roberts ran Millom Parkrun under demanding conditions, with the course knee deep in mud in parts. However, it didn't put them off producing good runs, with Penny Moreton coming home as the first lady finisher for the first time, (6th Overall in 45:07) and Stephanie Roberts as second lady home (7th Overall in 46:34.)

LANCASTER VALENTINE 10K: 11th Feb.

Fortunately, the snow and rain held off until after the race, with great runs from our trio. Amy Whelan came in as 2nd Lady finisher and 22nd overall in a PB of 40:06. Tom Southward also got a PB, producing his first time under 40 minutes, in 39:58, with a 20th overall finish position, and Heather Travis came in 11th lady and 57th overall, with a new PB of 45:48, taking 29 seconds off her previous 10km best.

BRAMLEY 20 MILE ROAD RACE: 11th Feb

Travelling further afield, Elsie Roberts ran the Bramley 20 mile road race in a time of 2 hours 40mins, giving an average 8 mins per mile. A brilliant time.

PARK RUN SUCCESSES:

PB's for Mike Cubin 20.05, and Stephanie Roberts 29.33 and again with 27:17.

I decided to run in the County Champs to see how I would get on in the VET category, having not competed in this race for over 10 years.

Unfortunately, I discovered that it had been run in the last Cumbria League meeting.

Anyway, I still went and ran around and around Fitz park, There wasn't a very big field and ladies and gents all ran together.

It seemed like lots of the younger ladies went off too fast at the start, so I was pleased to have come 5th overall.

I can now represent Cumbria at Loughborough, in the National xc at the grand old age of 47.

Geoff also ran well in the men's race, finishing 17th in 36:25



TATTON PARK 10km:10th. Feb: Simon



This took place in the beautiful grounds of Tatton Park as part of a monthly 10km series throughout 2018. Conditions for the February run were high winds and very heavy rain, which led to some parts of the course being flooded giving the 550 competitors a very demanding race. Sal and I made the journey down to Tatton to take on the course. The conditions influenced results, with only 11 runners achieving a time under 40 minutes I managed 54.30 (230th and first Male Vet 60) and Sally 59.03 (327th and 3rd Lady Vet 55)

LANCASTER 10K 10th. March



Tom Southward 20th. 40:27
Amy Wheelan 31st 3rd lady 42:50



DENTDALE 7.9 Mile AND 14.2 MILE: 11th. March: Simon

The Dentdale 7.9 mile and 14.2 miles are an annual race hosted by and raising funds for Dent C of E Primary School

Both races set off at the same time and follow the same course for the first 7.5 miles where competitors split away from each other, with the shorter race completing into the village and the longer racers continuing further up the valley, before turning back and also finishing at the village. Both races follow a tough undulating course, and on a day that had sun and rain provided a challenging run.

The 7.9 mile race, with 147 runners, was won by Stephen Jackson (Elvet Striders) in 43.48, and first female home Jayne Perry of Lancaster and Morecambe in 57.30, Two Harriers and one Black Combe runner completed the course, 40th Simon Barton 4th/7 V60 in 67.24, 70th Sally Barton 2nd/10 Lady Vet55 in 73.05, and for BCR 147th Karl Fursey in 104.41.

The 14.2 mile race with 421 runners was won by Steve Littler (U/A) in 82.28, first Lady home was Kate Archer of Ilkley Harriers in 99.08. Harriers results: 42nd Gary Dover 97.32, 106th Dave Bridges 108.54, 163rd Alistair MacDonald 118.20, 215th Ken Lamb 124.55, 367th Janine McNeill 150.03 and 404th Penny Moreton in 170.46.

BLACK COMBE FELL RACE: 11th. March

Building on his success's this year, Matthew Elkington had a fantastic run by, coming in first in the latest race held by BCR, in a time of 72.58, a clear 3 minutes ahead of the 2nd. Placed runner.



MID LANCS X COUNTRY: RYLANDS PARK, LANCASTER 17th. March: Simon
HARRIERS HOLD ON TO TOP LEAGUE POSITIONS



In the Ladies Race, we fielded one of our strongest teams yet with superb results between them all.

The penultimate round of the Mid Lancs Cross Country season held at Rylands Park in Lancaster, witnessed some fine running by 32 Hoad Hill runners, resulted in consolidation of several league positions for the club.

Runners found the going really tough on the very muddy course, but their spirits were lifted as they were graced by some winter sunshine.

In the under 13 boys, Justin Corbishley came in 17th out of 60 competitors in 12m 26sec, and Nathan Ritchie came in 57th, in 15m 27sec.

In the under 17 men (who run with the Over 18 Ladies) James Corbishley came 7th in 25m 01 sec.



Our over 18 Ladies came 3rd out of 27 teams.
 Vet 45 Ladies came 1st out of 8 teams

Vet 35 Ladies came 1st out of 15 teams
 Vet 55 Ladies came 3rd out of 5 teams



13th Amy Whelan 25.06
 41st Heather Travis (L35) 28.33
 96th Sally Barton (L55) 34.41
 124th Stephanie Roberts 41.23

14th Sharon Dixon (2nd L45) 25.14
 46th Alison Cooke (3rd L55) 29.02
 113th Penny Moreton (L55) 36.40

28th Elsie Roberts (L35) 27.49
 64th Amanda Jenkins 30.56
 123rd Christine Winder (L55) 41.02



Men' Race: Although we were missing a few regulars, we had a few first- timers to fill the gaps, and competition as always was fierce.



6th Matthew Elkington 34.03
52nd Mark Lehrle (V40) 39.50
80th Tom Southward 41.25



23rd Mark Bonner (3rd V40) 36.38
55th Gary Dover (V50) 40.03
103rd Cian Nutt 43.36



36th Jeff Chadwick (V40) 38.28
61st Andy Jackson (V40) 40.19
111th Luke Turner (u20) 43.57



113th Damian Jones (V50) 44.08
134th Paul Quinn (V50) 46.31
158th Tom Evelin (V60) 48.56



122nd Stephen Peters 45.13
141st Mike Cubin (V40) 47.21
168th Simon Barton (V60) 52.02



123rd Pat Thomas (V60) 45.13
155th Alistair Macdonald 48.22
177th Karl Fursey (V40) 66.57

Team positions for the day:

Over 18 men 3rd out of 20 teams
Male Vet 40 were 2nd out of 11 teams
Male Vet 50 were 4th out of 11 teams
Male Vet 60 were 3rd out of 3 teams



GARSTANG GALLOP 7 MILES: 25th March : Ashley Cooke



It was my first race for 13 months and first in a Hoad Hill vest. What idiot entered me for a 7 miler? I remember- it was me! Well it was a lovely sunny day and I must have had butterflies for breakfast the way I was feeling before the start. But with 147 runners, I thought I could hide at the back. It was a nice slow start, and I was the last one across the start line. After a steady 8 mins 35 sec first mile, I relaxed and enjoyed running in company. There were a couple of uphill, but not too bad, and we were soon back in Garstang. I was chuffed to bits to have ran it all, and well inside my target time of 60 mins. I finished 71st in 56:57, behind the other two Hoad Hillers- Andy Jackson 14th 45:34 and Alison 1st lady 55 in 54:04. Roll on the next race!!

