

PACEMAKER

The newsletter of Keswick Athletic Club
Autumn 2004

Club Championships

The fellrunning season came to an end with 2 Breweries last weekend as far as club counters are concerned. Mark DS comes out on top with 4 clear wins giving him maximum points. Angela Brand Barker takes the ladies title, not to mention the LV40 category. As each category is calculated in its own right it is impossible to print out all the tables that would involve. Sift through the table and you should be able to work out who is top of what.

Congratulations to Angela and Mark and to all who helped to form the heaps for them to finish on the top of!!

FRA Championships

English

Louise took first place with maximum points with the ladies team placing 6th

Jane Meeks was 9th in the LV40 category and Cathy Colam 7th in the LV50

MDS finished 12th Nimrod 42nd and Dave Troman 51st Dunc Overton was 2nd in the V50 and Sped 9th

The mens team were 10th

British

Whilst final tables are not to hand I can say that Dunc O & Sped finished 2nd and 3rd respectively in the V50's

Full listings when available can be seen at www.fellrunner.org.uk

The Thursday night ladies runs continue to flourish. During the Summer months we had up to fourteen ladies out, and we have had good turn outs at several races, Hawkshead 10K in particular, with Lords Seat and Round Latrigg close behind. With the darker evenings approaching, several of the ladies will be meeting Tuesdays for speed training and the normal social run on a Thursday.

All ladies welcome, meet 6.15pm Rawsley Pavilion. Pat Richards

Keswick AC travelled to Switzerland for the international Matterhornlauf which starts in Zermatt. 14Km with 1000m of ascent, starting altitude is 1600m above sea level. The race attracts a good field -including Billy Burns, a contingent from Mexico and a strong local contingent.

20th Mark Denham-Smith 1:15:23

56th Nimrod Lockwood 1:22:46

188th Keith Hill 1:35:58

146th Lady; Susan Denham-Smith 2:41:55

Altitude was certainly good for 5 mins [or bad ed.] as we flew out on Saturday and raced on Sunday. Excellent run by all which was enough for third team prize (winning enough to cover the flights). Susan has recovered from her 24 Hour epic and had an excellent run.

MDS

Yahoo forum group for Keswick AC

Injuries are part and parcel of the business of running, but if you can minimise them and get over them as quickly as possible it all helps to keep a smile on your face. One of our new members has come up with a question and answer proposal and as he seems to be pretty well qualified to take it on, let's give it a go.

"I am a relatively new member to Keswick AC. Although I live in Sheffield the club has always been close to my heart as my father was a member many years ago and both my parents are from Workington. Previously I have run for Dark Peak Fell Runners but I had always felt that I wanted to be a member of Keswick. My employment is with UK Athletics as their Chief Medical Officer and I include in the newsletter a brief run down of the Olympic games from my perspective. [ed next edition!] I hope this may be of some interest. However I would also like to offer any members the opportunity of a "Question and Answer" section via the e group that seems to work so well. This would be concerning medical problems/injuries in relation to your sporting performance and obviously there would be no confidentiality as the information would be shared with the group. You may have problems with a recurrent Achilles problem for example, or an unresolved back pain. I hope I am able to offer the club something in return for what it offers me. I would endeavour to answer any questions within 48 hours.

Good luck and I hope to see you at the AGM.

Bryan English"

keswickac@yahoo.co.uk is the name of the group and all members on line will be sent an invite to join. If your invite expires before you get round to accepting it [7days] you will need to request a new one from Pete Richards.

As it is a general keswick ac group I can't see any reason why it can't be used for other questions-- just throw your question in and wait for a reply. Could be handy for lifts to races etc. --my first would be to locate a copy of the very few newsletters that are missing from a full set from the time I joined.

The Annual General Meeting

The AGM is on **Tuesday 16th November** at 8pm at The Rawsley Pavilion, Main Street, Keswick. All members are welcome to attend, in fact it would be great to see you all there!! Items for the agenda and nominations for the committee must be put in writing to the club secretary, Pete Richards at least 2 weeks in advance.

Annual Presentation Dinner

This year's dinner is being held at Keswick Golf Club, Threlkeld on **Saturday 27th November**, 7pm for 7.30pm. There will be a 3 course dinner with tickets priced at only £10. These can be obtained from Pete Richards from Friday 15th October. Bring guests and as we are limited to 50 get your tickets early!!.

Before the event you may wish to consider who to vote for as the club personality of the year. If you send or hand in your vote in a sealed envelope it will be used, whether you attend the dinner or not, in the ballot providing it is received before the event.

Any nominations to be considered for the annual Bob English long distance running award should be sent to Pete Richards or make it known to any committee member.

Secretaries Musings

With the last of the Summer Training Runs over, it does feel as though getting out on the fells in the evenings is over for the year. There were good turn outs at all the runs with 20 members out at Coledale and 17 at Buttermere. Both runs were blessed with wonderful weather whereas the 3rd at Rosthwaite was in terrible wet and windy conditions. So it was pleasing to see several of our newest lady runners making light work of a very tricky route. I am not alone in having high hopes for several of these new additions, they are certainly well practised in the art of liquid replacement after training!.

Another recently joined member is Bryan English, who is the UK Athletics Chief Medical Officer. Bryan has very kindly offered to answer questions on sports injuries and we have decided to undertake this on the internet. Apologies if this does not include all members but the vast majority of you are now on line. I have set up a Yahoo Group (keswickac) which all members will be offered the chance to join. This could also be used for sharing photographs, posting information and anything else which you feel may be of interest to the rest of the membership. Only members of the club will be able to join.

Elsewhere in this newsletter are details for the twice weekly training runs which will be based again at The Rawnsley Pavilion. This facility is proving to be a great asset, especially on cold wet evenings. The training runs are being planned to suit everyone fast and slow. The ladies will continue to have their own session on Thursday's and are also welcome on Tuesday evenings.

Hope to see you there! Pete

Birth Announcement

Claire Spedding gave birth to Eliot in Metz France on the 8th Aug. 2004 8lbs 4oz if my conversion is right [3.75 kg]

Paul Roffey, a new member, is a Practicing Chiroprapist and Podiatrist in Keswick and has offered to do a series of articles relevant to running. **no 1---**

The gait cycle

When we're out having a run most of us don't think about what's actually happening in the foot and lower leg that keeps us moving along. In too few words to do the complexity justice, I shall try to explain.

The feet are an extremely complex structure with 52 bones (about ¼ of all the bones in the body), 33 joints, 107 ligaments and 19 muscles. These all work together to enable us to stand and move. The gait cycle is the range of motion of one stride.

