



HOADD HILL HARRIERS
NEWSLETTER
JANUARY 2019



EDITORIAL: Adrian

Doesn't time fly; it seems ages since Christmas and New Year. Judging by the new trainers, watches and head torches on view at the club, Santa didn't let some of you down!

Many of you have been alcohol free for January (it makes a change to see our club chair, Pete Davison sober, and his race times are improving now he can complete them in an upright position instead of crawling!) It has been interesting to hear how many of you who took up the challenge, and felt their running had improved.

Also, congrats to those who have run every day in January. Many of you have started training programmes for the various Spring Marathons you are doing. Obviously, good luck and I hope all goes well and the weather doesn't hamper your plans.

There aren't many reports this month, there are some from the end of last year, but the newsletter does contain a great deal of information I hope you find useful.

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

WELCOME:

Welcome to new senior members Ian Walker, Gareth Brown and Darren Coward, and junior members – Holly Heffernan, Scarlett Burrow and Evelyn Rowland.

CONGRATULATIONS TO:



.....Penny Moreton on joining the Vet 60 category.

.....to Simon and Sal Barton for winning the club award at the recent Tri Island running events.



AGM JAN 2019:

The Chair read out his yearly report which was followed by the treasurer's report. The following members were elected as the club's committee for 2019.

Chair Pete: Davison

Vice Chair: Terry Gannon

Secretary Alan Wilson

Race Director: Louise Thompson

Treasurer: Phil Horrocks

Head Coach: Damien Jones

Men's Capt: Tom Evelin

Ladies Capt: Karen Morgan

Club Championships: Alan Wilson

Media: Simon Barton

Membership: Julie Newnham

Social Secretary: Pete Davison

Committee: Julie Hunter

Committee: Pat Thomas

XCCountry/Newsletter: Adrian Newnham

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

CLUB CHAMPIONSHIPS 2019: Alan Wilson:

The 2019 Club Championship is underway, with two qualifying runs completed already. I will be circulating the first issue of the league tables shortly. So far, I have announced the qualifying runs for January to March, which are shown below.

- | | |
|--|------------------------------------|
| <ul style="list-style-type: none">• 12th January – Mid Lancs Cross Country at Towneley Park, Burnley• 19th January – Millom Parkrun (5K)• 9th February - Mid Lancs Cross Country at Leigh Sports Village• 23rd February – Ulverston Parkrun (5K)• 2nd March – Mid Lancs Cross Country at Cuerden Valley Park• 9th March – Dentdale Run (14.2m & 7.9m)• 16th March – Cartmel Lakeland Trails (5K, 10K & 18K)• 30th March – Coniston 14 | <i>Complete</i>
<i>Complete</i> |
|--|------------------------------------|

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

I am now looking for suggestions for the next 3 months of 2019, ie April to June. Based on last year, races might include the Lakeland Trails at Hawkshead, or Lancaster 3 Bridges, or Wray Scarecrow 10K, or Dalton 10K, or Windermere Marathon etc, etc. Please let me know your suggestions. All suggestions are welcome, and I'll see you there.

CLUB CHARITY:

We are pleased to announce that we raised £617 towards last year's Club Charity – 'The Bluebell Foundation.'

Dave Fulford will be presenting them with a cheque sometime in February – watch this space!

The club charity for 2019 was chosen at the recent AGM, and is 'The Duddon and Furness Mountain Rescue Team.'

HOADIES OUT AND ABOUT:

A picture from an afternoon's run around Coniston fells . A nice 9 miler with a lot of climb and finishing run along the tops in the dark. A tad windy on the tops and tough descending the Old Man via the tourist route. Alastair went and took a tumble on a bit of flat trail adding a few more war wounds to his collection. It certainly makes you feel more alive on the fells.





Alastair had a great morning in Chester, for GB ultras Recce Run. 16.8 miles. It was great to meet fellow Gb Ultra Runners.



Coffee and cake following a Sunday off-roader

CLUB SUBS 2019: Julie Newnham

Senior Membership: Many thanks to all those who have paid this year's subs through the various methods. Could all those who still have to pay, do so as soon as possible, so we are not making endless visits to our building society to pay it in.

Please be aware that all members whether 1st or 2nd claim, have to continue their membership of GSK Sports and Social Club as well. Their subs for 2019 remain the same at £30, are also due now (many of you will have had postal reminders.)

Details on how to pay this are below.