CIRCUIT TRAINING

Damian is currently running 30- minute circuit training sessions on Monday nights, before the social run session.

6:20 – 6:50 50p.



THE GREAT NORTH-WEST HALF MARATHON, BLACKPOOL 18th.Feb: Dave Fulford



A fast and flat course around the coastal front of Blackpool... a great race for a PB and an ideal warm up race for the Blackpool Marathon or Virgin London Marathon.

The event is now in its 29th year and grows in popularity every year. The event attracts 1500 competitors of all ages and experience and is a great spectator course for the family as it is a two-lap course.

With London (marathon) now not in the too distant future, the 'Great North West' half marathon in Blackpool seemed an ideal pre London race to have a go at. Having pulled out of the last 2 Mid Lancs cross country races (much to Adrian's and Jeff's frustration I add!) as I invariably have had a bad record of picking up injuries after cross country races, I stuck to what I would hope would be a safer bet (and so it has proved a week later). This would be my last competitive race before London, to allow for recovery, a training block and then a taper before the big run of the year on 22nd April.

Well the day itself, the race itself is along Blackpool prom so if the weather was going to bad then this would be a

real tester! In previous years there's been torrential rain and plenty of wind. Thankfully it was to be a much better day weather wise. Cold and a bit of a breeze, happy enough all considering. After a short warm up and a few strides it was time for Blackpool's mayor to set us off. A little strange at the start, instead of runners jockeying for position to be at the front, no-one really wanted to be right in the middle at the front of the start line, so I thought 'well if no-one else is...' and ended up taking the position myself. I must admit I had thoughts of 9 weeks ahead, the training hopefully completed and thoughts of the charity for which I am trying to raise as much funds as possible for. This really did feel like a dress rehearsal.

After a few seconds hanging on the gun finally went and off we fled down the prom. The first 400m was into the breeze and it was at this point one guy pulled off the front. I was tempted to follow but held back and thought I should settle in as the rest of the group were still moving at a decent pace. 5:35 for the first mile confirmed this, I was pleasantly surprised as felt in control at the pace being set. A small loop back round and the leader hadn't really got away, in fact as we were lapping a large number of people with it being a small loop, he was having difficulty making his way past them! I was in a group of 3 and felt comfortable enough and at mile 2 we turned a corner which would see us running the next 4 miles with the wind. I felt strong at this point and I put my foot down a little to break away from the other 2 in the group, which proved successful. By mile 3 the leader lost time as it was unclear which way to go, he must have lost 5 seconds. This should have been good news for me as I was closer, but perhaps led to my downfall! For the next 2 miles I pressed on and eventually caught the leader. Could I really win the race?! I had only hoped for 7th or 8th going into the race!





The leader was certainly concerned, he asked my age (he was Vet 40) and what time I was hoping to run. At mile 6 we turned back into the wind and it was at this point I realised I had overdone it! A sub 35minute 10k was taking its toll. The leader slowly got away and I kept plugging away, mile 8 & 9 back against the breeze and I received lots of encouragement from fellow runners as I was lapping other runners now, I returned their 'well done' shouts as best I could, knowing that 3rd place was never going to be too far behind.

It was at 10.5 miles that I was caught, a runner who hadn't been in the original group at the start but had obviously paced himself perfectly, I hung on for a little while but I was beat. A podium spot was soon off the agenda too as 3rd place went by 30 seconds later, giving me plenty of encouragement (the 'effing and jeffing' variety as it happened!) I kept plugging away against the wind and was pleased that no-one else had come by, waving at the family as I came into the finish rather than trying to gain a few more seconds and was happy to cross the finish line.

A time of 1hr 16m 04s and 4th place (out of 1221 runners) I had to be happy with and certainly proved that I was in good shape. I certainly feel

I could have secured 2nd place if I had it ran it differently but to be honest if I were to be in the same position I would do the same again. It would have always been on my mind if I could have won it, it is the competitor in me that drives me to race others I guess! A lesson learnt nevertheless and a warning as to how misjudging the pace can leave you suffering many miles later. So, the next stop is London marathon, 20 years a runner and making my debut at the marathon distance and perhaps my biggest challenge yet. I'm ready though. Sub 2hrs 40 is the real target, and with the amazing support (overwhelming to be honest) received to date it's going to be a memorable day regardless of the time I run. If you would like to support my cause (over £1300 raised to date as I write this) the link is as follows:

<https://www.justgiving.com/crowdfunding/david-fulford-1>



JANINE MCNEILL 48th. Female 02:14:12.23

LADIES' SOCIAL: Visiting Water Stations **PETE's Water Station Stop!**



MID LANC X COUNTRY: GLAXO, ULVERSTON. March 3rd. Louise Thompson



X-Country Runners brace the cold in Ulverston

You couldn't help but notice the extreme weather over the last week, but this didn't deter hundreds of hardy X Country runners, tackle our new course on GSK Sports grounds, for the final race of the season.

Our club, well known for our road races in Ulverston, took on its own challenge - designing the new course and hosting the event for the first time, and the competitors certainly weren't disappointed.

Taking runners off the beaten track, on a technical course full of twists, turns, hills and coastal views from all angles, saw 484 competitors participate in 7 races over the afternoons racing.

Spectators came out in their droves to spur on their clubs, helped by excellent views from the high banking surrounding the fields, supported by 30 marshals who braved the weather themselves, to enable the last event to take place

All the local club vests were evident, 41 Hoad Hill Harriers, Barrow Striders, Leven Valley and Kendal AC, along with clubs from all over Cumbria and Lancashire, all fighting for personal and team positions.



