



HOAD HILL HARRIERS
NEWSLETTER



JUNE 2019



EDITORIAL

Well we've certainly been blessed with great running weather recently, get out there and make the most of it! All of our recent internal/external events and races have been made even more successful with the good weather, long may it continue..... I just need it to rain in the garden during the night!

We have had quite a few people visiting the club to try us out, and then decided to join.... due to the 'friendly reception they received, and the help, support and encouragement they received during their taster sessions.' The Paul Jarvis Mile, Hoad Hill Fell Race, Hawkshead 10K and the recent Cumbria Way encapsulates all that is great about our club, and if events such as these encourages newcomers, then long may it continue.

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

WELCOME:... to new members Charlie Brankin, Liz White, Hannah Milby, Laura Procter, Lewis Watts, Hazel Dixon and juniors Max Hazelhurst, Zach Parkinson

CONGRATULATIONS: To Pat Thomas on entering the Vet 70 Category.

THE SUMMER DO:

Many thanks to Pete for organising the do at the new venue and Julie for collecting the dosh. Everyone appeared to have a good time.

INGLETON WATERFALLS TRAIL RACE: Thurs 30th.May

This evening trail race starts in Ingleton and follows the waterfall route up to White Scar Caves, returning to village via the second waterfall route.

Although it only covers a distance of 4.7 miles with a climb of 270 metres, it is a tough, technical route with many steps and narrow paths. Rain made it even more difficult and slippery, with sheer drops into the raging current and pools below.

Darren Coward tackled this race, coming in at 28th/81, in a time of 38:35.



A goody bag with a bottle of beer and a Mars Bar went down well at the end!

GRASMERE GALLOP: 1st June

17K: 115th. John O'Neill **01:47:54**





5.7K 49th. Christine Winder 00:36:43 2nd in age category



10K Trail 13th. Darren Coward 00:43:46



10k Trail 217th. Steph Roberts **01:11:26** '42 seconds pb this year and even stopped to selfie in the caves at Rydal'

WINDERMERE EPICMAN TRI

Tom Southward



'Epicman middle distance Tri done. A 1.2mile swim which was actually nice, a 54mile ride with 4,800ft of climbing and 12.5mile hilly muddy trail run. Wheels well and truly fell off in the run and went to a dark place.'

MID LANCS TRACK AND FIELD: PRESTON: 1st June



RESULTS:

Senior Men 800m

5th. Luke Turner 2:14:70 7th. Jeff Chadwick 2:31:00

Senior Men Javelin Throw

2nd Luke Turner 19.48 metres 3rd. Jeff Chadwick 18.58 metres

Under 17 Men 3000m

1st. Connor O'Hara 10:00:80

2nd. James Corbishley 10:04:10

Under 15 Boys 1500m

3rd. Justin Corbishley 4:55:90

MORECAMBE 10K : 2nd June

14th /241. 00:40:08 Mike Cubin 2nd. V45 M

Managed to knock off 30 seconds off last year's time, but struggled a bit today with an Achilles niggle so eased off just before the 4 mile mark.



LAKELAND TRAILS: CONISTON: 2nd June: Elsie Roberts Marathon Race: (28 miles)

99th, 4.42.45.

The plan was to enter this to give me a reason to do some real training.

I also entered a trail one as I did not want to get hung up on times - if I could finish 26 miles comfortably, I would be happy - anything else would be a bonus.

The training started relatively well, and I was getting in a weekly 12-15 miler plus at least one other run here or there.

The long runs did happen, 1 x 20 miler (does stopping at Torver for Chips & coke at 16 miles still count?) and another just shy of 20 but that was it, a lot less than I had in mind.

Then an impromptu week of cycling in Mallorca, when I was planning some big runs - no contest, off I went biking.

Back home and 2 weeks to go I went out for a run and tweaked my hamstring - tight from lots of biking. I was seriously considering not starting for a variety of reasons but as I was on my own for the weekend and I had already paid the hefty entry fee, I decided I would treat it as 'a long training run.' If it all went a bit wrong, I could always walk the half mile home at 17 miles, or walk back with the early starters I figured. Once I got my head into that mindset, I was a lot happier about starting it.

The race itself went well, I chatted to lots of people and just stayed at a pace I felt comfortable at. It wasn't a race; it was a long run. I found myself running with a small group of 6 for much of the miles between 9-17 which was nice, they were re-grouping for one another, but we were all of a similar pace and the time passed quite quickly.

I slowed up the hill at Water Yeat, not wanting to tweak anything. My style is more of a fast shuffle than high knees, so being tired and prone to tripping over I knew to take my time, still no niggles just one tiny twinge on Parkamoor.

I was enjoying myself knowing I was going to finish and pleasantly surprised at how much better I was feeling than I had expected.

I've run the bit beside the lake back to the campground once before, (vowing not to again, as there had to be an easier route) so I knew it was pretty technical with lots of tree routes to negotiate. People were struggling with this and maybe because I knew it was coming I seemed to pass quite a few people, I even sped up, until I got the first twinges of cramp and thought better of it, I was still picking up the pace compared to those around me, out the trees and onto the fields I felt good and was pleased to finish feeling strong and not suffering.

It kind of felt like my first marathon all over again, I can't recall when I did my last stand alone one, but it was easily over 5 years ago and I was as chuffed with this as I was with my first.

The question now is, do I now do another Ironman? My friends have entered one in September and we both did our first one together 10 years ago this year.... I said I would consider it, but I would definitely not be making any decisions before the marathon.