The gait cycle is divided up into two main stages, the stance phase, when the foot is in contact with the ground and the swing phase, when it isn't! The stance phase is then divided into three. Heel contact, mid-stance and toe-off

Let's start with the left leg. The right leg is firmly on the ground and the left has just finished its swing phase. The stance phase starts with heel contact and the heel of the left leg striking the ground. The foot hits the ground slightly inverted (the inside edge of the foot is tilted up), which is why shoes generally wear on the outside edge first. It then momentarily everts (inside edge tilts downwards), the lower leg internally rotates and the knee flexes. A very important bit this, as this is the body's natural shock absorber. Without it the force of the moving body weight would transmit straight up into the pelvis and spine with painful results. This natural movement of the foot and leg also helps to adapt the body to any uneven terrain.

Straight away the foot will then start to invert, the lower leg will externally rotate and the knee will extend. The right leg will then leave the ground and start its swing phase. Mid stance runs from this point until the right leg has heel contact. The left foot remains the stable platform during this time.

When the right leg has landed the left heel will raise starting the last phase. The left foot will continue to invert and the lower leg externally rotate creating a rigid structure within the foot for toe-off and propulsion forwards. At this point the forefoot is carrying two and quarter times the body weight. As the weight moves forward to the ball of the foot, it is transferred from the outside to the inside and the weight is taken on the big toe, and the 2nd and 3rd toes. Body weight is then transferred to a stable right foot and the left foot leaves the ground. It's much easier to understand if you stand up and go through the motions as you read, only hold onto something otherwise you'll fall over – I know!

Running differs from the above in that the swing phase is increased and the contact phase is decreased. Also, with running there is no period when both feet are on the ground and on heel contact the foot also needs to evert more to shock absorb more. But the biggest difference is that instead of 2-3 times the body weight passing through the body with each stride when walking, 5-6 times passes through when running.

Next time we'll look at some of the common biomechanical problems that arise when the above processes don't happen as they should.

Date	Event	Notes
Sep 25	NofEAA Road Relays	X4 X6
Oct 2	Cumbria X-C Series	Cockermouth School 4K
16	Mid Lancs XC	Witton Park, Blackburn
23	National Road Relays	X12 X6
30	Mid Lancs XC	Towneley Park, Burnley
Nov 6	ECCA Relays	Mansfield
13	Cumbria X-C Series	Keswick, Fitz Park
Dec 4	Mid Lancs XC + Reebok	Sefton Park, Liverpool
11	Cumbria X-C Series	Carlisle or Wigton
Jan 15	Cumbria X-C Series	Only a possible – host club needed
22	Mid Lancs XC	Crooklands Show Ground, Kendal
29	NofEAA XC Champs	
Feb 5	English Schools XC Champs	
12	Mid Lancs XC	Wilson's Fields, Hyndburn
19	National XC	B'ham
Mar 12	Mid Lancs XC	Keswick
Apr 2	NofEAA Road Relays	X12 X6

Forthcoming Road Races 2004

October

17th Sun 11.30am Great Cumbria Run Half Marathon Sands Centre Carlisle
 £10.50 by 10th Oct or £12.50 entry on day
 Tel. Mike James 01228 625 444

17th Sun 10.30am Great Cumbria Run 4.5 mile Challenge Sands Centre, Carlisle
 £5.50 by 10th Oct or £7.50 entry on day
 Tel. Mike James 01228 625 444

November

7th Sun 12.00 'Ronhill' Derwentwater Ten Mile.
Keswick Championship £4. Keswick AC members
 Tel. Alan Ritchie 01228 513200

20th Sat 12.30pm Brampton to Carlisle 10 miles
 £7.00 by 6th Nov. or £9 00 entry on day
 Tel. Keith Abbott 01228 521408

27th Sat 11.00am Wesham 10K Preston
 Tel. Brian Porter 01772 679 632

PLEASE NOTE that any results e.g. Brampton-Carlisle, have to be sent to Lyn Thompson by the 21st November to ensure inclusion in the club standards awards.