RACE 6: Senior Ladies

Fielding our strongest team yet, our ladies were certainly up for it, evident by the fact that they were discovered praying in the tent before the start of the race. Amy and Sharon had superb runs, finishing in 4th and 5th places, with just 25 seconds separating them, and Sharon getting first Vet 45 spot. Elsie came home two minutes later, securing second overall team place for our ladies' first team. They were closely followed by Steph, Darina and Heather to complete a fine second team finish in 6th place out of the 21 teams. With great support from the rest of the girls, they should all be proud of the results they achieved on a tough and a longer-than-usual course.



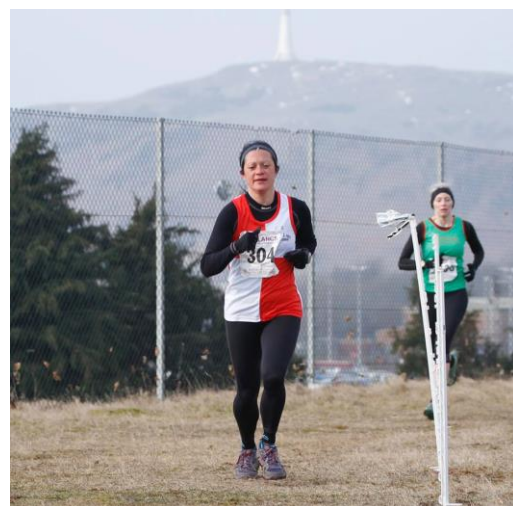
4th Amy Wheelan L35 1. 27:15 5th. Sharon Dixon L45 1. 27:40 14th. Elsie Roberts L35 4. 30:14



1 9th. Stephanie Gillies L45 4. 31:11



24th. Darina Delinova L 24. 32:00



31st. Heather Travis L35 12. 32:42



Alison Cooke L55 5. 33:46, Sally Barton 37:40, Janine McNeill 38:56, Helen Towers 39:30, Penny Moreton 40:38



Rachel Ashton 40:52, Karen Morgan 43:10, Stephanie Roberts 43:42, Julie Newnham 44:00, Christine Winder 47:47

RACE 7: SENIOR MEN: Despite missing Dave Fulford, Mark Lehrle and Mark Tomkinson, we still fielded a really strong team, strengthened by the return of Lee Winter, back having been injured after the first race of the season, and Mike Cubin, back on the start line for his second race of the series.

The twisting course certainly helped spot how the team were doing, and it was great to be able to shout words of encouragement and watch some of the personal battles unfold.

It was evident from the start, that Matt was in great form and responding well to running on home ground, producing his highest finish of the season, a superb 3rd place. The next five back to complete the first team, certainly didn't disappoint, all having powerful runs and it was brilliant to see Mike Cubin joining the first six back. Further back there were some great battles between Gary/Cian, Lee/Tom and Alastair and Graham.

Overall, it was a great day for the club:

Ladies' 1st team 2/21 teams, Ladies Vet 35 1/10 teams, Ladies Vet 45 1/7 teams, Ladies Vet 55 2/5 teams.

Men's 1st team 5/16 teams, Vet 40 team 1/12 teams, Vet 50 team 5/8 Vet 60 team 3rd.

SENIOR MEN RESULTS



3. Matthew Elkington 32:18



19. Mark Bonner 35:47



38. Jeffrey Chadwick 37:49

53. Andy Jackson 38:51

60. Michael Cubin 39:36

63. Gary Dover 39:42

68. Cian Nutt 39:49

75. Lee Winter 40:36



79. Tom Southward 40:44



97. Luke Turner 41:56

102. Paul Managh 42:23

117. Stephen Peters 43:39

122. Alastair Macdonald 43:54

124. Graham Pinder 43:58

149. Pat Thomas 48:21

151. Ken Lamb 49:13

153. Tom Evelin 51:29

156 Adrian Newnham 52:26

163 Karl Fursey 1:04:08



X COUNTRY YEARLY REVIEW:

Wow – what a successful season we have had. Yes, we missed out on our target of getting the ladies' team promoted, but the awards we have to pick up on presentation night prove how hard we have all worked:

Awards to pick up:

Ladies' Team: Bronze Vet 35, Gold Vet 45, Silver Vet 55

Men's Team promoted to Div 1 and Silver Men's Team, Gold Vet 40, Bronze Vet 60.

Individual: Sharon Dixon 2nd Vet 45, Mark Bonner 3rd Vet 40.



But – it isn't just the awards – it's the teamwork, the support, the camaraderie, the banter and of course the cake!!

58 senior members and eight juniors have participated in the events this season, so to you all, from a very proud Team Captain:

THANK YOU



Adrian Newnham
Cross-Country Captain
The Din Drum
Dendron, nr Ulverston
Cumbria LA12 0QN

7 Sefton Court,
44 North Promenade,
Lytham St. Anne's,
FY8 2NQ.
Tel: 01253 721514
dawnlock@tiscali.co.uk
14th March 2018

Dear Adrian

I am writing on behalf of the Mid Lancs. League to thank Glaxo Hoad Hill Harriers for staging the cross-country event for us on Saturday 3rd March at GSK Sports Club, Ulverston.

Thanks are well-deserved as the event you staged for us was excellent. Everything about it showed the amount of effort put into the planning and organizing and the degree of care with which you approached the on-the-day execution of event. Without exception comments about the quality and enjoyment derived have been glowing, and, thanks to Glaxo, a most worthwhile venue has been added to the stock available to the League.

The carefully designed courses were very good. People have commented about the interest and challenging nature of the courses and of the beauty of the area. It was also particularly good for spectators who could not only watch the action from vantage points but who also appreciated the comfortable facilities, the handy parking, the hot snacks and the indoor shelter

You will probably be interested in some of the comments received. Chorley Athletic & Tri's Stan Jewell, himself the organizer of Astley Park cross-country, especially wanted you to know how much he admired the superb organization, the attractive course and the wonderful team spirit of Glaxo members. Michelle Tickle of BWFAC wrote "Just a quick email to say thank you for today, particularly to Hoad Hill Harriers who put on a brilliant event, on a lovely course!! Hopefully we will be back there at some point as it was a great venue for a XC!! A few rises and unbelievably gorgeous views!! Probably my favourite course and event of the season! Well done to all! " Other comments amongst many were "On behalf of Wesham Road Runners may I thank you for an excellent event yesterday which we all enjoyed. Please extend this to all who prepared the course, marshalled, or helped in other ways." (John Collier); "I loved the Ulverston course - loads of exciting up and down twisty bits. And fantastically well organised and run ..." (Joanne Pennington) and "...these two (Ryelands and Ulverston) were superb additions to the X Country season and in particular Ulverston!" (Sarah Scott).