Maybe by the next newsletter I'll have decided.





Marathon Challenge :(28 miles)
Penny Moreton 184/209 6:57:17



Half Marathon Race
Mark Bailey 55/183 1:53:15

10km (7.1 miles!)



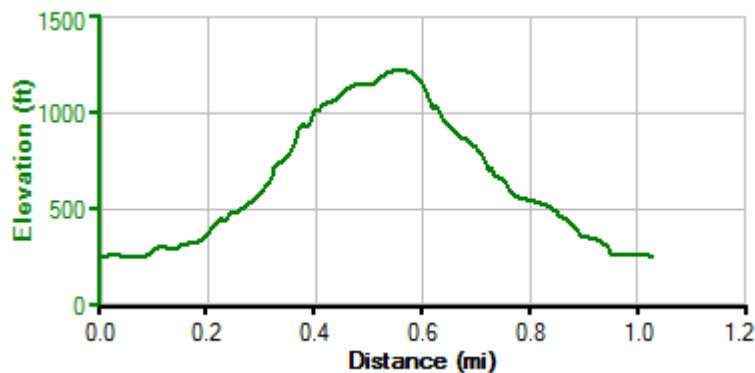
Simon Barton 13th/159 68:15
Simon Barton



Sally Barton 24th/159 72:31

'Well that's been an interesting race, Coniston Lakeland Trails 10km. Sets off from Coniston Hall and goes through the woods to come out at the railway bridge (where the 1mile Mark is on the Coniston 14) However instead of staying in the field and turning left onto the old railway line they got us crossing the road into a field!! Now I'd looked at the map and there was no way we should have crossed the road!!! We proceeded to go up this big hill and I could see the leaders doing a kind of zigzag up the field? This is not right I said!! And we were then joined by a herd of very curious cows and there were no way markers in the field!! So three quarters the way up the Fell I stopped and said this is not right!! The lass next to said, "I did this last year and we didn't come up here"! So on behalf of 250 runners I made an executive decision after seeing the front runners stop, I just bellowed "we are going the wrong way" So after an extra half mile and re tracing our steps back the other side of the road we reconnected with the race route!!'

CONISTON GULLIES TRAIL RACE: 2nd. June



Coniston Gullies is a brilliant fell race for the fearless fell runner. It may be short in distance, but it has a lung buster of a climb and a tremendous descent which is a sheer drop taking in a scree section. It's a classic up and down race, not for the faint hearted.



Congratulations to Matthew Elkington (representing Ambleside AC on the fells), who was the first finisher in a time of 14:17 from a field of 72 runner.

It was a very wet day in Coniston which was hosting not only the Lakeland Trails Half and Full Marathons but the 2nd BOFRA race of the year. A tough challenge up a steep hill with many obstacles to overcome and hard to keep on your feet. This race is one the shortest on the BOFRA calendar, but it is by far one of the most exhilarating.

It starts on the relatively flat track at the base of Pate Bield but soon shows its teeth with a sharp right turn up Long Crag.

Very quickly, horizontal running gives way to near vertical climbing. From here until the top, it is not running speed but thigh strength and the skill of crawling that count.

A true lung-buster of a race, the scramble to the top is unrelenting and not for the feint hearted or unfit.

Once the summit at Yew Pike is reached, there is a short horizontal section before a leap of faith into the descent. If the ascent was a mad scramble, the descent is a mind-numbing near-vertical drop.

Strong ankles and scree riding are the name of the game to speed down to the grassier fell base.

Just as the thighs are beginning to burn from the strength sapping climb and steep descent there is now the "sprint" back along the track to the very welcome finish line.

TRI- ISLAND RUNNING:Tidal Triple: Day 1: 7th June.

BIG DOG race diary – Human owner - Terry Peat



Hi folks **BIG DOG** here.

Adrian asked me to write a race report for the Tidal Triple Series of Races and I willingly agreed. I understand you've had to put up with some previous excrement (posh word for shi pooh- bit of class there) from one of my humans. Be assured you will get no rubbish from me.

My name is actually Harvey, but **handsome** Mr. Christopher Kay the Race Director of Tri Island Running, unfortunately did not know that, as my stupid human had neglected to tell him. So, Chris did his best when publishing the race results and called me **BIG DOG**. [*I bigged you up there **handsome Chris**: deserves a bone at least*]



You may not know this, but dogs are trained in the classics. I looked into the etymology of my newly acquired title and found out that another great figure (besides me) was Alexander the Great. The Latin for Great is Magna and Big translates as Magnum. Just think of all the famous associations of Magnum: Magnum PI, Magnum Ice cream, Magnum of Champagne etc. Anyway, that's how I became known as Magnus Canis i.e. **BIG DOG**. Somewhere along the line poor Alexander missed out on the much more magnificent moniker of Magnum. Don't you think Magnum is much more impressive than Magna? I expect he didn't want all the sniggering in the playground if he'd been called Big Alexander

– know what I mean lads!

Day 1 Rampside

It wasn't too bad a day weather-wise, for a day at the races and my humans thought I might enjoy the run. Let me be clear about this (a woman on the telly uses this phrase a lot) but for some reason doesn't appear too popular, unlike *moi* – pretentious certainly not. We dogs have a common dog language and are capable of



understanding many others with minimal training. I'm Bosnian but understand that **sjesti** and **sit** are the same command. Then you just roll your eyes and a biscuit appears – simples as my Meerkat friends would say (I wonder who their agent is – they've got to be better than the berk I've got).