APOLOGIES					SKIDDAW, 4/07/04				
My apologies to Graeme Sibson and Aeron Lockwood for omitting them from the results, viz:					1	T. Austin	Dark Peak		1.08.00
Two Riggs					5	M. Denham-Smith	Keswick		1.11.35
63	G. Sibson	Keswick		62.09	7	D. Frampton	U/A	1stMV40	1.13.27
and not G. Gibson as shown in the results sheet					12	R. Little	U/A	1stU20	1.15.21
					13	N. Lockwood	Keswick		1.16.14
Langstrath					14	B. Walton	Horwich	1stMV50	1.18.55
55	A. Lockwood	Keswick		62.45	28	K. Loan	Keswick	MV40	1.24.27
BLACKPOOL HALF MARATHON					37	P. Hague	Keswick	MV40	1.26.57
1	T. Abyu	Salford		1.06.21	39	S. Dolan	U/A	1stL/V40	1.28.17
16	L. Shelly	U/A	1stL	1.16.53	41	R. Askwith	Keswick	MV40	1.29.00
416	D. Hutchinson	Keswick	MV45	1.44.47	42	J. Nuttall	U/A	1stMV60	1.29.18
749	C. Nixon	Keswick	MV65	1.58.02	45	J. Myatt	Keswick	MV40	1.29.34
1,135 runners					61	R. Cooper	Keswick	MV40	1.36.10
HAWKSHEAD 10K, 30/06/04					65	B. Booth	Keswick	MV60	1.37.03
1	C. Heaven	Annan		32.50	66	C. Knox	Keswick	MV50	1.38.03
3	A. Rowe	Wesham	MV45	33.45	69	P. Gilchrist	Keswick	MV50	1.40.00
7	M. Denham-Smith	Keswick		34.47	72	A. Jones	Keswick	MV40	1.41.39
8	S. Freeman	Ambleside	1stMV40	34.49	73	P. Richards	Keswick	MV50	1.41.42
16	N. Lockwood	Keswick		37.05	77	R. Unwin	Keswick	MV40	1.43.09
17	R. Witt	Kendal	1stMV50	37.17	82	D. Porter	Keswick	MV40	1.45.18
18	D. Wayvell	Wesham	1stMV60	37.20	88	I. Addison	Keswick	1stMV70	1.51.42
28	R. Scott	Keswick		38.59	97 finishers				
34	H. Jones	Dallam	1stL	39.52	FELLSIDE, 7/07/04				
40	A. Brand-Barker	Keswick	2ndL	40.27	1	M. Denham-Smith	Keswick		53.31
44	D. Hayes	Keswick	1stMV65	41.04	2	N. Lockwood	Keswick		55.44
55	Derek Harrison	Keswick	MV55	42.04	6	D. Birch	Keswick		59.10
65	S. Harwood	Keswick	MV55	43.36	9	D. Owens	Keswick	MV40	62.10
81	D. Edington	Keswick	L	45.07	10	D. Ferguson	Keswick		62.29
89	I. Addison	Keswick	1stMV70	45.46	14	A. Brand-Barker	Keswick	2ndL	65.22
92	C. Colam	Keswick	1stLV55	46.06	15	K. Loan	Keswick	MV40	65.38
108	P. Richards	Keswick	LV50	47.23	16	K. Hill	Keswick		66.16
114	M. Robertson	Keswick	MV40	48.00	18	N. Thompson	Keswick		67.00
118	M. Hart	Keswick	L	48.49	29	R. Cooper	Keswick	MV40	70.23
128	T. Segasby	Keswick	L	50.37	30	G. Brown	Keswick	MV50	70.33
131	J. Moore	Keswick	L	51.36	33	B. Booth	Keswick	MV60	73.16
132	J. Beedham	Keswick	L	51.48	34	C. Knox	Keswick	MV50	74.08
133	A. Lockwood	Keswick		52.32	36	S. Harwood	Keswick	MV50	74.23
140	D. Roffey	Keswick	L	53.56	37	A. Jones	Keswick	MV40	74.39
146	G. Brown	Keswick	LV50	55.27	38	C. Mandale	Keswick		76.14
149	G. Robertson	Keswick	LV40	1.01.08	45	P. Gilchrist	Keswick	MV50	77.22
157 finishers					48	L. Cowell	Keswick	L	80.33
BLISCO, 9/07/04					49	D. Porter	Keswick	MV40	81.01
(incorporating the Inter County Championships)					50	P. Bibby	Keswick	LV40	84.21
1	I. Holmes	Bingley		37.27	51	J. Myatt	Keswick	MV40	86.44
13	S. Livesey	Bowland	1stMV40	42.14	52	J. Horne	Keswick	MV40	86.45
37	D. Loan	Keswick	1stMV50	47.13	53	A. Lockwood	Keswick		93.30
39	L. Sharp	Keswick	1stL	47.25	55	H. Blenkinsop	Keswick	MV60	101.40
41	D. Spedding	Keswick	2ndMV50	47.49	24 Keswick runners from a field of 55 - not bad!				
70	A. Brand-Barker	Keswick	LV40	51.55	MELANTEE, 10/07/04				
76	R. Unwin	Keswick	MV40	53.26	1	S. Bailey	Mercia		27.56
83	J. Meeks	Keswick	LV40	55.07	15	M. Denham-Smith			31.56
110	J. Richardson	CFR	1stMV60	58.48	27	N. Lockwood			33.32
Cumbria won both the men's and ladies' Champs with Lou and Angela representing Cumbria.					102	B. Booth		MV60	42.49
					119	H. Blenkinsop		MV60	1.01.28
					Ladies				
					1	T. Brindley	Carnethy		34.12

KENTMERE, 18/7/04				45	A. Jones	Keswick	MV40	45.22	
1	S. Bailey	Mercia		1.22.36	49	S. Harwood	Keswick	MV50	46.09
5	C. Donnelly	Ron Hill	1stMV40	1.26.35	51	P. Richards	Keswick	MV50	46.27
17	M. Denham-Smith	Keswick		1.32.09	53	D. Harrison	Keswick	MV50	47.04
43	S. Jackson	Horwich	1stMV50	1.37.14	58	C. Knox	Keswick	MV50	48.18
54	N. Lockwood	Keswick		1.39.39	59	C. Colam	Keswick	LV50	48.26
63	D. Overton	Keswick	3rdMV50	1.41.18	60	D. Edgington	Keswick	L	48.32
71	T. Brindley	Carnethy	1stL	1.42.4	63	P. Bibby	Keswick	LV40	49.48
88	C. Valentine	Keswick	MV40	1.45.33	64	P. Taylor	N. Vets	1stMV60	50.15
103	G. Howard	Ilkley	1stMV60	1.46.49	65	I. Addison	Keswick	1stMV70	50.20
116	L. Sharp	Keswick	2ndL	1.47.28	68	P. Richards	Keswick	LV50	50.40
123	S. Newman	Calder	1stLV40	1.47.48	70	T. Overton	Keswick	LV50	50.53
124	D. Spedding	Keswick	MV50	1.47.52	73	M. Bridge	Keswick	LV50	52.10
166	D. Ferguson	Keswick		1.52.49	74	J. Moore	Keswick	L	52.54
168	A. Brand-Barker	Keswick	LV40	1.52.53	80	G. Brown	Keswick	LV50	58.42
174	M. Laney	Clayton	1stLV50		81	A. Lockwood	Keswick		60.50
180	D. Owens	Keswick	MV40	1.53.37		83 finishers			
281	B. Booth	Keswick	MV60	2.05.34	KINNISIDE, 17/07/04				
287	J. Meeks	Keswick	LV40	2.07.04	1	A. Bowness	CFR		23.49
305	C. Knox	Keswick	MV50	2.10.11	4	K. Stuart	Keswick	1stMV40	25.39
337	C. Colam	Keswick	LV50	2.16.07		D. Loan	Keswick	1stMV50	
346	S. Harwood	Keswick	MV50	2.17.52	SWINSIDE 6, 28/07/04				
363	P. Gilchrist	Keswick	MV50	2.21.02	1	M. Scott	Border		32.10
386	P. Richards	Keswick	MV50	2.25.19	2	M. Denham-Smith	Keswick		33.35
398	A. Buckley	Keswick	MV60	2.28.13	5	D. Troman	Keswick		36.03
424	H. Blenkinsop	Keswick	MV60	2.52.33	7	N. Lockwood	Keswick		36.14
	432 finishers. Men's and ladies' records broken.				9	G. Ayers	CFR	1stMV40	36.43
KESWICK HALF MARATHON (amendment)					10	W. Johnstone	Border	1stMV50	36.51
	T. Segasby	Keswick	L	1.55.54	18	K. Hill	Keswick		39.05
	T. Overton	Keswick	LV50	1.56.06	19	K. Loan	Keswick	MV45	39.27
WASDALE, 10/7/04					22	S. Tunstall	Border	1stL	39.50
1	P. Davies	Borrowdale		3.53.55	24	M. Scott	Keswick	MV45	40.08
3	J. Blackett	N.Yorks	1stMV40	3.55.04	27	D. Harrison	Keswick	MV55	40.35
9	I. Cowie	Mercia	1stMV45	4.40.55	35	D. Hayes	Keswick	1stMV60	41.21
10	D. Tait	Dark Peak	1stMV55	4.44.19	45	J. Stevenson	Keswick	MV40	42.34
15	N. Hewitt	Bowland	1stMV50	4.49.57	46	P. Roffoy	Keswick		42.44
16	D. Spedding	Keswick	MV55	4.53.11	51	D. Ferguson	Keswick		43.19
19	C. Valentine	Keswick	MV40	5.06.33	56	S. Harwood	Keswick	MV55	43.54
22	N. Davies	Borrowdale	1stL/V40	5.08.35	61	G. Sibson	Keswick		45.06
25	D. Ferguson	Keswick		5.28.04	66	I. Addison	Keswick	1stMV70	45.36
33	W. Dodds	Clayton	1stLV50	5.41.11	67	C. Mandale	Keswick		45.51
39	D. Lucas	Rochdale	1stMV60	5.47.42	71	P. Gilchrist	Keswick	MV55	46.28
	49 finishers, but 22 retirements on a hot day.				72	J. Downie	Keswick	MV50	46.31
LORD'S SEAT, 14/07/04					74	C. Colam	Keswick	LV55	46.54
1	M. Denham-Smith	Keswick		35.17	77	David Harrison	Keswick	MV55	47.06
3	N. Lockwood	Keswick		35.40	78	P. Richards	Keswick	LV50	47.23
5	C. Pryce	Cosmics	1stMV40	38.34	80	P. Bibby	Keswick	LV45	47.37
10	P. Hague	Keswick	MV40	39.51	99	T. Segasby	Keswick	L	52.06
11	K. Loan	Keswick	MV40	39.57	100	A. Lockwood	Keswick		52.27
13	R. James	CFR	1stMV50	40.30	105	A. Downie	Keswick	LV40	54.36
15	D. Owens	Keswick	MV40	41.00	106	J. Moore	Keswick	L	54.37
19	D. Ferguson	Keswick		41.29	108	K. Owen	Keswick	MV45	55.05
24	M. Hawker	Keswick		42.18	111	G. Brown	Keswick	LV50	56.45
29	T. Walker	CFR	1stL	42.33	117	S. Denham-Smith	Keswick	L	59.53
31	A. Brand-Barker	Keswick	2ndL/V40	43.06	118	C. Marshall	Keswick	LV40	60.47
38	G. Brown	Keswick	MV50	44.19	121	H. Blenkinsop	Keswick	MV60	62.16
42	J. Downie	Keswick	MV50	44.54	122	R. Strachan	Keswick	MV70	64.23