I would especially like the thanks and comments to go to Louise Thompson , but of course, all members of the club who marshalled, set out and dismantled course, served food and drink etc, and contribute to the success of the day. Please accept my sincere thanks and convey my thanks to Louise and all at Glaxo.

Yours sincerely,

Dawn Lock

Cross-Country Secretary, Mid Lancs. League

JUNIOR SECTION:

LANCASTER X COUNTRY: James Corbishley



The conditions were perfect for the cross country as it was cool (to say the least!) and there was no rain for a change!

We arrived early and after a tent building session from Simon we started to get ready. Justin was in the U13's race so he went off to warm up. I still had an hour to go till my race, so I stayed spectating the other races.

As the race loomed near, other Hoad Hill Harriers started turning up. I tried out my new trail shoes for the first time while I was warming up and decided they were too big- however, as they were the only pair I had, I had no option!! On the plus side, they were very comfortable!!

Sadly, the queue for the toilets was about a mile long so instead of missing the start I decided to wait- That is my other excuse!!!

My race was with the senior women as well as the U17 boys and as I lined up at the start and the crowds flocked over. A few last-

minute stretches and then the gun went. I set off quickly and jostled for a good position. I was in the top 20 as I reached the first corner. After a couple of minutes of racing I couldn't see any other U17 boys as they were all too far ahead, still I hoped there were some behind me- there were not!!

After 3 minutes or so I became aware of Sharon and Amy running on my shoulder. We ran together as a pace group for the first lap or so, helping each other to push on through the mud. The course was muddy everywhere! I was struggling to stay upright let alone race!

After 1 lap we were still all together pacing each other. We continued to battle out with each taking turns to lead in the second lap. As the race progressed, I caught up and passed someone in my age group. At least I was not last!!!! I was feeling good at this point however that was only for a short while!!!!

As we came up to the finish of the second lap, I started to make progress, despite the fact it was hurting a lot and running through the mud was exhausting.

As the third lap commenced I was looking forward to the finish and by the time we ran down the slope, the ground was thoroughly coated in mud!

I had been chasing another U17 boy who had been just ahead of me from the start but as the finish loomed near he picked up the pace and left me behind!!!!

As we came up to the finish, I came up behind another runner and just managed to pass them before the finish.

I finished in 25.01 and was 7th out of 8 in my age group. (I will try to improve on that at the next one!!!!!!) Thanks to everyone who supported me in the race – I needed it!!!!



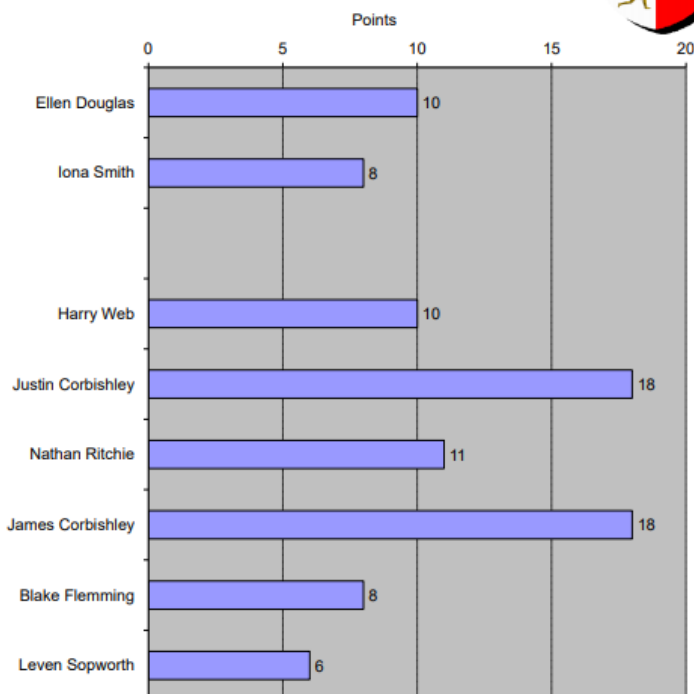


Congratulations to Harry Webb who came first in the Year3/4 Schools cross country held at Dowdales School. There were 50 in his race and he is only Year 3!!

Glaxo Hoad Hill Harriers Junior Club Championship 2018

Paid up members of the club only qualify to enter the championship.

Glaxo Hoad Hill Harriers
Junior Club Championship 2018



Points System	
1st Hoad Hill	10 points
2nd	8
3rd	6
4th	5

Championship Prizes

Girls: 1st, 2nd, 3rd
Boys: 1st, 2nd, 3rd

Event	Date	No. of Competitors
Birkrigg Common KWL	05/02/2017	2
Mids-Lancs, Lancaster	17/02/2018	3
Mid-Lancs Ulverston	03/03/2018	9
Fell Foot Park Run	14th April 2018	Next Event

		1	2	3		4	5	6	7	8	9	10	11	11		
		Birkrigg Common KWL	Mids- Lancs, Lancaster	Mid-Lancs Ulverston	Fell Foot Park Run	Paul Jarvis 1 Mile	Birkrigg Common Fell Race	Junior Olympics 1 Mile	Junior Olympics X- Country	Hoad Hill Fell Race	Glaxo Summer 10K & Fun	Ulverston Charter 5k & Fun Run	Midlancs X-country	Midlancs X-country	Pudding 10K & 1 Mile	Total
		05/02/2017	17/02/2018	03/03/2018	14/04/2018	13/05/2018	01/05/2017	June 2017	June 2017	05/07/2018	22/08/2018	05/09/2018	14/10/2017	Nov 2016	02/12/2018	
Ellen Douglas		-	-	10												10
Iona Smith		-	-	8												8
Harry Web		-	-	10												10
Justin Corbishley		-	10	8												18
Nathan Ritchie		-	6	5												11
James Corbishley		-	10	8												18
Blake Flemming		8	-	-												8
Leven Sopworth				6												6
Connor O'Hara		-	-	10												10
Edward Sargeant		-	-	10												10
Oliver Oldham		10	-	-												10

Junior 3k Time Trial 28/03/2018

Times for the junior 3k time trial given in the table below. Well done everyone. We'll look to repeat in around 6 weeks time. The key is try and keep the laps as even as possible – steady 1st lap; maintain 2nd lap; push the 3rd lap.