Anyway, I digress so let's get back to the race. I can't honestly say I was too excited at the prospect. I was doing the 5k. Thank goodness it wasn't Special K, which just gives me wind. I bet you ladies slimming know all about that. As I'm so charming and discreet I won't embarrass anyone in particular, let's just say nature takes its course and you always blame it on the poor dog. One day your pooch will get its revenge.

I learned that 5K is the race distance, what a stupid idea, surely a race finishes when you've had enough. Mr **handsome** Kay [*that mention deserves another bone I think Chris*] counted down and the race started. All the humans shot off as if free donuts were on offer. I charged off at the back. What an insult running at the back when off the mark I could beat Homer Simpson to a donut. When I realised donuts weren't on offer, I stopped just for the fun of it knowing my stupid human would trip up over me. What larks as Joe Gargery once opined (dogs also read Dickens). Once my fun was done with, I humoured the fool and ran on quite nicely along a narrow path and through some woods for 2K or so. I knew that the idiot was now in full sucker mode thinking he had got this under control, 'Harvey this, Harvey that, good boy Harvey'. All this soft soap wasn't going to work with me, after all I was about to be crowned **BIG DOG** and I deserved respect. Where were the promised treats – I could smell them. When we emerged from the woods, we got onto a tarmac path, but there was plenty of marking to be done [*for any teachers among my readers, I didn't use a red pen or whatever colour is currently PC. I bet you'd like to use some of **my** marking ink on the scripts now and then eh?*].

This was more like it I could really dawdle and sniff and so I did. It's great, you can really take the human for the idiot he is. Now I was in control. Treats here we come. After what seemed an age (to the human that is), but was actually me setting him up for the big one, we emerged back on to the main road to the Village Hall. Right Harvey boy this is it, the big one, a pub with a cool concrete forecourt. STOP, LIE DOWN NOW. Oh dear, I nearly caused another trip with the lead and my human [*memo to self – must work on better timing*]. Eventually I couldn't stand the pleading and his sad eyes any longer; after all he had given in and produced more treats. All that was required now was to string it out for another 200m to get an endless stream of treats. I crossed the line with a PB to rapturous applause and cheering. **BIG DOG** had arrived. I wagged my tail as a mark of respect to all my newfound fans. Stupid human got his medal but not the adulation and fame I had achieved on my first race.

The things I learnt that day was that racing was all about strategy and tactics. In all modesty **BIG DOG** can truly say I performed superbly in these departments. I had one more race to do on day 3. Could I better my performance?

Day 2 Dockside Museum

After all the adulation of Day 1 I thought it unfair to race again and steal all the thunder of the humans (of course not my personal humans whom I have wrapped around my paws). Given this and the fact that the weather was wet and windy **BIG DOG** decided to marshal the race [*Chris do you get free race entry for this or another bone-just asking for a friend?*] My human -[*silly pi**%ck*]- ran off into the wind and rain down to the end of the dockside walk then turned round and ran back to the Dock Museum thence across Walney Bridge. When **BIG DOG** heard what happened next I nearly wee'd myself – the fool had his cap blown off on the bridge and he lost a few minutes trying to get it back. Shame it didn't fall over the side into the water. He's always rabbiting on about how he misses the scuba diving – now that would have been a sight to see. We could have given him a bike and claimed it was a triathlon. Come to think about it, his cycling is worse than his running – hard to believe but true. After the bridge the race took him along the promenade and to a turnaround back to the Dock Museum. He came in after 34 minutes. **BIG DOG** mustn't be too harsh as my human shared his banana with me. [If my human had been that rude about **BIG DOG** I wouldn't have shared my banana with him- no way Jose].

Just in case you are worried although **BIG DOG** didn't run, I still got a great dollop of adulation. Speaking of dollops I think it's time for **BIG DOG** to depart for ablutions. Bye fans.

Day 3 Walney Island

The weather had improved overnight with no rain. Day 3 was to be my chance to shine so I needed to pull something special out of the bag. My humans had thought of this as well and really loaded up my treat bag, **BIG DOG** was not about to let his fans down this was going to be a test of skill 'sans pareil' (-without equal-) a term the French must have nicked off the side of an old steam locomotive- classy bit of wordsmithing don't you think? I fuelled up with my usual diet of wet and dry (*food I mean – even my humans are not that stupid as to feed me abrasive paper*) and topped this up with some milky water at the race destination. Mr. Kay started the race and I trotted off at a reasonable pace from the back once again. For the life of me I cannot understand how a minor



star like Mo Farrar always seems to start at the front when **BIG DOG** who is the size of a constellation always starts at the back [*definitely must have a word with Sergei about getting a better agent*]. So creating a false sense in my humans we trot on for a few more metres then stop. Sniff Sniff Sniff and 'doh' around and around we go'. Time to get the black bags ready humans! Oh yes I'm not talking excrement (like my humans do) it's the real McCoy. Now that's added a good couple of minutes. Oh, the embarrassment I caused. I'm so pleased with myself. Their time is going to be farcical and that's only one of the weapons in my arsenal [*ha ha*] so to speak. Well to cut a long story short I managed to continue the dawdling and refusing to move. Now you may think **BIG DOG** how can you be so cruel to humans? I wasn't because I knew that a two-year-old was running with his Grandad and I had decided that the youngster should bathe in some of the glory that had been afforded to **BIG DOG**. I managed to string it out such that

my humans would be in the lead then be overtaken by the Young and Old team. I did this on several occasions so that my humans suffered the agony then with the last 200m to go I just refused to move. What a master stroke, Young and Old won by a mile.