2004, KESWICK AC FELL CHAMPIONSHIP											
POS	NAME	CAT	GG	2R	BL	FS	KM	BOR	2B	TOTAL	4 from 7
1	M. Denham-Smith	M	21	22	25	25	25	25		143	100
2	D. Troman	M	25	25	22				22	94	94
3	N. Lockwood	M	22	21	21	22	22	22		130	88
4	D. Spedding	MV50	20		17		18	21	25	101	84
5=	D. Ferguson	M	18	17	16	19	17	19		106	73
5=	D. Owens	MV40	17	18	18	20	15			88	73
7	N. Thompson	M			15	15		18	21	69	69
8	A. Brand-Barker	LV40	19	15		18	16			68	68
9	D. Birch	M		20	20	21				61	61
10	D. Overton	MV50		19			21	20		60	60
11	J. Meeks	LV40	13	14	14		13			54	54
12	B. Booth	MV60		13	12	12	14			51	51
13	C. Knox	MV50		10	10	11	12			43	43
14	R. Cooper	MV40	14			14		14		42	42
15	P. Gilchrist	MV50	11		7	7	9	12		46	39
16	A. Jones	MV40	9	12	8	9				38	38
17	S. Harwood	MV50	8	9		10	10			37	37
18	C. Colam	LV50		4	4		11	11		30	30
19	K. Hill	MV40				16		13		29	29
20	Graham Brown	MV50			13	13				26	26
21	J. Downie	MV50		11	11					22	22
22	C. Valentine	MV40					20			20	20
23=	D. Loan	MV50			19					19	19
23=	L. Sharp	L					19			19	19
25=	David Harrison	MV5	10	7						17	17
25=	K. Loan	MV40				17				17	17
25=	S. Holmes	M						17		17	17
28=	R. Unwin	MV40	16							16	16
28=	G. Baum	MV40		16						16	16
28=	P. Richards	MV50		3	5		8			16	16
28=	R. Askwith	MV40						16		16	16
32=	P. Hague	MV40	15							15	15
32=	R. Scott	MV40						15		15	15
34=	H. Blenkinsop	MV60	5	1	1	1	6			14	14
34=	M. Hawker	M						14		14	14
36	A. Buckley	MV60			6		7			13	13
37=	G. Sibson	M	12							12	12
37=	P. Bibby	LV40	7	1		4				12	12
39	D. Porter	MV40		5		5				10	10
40	G. Birch	L			9					9	9
41=	S. Lewsley	LV50		8						8	8
41=	C. Mandale	M				8				8	8
43	M. Bridge	LV50	6	1						7	7
44=	J. Rutter	MV60	4	1	1					6	6
44=	G. Gibson			6						6	6
44=	L. Cowell	L				6				6	6
47	C. Charlton	LV50		2	3					5	5
48	A. Lockwood	M		1	2	1				4	4
49=	S. Denham-Smith	L	3							3	3
49=	J. Myatt	MV40				3				3	3
51	J. Home	MV40				2				2	2
52=	S. Jones	MV50		1						1	1
52=	T. Segasby	L		1						1	1
52=	J. Moore	L		1						1	1
52=	Gill Brown	LV50		1						1	1

