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Running in Suffolk

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Pinford End Suffolk

In Hawstead, Pinford End on August 18, 2007 at 5:48 pm

8am 7.5 miles in 1 hr 2 mins 24 secs

Week to date mileage 30 miles

Month to date mileage 85

Average weekly rate 30.1 miles

Average monthly rate 131

Year to date 990

Lifetime 10583

A wet blowy morning as I decided to run out and back to the small hamlet called Pinford End which is really one end of Hawstead village. I take the Horsecroft road near by the busy traffic lights at the Spread Eagle and run up hill out of Bury.



Running out of Bury you pass Hardwick House and Horsecroft Hall. At Hawstead Lodge there is a large hill which takes you down to Pinford End. This was my half way point and I turned in 31.32.

Returning by the same route I took 30.52 though there are 2 large hills to climb the route is generally downhill on the return.

Hawstead Suffolk

In Hawstead, Stanningfield on June 12, 2007 at 7:17 pm



5pm 6 miles in 50 mins 16 mins
Week to date mileage 6 miles
Month to date mileage 62
Average weekly rate 29.8 miles
Average monthly rate 129
Year to date 693
Lifetime 10286

Hawstead the place of shelter for cattle according to Ekwall. This was my starting point for today. Hawstead is a small village about 3 miles south of Bury. Instead of the hurley burley of the A 134 Bury to Sudbury road give this road a go but allow extra time. If you follow the road out by Nowton Park you can pass through Hawstead, Lawshall and Shimpling and join up on the A134 around Alpheton – makes a pleasant change.

I parked at the totally deserted Hawstead Green next to the playground. An entertaining game of football could be held here in the long grass. It looks as if the village has achieved its target for raising funds for a village hall not sure when or where this will be built.



I decided to head out on the Lawshall Road past the fine pub the Metcalfe Arms.



Along the Lawshall Road near the Newhall Farm there is a marking on the OS Map Explorer 211 which simply says Oak! I must admit I didn't particularly notice which oak this might be but why even mention unless there is some historical reason. I managed to

find out that traveling clergymen used to stop at the Gospel Oak to say a prayer perhaps when on a trip to the monastery at Bury St Edmunds. I did see a very old tree which was much the worse for wear but didn't take a photo so know I will have to revisit.



The road here is windy and undulating and can be a little busy. So I turned off at the first footpath that I could which was just beyond the Gospel Oak. Here the footpath was along a car track which had obviously been wet but had now dried to form ridges. Running along here was challenging either balancing on the top of ridges or sinking in the centre of the tyre tracks. However the first section was under tress offering some shade from the warm sunshine. I managed to startle some deer but didn't have time to catch them on camera.



I was soon running through the middle of a wheat field taking me downhill before passing a spring and then heading sharply up hill and emerging at Old Lane Stanningfield Little Rookwood Farm. This area was a Catholic stronghold and the home of Ambrose Rookwood who was one of the conspirators in the Gunpowder Plot in 1605. He was hung, drawn and quartered.



I returned back to Hawstead by the same paths. In Hawstead I did a few laps of the wonderful village green. Once again I had the entire run to myself and never saw another person on the run.

Lawshall Suffolk

In Coldham Hall, Hawstead, Lawshall, scarecrow on May 30, 2007 at 8:53 pm



5pm 6.2 miles in 52 mins 1 secs

Week to date mileage 14 miles

Month to date mileage 117

Average weekly rate 29.5 miles

Average monthly rate 128

Year to date 631

Lifetime 10224

On the Bury to Sudbury road beyond Bradfield Combust along the roman road there is a turning for Lawshall. Initially you pass a number of greens including Lawshall, Hib's and Hanningfields before reaching the village of Lawshall. I parked up near the Swan Pub.



The weather was a mixture of sunshine and showers more April than late May and not warm. Lawshall has just held its annual scarecrow festival in aid of its village hall. This was the only 1 of the 19 or so scarecrows which were on display last weekend.



As per usual I didn't really have a plan of where I was going to run. I went through Harrow Green and past Our Lady Immaculate and St Joseph Church which sits not far from the gates to the western entrance to Coldham Hall.

There is a public right of way here that takes you up the hall and than on to Stanningfield where you can return to Lawshall along Donkey Lane. However I decided on this occasion to continue on along the road to Hawstead which was probably not the wisest choice. The road was lovely and windy and fairly hilly up and down. However it being rush hour there were a number of cars virtually all seemed to be Range Rovers.