Now is that a compassionate **BIG DOG** or what? When eventually I and my female human crossed the line, **BIG DOG** was enthusiastically cheered on. My human was disregarded by my fans. RESULT! I was presented with a 10k medal for a 5k race but seeing I had taken part in two 5k's I wasn't about to refuse it.

Postscript

I didn't realise that fame could come so quickly after just one race (with none of that training malarkey). My agent is looking into the trade mark possibilities for **BIG DOG**. I could have **BIG DOG™** products all over the internet and be appearing with all the big stars. For the moment I'll have to make do with Heather Travis (OK she's a bigly winner just like **BIG DOG**. I suppose that cup she won will be for all the wine hic!!!) and Bill Sharp (not too sure about Bill – I'm more of a ladies'-~~man~~ dog myself but the ladies need a bit of male interest so I guess he'll do for now). Sorry Bill as soon as Angelina comes on the scene for **BIG DOG™** you'll be replaced by Daniel Craig.

My male human says it's not fair that **BIG DOG** gets all the females swooning, because he never had that much luck with the ladies (**BIG DOG** says you wait till the boss sees this, you're going to be brown bread).

RACE RESULTS

| Day 1 | Runner | Time [pos] |
|-------|-------------------------------|------------|
| 5k | Sally Barton | 27.25 [5] |
| " | Caroline Peet | 37.04 [9] |
| " | BIG DOG/ Terry Peet | 48.18 [12] |
| 10 K | Darren Coward | 45.31 [1] |
| Day 2 | Runner | Time [pos] |
| 5k | Terry Peet | 34.35 [11] |
| Day 3 | Runner | |
| 5k | Darren Coward | 21.00 [1] |
| " | Terry Peet | 61.54 [21] |
| " | BIG DOG/ Caroline Peet | 64.54 [22] |
| 10k | Heather Travis | 49.37 [1] |
| " | Bill Sharp | 52.42 [3] |



[Note how **BIG DOG** added over 16 minutes to his time a new PB for dawdling – success]

Unfortunately for you dear the last report from **BIG** returning to Bosnia to see hear a lot of woofing and them bursting their sides as adventures I've had. I think seeing humans running takes some for me). Ha Ha Ha



readers this will be **DOG** as I will be all my mates. If you barking it will be I relate all the these three days the biscuit (leave



Love and slobber Big Dog

JUNIOR SECTION:



Track and Field

James Corbishley : 'Good race with Connor yesterday for 1st and 2nd in the 3000m.'

Connor 10.00

James 10.04

Parkruns Congratulations Leven Sopworth on your PB 21:04

Hoodies: £20:50 with your name on the back – See website for sizes. A couple of juniors have shown interest, the more we can order, the cheaper the delivery.

Vests: We have some old stock vests - £10

TRAINING: Chris Howie

Great session with the older junior group - 7 x 300m. Interval times are given below. The aim was to run each interval in the same time, and there is some really good consistency in the times. Have a look at your times and have a think about your pacing to see how best to improve consistency. If you slowed in the later reps, then you possibly went out too hard at the start. If you got faster toward the end, then you may not have gone hard enough at the start.

Really great running by all - and well done to Will for trainer of the week 🏆

Iona 1:11;1:05;1:10;1:06;1:11;1:07;1:07

Ellen 1:11;1:05;1:10;1:05;1:10;1:02;1:06

Max 1:10;1:02;1:03;1:03;1:04;1:01;0:57

Robert 1:10; -

Gabriel 1:03;0:57;0:59;0:59;0:58;0:57;0:51

Oscar 1:13;1:09;1:15;1:15;-;1:13;1:17

Alfie 1:07;1:02;1:02;1:15;1:15;1:14;1:04;1:16

Oliver 1:05;0:55;0:59;0:59;1:02;0:57;0:55

Amelia 0:57;0:53;0:57;0:59;1:07;1:08;1:05

Will 1:07;1:01;1:02;1:03;1:07;1:05;1:03

PARK RUNS:

Ford Parkrun: Matt Elington, 1st. finisher and PB in 17:16 course record

Glen Boulter PB 24:36

Luke Turner PB 21:22

Mick Cull PB 20:16

Fellfoot Parkrun: Andrea Anderson PB 27:40

Simon Stanway PB 20:16

Cheryll Stanweay PB 26:16

Luke Turner PB 19:32

Barrow- Andrew Dorrian – 1st finisher and PB 16:50

Frank McKeown PB 24:34

Catterick ParkRun: Sal Barton 25:50. 31 secs off lifetime PB

Simon Barton 22:14. 16 secs off lifetime PB

Bakewell Parkrun

Sharon Dixon was 1st Lady finisher in 20:58



SCOTTISH MOUNTAIN MARATHON - Paul Managh and Partner

Paired Run : Day 1-1st Day 2-3rd = 1st overall in Short Score category.



PILLING 10K 15th. June

Heather Travis 2nd lady 45:06 1st FVet 45

CLUB CHARITY PRESENTATION



Dave Fulford presented our cheque for £617 to The Bluebell Foundation, our charity organisation last year. The money was raised by the club through raffles, BBQ and donations at club races.