ARNISON CRAG, 28/08/04					DALEHEAD, 19/09/04				
1	G. Bland	Borrowdale		24.08	1	J. Davies	Borrowdale		46.06
4	G. Moffat	Howgill	1stMV40	26.10	4	N. Lockwood	Keswick		49.50
6	D. Overton	Keswick	1stMV50	26.22	7	D. Troman	Keswick		53.32
14	J. Lowther	Ambleside	1stL	31.54	8	T. Kelly	Bowland	1stMV40	54.05
17	L. Thompson	Keswick	1stLV40	32.50	9	D. Birch	Keswick		54.23
21	C. Knox	Keswick	MV50	35.25	12	H. Lockwood	Keswick		56.20
24	M. Bridge	Keswick	LV50	38.44	17	M. Walsh	Keswick	1stMV50	58.54
25	E. Knox	Keswick	U16G	40.36	19	D. Owens	Keswick	MV40	59.17
	28 finishers				21	S. Wood	Ambleside	1stL	1.00.34
LANCASHIRE HALF-MARATHON, 5/09/04					23	R. Scott	Keswick	MV40	1.00.58
1	D. Watson	Holmfirth		1.08.41	26	K. Loan	Keswick	MV40	1.01.17
	L. Clarkson	Darwen	1stL	1.27.05	31	R. Cooper	Keswick	MV40	1.03.22
	D. Harrison	Keswick	MV55	1.48.51	33	L. Thompson	Keswick	1stLV40	1.05.20
	D. Hutchinson	Keswick	MV45	1.52.41	40	G. Somers	Keswick	MV50	1.06.39
DUMFRIES 10K, 1/09/04					41	C. Knox	Keswick	MV50	1.06.39
1	C. Heaven	Annan		31.46	44	G. Brown	Keswick	MV50	1.06.52
	H. Haining	U/A	1stL	35.08	55	P. Gilchrist	Keswick	MV50	1.11.54
82	S. Halliburton	Keswick	L	44.41	59	C. Charlton	Keswick	1stLV50	1.14.58
118	C. Wallace	Keswick	MV55	47.50	61	D.Morgan	CFR	1stMV60	1.16.55
162	L. Robbins	Keswick	L	51.47	62	M. Bridge	Keswick	LV50	1.17.05
163	C. Nixon	Keswick	MV65	51.47	64	P. Bibby	Keswick	LV40	1.18.40
207	I. Milne	Keswick		58.27	69	H. Blenkinsop	Keswick	MV60	1.38.58
GOSFORTH 10K, 7/09/04					TWO BREWERIES, 25/09/04				
1	S. Littler	Wesham		32.53	1	N. Sharp	Ambleside		2.42.49
4	D. Troman	Keswick		36.19	2	C. Donnelly	Cambuslangh	1stMV40	2.43.28
6	B. Riley	CFR	1stMV40	36.31	15	T. Brindley	Carnethy	1stL	2.59.12
15	S. Sharp	CFR	1stMV55	39.00	43	D. Spedding	Keswick	1stMV50	3.15.16
16	S. Holliday	Cumb. AC	1stMV45	39.04	48	D. Troman	Keswick		3.17.5
19	D. Harrison	Keswick	2ndMV55	39.38	75	G. Bryan-Jone	Ochil	1stMV60	3.29.11
30	D. Hayes	Keswick	1stMV65	41.44	96	N. Thompson	Keswick		3.36.37
36	S. McVeigh	Cumb. AC	1stL/V45	42.23		219 starters and 200 finishers.			
45	S. Harwood	Keswick	MV55	43.08	SCAFELL PIKE, 25/09/04				
65	P. Richards	Keswick	LV50	46.10	1	I. Holmes	Bingley		53.49
76	V. Gilgore	Cumb. AC	1stMV70	46.54	9	B. Thompson	CFR	1stMV40	65.08
94	J. Moore	Keswick	L	48.59	10	J. Winn	CFR	1stMV50	65.22
113	J. Beedham	Keswick	L	50.47	16	C. Valentine	Keswick	MV40	70.01
119	A. Downie	Keswick	LV40	51.38	20	J. Meeks	Keswick	1stL	74.02
	154 finishers				21	L. Thompson	Keswick	2ndL	74.43
THE GARBURN TRAIL RACE, 11/09/04					40	H. Blenkinsop	Keswick	1stMV60	1.54.27
1	R. Jebb	Bingley		1.18.06		43 starters.			
2	M. Roberts	Borrowdale	1stMV40	1.19.29	DODD FELL RACE, 16/09/04				
10	L. Sharp	Keswick	1stL	1.31.01	1	R. Lightfoot	CFR		24.11
21	L. Thompson	Keswick	1stLV40	1.46.25	3	N. Lockwood	Keswick		25.32
22	M. Litt	CFR	1stMV50	1.46.32	6	G. Armitage	Holmfirth	1stMV40	29.48
32	P. Taylor	CFR	1stMV60	1.53.03	7	L. Thompson	Keswick	1stL	32.03
	51 starters				10	C. Knox	Keswick	1stMV50	33.55
					12	N. Lawler	Keswick		34.19
					15	P. Gilchrist	Keswick	MV50	34.50
					21	M. Breslin	U/A	1stMV6	35.57
					23	C. Charlton	Keswick	1stLV50	36.10
					24	M. Bridge	Keswick	LV50	37.41
						27 runners.			