GLAXO HOAD HILL HARRIERS MEMBERSHIP

First claim members

Same as last year- £22 which includes £15 EA affiliation. (Some newer members paid their £15 England Affiliation fee in Autumn. Your current membership covers you until we pay the England Athletics fees on April 1st, when their 2019-2020 year starts., but it is easier for us to collect these fees now, with your club membership, enabling us to make one bulk payment for all members in April.

Discount for two adults/family membership –

Two senior members -same as last year - £20 each. which includes £15 EA affiliation.

One senior member with two junior members - £20 for the senior member

Second Claim Members

Same as last year: £7 – assuming their £15 EA Affiliation is paid to their 1st claim club.

HOW TO PAY HHHARRIERS SUBS:

- I will be at the club collecting the **£22** fee on Monday and Thursday evenings before training sessions.
- If you are unable to get down, you could post them to me at The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN. I am happy to take cash, but please make cheques payable to **GSK Hoad Hill Harriers**.
- You can also pay through BACS: Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. Please add a reference name and HHHsubs to identify your payment; and let Julie Newnham know you have paid it: adrian.newnham@btinternet.com.
- We now have a new online facility for paying. This has been set up by Tom and is the same system he uses for Ulverston Tri Club. It has proved to be a quick, simple and safe system which they use to make payments for a variety of club items. It uses a payment system called Stripe which is similar to PayPal.

https://www.sportsentrysolutions.com/new_member_page.php?recordID=201032

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

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

Don't forget, those of you who are 65 or over, receive a £10 discount off the GSK Sports and Social Club fee. If you have not previously filled in a membership form for the Sports and Social Club, I have copies of the form I can give you, as you need to go on their data base.

PLEASE REMEMBER:

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

CLUB WEBSITE:

We are currently updating the club website with race events, club champs, training programmes etc. for 2019 Please be patient, these should be available over the next couple of weeks.

LANGDALE PUDDING 10K Dec 8th. Deborah Yearnshire

Julie Hunter 116th 48:23

Deborah Yearnshire: 89th. 46:48 PB 4th Vet 40



Cold, wet and windy weather didn't dampen the spirits at this annual race. Lots of people were running in festive fancy dress, including a huge turkey and some polar bears!

Arriving at the start, there was a great atmosphere and despite the awful weather, the smells of log fires and mulled wine added to the seasonal feel.

This is the first year, Brathay running have taken over the event and the organisation was flawless. Waiting for the start was very cold and wet, however we were soon off and on our way.

The start was a bit slow and congested as it was on a sharp bend, but as there was chip timing this didn't really matter. The field soon thinned out and I was able to get into a steady pace. The route was undulating which I prefer, although having looked at the pre-race information, I was aware there was a steep climb at 5k. The information wasn't wrong, the climb seemed to go on and on, and I think it is the steepest I have encountered in a road race.

Mulled wine was on offer at the top of the hill, I definitely didn't fancy that!! A nice downhill followed the climb back into the valley, I gave up dodging puddles and ploughed straight through them. The finish was over a very slippery, muddy field and I just about managed to stay upright.

I was very pleased with my time of 46.48 and 3rd vet 40 female and another minute knocked off my pb. I was awarded with another Christmas pudding to go in the back of the kitchen cupboard. A great day out and one I can recommend.

MID LANCS X COUNTRY: HYNDBURN 8th DEC: Adrian



After a break of two years, the third Mid-Lancs x country fixture returned to Hyndburn. The heavy rain ensured there was plenty of mud underfoot and the twisty, narrow woodland course made staying on your feet really tricky. Lurking tree roots also made it a difficult course, and as the course is slightly altered every year, it is a difficult one to learn, with all its twists and turns. Its numerous narrow sections, made it difficult to overtake, and any manoeuvre had to be planned in advance.

LADIES' RESULTS:

Although 148 took part in this race of 1 short and 1 long lap, our team numbers were down. However, we still managed to field 7 runners, all of whom scored points, with Alison and Stevie coming 1st and 4th respectively in the Vet 55 category. Alison had to put in a great sprint finish to secure her top spot, and their great results puts the Vet 55 team in first place after 3 races.

The ladies 1st team are currently 15/38, the Vet35 team are 11/23, Vet 45 team are 7/17.