FRECKLETON HALF MARATHON 16th. June



Mike Cubin:

'Fell apart after 10 miles and really struggled but pleased to finish the race in one piece.'



Gary Dover

'The event was the idea of the then chairman of the local sport committee, who was inspired by Ron Hill's performance in the 1964 Olympics, and Ron accepted the invitation to run. Ron won that first race and later described the distance "The half marathon is a great distance, as you can push yourself almost flat out without the risk of blowing up". Ron returned to Freckleton in 2007, aged 70, and wore the race number 65 in honor of the first year.

The race provided three of the first six world records at this relatively new Half Marathon distance. Two achieved by Ron Hill in 1965 and 1969, and one by Pete Ravald in 1966.

The race is probably the oldest continuously running Half Marathon event in the UK.

So why should you travel all the way to run in this event near Preston? Well, it's a fast course on country lanes, there is a large field, which starts with a lap of the sports field, this gives faster runners the time and space to pass the few slower runners who always seem to start at the front of the race.

Once away, you soon form into groups of similar runners, this was good this year, as a strong breeze required some tactical running behind others. I made my way steadily through the field, chasing Mike Cubin whom I rarely beat. Mike also passed runners up to the 10-mile point, by now the heat I think had slowed Mike down. I caught the leading lady then Mike, chasing a Preston runner all the way to the finish. The last mile, I also started to feel the effects of the heat and just managed to pass the Preston runner on the home straight, only to hear the commentator announce he is responding to the fast finishing Harrier, so this required another burst of speed.!

Recovering with a cup of tea, I was soon joined by a fast finishing Mike. Ken finished shortly after in UTC colours, then Janine. (it was Janine's suggestion to do this race). She also got a PB for downing half a larger! (told you it was hot)!

Gary Dover 1:27:12 Mike Cubin 1:28:22 Ken Lamb 1:51:47 Janine McNeill 2:22:31

A week later also I received a letter with £15 for first male Vet 55 and apology for the late prize giving.

This is a fantastic race with a fair and beer and plenty to eat, a must for the club champs Alan!

GREAT LAKES FELL RACE: Sat 15th. June

17th./309 **Matt Elkington.** 02:52:16 English Fell Running Championship counter.

What a 13-mile monster of a race! This one definitely takes you for a big day out into the wild western Lakes. The route is packed with variety and includes much ground new to fell racing. After an eyeballs-out ascent of The Band to Bowfell, the route makes a high-level summit-hopping circuit of Upper Eskdale, including the two highest peaks in the Lakes: Scafell Pike and Scafell. There follows a crossing of what feels like Middle Earth, forging a path from Slight Side to Blisco fast running over the trackless reaches south of Great Moss. On a clear day it's magic, but if the cloud and mist come in, then the map will definitely need to be out. The final descent from Blisco is notably steep if you choose to take it head-on.

KENDAL 10K SERIES: HAWKSHEAD 10K Wed 19th. June: Deborah Yearnshire



'A beautiful summers evening brought a good haul of Harriers to Hawkshead for the annual 10k race. This really is a stunning route and it is hard to imagine somewhere prettier to run. Conditions were perfect, sunny with a bit of breeze. It's a hilly route but with a nice downhill towards the finish. It was great to see so many red and white vests supporting and encouraging each other. I was thrilled to be part of the ladies winning team with Heather and Lauren and to see Stevie Barron claim a very well-deserved prize for First Vet 60.'





5th. 36:15 Andrew Dorrian 19th. 39:57 Jay Heaton 31st. 42:12 Darren Coward 64th. 45:42 Mark Bailey
 67th. 45:57 Heather Travis 73rd. 46:45 Lauren Booth 82nd. 47:36 Deborah Yearnshire 86th. 00:47:44 Julie Hunter
 93rd. 48:38 Ashleigh Cooke 98th. 49:01 Simon Barton 106th. 49:50 Frank McKeown 110th. 50:18 Glenn Boulter
 114th. 50:33 Allison Cooke 120th. 51:02 Stevie Barron 140th. 53:20 Catherine Heygate 141th. 53:21 Adrian Newnham
 151st. 54:29 Sally Barton 162nd. 56:54 Carol Postlethwaite 167th. 58:26 Mike Fawcett 178th. 01:00:19 Charlie Brankin
 187th. 01:03:47 Cheryl Young 191st. 01:06:16 Christine Winder 192nd. 01:06:16 Terry Peet 195th. 01:07:54 Hazel Dixon
 196th. 01:07:54 Mike Lavery 197th. 01:08:31 Ian Walker 198th. 01:08:32 Naomi Capstick



CRAZY COW- PRESTON: 10K 24th. June



Mark Tomkinson 3rd. 38:17

Alison Cooke 49:58 1st. F Vet 55.

Ashleigh Cooke 51:27

Janine McNeill 59:43

The route was good, lots of long flats for speed but a few hills to make it challenging and very scenic through the park, lots of marshals offering encouragement which was great, and a cowbell for every finisher- can't be bad!

MORECAMBE 10K

Mike Cubin 2nd Vet 45 40:08 - 30 seconds faster than last year.



'Struggled a bit today with an Achilles niggle so eased off just before the 4-mile mark.'

Morecambe 10k - Sprint Finish Photography

PENNINE BARRIER ULTRA 50 Sat June 22nd.