BORROWDALE, 7/08/04				ROUND LATRIGG, 25/08/04					
1	S. Booth	Borrowdale		2.50.37	1	J. Davies	Borrowdale	32.00	
7	C. Donnelly	Ron Hill	1stMV40	3.02.29	2	M. Denham-Smith	Keswick	32.18	
12	M. Denham-Smith	Keswick		3.06.59	9	N. Lockwood	Keswick	34.04	
33	N. Lockwood	Keswick		3.28.02	10	D. Birch	Keswick	34.07	
15	S. Jackson	Horwich	1stMV50	3.28.02	11	P. Banks	Blackburn	1stMV40	34.17
51	D. Spedding	Keswick	2ndMV50	3.40.52	12	D. Troman	Keswick		34.31
53	J. Mykura	Carnethy	1stL	3.41.02	13	D. Overton	Keswick	1stMV55	34.47
69	D.Overton	Keswick	MV50	3.45.47	18	S. Holliday	Cumb. AC	1stMV45	36.17
73	S. newman	Calder V	1stLV40	3.46.38	19	K. Loan	Keswick	MV45	37.00
101	D. Ferguson	Keswick		3.56.36	20	P. Hague	Keswick	MV40	37.40
117	N. Thompson	Keswick		4.02.05	25	D. Ferguson	Keswick		38.28
121	S. Holmes	Keswick		4.03.18	28	S. Hodgson	Fellandale	1stL/V40	38.54
139	J. Nuttall	Clayton	1stMV60	4.05.58	29	R. Scott	Keswick	MV40	38.56
142	M. Laney	Clayton	1stLV50	4.07.24	30	P. Roffey	Keswick		39.14
167	R. Askwith	Keswick	MV40	4.17.14	38	D. Hayes	Keswick	1stMV60	40.55
178	R. Scott	Keswick	MV40	4.19.47	45	S. Harwood	Keswick	MV55	42.02
243	R. Cooper	Keswick	MV40	4.39.21	48	C. Mandale	Keswick		42.43
290	M. Hawker	Keswick		4.59.10	49	Graham Brown	Keswick	MV55	42.47
329	K. Hill	Keswick		5.12.53	50	P. Richards	Keswick	MV50	42.49
358	P. Gilchrist	Keswick	MV50	5.24.10	51	G. Sibson	Keswick		42.52
367	C. Colam	Keswick	LV50	5.28.13	54	R. Cooper	Keswick	MV45	43.46
404 finishers, 473 starters on a very hot day.					55	David Harrison	Keswick	MV55	43.50
LATRIGG, 8/08/04					56	D. Edginton	Keswick	L	43.55
1	A. Jones	Salford		18.00	57	C. Colam	Keswick	LV50	44.00
7	K. Stuart	Keswick	1stMV40	20.23	58	C. Knox	Keswick	MV50	44.13
11	M. Denham-Smith	Keswick		21.27	61	P. Richards	Keswick	LV50	44.44
14	N. Lockwood			22.01	62	I. Addison	Keswick	1stMV70	45.20
16	H. Lockwood			22.20	67	T. Segasby	Keswick	L	46.33
19	N. White	Holmfirth	1stL	22.43	70	T. Overton	Keswick	LV50	47.29
22	P. Bullen	Keswick	MV40	22.59	74	M. Bridge	Keswick	LV50	48.10
25	K. Loan	Keswick	MV40	23.07	75	J. Moore	Keswick	L	48.16
43	A. Bland	Borrowdale	1stMV50	26.07	81	J. Beedham	Keswick	L	51.05
46	L. Thompson	Keswick	1stLV40	26.28	82	D. Roffey	Keswick	L	52.10
50	J. Downie	Keswick	MV50	26.54	83	Gill Brown	Keswick	LV50	53.33
51	G. Sibson	Keswick		27.19	84	H. Blenkinsop	Keswick	MV60	56.14
54	C. Mandale	Keswick		28.17	85	G. Robertson	Keswick	LV40	59.32
55	D. Porter	Keswick	MV40	28.29	86	J. Rutter	Keswick	MV60	61.56
58	I. Addison	Keswick	1stMV70	29.20	A fantastic turnout from Keswick with 33 runners				
59	D. Morgan	CFR	1stMV60	29.32	out of the 86 finishers, 11 of which were ladies. No				
62	P. Bibby	Keswick	LV40	30.17	records were broken but some keen				
64	A. Lockwood	Keswick		30.53	competition. Many many thanks to the marshalls				
65	M. Bridge	Keswick	LV50	30.55	time-keepers etc.				
74	H. Blenkinsop	Keswick	MV60	35.45	LANGDALE HALF & FULL MARATHON, 22/08/04				
76	R. Strachan	Keswick	MV70	40.05	Half Marathon				
Keswick men took 2nd team place, whilst the					1	S. Littler	Wesham		1.18.34
ladies won 1st prize.					2	P. Muller	Horwich	1stMV40	1.19.36
INTERNATIONAL MATTERHORNLAUF, 22/08/04					132	P. Gilchrist	Keswick	MV55	1.51.15
1					348 runners				
20	M. Denham-Smith	Keswick		1.15.23	Marathon				
56	N. Lockwood	Keswick		1.22.46	1	P. Atherton	Clayton		3.05.26
188	K. Hill	Keswick		1.35.58	2	J. Rogers	E. Hull	1stMV40	3.29.26
14km including 1000m of ascent, starting altitude					4	J. Myatt	Keswick		3.37.47
1600m above sea level. Keswick took the 3rd					66 runners				
team prize.									
Ladies	146 Susan Denham Smith	Keswic		2.41.55					

2004, KESWICK AC ROAD CHAMPIONSHIPS

POS	NAME	CAT	BR/MAR	NH 10	KHM	H10K	SW6	G10K	D10	TOTAL	4 from 7
1	M. Denham-Smith	M	25	22	22	25	25			119	
1=	D. Troman	M	22	25	25		22	25		119	
3	Derek Harrison	MV50	21			18	17	21		77	
4	N. Lockwood	M			20	22	21			63	
5	P. Richards	LV50	14		13	13	4	18		62	
6	D. Hayes	MV65				19	16	20		55	
7	P. Gilchrist	MV50	12	15	14		8			49	
8=	D. Frampton	MV40		21	21					42	
8=	C. Colam	LV50	11		10	14	6			41	
10	A. Brand-Barker	LV40		19		20				39	
11	M. Scott	MV40	20				18			38	
12	S. Noble	MV40	18	18						36	
13	K. Loan	MV40			16		19			35	
14	S. Harwood	MV50		16		17	12	19		33	
15	D. Ferguson	M	19				13			32	
16	J. Stevenson	MV40	16				15			31	
17=	D. Edginton	L			11	16				27	
17=	J. Moore	L				9	1	17		27	
19	I. Addison	MV70				15	10			25	
20	J. Beedham	L				8		16		24	
21=	R. Scott	M				21				21	
21=	T. Segasby	L			9	10	2			21	
21=	P. Bibby	LV40	10		7		3			20	
24=	S. Kemp	MV40		20						20	
24=	K. Hill	M					20			20	
26	P. Haworth	MV40			19					19	
27	A. Haworth	LV40			18					18	
28=	J. Yeates	L	17							17	
28=	R. Unwin	MV40		17						17	
28=	C. Kennedy	M			17					17	
28=	S. Denham-Smith	L		14	2		1			17	
32	A. Downie	LV40					1	15		16	
33=	S. Jones	MV50			15					15	
33=	A. Buckley	MV60	15							15	
35	P. Roffoy	M					14			14	
36=	A. Lockwood	M			5	7	1			13	
36=	J. Myatt	MV40	13							13	
38=	D. Miller	MV50			12					12	
38=	M. Robertson	MV40				12				12	
40=	M. Hart	L				11				11	
40=	G. Sibson	M					11			11	
42	G. Brown	LV50			4	5	1			10	
43=	R. Burchett	MV60	9							9	
43=	C. Mandale	M					9			9	
45	T. Overton	LV50			8					8	
46=	J. Downie	MV50					7			7	
47=	S. Loan	LV40			6					6	
47=	N. Pritchard	M			6					6	
47=	D. Roffey	L				6				6	
50=	I. Milne	MV40			5					5	
50=	David Harrison	MV50					5			5	
52=	S. Halliburton	L			4					4	
52=	G. Robertson	L				4				4	
54	C. Nixon	MV60			3					3	
55=	J. Rutter	MV60			1					1	
55=	K. Owen	MV40					1			1	
55=	C. Marshall	LV40					1			1	
55=	H. Blenkinsop	MV50					1			1	
55=	R. Strachan	MV70					1			1	