65th Alison Cooke 30:25



78th Stevie Barron 31:45



108th Sally Barton 35:28

122nd Steph Roberts 38:42 133rd Julie Newnham 41:18 134th Caroline Peet 41:19 137th Penny Moreton 44:09



Mark Bonner led the first team back and was the 4th Vet 40, with the team coming in 11/26



After 3 events, the men's first division is close with HHH currently in 3rd. place The Vet 40 league is also just as close with HHH in 2nd place, but the first three teams all have the same point total. Our vet 50 team are lying in 5th. place and the Vet 60 team is top of their league.

22nd. Mark Bonner 39:34

48th. Mark Tomkinson 41:39

84th. Jeffrey Chadwick 44:14

102nd. Michael Doherty 45:28

125th. Mark Lehrle 47:20

140th. Damian Jones 48:26

178th. Alan Wilson 52:06

195th. Pat Thomas 54:21

210th. Adrian Newnham 56:20

212th. Erik Hampton 56:49

227th. Simon Barton 1:00:36

239th. Tony Clarke 1:12:07



FROSTY TRIPLE: 14th. – 16th.Dec



Frosty Triple first day results

5k

3/15 Simon Barton 24.30

4/15 Karen Ann Bennett 25.48

11/15 Christine Winder 31.28

10k

8/19 Sally Barton 59.10

18/18 Steph Roberts 69.12

Caroline Peet 65:28

Half Marathon

1/8 Paul Managh 1.37.41

8/8 Terry Peet 2.23.54



DAY 2 RESULTS

5K

14th. Terry Peat 32:56

15th. Christine Winder 32:56

16th. Steph Roberts (with Buggy) 33:23

Karen Anne Bennett (with Grandson)

Half Marathon

1/16 Paul Managh 1:41:43

DAY 3 RESULTS

5k

Heather Travis (running with her Dad) 32:49

Steph Roberts 33:41

Terry Peet 34:08

Christine Winder 34:08

10k

2/22 Paul Managh 47:39



CUMBRIA X COUNTRY KESWICK: Dec 15th

15th. Mark Bonner 25.57 25th. Jeff Chadwick 28.10

CHRISTMAS LIGHTS RUN:

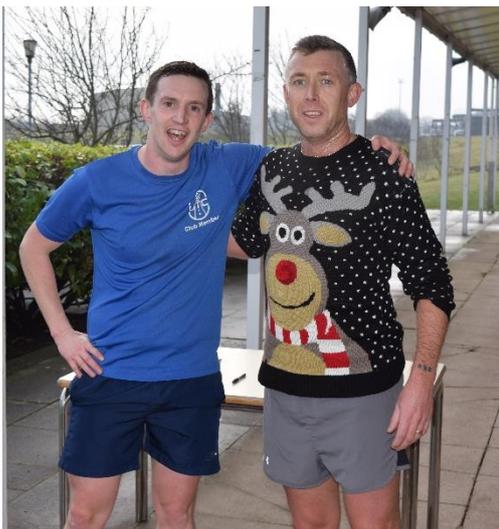


A smashing night, many thanks to our hosts Stevie and Chris Barron for allowing us to invade your beautiful house and the welcome spread you prepared.

BOXING DAY HANDICAPPED 5K



WoW....what a great turn-out today, 60 runners who between you raised £123 for our club charity – The Bluebell Foundation. Many thanks to all who participated.



1st 3 men – Richard Walker 18:29 Stuart Garnet 18:45 Steven Postlethwaite 19:13

1st 3 ladies: Deborah Yearnshire 21:58 Janice Callister 22:10 Karen Maggio-Pointz 24:10

1st. 3 children: Greg Barnard Mackenzie 19:35 , Jamey Clarke 24:37, Sophie Leadbetter 28:46

Most accurate predictions: Dave Barstow and Christine Winder 1 second out, Janice Callister 2 secs

LONGRIDGE CHRISTMAS PUDDING 7 MILER: 9th.Dec

Karen Anne Bennett 1:14:20

PARK RUNS: Well done to all our PB breakers:

Barrow:

Matt Elkington 15:58 and Connor O'Hara 18:57 Andrew Dorrian 17:57 Penny Moreton, Caroline Peet, Terry Peet, Ian Walker, Bill Sharp 22:44

FordPark:

Andrew Dorrian, Adrian Newnham, Pat Thomas, Pete Davison, Simon Barton, Sal Barton, Gary Dover, Julie Newnham, Heather Travis, Darren Coward, Kath Whipple, Ashleigh Mayvers

