

PACEMAKER

The Newsletter of Keswick Athletic Club Autumn 2005

September 10th 2005 Keswick was the Epicentre of World Mountain Running

If you missed it ,you missed something very special. No it wasn't your low key ,small bunch of runners disappearing into the mist type of event, but instead it was a Magnificent presentation of high profile Masters Mountain Running. English fell running was shown to it's best at the "World Headquarters ". Typical!! warm dry conditions prevailed and from the feedback received post event the Keswick image came out very high indeed.

Very sincere thanks to all those who helped ,before ,on and after the day. I would add that I only specifically asked one person if he would help and that was to request him to do a specific job as I knew he would be helping anyway. All other helpers responded to general requests for help. In excess of 60 were involved .

The Town Council offices were buzzing with excitement and sometimes bewilderment as entries dropped through the letter box from all parts of the globe. Telephone calls to the Czech Republic ,faxes and emails to the Ukraine, there seemed to be no end to the questions being asked. None of which were unanswerable or even difficult to deal with.

The Dearham Brass Band played at the opening ceremony in the market square, but for me it was time to meet the 2 guys who had come by bus from the Ukraine -- having set off on the Tuesday! Their national coach emailed me to say that their legs will be "as wood" and don't expect too much. He was right, but what a commitment to come all that way just to be involved. They paid 170 dollars each for an exit visa before they even started out. At the other extreme I had a man who had an urgent work meeting on the Saturday morning and please could he register just before the race as he couldn't get here before registration closed. I did check his number out and he didn't make it.

When my own race got under way it was immediately apparent that the "legs as wood" disease was contagious and my form of previous weeks had been washed down the pan. This was partly made up for by the "Tour De France" atmosphere on the fell.

I was proud to be part of the organisation ,but sadly disappointed at my total fatigue. Not that I expected anything else really.

Keswick AC had the second largest number of entrants; about 44 ,only bettered by CFR with 60 + .

We have a silver medal winner with Cathy Colam in the Women V55 category. Well done Cathy.

There are lots of photos on the www.mountainrunningkeswick.org.uk web site.

I even have some tee shirts left for a fiver each in Small Medium & Large as stocks last.

The sportident system worked like a dream and when did you ever get a print out with your actual race position as well as your time as you walked through the finish tent. I have had emails of utter amazement at this achievement. Mark Hawker ,one of our members, writes the software for Sportident . A modest team with a state of the art system.

I could keep going patting the Local Organising Committee on the back ,but suffice to say all went well and we were well pleased.

The End Of The Ian Hodgson Relay

It may continue with new organisers ,but sadly the Hodgson Family concluded their efforts with this years event.

My favourite event of the year ,brought about by a tragic accident resulting in the death of Ian back in 1985. The event started the following year over much of the terrain where Ian had run successfully the previous year. The family should be well proud of their memorial event and I am sure they will support anyone who takes over the organisation.

Keswick AC performances this year were as follows ; Men A team 7th Men B 27th and Ladies 3rd. Space permitting there will be a fuller set of results towards the back.

New Website Pages – send us your ideas

There are a couple of new pages in the Members' Area on the Keswick AC website, <http://www.keswick-ac.org.uk> . These give you training and races information for the next few months. There is a link on there for you to send us your ideas & suggestions. Please have a look in there and let us know what you think. For any questions, suggestions or input about training and other Club activities, e-mail us at: training@keswick-ac.org.uk

Your Club Committee is also working on developing a few ideas for Club Social events, so watch out for these on the website over the next few weeks.

AGM Tuesday 8th November at the Theatre By The Lake 8 pm

Motions for this important event should be sent to the club secretary Pete Richards, High Croft, Dorothy Well, Portinscale ,Keswick CA12 5RQ Or by email to; secretary@keswick-ac.org.uk not later than 14 days before the meeting.

Tradition states that the club will buy one drink for all those members who attend, presumably the idea being it will loosen you up a bit and you will accept all jobs offered in your direction.

In reality the meeting will be very informal [the Chair may think otherwise] and you will be able and even encouraged to give your point of view. If it is controversial ,so much the better!

CHAMPIONSHIP UPDATE

Another season draws to a close, at the time of writing with one English counter to go. The Season has been blighted with injury, illness and trips to Switzerland getting in the way of a full set of counters. Results so Far:

British – complete – Dave Sped is first in his category, MDS is 16th. The team finished in 11th spot.