KESWICK AC CLUB STANDARD AWARDS, 2004						
NAME	CAT	10K	10M	1/2 MAR	MAR	AWARD
D. Troman	M	36.19	56.56	1.17.31		
M. Denham-Smith	M	34.47	57.28	1.17.38		
D. Frampton	MV45		57.29	1.20.50		
S. Kemp	MV45		65.27			
A. Brand-Barker	LV40`	40.27	67.14			
S. Noble	MV40		70.50			
R. Unwin	MV45		70.54			
S. Harwood	MV55	43.08	73.29			
P. Gilchrist	MV55		74.17	1.44.14		
S. Denham-Smith	LV35		102.40	2.20.30		
C. Kennedy	M			1.28.59		
K. Owen	MV40			1.57.05		
C. Nixon	MV65	51.47		1.58.02		
Derek Harrison	MV55	39.38	66.07	1.48.51		
N. Lockwood	M	37.05		1.24.13		
P. Haworth	MV45			1.28.14		
A. Haworth	LV45			1.33.47		
K. Loan	MV45			1.36.27		
S. Jones	MV50			1.44.07		
P. Richards	LV50	46.10		1.46.58		
D. Miller	MV50			1.49.18		
D. Edginton	L	45.07		1.49.55		
C. Colam	LV55			1.50.47		
P. Bibby	LV45			1.59.12		
S. Loan	LV40`			2.04.28		
A. Lockwood	M	52.32		2.14.12		
G. Brown	LV50	55.27		2.16.17		
J. Rutter	MV65			2.33.44		
D. Kerr	MV45				3.36.?	
I. Milne	MV40	38.59		1.38.06	3.32.?	
N. Pritchard	M			1.36.45	3.22.41	
S. Halliburton	L	44.41			3.48.54	
C. Wallace	MV55	47.50		1.53.16		
J. Johnstone	MV50			1.53.40		
L. Robins	LV40`	51.47		2.01.24		
R. Burchett	MV60				4.06.?	
R. Scott	M					
D. Hayes	MV65	41.04				
I. Addison	MV70	45.46				
M. Robertson	MV40	48.00				
M. Hart	L	48.49				
T. Segasby	L	50.37				
J. Moore	L	48.59				
J. Beedham	L	50.47				
D. Roffey	L	53.56				
G. Robertson	LV40`	61.08				
D. Hutchinson	MV45			1.44.47		
A. Downie	LV40`	51.38				
J. Myatt	MV40				3.37.47	

Training Fourth quarter 2004

Winter is here again – consequently the training will decamp to the usual round-town haunts. Duncan Overton has agreed to take Thursdays, with myself continuing with the usual Tuesday format. The emphasis will be on Speed Sessions but will be inclusive of all abilities.

Tuesdays will be an Endurance Speed Session – ie reps of 90 seconds upwards – with a monthly handicap thrown in on the last Tuesday of the month. Thursdays will be Duncan's 30 second type efforts. If the one in the park last month was anything to go by these are hard work. [ed a round town social run is also an alternative on either night]

Speedwork is a quick route to injury (currently speaking from experience!) and everyone is welcome at the sessions – but please feel under no compulsion to go eyeballs out every rep! We would sooner you all slacked off where necessary and remained competitive.

5th Oct. Paired 400m relay – 30 min effort

12th Oct. Lakeland Park Pyramid – 700, 1400, 2100, 1400, 700

19th Oct. Return of an old favourite – the 1 Km hill. 3 Reprs.

26th Oct – Handicap – round town route

2nd Nov Paired 400m relay – 30 min effort

9th Nov Lakeland Park Pyramid – 700, 1400, 2100, 1400, 700

16th Nov – Paulauf – (set off opposite directions round town, turn round when meet partner)

23rd Nov. 1 Km hill – 3 Reprs

30th Nov – Handicap – round town route

7th Dec Paired 400m relay – 30 min effort

14th Dec Lakeland Park Pyramid – 700, 1400, 2100, 1400, 700

21st Dec – Handicap – round town route

28th Dec – No organised training.

Please feel free to feedback – good ideas will be incorporated into future schedules.

Editors /captain's note

At recent meetings it has been felt a need for regular Sunday runs. As no one is prepared to say they will organise something every week it is hoped that something informal will evolve. Perhaps the forum could be used to say what you are going to do on a Sunday and others can join in. If I am in Keswick and there is no race on I will go to the Cenotaph at 10.0 am and run on my own if no one is there, if someone arrives that's fine. I will be looking for a minimum of 1 ½ to 2hrs out e.g Glenderaterra/Blencathra Centre round or Watendlath /Rosthwaite loop. Steve Fletcher is getting a similar shorter thing going with the juniors, but as they are meeting at noon at Whinlatter that is a bit late for me, but if it suits you join the "Sunday lie in" group. I would add that I am more often not in Keswick than I am, so don't expect me there every week-- however if 2 turn up then we have got it off the ground. Likewise if I am in town on a Tuesday or Thursday I will turn up at the Rawsley Hut and do a minimum of one loop of the town and welcome a bit of company. I know there are people who have been put off by the intense style training that has prevailed over the past few years; my training is based on as much mileage as I can handle[30-40] with a hardish few miles once a week and that way I can race reasonably well and keep injury to a minimum. I use cycling the day after a race for example and when the sun shines! A few races early in the year to wake you up and away you go. The formula has worked for me for at least 2 decades--- but I am not a coach and am merely saying what I do.

I also know full well that people do respond to the hard training, but if it's not for you don't despair enjoyable running is allowed!

Fell Races to look forward to

Next season could see the following races as being of importance although nothing is official;

British;-- S Edale; Pen Y Fan; M Molwyn Peaks; Dollar Hill; L Spelga; Wasdale;

English;-- S Edale; Wrekin; M Whittle Pike; Sailbeck; L Wasdale; 3 Shires;

You could bank on 3 of that lot being in the club championship I would say.

More imminent you might fancy the following fell races;-

Sat 23rd Oct **Screes Fell Race** from Screes Hotel Wasdale £4-50 on day 5mile 1560ft includes tatie pot/ veg alternative Low key long outrun/return with good climb to Whin Hill inbetween.