Fellfoot:

Jan Heffernan

KENDAL WINTER LEAGUE:

RACE 1: SCOUT SCAR FELL RACE: 6th Jan Ian Peters 50:03

Race 2: GIGGLESWICK SCHOOL: Jan13th. 185th. Ian Peters 41:54

Race 3: WHITESTONE:STAVELEY:Jan 20th Ian Peters:55:23

Race 4: BIRKRIGG COMMON: Jan 27th._Matt Elkington (running for Ambleside) 1st 21:00 Ian Peters 25:30



CUMBRIA CROSS COUNTRY CHAMPIONSHIPS : PENRITH 5th. Jan



SENIOR WOMEN:

7th. Rebecca Rooke
00:33:02

SENIOR MEN:

6th. Matt Elkington
00:34:26,
21st, Matthew Rooke
41:30
24th Jeff Chadwick 42:01
37th. Simon Austin 47:25



MILLOM LIGHTHOUSE 5K Sunday 13th.



Dave Fulford 1st. 17:50

GARSTANG 10K: Sunday 13th.

332/500 Mike Lavery 59:10:26

337/500 mike Fawcett 00:59:31.

MID LANCs X COUNTRY: TOWNELEY PARK: BURNLEY: Sat 12th. Jan: Adrian

Well I was certainly looking forward to this one; we had the strongest men's team of the season, and I knew there would be good competition to finish in our first team. Unfortunately, all our competitors also fielded their strongest teams in what turned out to be the largest Towneley Park event in Mid Lancs history!

With 961 runners on the day - up from 792 last year, it was the 2nd Largest event of the MidLancs 2018/19 season (so far...) behind that of the UKA British Athletics Cross Challenge at Liverpool.

Conditions were perfect, it was dry but windy with very little mud in evidence. The faster runners were happy; as times would be quick, in fact most of us shaved at least a minute off last year's times.



Our ladies' team was somewhat depleted, with injuries and cold bugs taking their toll. However, all ran well and scored points for the A and B teams.

Alison Cooke had a great run (25:30), finishing as 2nd. Vet 55 and led our first team back with Steph Gillies and Stevie Barron finishing together in 26:19. Their final team position 23/36.



Our second ladies' team was led back by Sally Barton (29:08), with Penny Moreton (32:03) and Christine Winder (34:45) completing the trio.

The ladies Vet 45 team were 6/15 and are currently 4th. in the league, and the Vet 55 team were first and are leading the league with two races to go!





The first three finishers for our men's team went as expected, with all having great runs, Matt Elkington fought hard to stay with the leading three, and did well to keep off the challengers from behind, finishing in 4th. place. Dave Fulford, suited to the conditions underfoot, finished just over a minute behind Matt in 12th place, and Mark Bonner (5th Vet 50) was just two and a half minutes behind Dave. Richard walker, our fifth. finisher had a cracking run and had quite a job to fight off a brilliant x country debut by Andrew Dorrian, who fought hard to reduce the gap between them to just two seconds! Our final team finisher, Matt Rooke helped the 1st team finish in 5th place out of 32 teams and are currently in 3rd place in Div 1.

The First team: 4th. Matthew Elkington 30:59, 12th. Dave Fulford 32:14 41st. Mark Bonner 34:49 54th. Richard Walker 35:35, 55th. Andrew Dorrian 35:37, 75th. Matthew Rooke 36:33



Our 2nd. Men's team had a strong run, and finished 20/32 teams: 77th. Mark Tomkinson 36:43 102nd Jeffrey Chadwick 37:28. 106th. Gary Dover 37:42. 167th. Luke Turner 40:07. 215th. Pat Thomas 42:20 221th. Simon Stanway 42:26.

Our Vet 40 team finished in second place and still lead Division 1, whilst our Vet 50 team were 4th and are currently 5/23 in the league.



Despite a brilliant run from Pat Thomas, and Ashley Cooke who gave his all and collapsed on the finish line, there was a strong Vet 60 turn-out on the day, and we only managed 5/8 place. However, we still lead the Vet 60 league – just! 226th. Damian Jones 42:49, 230th. Graham Pinder 43:06. 235th. Alan Wilson 43:35, 242nd. Peter Davison 44:15, 272nd. Ashley Cooke 46:58, 278nd. Adrian Newnham 47:30, 279th. Simon Barton 48:00 300th. Tony Clarke 54:39



Many thanks for a great turn-out, league positions are tight and it could all go down to the last meeting in March.