English – last one still to go – Dave Sped is second in his category, MDS is currently 9th. Again, the team is in 11th Spot.

I heard myself on the phone to Susan sounding like a football pundit ...”if I had done pen-y-fan and run to form I would have so-many-points and finished about 9th....” Sounds a bit like poor DT justifying the latest Birmingham City result!

Interesting set of races published on the net for 2006 – see below:

English Champs:

Short – Carding Mill Canter – 12th March

Med – Anniversary Waltz – 22nd April

Med – Lordstone-Wainstones – 21st May

Long – Ennerdale – 10th June (that’s more like it, one of decent length)

Long – Sedburgh 20th August

Short – Thievley Pike 23rd September

British Champs

Short – Ireland TBC – 1st April

Med – A Waltz as above

Med – Dollar – 1st July

Long – Sedburgh – 20th August

Long – Peris Horseshoe 16th sept

A few of us may have slightly differing aims and drivers for next year – it does not help being at the top end of the age group although that has not stopped Sped from doing well. Anniversary Waltz is a good run out – long enough to be competitive. Sedburgh is a good race though never seems long enough to be a long – Ennerdale is enough to get stuck in to. Thievley pike was a counter a few years ago and is like the grand national – they jump you across a ditch to start with and it looked like Beeches Brook.

Put some thought to a foreign event in '06 – we're off to do the Tour de Mont Blanc race which is at the end of August, and probably a few before, the Zermatt marathon appeals. Captain-Demon Smith.

A note from Pat Richards

With the darker nights approaching and a good training schedule put together by Dunc, I am hoping the ladies will turn out for both the Tuesday and the usual Thursday night sessions, which are still being well attended. Well done to all the organisers of The Masters. A brilliant weekend for everyone. Congratulations to Cathy Colam on her Silver Medal in the lady vet 55 category.

The ladies put in a very good performance at this year's Ian Hodgson Relay, finishing in third position. A special mention and well done to Lyn and Jane, picking up the prize for the fastest fourth leg of the day in the ladies race.

See you Tuesdays and Thursdays, 6pm Rawnsley Hall, Pavilion. Pat

Secretaries Musings

With Summer well and truly gone you are probably planning your Winter training with optimistic plans for 2006. The club's twice weekly training runs are for many of us the backbone for this and I am pleased to say that the new programme put together by Dunc Overton is looking very good. You will find this elsewhere in this newsletter as well as on the 'Member Area' on the club's web site (keswick-ac.org.uk). Both Tuesday's and Thursday's sessions are open to all and it is also intended to introduce a Sunday morning group run. Following the success of the Mid Lancs x-country fixture which we hosted in March, we have agreed to do this again on 11th February next year. This year the race was after a dry spell which made the Hospital Field good under foot. It will be interesting to see what it will be like in early February!!.

After the poor turn out at last year's AGM (13 out of around 160 adult member) we have decided to hold it this year at The Theatre by the Lake which will hopefully attract a few more of you. Why should it make any difference where we hold it, surely the fact that there is a bar wouldn't have anything to do with it?!! It will be at 8pm on Tuesday 8th November, a date for your diary.

As some of you will know it has been decided to move The Latrigg Race away from the same weekend as the Borrowdale. I hope that by doing so it will make for a more competitive race and it will take away my excuse for not doing the longer race!. After much thought I have gone for Saturday 22nd July and there will be 3 separate races, the men's, ladies and juniors which in turn will be split into U12, U14 and U16. The juniors will be running over the same courses as in 2002.

Like many of you, Pat and I really enjoyed running in The World Masters and I would like to thank the organisers for staging such a successful event. Pete.

Presidential Pursuits.

When not finishing last in fell races Harry continues to tick off the mountains of the British Isles. Having completed the ascent of the Munros of Scotland and all the 3000 foot peak of England, Wales and Ireland Harry turned his attention to the 2000 foot peaks of England and Wales as listed in George Bridges book "The mountains of England and Wales" to give a total of 408 tops or mountains. These were completed in August this year with a rather ignominious ascent of Pillar Rock after being repulsed by a wet and slimy difficult rock climb.