Name	1 st k	2 nd k	3 rd k	Total Elapsed Time (3k)
Gabriel	5:55	7:14	6:25	19:34
Justin	3:55	4:11	4:13	12:19
James	5:55	7:14	6:41	19:50
Zac	5:55	7:35	-	-
Helen	5:35	6:31	6:00	18:31
Anna	5:35	6:31	6:00	18:31
Isaac	4:06	4:38	4:43	13:27
Abi	4:18	4:51	4:54	14:03
Jake	5:40	6:00	5:10	16:50

JUNIOR MID LANCS X COUNTRY:GLAXO:ULVERSTON:

Well done to all the juniors who raced this fixture, especially those participating in x country for the first time.

Under 11 Girls/Boys Ellen Douglas 11:34 Iona Smith 11:37 Harry Webb 10:22



Under 13 boys

Edward Sargent 10:53(no photo) Leven Sopwith (No time),Justin Corbishley 11th 11:07 Nathan Ritchie 13:32



JUNIORS (Contd) UNDER 17 MEN



Running in the same race as the ladies, Connor O'Hara had a cracking race, finishing in a time of 26:14, and James Corbishley close behind him in 27:36.



CPD EVENT DETAILS

DW FITNESS FIRST BARROW LAUNCH EVENT

1MS0015-MODULE

When? 25th Apr 2018 **Registration Closing** 23rd Apr 2018 **Where?** DW Fitness First – Hindpool Road Barrow

DATE, TIME AND COST

Date: Wednesday 25th April 2018 Time: 6.30 pm - 8.00 pm Cost: FREE

CONTENT AND FORMAT

England Athletics has launched a new partnership with DW Fitness First, the UK's leading gym and retail company. DW Fitness First has become our Official Retail and Fitness partner, as well as the lead partner for RunTogether. To celebrate the launch of the partnership Jenny Meadows, Great Britain Athlete - World and European Medallist, will be our special guest with opportunities for Q&A at the DW Sports & Fitness - Barrow. The night will have a short session on how best to physically prepare as an endurance runner. The evening will also provide you with an opportunity to meet the DW Fitness First team, learn more about the partnership and explore how DW Fitness First can work locally with your club or RunTogether group.

Format:

6.30 - 6.40pm - Meet and greet.

6.40 - 7.20pm - Short session on physical preparation for endurance runners and athletes.

7.20 - 7.40pm - Guest Speaker – Insight into Jenny Meadows career and training with Q&A.

7.40 - 8.00pm - Opportunity for gait analysis and to look around DW Fitness First facilities.

QUEST SPEAKER - JENNY MEADOWS



Jenny Meadows is firmly established as one of Britain's leading female athletes. Jenny has represented Great Britain since 2000 when as part of Great Britain Juniors 4x400m relay team they became World Junior Champions.

In 2008 Jenny won the European Team Cup and was part of the Olympic team in Beijing. Jenny then set about establishing herself as a force to be reckoned with not only on the national circuit but on the international arena at large.

Her break through came at the 2009 World Outdoor Championships in Berlin where she won a magnificent bronze medal in a life-time best of 1:57.93 and became the 3rd fastest British women of all time. Since Berlin, Jenny has gone from strength to strength; improving her indoor PB first at the Birmingham Grand Prix in February 2010 and becoming the British Indoor record holder, then again at the World Indoor Championships in Doha where she was awarded the

captaincy of the Great Britain team and claimed the Silver medal in a time of 1:58:43.

For more information please visit: www.jennymeadows.co.uk

2018 CLUB SERIES CHAMPIONSHIP – Latest Update: Alan Wilson

It's very early days in this year's Club Championship, but you may have seen that I have already published some early league tables. I intend to issue regular league table updates using various means including the club's Facebook page, the clubhouse noticeboard and this very Newsletter.

As mentioned in the previous newsletter, we have introduced some changes in the 'rules', compared to last year. Whilst I say 'rules', let's not forget that the real aim is to have a bit of fun and friendly rivalry, so let's not try to take this too seriously – especially when I get people's age categories incorrect! On that note, please don't hesitate to let me know if you spot any errors in my updates, and please also feel free to come forward with suggestions for races to include.

With regards to the aforementioned 'rules', here is a reminder of some of the main points:

- Race scores are based on HHH finishing positions in a number of selected races.
- Three categories for each gender. Senior = 18-39, Vet40 = 40-49, Vet50 = 50 plus.
- In each category 10 points for first HHH member to finish, 9 for second HHH member to finish, 8 for third, and so on down to 2 for ninth, with 1 point awarded for all other finishers.
- No limit to the number of Championship races entered and all scores in all these races will count.
- 2 points awarded to each official marshal at each Hoad Hill organised race, but no running points at these races.

Current Championship Race List

17/2/18 – Mid Lancs Cross Country Ryelands Park (*Complete*)

17/3/18 – Lakeland Trails at Cartmel, 5K or 10K (*Complete*)

24/3/18 - Coniston 14 (*Complete*)

14/4/18 - Lakeland Trails at Hawkshead, 10K

15/4/18 – Lancaster 3 Bridges 10K

28/4/18 - Wray Scarecrow 10K, Lancashire

9/5/18 – Kendal 10K

18/5/18 - Dalton 10K

20/5/18 – Windermere Marathon

30/5/18 – Levens 10K

2/6/18 - Grasmere Gallop, 10K or 17K

3/6/18 - Morecambe 10K

9/6/18 - Windmill Race, 9.5m, Caton, Lancashire

20/6/18 – Hawkshead 10K

1/7/18 - Morecambe Half Marathon

11/7/18 - Endmoor 10K

25/7/18 - Lancaster 10K

28/7/18 - Pilling 10K

7/10/18 - Chester Marathon or Metric Marathon

Further races will be added in due course. All suggestions will be put to the Committee.