MARMOT DARK MOUNTAINS MARATHON: Jan 26/27th. Paul Managh



(running with partner Alan Irving)

Starting at Lowther Castle, the route explores the far-eastern fells of Cumbria. It is the first event in the British Mountain Marathon Championship; the Scottish Mountain Marathon™ and the ROC Mountain Marathon™ are the other two Championship events in which qualifying competitors gain an overall ranking.

Revered as the most challenging mountain marathon on the circuit, Marmot Dark Mountains takes place not only at night but also in the middle of winter, adding to the typical challenges faced by participants who race with a partner. Previous events have seen

heavy snow, freezing temperatures, whiteout conditions and driving rain... sometimes all at once; the drop-out rate can be as high as 100%!

On what I can only describe as one of the most harshest races I have ever done, the Marmot Dark Mountain was also one of the most exhilarating. Starting at our official time of 10:56pm on Saturday Jan 26th, it started from the arches of Lowther Castle and wandered onto the dark and wet fells above Ullswater. The aim was to run as a pair, trying to collect as many points as possible within our allotted 8hrs, on the short score course. Within an hour, we were traversing Arthur's Pike in blustery/sleet conditions, which eventually turned into inches of snow as we ascended across Swarth Fell, then veered down to Howtown. The snow continued for most of the night, we contoured over and around Hallin Fell through Fusedale and down onto Brampton Common, before returning to Lowther Castle, this whilst navigating to points-scoring checkpoints.

We eventually crossed the finish line in 8hours 18mins; 18mins late, incurring 45 penalty points. Fortunately, we managed to defeat 2nd place by 55pts, winning the 1st prize with a total of 450pts. This was the first of three races as part of the British Orienteering Championship with the next competition taking place in Scotland in June.

HUNTERS 10K: PRESTON: Sun 27th.

On a very windy day, Sal Barton 54.25, Simon Barton 48.47.



JUNIOR SECTION:

MID LANCS X COUNTRY: HYNDBURN

Under 11 Girls: 37th. Iona Smith 10:03

Under 17 men: 3rd. Connor O'Hara
22:26

MID LANCS X COUNTRY: BURNLEY

Under 11 Girls: 44th. Iona Smith 08:27



LANCASTER 315 WINTER 5K:

Connor O'Hara finished 4th in the Lancaster 315 Winter Series 5k, in a time of 18m 40s in bad weather conditions.

KENDAL WINTER LEAGUE:

Race 1: Scout Scar: Jan 6th.

Under 11 Blake Fleming 5/27 08:49

Race 2 :GIGGLESWICK SCHOOL: Jan13th.

Under 11_4th. Boy 66 Blake Fleming 07:14

Race 3: WHITESTONE:STAVELEY:Jan 20th.

Under 11 – Blake Fleming 2nd

Race 4: BIRKRIGG COMMON: Jan 27th.

Under 11 Blake Fleming 3rd Finisher



Connor O'Hara ran for Cumbria, in the Northern Regional Championships. He was 25th overall and 8th for Cumbria. Fingers crossed that he is selected for the Cumbria team in the English Schools Championships.

JUNIOR MEMBERSHIP FEES: Julie Newnham

The Children's membership fees are due by the end of January. Children who joined in the last few months of 2018, still need to pay for 2019. Last year, it was a real struggle to collect fees, with some parents not paying until May. Even if your child doesn't run during the winter season, could you please come down to the club to drop off the payment, or use the online BACS facilities.

Children's fees consist of £8 for membership of GSK Sports and Social Club and £12 for membership of the junior section of Hoad Hill Harriers running club, making a total of **£20** for this year's membership.

We send £15 for each member to England Athletics to cover England Athletics Affiliation, from the £12 you give the club, with the £3 shortfall being subsidised by club funds.

You can pay by BACS, but the payment will need to be split between the two clubs:

- £12 for Glaxo Hoad Hill Harriers: Cumberland Building Society, Sort Code 16-52-21 Account No: 52035205. (Please add a reference name and HHHsubs to identify your payment; and let Julie Newnham know you have paid it: adrian.newnham@btinternet.com.)
- £8 for GSK Sports and Social Club. to Nat West Bank, Account No.05208777 Sort code 01-08-93 (Please include a reference name to identify your payment and HHHarriers, so they know you are a member of our club.)