I turned somewhere near Upper Dutmoss Wood and retraced my steps back to Lawshall. Entering the village this way All Saints Church looks more commanding.



The old Post Office is now a private residence but is still signed.



Horsecroft Hawstead & Nowton Circular Run

In almshouses, Bury Fayre, Hawstead, Horsecroft, Norton on December 11, 2005 at 1:42 pm



Who being in the Act of prayer repeating her vespers
was instantaneously killed by a flash of lightening
August the 16th 1786 Aged Nine years old

I ran through Bury Fayre which was doing a great trade this morning.

Hawstead to Gt Whelnetham Suffolk

In almshouses, Gt Whelnetham, Hawstead, Saucony, suffolk on October 15, 2005 at 12:35 pm





10.30apm 8.6 miles in 1 hour 13 minutes

.Year to date mileage 1028

Month to date 78 miles

Average miles per month 109

Average weekly rate 25

Weather: A warm autumn day as the morning mist lifted.

Course: Hawstead Village is about 3 miles south of Bury St Edmunds. I parked in the car park next to the swings. The picture showing the grass field and road on the road is right

in the centre of the village. For a Saturday being perhaps the busiest day of the week there was hardly a soul to be seen.

I started running out towards Lawshall but changed my mind as the road was a little too windy and this was a main road. Although there weren't many cars I didn't feel comfortable. So I returned and found another path along Bell Lane.

Bell's Lane leads up hill towards Gt Whelnetham. At Bell's Lane farm I managed to find a pathway across fields though the ground was rather sticky and stuck to my Saucony Trigon responsive shoes.

At Gt Whelnetham I took a path which takes you along side the grounds of the Gt Whelnetham Hall and up Cocks Green lane to Cocks Green. I returned back to Hawstead.

The picture of the building shows some almshouses erected by a Philip Metcalfe

Pinford End Woods Suffolk

In Hawstead, Pinford End, Suffolk on October 9, 2005 at 3:03 pm





9am 9.5 miles in 1 hour 20 mins 53 secs

Year to date mileage 1003

Month to date 52 miles

Average miles per month 107

Average weekly rate 24.9

Weather: Another beautiful autumn day very mild and perfect for running.

Course: Ran out past the West Suffolk Hospital into Hardwick Park. Then onto Hencote Lane and over the faint track across the fields. The corn has long been cut and the farmer has ploughed and tilled the soil but the shadow outline of the old pathway is easily followed.

Following the Bury to Clare path I passed Hawstead Lodge and then took a path over fields into some woods near Pinford End. The woods don't seem to be named and the official path ceases before you can reach Hawstead Hall. The marked path on the **ordnance survey** map has been changed so you can no longer follow the path over fields to Hawstead Church. Instead I returned in a circle passing over some lovely bridges in the wood.

I never saw a soul on the run very quiet and beautiful seclusion.

23rd July Hawstead Church Out and Back Run

In Hawstead, Pinford End, Suffolk Pink on July 23, 2005 at 11:18 am





8am 8.8 miles in 1 hour 13 mins 20 secs.

Year to date mileage 636 and for July 101.

Average miles per week for this year is 21.8 and average monthly mileage is now 95.

Weather continues to be overcast

The course: Head out of Bury on the Horsecroft Road, this takes you past Horsecroft Hall and Hardwick House. Keep going straight (as there are no turnings on this course) through Pinford End until you get to All Saints, Hawstead Church. I reached here in

37.30 minutes expecting to return in the same time but surprisingly returned a lot quicker as there are 2 hills to climb on the return.

I hour 13 mins represents my longest run at the moment. I am planning to build up a few minutes each week until the middle of September when I plan to enter a 10 mile race.

Pictures above – All Saints is a big church and has more monuments and memorials than any other church in Suffolk including a memorial to a knight dating from 1271 apparently the oddly named Eustace Fitz-Eustace. There is also apparently medieval stained glass.

The traditional colour for house walls in Suffolk is pink, and nowadays it is at least as common as ever it was in history. This cottage was a good example that I passed on the run . Of course in days gone by they didn't buy their paint at the local DIY store they would have mixed it using a mixture of buttermilk and pig's blood. if you go over the border into Norfolk they have traditional green houses.

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