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

- 3rd March – Mid Lancs Cross Country at Glaxo Ulverston (*Complete*)
- 6th July – Hoad Fell Race
- 22nd August - Summer 10K road race
- 5th September – Charter 5K Road Race

Current League Tables are as follows:

Club Series Championship

Women's Scores @ 25/3/18

Senior

Overall Position	Total Points	Name
1	19	Amanda Jenkins
2	12	Amy Stitt
3	10	Amy Whelan
4	9	Leanne Bayliff
=5	8	Deborah Yearnshire
=5	8	Stephanie Roberts
6	7	Kathy Edmondson

Vet 40

Overall Position	Total Points	Name
1	20	Sharon Dixon
2	18	Elsie Roberts
3	16	Janine McNeill
4	15	Heather Travis
5	10	Julie Hunter
6	9	Karen Bennett
7	2	Louise Thompson

Vet 50

Overall Position	Total Points	Name
1	20	Penny Moreton
2	19	Sally Barton
3	17	Christine Winder
4	10	Alison Cooke
5	9	Caroline Peet
=6	2	Dianne McMillan
=6	2	Helen Towers
=6	2	Rachel Ashton
=6	2	Carol Whittle
=6	2	Julie Newnham
=6	2	Karen Morgan

Mild Lanes XC Rylands Park 17/2/18	Mild Lanes XC Glaxo Ulverston 3/3/18 (Marshall)	Lakeland Trails Carmel 10K 17/3/18	Lakeland Trails Carmel 5K 17/3/18	Coniston 14 24/3/18
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Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts
2	9	-	0	-	0	-	0	1	10
-	0	-	2	-	0	1	10	-	0
1	10	-	0	-	0	-	0	-	0
-	0	-	0	-	0	-	0	2	9
-	0	-	0	-	0	-	0	3	8
3	8	-	0	-	0	-	0	-	0
-	0	-	0	-	0	-	0	4	7

Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts
1	10	-	0	-	0	-	0	1	10
2	9	-	0	-	0	-	0	2	9
-	0	-	0	1	10	-	0	5	6
3	8	-	0	-	0	-	0	4	7
-	0	-	2	-	0	-	0	3	8
-	0	-	0	2	9	-	0	-	0
-	0	-	2	-	0	-	0	-	0

Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts
3	8	-	2	-	0	-	0	1	10
2	9	-	0	1	10	-	0	-	0
4	7	-	0	-	0	1	10	-	0
1	10	-	0	-	0	-	0	-	0
-	0	-	0	-	0	2	9	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0

Thursday Night Coaching Plan Q1 2018:

Overall Focus – stamina and endurance. 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%**

Intermediate and Advanced Groups					Starters Group			
Date	Venue	Session	Session Objective	Coaching focus	Venue	Session	Session Objective	Coaching focus
5 th Apr	Shoulder of Hoad	4-6 hill reps (500m ish!). Recovery back along A590	Hills/stamina	Climbing & descending	Siemens Ind Estate	16 hill reps up and down, 1min rest	Hills/stamina	Climbing & descending
12 th Apr	GSK Sports field	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing. Each rep 2s faster	GSK Sports field	Pyramid 100, 200, 400, 800, 400, 200, 100m with jog back	Pace endurance Jog 3 laps of field	Form
19 th Apr	North Lonsdale Road or GSK Sports field	2 mile time trial	Progress check	Pacing – aim for negative split	GSK sports field	12 x 200m with jog back	Speed	Pacing – aim for equal splits
					22.			

Club Series Championship

Men's Scores @ 25/3/18

Senior

Overall Position	Total Points	Name
1	27	Stephen Peters
2	19	Tom Southward
=3	10	Matthew Elkington
=3	10	Cian Nutt
5	7	Luke Turner
6	5	Alastair Macdonald
7	2	David Fulford

Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts
5	6	-	2	1	10	-	0	2	9
2	9	-	0	-	0	-	0	1	10
1	10	-	0	-	0	-	0	-	0
3	8	-	2	-	0	-	0	-	0
4	7	-	0	-	0	-	0	-	0
6	5	-	0	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0

Vet 40

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

Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts
2	9	-	2	-	0	-	0	2	9
7	4	-	2	-	0	-	0	5	6
1	10	-	0	-	0	-	0	-	0
-	0	-	0	-	0	-	0	1	10
-	0	-	0	-	0	-	0	3	8
3	8	-	0	-	0	-	0	-	0
-	0	-	0	-	0	-	0	4	7
4	7	-	0	-	0	-	0	-	0
5	6	-	0	-	0	-	0	-	0
6	5	-	0	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0

Vet 50

Overall Position	Total Points	Name
1	20	Gary Dover
2	17	Simon Barton
=3	10	Pat Thomas
=3	10	Terry Peet
=5	9	Damian Jones
=5	9	Nigel Storey
=5	9	Alan Wilson
8	8	Ken Lamb
9	7	Paul Quinn
10	6	Tom Evelin
=11	2	Adrian Newnham
=11	2	Chris Howie
=11	2	Graham Pinder
=11	2	Ian Peters
=11	2	John Barstow
=11	2	Mike Lavery
=11	2	Peter Davison
=11	2	Sean Dixon
=11	2	Terry Gannon
=11	2	Tony Clarke
=11	2	Phil Horrocks
=11	2	Dennis Metcalf

Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts	Pos	Pts
1	10	-	0	-	0	-	0	1	10
6	5	-	2	1	10	-	0	-	0
3	8	-	2	-	0	-	0	-	0
-	0	-	0	-	0	1	10	-	0
2	9	-	0	-	0	-	0	-	0
-	0	-	0	-	0	-	0	2	9
-	0	-	2	-	0	-	0	4	7
-	0	-	0	-	0	-	0	3	8
4	7	-	0	-	0	-	0	-	0
5	6	-	0	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0
-	0	-	2	-	0	-	0	-	0

LAKELAND TRAILS: CARTMEL: 17th March 5K/10K/18K
5K RACE:



1st. Justin Corbishley 28:55



9th James Corbishley 32:53



A great turn-out from the club for the first of this years' trail series of races.

Amy Stitt 46:25 and mum Christine Winder 47:23

It was also great to hear that members Caroline and Terry Peet are back running again - 50:28 and 50:57

10K RACE:



11th. Stephen Peters 51:42



Simon Barton 1:01:56



Sal Barton 1:06:18



Karen-Anne Bennett 1:16:45



Janine McNeill 1:12:54



18k Trail Race 56th Kieran Ireland 1:38:21

18k Trail Race Darina Delinova 138th. 1:54:20



MUNCASTER LUCK FELL RACE:

Damian Jones finished 12/38 in a time of 2:00:01

CONISTON 14: Adrian



1,000 runners competed the tough, undulating Coniston Water 14-mile circuit, in what proved to be excellent conditions.