Payments can also be posted to me at Julie Newnham. The Din Drum, Dendron, Near Ulverston, Cumbria LA120QN. They can also be paid to the children's coaches, preferably in a signed envelope either cash or cheque made out to Glaxo Hoad Hill Harriers.

If there are any changes in personal details – address/email/phone/medical, could you please let us know, so we can update our records. Many thanks.

THURSDAY NIGHT COACHING PLAN Q1 2019

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

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

Safety – Don't forget high viz clothing; 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
31 st Jan								
7 th Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	Running sides with side recovery. 1 or 2 loops 1 for cross-country participants	Speed stamina W/J 3/2	Pace change
9 th Feb – Mid Lancs Cross Country								
14 th Feb	North Lonsdale Road	2 x 2 miles	Pacing – 3 negative splits	Arms	Morecambe Road	Lamppost intervals	Speed W/J 3/1	Pace Change
21 st Feb	Triangle	4 x 1k then 1x 1mile Long side recovery	Pacing	Posture 'helium balloon!'	Memorial Gardens	8 laps with ½ lap recovery	Speed stamina W/J 3/1	Pace Change
28 th Feb	Siemens Ind Estate	12 x 1 minute (90s for those not racing). 1m recovery	Pre-XC easy session	Stance	Triangle	Running sides with side recovery 2 laps. 1 lap for cross-country participants	Speed stamina Jog 2miles	Form and speed change
2 nd Mar – Mid Lancs Cross Country								
7 th Mar	Belmont, Greenbank	5-7 hill reps (300-400m). Recovery back down the hill	Hills/stamina	Form	Siemens Ind Estate	Pyramid 400m, 800m, 1200m, 800m, 400m 90s rests	Hills/stamina Jog 2miles plus 1Lp	Form and speed
14 th Mar	Siemens Ind Estate	6x800m, 2 min recovery 10k pace to finish	Endurance	Pacing. Each rep 2s faster	Memorial Gardens	10 laps with ½ lap recovery	Endurance Jog 2 miles plus 2 LP	Pace Change
21 st Mar	Lyndhurst Road	12 hill reps (300m). Short side recovery	Hills/stamina	Stance	Siemens Ind Estate	4 x 800m	Hills/stamina	Pace change/pace control
28 th Mar	Siemens Ind Estate	Pyramid 2x200m, 2x400m, 800m, 1m, 800, 2x400m, 2x200m. Rests 1m after 200m & 400m, 2m after	Endurance	Stride	Morecambe road	6 x 400m	Endurance Jog 2.5 miles	Form and pace stamina
30 th March Coniston 14								
31 st March Clocks go forward – move to the GSK sports field when dry & light enough								
4 th Apr	Shoulder of Hoop	4-6 hill reps (600m ish!). Recovery back along A590	Hills/stamina	Climbing & descending	Siemens Ind Estate	10 hill reps up and down, 1min rest	Hills/stamina	Climbing & descending
11 th Apr	GSK Sports field	6x800m, 2 min recovery 5k pace to finish	Endurance	Pacing. Each rep 2s faster	GSK Sports field	Pyramid 100m, 200m, 400m, 800m, 400m 200m, 100m with jog back	Pace endurance Jog 3 laps of field	Form
18 th Apr	North Lonsdale Road or GSK Sports field	<u>2 mile</u> time trial	Progress check	Pacing – aim for negative split	GSK sports field	6 x 400m with jog back	Speed	Pacing – aim for equal splits

SUNDAY RUNS



17.





KARL'S RACE DIARY:

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

Sat 09 Feb: For reference only: Penultimate mid-Lancs cross-country fixture at Leigh Sports Village Park, Near Wigan. As many Hoadies as possible needed to run to secure valuable points for the club.

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

Fri 15 Feb: Morecambe Power of 5k road race. Must be a series of these Friday night 7pm races.

Sat 16 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Tottlebank Giant's Grave. Two laps of Tottlebank and Blawith Knott, starting and finishing at the Giant's Grave, close to Gawthwaite (A5092). See BCRs website calendar for more details and a link for where to park. 10:30. Handicapped start. Free.

Sun 24 Feb: Maryport 10 miler. This popular undulating / hillyish Cumbrian race starts at 11am from Netherhall School with entry (£10) available on the day. Free buffet after for all finishers. Cumberland AC or Netherhall ACs website for more details.