Sat 6th Nov **Dunnerdale** 12.noon 5 mile 1800ft from the Blacksmiths Arms Broughton in Furness £4 on day includes food www.bcrunners.tripod.com

This is a great race if you have not done it-- a victim of it's own success in that you can expect 150 or so on the start line! Trying to get back first for the food. Well worth the trip.

Sat 20th Nov **Kirkbymoore** B category 11.0 am 6.5 miles 1600 ft from Beckside Village Hall Kirkby in Furness £3 on day Same website as above. A bit more in the x country style- relaxed atmosphere. See some windmills close up! If you get it wrong you will see some heather close up as well.

Bridge the gap to the west and try these races; there isn't much else on offer and we don't all have 3 heads down west you know! There's a good chance I'll be in the South of France when these 3 races are on ,but if not I will certainly be on the start line.

The Junior home internationals are being hosted at Keswick on the 10th October with Steve Fletcher and Chris Knox being our main people involved. If you can help out in any way give either of them a call. The first race is at 10.15 am. It will be the best ever I reckon with well over a 100 entries already. There are various routes over Latrigg with details posted on the club website. The start and finish area is just on the top side of Spooney Green Lane Bridge.

On the Subject of juniors;---

JUNIOR HIGHLIGHTS

Club Junior Fell Championship – Jessica Bibby was the overall winner and first girl, Ben Farrell second overall and first boy. Ross Brewster has kindly offered to donate an annual prize for the 'most improved athlete'. Watch this space for the winner.

Club Vests – Matthew Atkinson, Jessie Bibby, Rosie Cornthwaite, Ben Farrell, Siobhan Lamb, Emily Knox, Joe Quail, Samantha Quail and Ted Yates have all won club vests for commitment to the Club Fell Championships.

English Championships – Ted Yates had a fantastic series in the U14s with a 1st, a 2nd and a 3rd leaving him 4th overall.

Charity Marathon – the Juniors raised £165 for Macmillan Cancer Relief.

Cumbria Cross Country Series – we're helping organise a new series of cross country races. Although the emphasis is on juniors **there will be a senior race**. Races: Cockermouth October 2nd, Keswick November 13th, Carlisle or Wigton December 11th, and TBA January 15th.

Open British & Irish Junior Hill Running Championships (inc. the Junior Home Internationals) – we're hosting the Championships on behalf of the FRA on Sunday October 10th on Latrigg. Cracking courses, intense competition between some of the finest young runners in Britain and Ireland, good weather, enthusiastic support, ... what more could one ask for? Why not come along and take a look the races? They start at 10:15 on Spooney Green Lane there'll be lots on Keswick vests in evidence and with over 170 runners pre-entered they'll need lots of support.

Membership – there are over fifty junior members now of whom thirty-five or so are active.

Training – unfortunately I've not got the final quarter's programme sorted out yet as we'll be beginning serious winter training after the Open British & Irish. The 'serious' Wednesday and Saturday group is going from strength to strength. Both Emma and Rosie Stuart have been selected to represent England at the Junior Home Internationals and we're hoping for several top ten places. That leads to an ...

Invitation – the Juniors will be going on a long run (45 mins to an hour at a steady pace, a couple of different pace groups) every other Sunday from the Whinlatter visitors centre car park starting from Sunday October 24th. Seniors are welcome, give me a call (79362) if you're interested or just turn up.

JUNIOR CHAMPIONSHIP STANDINGS

		Age	Tr'tbeck	C'sey Pike	B'mere	Helvell	Langdal	Latri	3 Shires	Total
			Points	Points	Points	Points	Points	Point	Points	
J	Bibby	U14	18	17	17	6	20	18		90
B	Farrell	U17	18	18	18	15		18	10	87
M	Atkinson	U10	9	20	20	17	7	16	7	84
R	Cornthwaite	U14	16	15	16	7	20	17	14	84
S	Lamb	U10	7	20	20	17	18		7	82
E	Knox	U17	18	18	18	13			14	81
J	Quail	U12	13	17	17	10	15	17	13	79
T	Yates	U14		16	18	18		1	17	70
S	Quail	U10	5	18	20	17			1	61
T	Strong	U14	12	14		9			6	41
L	Vaillant	U12	16	17						33
L	Hind	U12		16			16			32
D	Robinson	U12		12	14	0				26
C	Brand-Barker	U14	9		10					19
J	Hind	U10				12				12
K	Vaillant	U12	12							12
O	Bibby	U10	2							2

The best five results from the seven race series will count towards the final position.

2 **Jessie Bibby** is our overall winner and first girl. **Ben Farrell** is first boy. Congratulations.

3 Everyone who competes in five races will receive a KAC running vest. **Jessie, Ben, Matthew, Rosie, Siobhan, Joe, Emily, Sam and Ted** have all qualified for a Keswick AC vest. Congratulations.

~ RONHILL ~ 45th DERWENTWATER TEN

Sunday 7th November 2004 at 12.00 Noon



Ronhill



**Certified Accurate 03/050
Permit NoEAA 6733**

*KESWICK Athletic Club present the DERWENTWATER TEN
A spectacular 10 mile road race around Lake Derwentwater
~ Visit the Club web site at www.keswick-ac.org.uk ~*

VENUE *Keswick School ~ Changing ~ Showers ~ Refreshments ~
Parking limited (Town car parks recommended)*

PRIZES *Total £2000 ~ Individuals ~ Teams ~ Veterans ~ All O/60 ~ Spot ~
Winner £150. + £100 to break record time 49:15*

ENTRY *Alan Ritchie 132 Scotby Road, Carlisle CA4 8BJ Tel. 01228 513200
Please enclose S.A.E. for Race number and further details*

FEE *£5:00 Club members ~ £6:00 Unattached ~ £4:00 Keswick A.C.
Plus £2:00 after closing date 1st Nov. ~ Payable to Keswick A.C.*

*DERWENTWATER TEN ENTRY FORM ~ uk:athletics rules apply
or enter online at www.runnersworld.co.uk*

SURNAME -----

FIRST NAME -----

CATEGORY *Male or Female* _ _ _ _ _

Age on race day , minimum 16 yrs _ _ _ _ _

CLUB or UNATTACHED -----

uk:athletics Membership No. _ _ _ _ _

ADDRESS -----

EMERGENCY CONTACT Tel. No. on race day _ _ _ _ _

*I declare that I enter at my own risk and the Organisers will not
be held liable for any damage or injury caused by my participation*

SIGNATURE -----

DATE -----