Sam Stead of Keswick AC, won in a superb time of 1:14:40, finishing just eight seconds ahead of Loftus and Whitby AC's Lewis Rodgers. 3rd place went to Tom Collins, of Medway and Maidstone AC, with a time of 1:17:02.

The first lady home was Coniston 14 regular, Eleanor Fowler of Nuneaton Harriers, who won in 1:29:14. Sarah Dudgeon, of Abingdon AC, finished as runner-up in 1:33:44 and also first

lady vet 40, whilst Totley's AC Jenny Featherstone, was third in 1:34:51.

Sharon (the destroyer) Dixon was the first local female home, sixth lady overall and winner of the ladies Vet 45 prize, in a time of 1:39:37. Alongside Elsie Roberts, Heather Travis and Julie Hunter, her high position helped our club win the second-place prize in the women's team race.



Completing the excellent day for Hoad Hill, was Mark Tomkinson, who finished in the top 20 in 1:28:00 mins, and was 3rd Vet 45.



In all, 21 runners from HHH made the annual pilgrimage to this race, with 7 setting personal bests.

Mark Tomkinson (1:28:00) Gary Dover (1:33.14), Jeff Chadwick (1:33.26), Tom Southward (1:36.37, PB), Sharon Dixon (1:39:37) Paul Managh (1:45.18, PB), Elsie Roberts (1:48.30), Nigel Storey (1:49.58), Ken Lamb (1:54.26), Julie Hunter (1:54.02), Lee Winter (1:55.09), Stephen Peters (1:55.10, PB), Heather Travis (1:55.13, PB), Alan Wilson (2:00.25), Amanda Jenkins (2:02.55), Leanne Bayliff (2:05.04, PB), Deborah Yearnshire (2:05.46, PB), Janine McNeil (2:21.46), Penny Moreton (2:28.11, PB), Kathy Edmonson (2:32.09) Karl Fursey, (2:54.09).



(Coniston contd.)



HARROGATE PARKRUN

6 Harriers travelled to take part in the Harrogate Park run which is a fast flat 3 lap course, running part field, part paths. First Harrier home was Pat Thomas 22.42 1st Vet 65, Pete Davison 23.02, Simon Barton 25.03 1st Vet 60, Adrian Newnham 25.54 2nd Vet 65, Sally Barton 29.52 2nd FVet 55, Julie Newnham 31.38.



ULVERSTON DUATHLON: 5km run/Bike/5km run

Four very successful competitors from Hoad Hill took part in this event - In her first competition Stephanie Roberts did the first 5km in a pb of 26.50, and overall she completed in under 2 hours, and Amy Whelan was 2nd Lady Finisher, Mark Bonner 4th Male, and Mark Lehrle 6th Male.

KENDAL WINTER LEAGUE: Helm Hill

Ian Peters 55.09

POOLEY BRIDGE HALF MARATHON

'DAFFODILRUN' : Steph Gillies

TRIMPELL 20 18th.March



Penny: 'It was brutally cold throughout the race; I have only been colder when I was at Annapurna Base Camp in December. At 15 miles, you could hardly stand let alone run in the strong wind.!' 4:15:36

Dave: 'Finished the 20 mile race in about 2:41:16 I'm bloody buzzing as I didn't think I would do under 3 hrs today- mentally and physically drained!' 118/517 runners.

THE UPS AND DOWNS OF MARATHON TRAINING: Penny Moreton

Christmas excesses and looking forward towards spring and what do I normally consider doing? Well after failing miserably to even get into the ballot for the London Marathon (the system wouldn't accept my email address) I decided to return to Manchester in April. Entry had been accepted in December so into getting the necessary miles banked. Only this time the weather was going to really put its hand into the mix. I reckon everyone who has been out this winter and spring needs a commendation as it has been horribly cold, wet and very windy – certainly the coldest I've known in my 19 years of regular training.

I reckon the ultimate goal which will be reported on at a later date will be an interesting race as I have prepared very differently to previously. Despite getting up to 40 mpw by the end of January, for whatever reasons, the weekly long run got stuck at half marathon distance, when usually I've bagged at least a 15 before Christmas. I went along to a race north of the county in February at Maryport with Dave Bridges, Karl Fursey and our friend Jonathan Bailey. The Netherhall 10 mile is a well organised race run over an oval shaped route starting from Netherhall School. It has a deceptive fast start as it runs downhill for nearly a mile before turning off the main road to very gradually climbing hill over the next couple of miles. Steady pacing was required, and I succeeded in overtaking a few runners including Karl. The reward for the drag was a pleasant flat section before the midway drinks and then a steep fast descent into the village of Bullrigg. Once out of the village the route makes its way back to Maryport and there is a super view of the sea on the way to the finish back in the school grounds. Totally shocked as I had hoped to run about 1.45 but my pacing had been better than expected and quicker towards the end resulting in 1.39.44 well pleased having averaged 6.12km pace. Dave and Jonathan ran superbly in their first 10 milers, recording 68.34 and 80.54, Karl battled through an injury in 114.34.

Boosted by this run, I had increased my miles per week to the end of February to 45 and was starting to feel stronger in the speed sessions; and then the Beast from the East arrived. I really enjoyed our Mid Lancs Cross Country fixture despite the horrendously cold conditions and I had a solid run. The underfoot conditions deteriorated, and Haweswater Half was cancelled and the road surfaces around Millom became lethal due to the sparse gritting, so my training volume halved. The next race to see how I was progressing was to be one of my favourites – Dentdale 14.2. Over 700 runners including, Janine, Ken, Gary, Dave B, Karl and Alistair in the main race and Simon and Sally in the 7.9 miler. The weather started off slightly warmer than forecast but I carried my windproof in my bum bag as rain was forecast. It turned out to be an awful race – I had slept really badly the two previous nights and before two miles was up, I had started walking up the little hill after leaving the main road! After chastising myself, I managed to gain a bit of momentum along the streamed section which had metre high snow drifts right up to the field edges. Approaching four miles, I started struggling again and slowed right down – by the time I had reached the cut-off point, I was in tears of frustration. The marshal let me continue much to my surprise, as it was a cold trudge up the valley to Cowgill into a brisk headwind.