Sun 24 Feb: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Black Combe up and down fell race covering 4.5 miles and 1800ft ascent to the summit and back, from Whicham Church, Silcroft. There's a large car park there, now and off time is 10:30am. Handicapped. Free.

Sun 24 Feb: TBC Ulverston Triathlon Club winter series race Duathlon at Ulverston. As 27 Jan mentioned above. Entry fee applies. See any Hoadie who's also a member of UTC for all the details you need.

Sat 02 Mar: For reference only: Final mid-Lancs cross-country fixture for the 2018/19 season is at Cuerdon Valley Park, Bamber Bridge, near Preston. Full details on it's website and as many Hoadies as possible will be needed to run to bring the curtain down on a successful XC season for the club.

Sat 02 Mar: Lancaster 3-1-5 winter series event race 5, 5k and 10k races from the 315 Health club close to J36 M6. Full details on Lancaster races website.

Sun 03 Mar: Haweswater Half-Marathon, 11:30am from Bampton School, 9 miles outside Penrith. Registration at nearby village hall. £18 in advance, £20 on the day if limit not reached. Very scenic, but challenging out and back route to Mardale Head. Superb pre-spring marathon training run. See Eden Runners website.

Sat 09 Mar: Dent 14.2 miler. Many Hoadies have ran this in the past. Need I say more, but see the Dentdale website for more info. Entry is £16 in advance only, and off time is 1pm. A useful hilly pre-spring / London Marathon training race. There is a shorter 7.9 mile race option...details on website, entry fee is same as the 14.2. Great for runners wanting a shorter, less challenging run.

Sat 16 Mar: Lakeland Trails race series 2019 kicks off with the Cartmel 18km and 10km 5K events from Cartmel racecourse. Expect to get muddy, but it's no worse than a mid-Lancs fixture, however, entry is steep at over £20. From 1pm. More details on the Lakeland trails website.

Sun 17 Mar: Lancaster (Trimpell) 20 mile road race. Your pre-spring marathon weekly long run this week is this race, however, entry is steep at £22 (there is entry on the day) and this race has had bad publicity in the past. On the plus side it's practically pancake flat. 11am from Lancaster 3-1-5 Health Club close to J36 M6. Car parking is very restricted at this venue.

March: (Check web as date is TBC) **Lorton School 10km road race. From the village school, near Cockermouth.** Undulating course. 11am. £9 in advance, £10 all on the day. Lorton school website for details and link.

Sun 17 Mar: Workington to Keswick 30 miler. ALL ROAD. Great K2B warm up event. Although a walk, a few people run it. See Karl if anyone fancies doing it this year. From the legion club in the town starting when you are ready between 7:30 and 8:30am (each walker/ runner is given a route card to be stamped at each CP, and the start marshals mark it with your start time, so there's no worries about a mass start), it is routed via Branthwaite, Ullock (CP1), Mockerkin, Loweswater, Lorton Valley (CP2), Lanthwaite Green, Buttermere village hall (17.5 miles CP3), Honister Pass to Seatoller (CP4), Rosthwaite, Grange Bridge (Last CP), and Keswick Cricket Club (may change, but was this venue in 2013. See the Workington to Keswick Facebook site for more details and how to enter.

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

Sun 24 Mar: (TBC) Great Grizedale forest trail 10 mile race. 12:00 from the main visitors centre at Satterthwaite. Entry in advance on SI Entries website or on the day. See Grizedale10run website for more info and entry / route details.

Sat 30 Mar: Mother's Day 10k...from the George and Dragon pub in Lancaster on the quay. 11am. £14 on the day. Also fun run for the kids at 11:05 costing £3. Lancaster races website for more details and a full list of their 2019 fixtures.

Sat 30/03 or 06/04: (Date TBC) Longtown 10 mile race. New event in N Cumbria that could become a favourite. Undulating in places. From Longtown primary school at 12:00. £10 in advance, £12 on the day. No further details at time of submitting, so please check all relevant websites to see if the 2019 race is on.

Sun 31 Mar: (TBC please check, may be 24th) Garstang Gallop 7miler. 11am from Garstang sports & social club. £11 in advance or £13 on the day. See John Schofield's website for more details and link.

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

KENDAL 10K 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

Registration at Hawkshead Village Hall LA22 0NZ

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

GAP FILLER - MORE X COUNTRY PHOTOS FROM BURNLEY (Thanks to photographer Keith Herbert)