At the moment Harry is torn between completing the rest of the Irish 2000 footers where a pint of draught Guinness can be a worthwhile reward for a day on the hill or the Scottish Corbetts, peaks between 2500 and 3000 feet. With only 47 out of 224 Corbetts to climb this seems a more realistic objective, but the lure of real draught Guinness is very hard to resist.

Letter from Switzerland 2005

Q. Whats the best way to upset the Swiss – A. run up their local mountains when they are charging 140 francs to guide you up. Last year when Susan and myself were on holiday in Zermatt we were amazed by the steady stream of climbers that were out all day, came back knackered and had done the Breithorn. Looking at the map the ascent from the cable station looks little more than Latrigger, albeit at 4100 metres not 400, a gentle jog up the glacier. This year it seemed a good idea to do it on an easy day.

The Ski lift up to Kleinmatterhorn takes you up to 3800 metres, use of which is not “frowned upon” in the Alps. The best conditions are early in the day before snow bridges etc become unstable. Started off in Longs/pertex/studs, after about 200 yards it was far too cold so put a big down jacket on. The first top was easy - jogging past groups of roped climbers with a cheery "morning lads, corking day" got a few glares. The first top was straightforward enough, albeit a bit steeper than it looked when you got there, when an alpine guide suggested I did the next one. Apparently there are crevasses you can park a bus in but they were covered in snow therefore “not a problem”. (a little bit of ignorance of danger isn't a bad thing) The main top is 4164m, and the subsidiary top marked as 4159. Seemed daft not to do it, some bugger is bound to resurvey the mountain and “prove” the smaller top is actually slightly higher, as happens in Scotland.

This was "interesting" verging on "suicidal" particularly as it was a typical alpine knife-edge. The choice was falling off a cliff or whizzing down a 60 degree slope into Italy. The wind was whipping spindrift over the cliff – bits of ice were raining down every time there was a strong gust. A couple of lads on the top from South Tyrol suggested I go on to do Castor and Pollux - but they are not really running tops as you have to cross a large crevasse field. I tripped over a small crevasse on the way down and went whizzing down the hill, luckily I had hired an ice axe for 8 francs from the shop at the bottom of the cable lift. I have never been so cold - even colder than when we went camping at new year and the car temp said minus 10. Roll on global warming.

The Matterhornlauf was an eye opener this year – it was hosting the Swiss national Championships so the standard was a lot higher than last year. Despite swapping Nimrod for Angela Mudge and keeping Keith out of the Staffalp restaurant on the way up we failed to make an impression on the team prizes, being beaten by Dark Peak and a Steve Bottomley scratch team, as well as several local teams. Prayers to the snow-god were answered, however, on the day we woke to snow down to 2200m (race finishes just below 2600) so studs were welcome instead of the flats usually worn. The North wall bar hosted the usual post race celebration – the event being filmed by “pocket” (famed for skiing down cliffs) and enjoyed on the big screen with a pizza.

Trophy de Martinaux on the way back to Geneva I “found” in the calendar details of a local race – 6.6Km with 1200m ascent. It was the Swiss equivalent of the causey pike or round latrigger. It started steep and got worse. The kilometre markers counted down – the last 1K had c400m of ascent. They had a sign saying 500m to go – couldn't even see the finish. At 200m to go the finish hut was only just visible – seemed about 200m above as well. It was organised as part of the village fete – locals and runners mixing into the evening. Usual Swiss catering of roasted cheese and a hog roast completed the occasion.

Switzerland is an interesting place – imagine an eighty-bed hostel serving drinks etc on top of Great End and you'll get the flavour. (couldn't see the Park authority going for it, however)

Next year we intend to do a few more foreign events (foreign being defined as either “South of Dumnaill Raise” or “South of Dover” depending on perspective) – perhaps one could be a club trip? MDS

Lord Lockwood triumphs again!

On Wednesday 13th July the Lords Seat Fell Race was held from Whinlatter visitor centre. This was the final race in the “Lord of the Forest” series and times tonight were added to those recorded during the Grisedale Grind race held in April.

Thankfully, temperatures had dropped from previous days and the high cloud cover meant perfect visibility on the fell tops for the runners and marshals who checked them through.