I needed to put on my windproof as I had chilled right off and even eating a Mars Bar, it didn't revive me much. The last three miles were covered in cold rain and it was a real effort to keep going on heavy sluggish legs and blown mind. I finished in 2.50 (had hoped for 2.35) and was extremely grateful to see Gary, Ken and Alistair cheer me through the finish. Not a good day at the office. Dave and Karl and the others had managed to miss the rain thank goodness.

The following week the second Beast from the East struck, and Dave Bridges and I were entered in the Trimpell 20. E mails to organisers revealed the race was to go ahead despite the forecast of temperatures to be well below freezing in the wind chill. Amazingly the road conditions for the race were good with no sign of snow or ice. However, I have never seen so many competitors so well clad against the Arctic conditions. As it was a training run, I chose to wear two pairs of thermal tights and top layers all covered by my Paramo windproof top and bottoms – despite these and running at 6.45km pace for most of the run, I was still chilled to the bone and more especially when full on into the 30mph wind towards the end of the course, where I slowed to a walk to help a couple of runners. It was a real battle of attrition taking all my mental strength to complete it in 4.15 (I've run marathons quicker!) and all credit to Dave who finished his first ever 20 miler in a super 2.50. Thank goodness for pub grub and coffee afterwards.

The final training race followed on the next Saturday at Coniston 14. 21 of our Club turned out on a quite benign day with some hazy sunshine compared to last Sunday. Today was a good day, a much better day to make up for the trauma of Dentdale and madness of Trimpell. I even braved a t shirt and vest top and Capri and newish HOKAs. There must have been someone shining over the Club runners, as all of us had great runs. I couldn't believe the difference today to how I felt to previously, although I set my Garmin and Strava, I ran to how I felt and took an ordinary gel at 5 miles and a caffeine gel at 10 miles. I felt strong, fit and happy! The rain shower came at 10 miles which did chill me off quite a bit, but I pushed on to secure myself a Pb for Coniston of 2.28. It all seemed to click and I'm glad, because I was getting a bit concerned for the 8th April. Now I need to taper well and trust my experience from previous marathons for Manchester. The monthly miles have certainly not been as high as usual and very long runs have definitely been less frequent; so here's hoping plenty of 22/25km and a 32km will be enough to gauge the way forward.

HOADIES OUT AND ABOUT



Alastair Macdonald just down from Swirl How overlooking Grey Friar... where they ran to after this photo.

CLUB WEBSITE

Our club website will be 'going down' shortly as our host is closing down. We are using a local company, Miller Waite to help us construct a brand-new site.

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.

Sun 08 Apr: Valiants (Preston) half marathon. From Valiants Equestrian centre, Lancaster Road, Preston at 10:30am. £18 in advance only. Good Easter 13.1 miler.

Sun 15 Apr: Lancaster "Three Bridges" 10km road race. 11am from the Lancaster & Morecambe AC clubhouse athletics track opposite Salt Ayre sports centre. £9 in advance or £11 on the day. Start and finish on the track and the route crosses all the bridges spanning the river. John Schofield's or LMAC website for more info and to enter in advance.

April 20th: For reference only: Mid-Lancs cross-country prize presentations and "do" at Blackburn Rovers F.C supporters club premier suite. Hoad were lucky enough to win several prizes this season, and a bus to this evening's do which includes nosh and a disco is being organised at £18 each. (This cost includes bus and the ticket for said "do".) See Steph Roberts, who is organising the transport or another Hoad member who is going. Event is from 7pm to midnight. See our Facebook page and if you are going let Adrian know ASAP and please pay by Easter holiday weekend.

Sun 22 Apr: For info only: London marathon. Good luck to those taking part. Several Hoadies are in the capital and you can see it all live on BBC 1 from 8:30am to 2:30pm.

Sun 22 Apr: For info only: Kendal spring sprint triathlon. See link from John Schofield's UK results website.

Sat 28 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.

ADVANCE NOTICE OF SOME FORTHCOMING EVENTS WHICH WILL BE INCLUDED IN THE NEXT LIST:

Fri 18 May: NOTE DATE IS LATER THAN USUAL 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 06 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 08 May: Whitehaven 10k from Lowca Rugby league club at 7pm. Cumberland ACs website for further details.

Wed 09 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 12 May: Keswick to Barrow and Coniston to Barrow walk / run events.

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



DATES FOR YOUR DIARY:

Kendal AAC Wednesday night

10k Series 2018

09/05 Kendal 10k

30/05 Levens 10k

20/06 Hawkshead 10k

11/07 Endmoor 10k

(No Staveley in 2018)

APRIL							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	Sun 1st Fleetwood 10k
8	9	10	11	12	13	14	Sun 8th Valiants Half
15	16	17	18	19	20	21	Sun 15th The Bridges 10k
22	23	24	25	26	27	28	Sat 21st Blackpool Running Fest
29	30						Sun 22nd Blackpool Running Fest
							Thur 26th Ripley 4 mile Fun Run
							Sat 28th Wray 10k

MAY							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	Sun 6th Sherriff 10k
6	7	8	9	10	11	12	Sun 6th Keswick Half Marathon
13	14	15	16	17	18	19	Mon 7th Avenham Park 5k
20	21	22	23	24	25	26	Wed 9th Kendal 10k
27	28	29	30	31			Sun 13th Blacksticks 10k
							Sun 13th Beach 10k
							Sat 19th Pilling 10k
							Sat 19th 315 10k & 5k
							Sun 20th Worden Park 10k
							Sat 26th Catforth 5k
							Sat 26th Blackpool Promenade 10m
							Sun 27th Hangman 10k
							Mon 28th Fishwick 5m
							Tues 29th Vernons 5k
							Wed 30th Levens 10k

JUNE							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	Sun 3rd Morecambe 10k
							Sun 10th Catforth 10k
							Sat 16th Pilling 10k
3	4	5	6	7	8	9	Sun 17th Fathers Day 10k
10	11	12	13	14	15	16	Sun 17th Crazy Cow 10k
17	18	19	20	21	22	23	Tues 19th Vernons 5k
24	25	26	27	28	29	30	Wed 20th Hawkshead 10k
							Thur 21st Lancaster GG 6k
							Sun 24th

GOOD LUCK TO ALL THOSE DOING MANCHESTER MARATHON