Alastair Macdonald: 'Well yesterday's race was the toughest to date and heat made it much worse. The race was brilliant, and I found that the climbs later on, really started to bite. I had so many low points throughout the race, that I felt like throwing the towel in, but knew I could get it done with 2nd wind, 3rd wind etc. It really made me question yesterday if I belong on the ultra-distance group of runners, as this race nearly broke me, and I felt broken at end; my legs definitely felt it!

I managed to collect a silver 🏆, missing out on gold by 1 place. Finishing in 51st position out of 168. I know I've a lot of work to do if I'm to hit Snowdon 50 in October. At the minute, I feel like not doing the Grand slam now, as I think Snowdon will really wreck me, if I felt broken after yesterday's race. Also, I wouldn't be able to complete with all Gold 🏆 either now. Well time to chill the rest of weekend!!



Paul Managh:

'What a day at the Pennine Barrier Ultra, heat was brutal at times but I managed to sneak into the Top 50 for a gold medal, Alastair smashed a great time too, and awesome team work helped Charlotte SMASH a new PB and also grab a gold 🏆.'

ISLE OF ARAN HALF MARATHON: June 30th.

Heather Travis: 'Isle of Arran half marathon in 1hr 44mins, 8th lady, 3rd vet 40-50. A scenic but hilly route and I nearly died around mile 7!!'



MILLOM LIGHTHOUSE 10K 30th. June: Dave Fulford



After 4 months out with injury and building up the miles the (very) local lighthouse 10k in Millom and Haverigg was the ideal race to get back into the swing of things. Race day was breezy but pleasantly cool compared to last year's heat wave! As the gun went and we settled into the race it was clear that I was going to have my work cut out with a young lad striding out in front.

Having waved at the family at the corner of my street we head out of Haverigg. 1 mile passed, 2 miles in in just over 11 minutes and the hill of 'the knott' loomed large. It was at this point that i realised I wasn't quite race fit and was left for dead! The last mile was tough, against a strong wind, I held out for 2nd (I found out I was a good 5 minutes clear), in a time of 36:29. A podium set up was fantastic but best of all was to be back racing. The guy who won admitted that if I led after 'the knott' he would let me win! Onwards and

upwards from here and looking forward to the rest of the year

Penny Moreton 74:43. Karl Fursey: 57:55. Terry Peet 70:08

CLUB VESTS:

A new consignment of club vests will be arriving next week. A couple of people have ordered them, and the rest will go into stock. If you require one, they are £24:50. Let me know if you want one, you can pay with cash/cheque or BACS.

LAKELAND TRAILS ULTRA 55K 30th. June: Lee Winter

After a long, dark and stressful 6-month absence from running (mostly due to 2 crappy injuries), on Saturday, I safely completed my first race of this year, the Lakeland Trails 55k. It was my first ultra-distance run in nearly two years, and I loved every step of it. I ran without putting any expectation or pressure on myself and finished in an unbelievable 11th place in 7hrs 10min.

I ran with a freedom I've not felt in ages, pain free and very strong. The extreme temperatures made it very difficult towards the end, but I managed to hang on.

It's been a long and slow journey back with lots of hard graft, hard miles and extra strength work my body needed supplemented from Martin Ostlers Personal Training and Bootcamps.

I'm so happy to be back competing and hopefully there's much more to come from me this year.



CLUB 10k HANDICAP



Despite the really hot conditions, it was a great turn-out for this annual internal event, and a great night was had by all – once they had recovered!!

Winners on the night were Christine Winder and Andrew Dorian, who ran his fastest 10k yet to arrive home first.

Many thanks to Damian Jones for organising the event. Results will be shortly put on our Website, under internal events



Liz White



Leanne Bayliff



Frank McKeown



Bill Sharp

CLUB CHAMPIONSHIPS

2019 Club Series Championship

Current Championship Race List

- 12th January – Mid Lancs Cross Country, Towneley Park, Burnley - Complete
- 19th January – Millom Parkrun (5K) - Complete
- 9th February - Mid Lancs Cross Country, Leigh Sports Village - Complete
- 23rd February – Ford Parkrun, Ulverston (5K) - Complete
- 2nd March – Mid Lancs Cross Country, Cuerden Valley Park - Complete
- 9th March – Dentdale Run (14.2m & 7.9m) - Complete
- 16th March – Cartmel Lakeland Trails (5K, 10K & 18K) - Complete
- 30th March – Coniston 14 - Complete
- 14th April - Lancaster 3 Bridges 10K - Complete
- 27th April - Wray Scarecrow 10K - Complete
- 3rd May - Dalton Charter 10K - Complete
- 8th May – Kendal 10K - Complete
- 19th May - Windermere Marathon - Complete
- 29th May - Levens 10K - Complete
- 2nd June - Coniston Lakeland Trails Marathon & Half Marathon - Complete
- 19th June - Hawkshead 10K - Complete
- 29th June - Barrow Parkrun (5K) - Complete
- 7th July - Bentham Beagles Bash 10K
- 10th July - Endmoor 10K
- 17th July - Lancaster 10K
- 28th July - Caldervale 10m
- 4th August - Riverside (Lancaster) 10m
- 10th August - Tri-Island Roa Island Ruckus (Summer Saunter series) - 5K, 10K, 1/2m & marathon
- 24th August - Pilling 10K
- 1st September - Golden Ball 10m & 20m (Lancaster)

More Races to be added in due course.

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

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



KARL'S RACE DIARY:

Sat 13 July: Warton (near Carnforth) 10km race. 11:30 am from Archbishop's Hutton primary school. Also a 1km fun run at 11am. Scenic run on country roads close to Morecambe Bay and Warton fell. More details and link from John Schofield's UK results website. The school summer fair is also on in conjunction with the race.