At the first checkpoint of Lords Seat Brian Taylor and Wayne Jackson, (both from the Ellenborough club) were locked together. Brian's experience as a previous winner here, however, meant he had the upper tactical hand and he gained nearly half a minute on junior runner Wayne by the finish line. The first two lady runners, Kate Beaty & Tracy Walker (both CFR) also went through Lords Seat together but Kate's fell running experience enabled her to cross the finish line 50 seconds ahead.

Nimrod Lockwood of Keswick AC finished in 5th position nearly two minutes slower than Brian. As none of the first 4 runners had competed in the Grisedale race then Nimrod successfully defended his “Lord of the Forest” title and the grand silver cup will stand proudly on his mantelpiece for another year.

The team award went to CFR who well and truly beat Keswick into 2nd place.

A donation was made to the Great North Air Ambulance. We didn't need it on the night but feel that it is a cause dear to our fell racing hearts. Angela & Tony Brand-Barker

World Mountain Running Trophy – Kiwi style

When the announcement was made in 2003 that the 21st World Mountain Trophy was going to be held in Wellington, New Zealand I figured that I probably wouldn't have to worry about a long haul flight to the other side of the world as I'd be well into the “masters-zone” by then. However, with the help of more than a bottle of Sanatogen, I found myself toggged up in my national kit at the foot of Mount Victoria on Sunday 25th September.

The concept of running a World Trophy race in a capital city was one that I'd had trouble identifying with. All previous internationals that I'd competed in had been hosted by towns or villages in mountainous country so this was always going to be different (or was it.....?) A recce of the course on the Thursday evening had me gasping for breath on the steep climbs and then having my breath taken away at the

summit by the gale force wind. I should also add that the view was of mist shrouded green hills in the near distance and not a lot else (just like Latrigg on a bad day really!!) I'd worn trainers as the advice had been that the course wasn't technical and this was nearly my downfall on the descent. The light rain had turned the cinder paths & grass sections into a skating rink if you had no studs so I shuffled gingerly down (after all, the race was only 3 days away and I didn't want a "withdrawn" next to my name!).

The parade of nations and opening ceremony took place through the streets of Wellington where tower blocks and department stores masked our view of any hills. This parade was scheduled for lunch hour (so that we didn't disrupt the traffic). The mind boggles imagining a similar march in London!! A few hours later, the "WOW" (World Of Wearable Art) parade took place along the same route. Wellington certainly promotes diversity.

The ladies race was scheduled last of the four races. This meant I had time to watch part of the Junior Ladies race and was able to see Emma Stuart on her final run in. The race announcer was proud of the fact that the World Trophy course covered areas on Mount Victoria that had been used for filming Lord of the Rings scenes. The "get off the road" scene was apparently on one of the tracks we ran along! I must confess to not being forced or edged off the road by any black clad runners as they were all well ahead. On the first of our two lap race, the Welsh team seemed to run as a pack. It was cat & mouse all the way round. It was only on the second lap that I was able to pull clear and proudly finished in 50th position, leading in the rest of the team. Not bad for a runner who was the second oldest in the race and who nearly didn't make the team due to missing the trial race with a gum infection!

I want to say a big thank you for the support and well wishes I received from numerous people. I hope to continue wearing my Welsh vest for a little while longer and don't intend to go the way of Melissa Moon (the kiwi heroine who has 2 world trophy titles to her name) in having potatoes named in my honour. She had a few large lorries full of "moonlight" potatoes parked near the start line! ! Angela BB

Training Sessions for the 4th Quarter 2005

The training sessions for October to December are set out below. If you would like to make any suggestions for the quarter January to March 2006, please send them to us using this e-mail link: training@keswick-ac.org.uk

Meet at the Rawnsley Pavilion, Main St, at 6 for 6:15pm start.

Tuesdays – timed runs over set routes, with first Tuesday of each month Pete's Parlauf. Round Latrigg if light, round town if not. Other timed runs: round town, 5K, 3K, 2 X 1 mile. Fixed routes.

Thursdays - Efforts at varied venues + a social run for whoever wants it.

Sundays - Fancy some company on your Sunday morning run? Pitch up at the Monument for 09:30 and we'll follow the routes outlined below. If you fancy doing a particular route, e-mail us your suggestions.

The usual programme of Sunday Fell runs will start after Xmas.