Sat 13 July: Holme Howler 10km obstacle race. Interesting alternative to a road race. See John Schofield's website for the link. Entry is steep at £20. Close to Milnthorpe and the M6. Water and mud obstacles included....mini version of the world famous tough mudder races.

Sun 14 July: Garstang (Ice Cream) 10km and 3km fun run. Similar to January's race (over the same course) that some of us go to, but at a much better time of year. 11am for Fun Run, 12:00 the 10k starts. Full details are on the UK results website. Ice Cream given to all finishers.

Tue 16 July: KARL'S ESTUARY SOCIAL RUN. Although this is the BCR social run night, many of them are saving themselves for the Blisco Dash fell race the next evening, which is in their club champs. Due to this and the low turnout expected from them, this social run is being made available to anyone who wants to come with Karl for a chance to cross the Duddon Estuary at low tide. Most years there's an annual estuary social run in the summer at low tide. A pre-recce was done in late June, and it's safe to cross, but wear old trainers, or anything other than your best running shoes. Channels are up to knee deep. Some mud also expected. Crossing is from Millom Marsh to Kirkby railway station and back. Meet in Millom town square for a 6:30pm set off.

Tue 16 July: Whitehaven Harbour 5k. A new event which was trialed a few years ago, which Karl ran when on an autumn Saturday, was withdrawn, now resurrected again as a midweek race at a better time of year. Start from near to Tesco superstore (park there or catch the train....last one south is 8:18 direct to Lancaster

via Barrow) at that end of harbour on the out and back course that passes the Beacon and up to Haig Pit. Not a pb course. Registration at Youth project further along the harbour from 5:30 to 6:45. Race starts at 7pm. £5 in advance or £6 on the day.

Wed 17 July: (HHH CLUB CHAMPS COUNTER) The Lancaster 10km race from the track at Salt Ayre sports centre. £8 attached in advance, more on the night. 7:30pm. There are further details on John Schofield's website race calendar but please check for any last minute changes.

Sat 20 July: Elswick Express 10 mile road race. 10:30am from Elswick village hall, Roseacre Road, Preston. A fast course, similar to Lancaster's Riverside 10, taking in the villages of Elswick, Inskip and Great Eccleston en-route. £12 in advance which is available by clicking on the link to it provided by John Schofield's UK results website. Goodie bags and medals to all finishers.

Sun 21 July: TBC Blackpool 10K Take a trip to the seaside at the start of the school holidays with the kids, and whilst they are occupied with Blackpool's attractions, you can take part in it's summer 10km road race, however, it's a 9:30am start from the Hilton, and a tenner on the day to take part. CHECK AS THIS DATE IS PROVISIONAL ONLY.

Sun 21 July: Millom Colour Run. Like the Barrow event Karl attended last year and last month, a 5km event is happening over the Millom Park Run course at 2:30pm. There are details on the Millom Striders Facebook page and a link has been submitted onto our FB page for more details about it. Come across to Millom for some colour chucking fun, and best of all there are no age limits, so even very young children can tackle the full 5k.

Sat 27 July: TBC (Please check) Lancaster 5k and 10k race series (3rd of 5) from the 3-1-5 Health Club close to J 34 of the M6, at 6:00pm. You can enter either race on the night or in advance, which is cheaper to enter. Fast, flat out and back course with pb potential. Both races start at the same time with 5k runners doing one lap and 10k two laps. More details on Lancaster races website which lists all their races and distances for the whole year.

Sun 28 July: TBC Bernard & Evelyn Elkington's birthday bash Lancaster 5 mile road race. 11am from the Salt Ayre leisure centre athletics track. £6 in advance, £8 on the day. A 1.5 mile junior fun run at 10am also takes place and this is £3 on the day. New event, but likely to be a fast and flat course. Medals to all finishers. John Schofield's website has more info. At time of submitting it wasn't confirmed if this is happening in 2019.

Sun 28 July: (HHH CLUB CHAMPS COUNTER) Caldervale summer 10 mile road race. 11am from Caldervale village hall, near Garstang. Use J 33 of M6 if coming from the north. Undulating / hilly course around country lanes over 1 looped lap. Not a pb course. £12 in advance, £14 on day. Plenty of prizes including spot prizes. Dave Clarke's website UK road races has a link to this race.

Wed 31st July: Provisional date, see note. Maryport 10km race. 7:15pm from Netherhall Rugby Club next to the school. £8 on the day. Advance entry may be possible. Undulating/ hilly course. Organised by Ellenborough AC. Not a pb type course, but Karl enjoyed it in 2011 during his summer week off work. Good value race with free buffet after for all finishers. (Please note the race may be the previous or following Wednesday, watch this space for update just in case).

Sun 04 Aug: (HHH CLUB CHAMPS COUNTER) The popular Riverside (formerly called the Wagon and Horses) Lancaster 10 mile race takes place from the George and Dragon pub on the quayside, and has been a HHH club champs counter in the past. 11am and £12 on the day to enter. More details on John Schofield's website. A HHH road club champs counter this year. Also this year is a 1 mile fun run, so why not take the kids along and they can do that.

Fri 09 Aug, Sat 10 Aug (HHH CLUB CHAMPS COUNTER, Sat only) and Sun 11 Aug: Tri-Island Summer Saunter series three day running festival. Like June's Tidal triple series over three days in the Barrow area, this is much on a par with that. All three days will feature a 5k, 10k, half and full marathon distances. Please see Tri-Island running Facebook page for details on entry etc, but all four races on all three days set off at the same time of 9am. Different coloured running numbers are given for each race. The Saturday event at Roa Island has been put in the Hoad champs, and you can choose which race to run.

Sun 11 Aug: CANCELLED IN 2019, WILL BE BACK IN 2020. The Ulverston Hoad Hill marathon and half marathon races take place from Ford Park. We already know alot about it and anyone still wanting to take part can enter via the Si entries website, but be quick as all entry closes before the end of July. Karl has already entered the marathon and it may be an idea to let the club know which race here any other HHH member is running after a number of us took part in both the half and full marathons in 2017.

Sun 11 Aug: City of Preston 5 mile and 10 mile road races. 10am (both races start) from Walmer Bridge village hall in Preston. Fast, slightly undulating course over 1 lap or two laps for the 10 miler. Plenty of prizes with spot prizes up for grabs to. £12 or £17 in advance, slightly more on the day to enter. A busy race.

Sat 10 Aug: Catforth Canter 5km road race. 6:30pm from Catforth village hall, near Preston. Fast course on lanes around the area. Pie and drinks provided to all finishers. Ages 11 upwards can take part. £6 entry fee in advance, £8 on the night. UK results website for more info.

Sun 11 Aug: TBC Ulverston Triathlon Club ladies sprint triathlon. 12:00 for 12:45 briefing and 1pm start. At Ulverston leisure centre. £20 solo, £30 team entry fee. For info only....please see UTCs website for more details. Limit 50 places.

Sat 17 Aug: Rusland 5 trail race. Although an off-roader with 800ft climb, there are a lot of other attractions here that make this a good afternoon out for all ages at a traditional Lakeland show, from Whitestock Meadow just beyond Oxen Park. There is a shorter 1.75 mile trail race and junior / senior track races on the showfield also. See the Rusland website for further details. Just £5 entry to the show and you can take part in any or all of the races at no extra charge.

August: (HHH CLUB CHAMPS COUNTER) The Pilling 10km race series race from the Golden Ball hotel in Pilling, Lancashire at 11am. £12 in advance or £14 on the day. There's more info on UK results website. At time of submitting it's likely this race will be on Sat, 24th.

There's also a race on the 27th July, but that one isn't in the club champs.

Sun 18 Aug: If you missed the Riverside (formerly called the Wagon and Horses) 10 miler from Lancaster quayside two weeks earlier, why not try the half marathon (new race in 2013) from here instead / or as well? Same pub. This race is likely to be very busy, so pre-entry is advised at £20. It could cost more on the day if not full. See Lancaster race series or John Schofield's websites for more details. 11am start.

Wed 21 Aug: Ulverston Summer 10km. Need I say more? 7:00pm and entry is also available on the night. Let's hope for good weather, and remember that if you are running you'll need to have a marshal with you to take your place....they could then return the favour at the pudding 10k on the 1st Dec.....remember the pudding race in 2014 had a record turnout and last summer's 10k also had over 200 runners taking part. Both 10k's should be in the club champs to give those marshaling tonight a chance in December and vice versa. A junior one mile fun run / race takes place at 6:30pm, with entry on the night only.

Sat 24 Aug: TBC (please check if it's on this date or the following week) Lancaster 5k and 10k race series (4th of 5). Details as 27 July above. Not in the HHH club champs.

Sun 01 Sep: (HHH CLUB CHAMPS COUNTER) The Lancaster (Golden Ball) 20 mile and 10 mile races. Full details on John Schofield's UK road races website, but basically the 20 miler is the same course as the March Trimpell 20, but at a much better time of year both weather and temperature wise. Both distances are counting for points so choose wisely.

ALSO TODAY: (for info only) Busy for races as Garstang are going to lose out to runners heading for the Lancaster races above, when they have their annual half marathon, whilst the Halliwell Jones Rugby stadium in Wigan gets its own 10km race named after the landmark that could potentially be an extremely busy and popular event. If you require further info on these two races, please go to John Schofield's UK results website.

Tue 03 Sep: Gosforth village 10km race and fun run. 6:30pm from the playing fields next to the A595 by the Seascale turn-off and close to the Wheatsheaf Inn pub. This may be the registration point if the rugby clubhouse is closed. £10 on the night. Undulating, but a fast-ish course, and unlike the June 10 miler which starts 3/4 of a mile away at the Wellington end of the village, this starts where you park, more handy given the earlier start time, as this is also the last "light nights" midweek 10k race of 2019 in Cumbria. More info on the Gosforth village or Blengdale Runners' websites.

Wed 04 Sep: Ulverston Autumn 5km and 1 mile fun run races. As for the 10km two weeks earlier marshals will be required. See Louise if you can help. It may be possible to help pre-race and also run it. Note the earlier starting times of 6:15pm for the fun run and 6:45pm the main race. Loop course passing the baths and taking place on some of the 10k route.

Don't forget there's the weekly 5km Park Run taking place at 9am every Saturday in Barrow Park, at Millom school, also now at Ford Park (Ulverston) and at Fell Foot Country Park near Newby Bridge. It's free to enter, but please see the park run website for details before turning up....especially if you've not done one before. Those who have don't forget your barcode otherwise you won't get a time. Many Hoadies do the park run and their results are usually announced at club night every Monday.