Thursday sessions, the venues will vary, even if the session repeats

Long = approx 2 mins, Medium = approx 1 min, Short = approx 30 secs (all approx = +/- 25%)

October 2005

Tuesdays 6:15pm

4 Handicap (Pete's Away)
11 3K TT
18 5K TT
25 2 x 1 mile TT

November 2005

1 PPIf (Pete's Parlauf)
8 3K TT
15 5K TT
22 2 x 1 mile TT
29 Measured mile flattish TT

December 2005

6 PPIf
13 3K TT
20 5K TT
27 2 x 1 mile TT

Thursdays 6:15pm

6 8 x long hills jog down recovery Social Run
13 12 x medium, 90 sec recovery Social Run
20 20 x short hills jog down recovery Social Run
27 ~25 mins relay medium legs (12 legs each) Social Run

3 10 x Gentle Hill(B'dale Road Rnda'tb) Social Run
10 8 x long, 90 sec recovery Social Run
17 ~ 25 min relay, short legs Social Run
24 Hill pyramid, 'lampost' increments Social Run

1 8 x long hills jog down recovery Social Run
8 12 x medium, 90 sec recovery Social Run
15 20 x short hills jog down recovery Social Run
22 The 1-Mile Hill (self time) Social Run
29 Hill Fartlek, 5m Social Run

Sunday Runs - meet at the Monument at 0930. Length something like 1 - 2 hours. Send in your suggestions for routes please: training@keswick-ac.org.uk

October Suggested Routes

9 Round Derwentwater 8m (prob wet feet after footbridge) or 10m, flattish, tracks, bit of road
16 Railway, Glenderaterra Valley, back round Latrigg, 10ish, steady hills
23 Ashness, Watendlath, Rosthwaite, Grange & back, 15ish, steady hills
30 Latrigg, Railway, New Bridge, Low Rigg, Dale Bottom, Rakefoot, Springs Rd, 10ish

JUNIOR UPDATE

It's been a relatively quiet last few months for the Juniors. We decided to take a break over the summer holidays as we've been going non-stop since we set up in May 2003. This gave us the chance to assess what's been working and what hasn't, and to think about how to take things forward.

In common with most clubs one of the biggest challenges we face is encouraging young athletes to remain in the sport past the age of fourteen. The situation is perhaps even more pressing in Cumbria than in many other counties. In addition to the issues of ever increasing competition from other sports, heightened pressure from exams and an infrastructure geared towards serious competition, we have a large number of clubs with successful junior sections close together, lots of readily available part-time jobs, and a net migration of young people from the county.

In response to these challenges we've adjusted the training sessions to:

- 1 Encourage other sports to view athletics as providing the underpinning 'athleticism' (Seb Coe's term) on which all sports are based.
- 2 Build links with other clubs through joint training sessions and shared transport to competitions and regional squads.
- 3 Improve the links between the junior and senior training and competition programmes to provide a smooth transition between the age groups.

TUESDAY 18:30-20:00 WINTER SPEED & CONDITIONING - KESWICK SCHOOL

This is aimed at serious athletes aged 14+ who want to maintain and build their basic speed through the winter. Each session will be based around:

15 min warm-up (either gym or school grounds depending on the weather)

45 min interval session (around the school grounds)

30 min cool-down and conditioning (in the gym)

It is hoped that athletes and coaches from other clubs (in particular CFR, Eden and Ambleside) and other sports will attend these sessions.

WEDNESDAY 15:45-17:15 STEADY RUN - KESWICK SCHOOL

This will be organised as an after-school club. We'll do a common warm-up then split into various pace groups and finish with a cool-down in the gym.

THURSDAY 19:00-20:00 CIRCUITS & CORE STABILITY - ST AIDEN'S SCHOOL CARLISLE

This is also aimed at serious athletes aged 14+. We'll be joining up with Carol Thompson's Border Harriers training group. I'll be able to take three (possibly four) people. After the February half term this will become a track session at Sheepmount (still with Border Harriers).

SATURDAY 10:30 - 11:30 FUNDAMENTALS OR FUN & FITNESS - KESWICK SCHOOL

These sessions are aimed at developing agility, balance, co-ordination and speed in 9 to 14 year olds. The idea is not to focus on teaching long jump or shot put technique but to ensure that the underpinning skills are developed in a fun atmosphere. There will be some work on running technique through drills to ensure that those athletes who progress to the 'serious' groups have a sound foundation on which to build their training. We will be using UKA's shine:award scheme.

WE'RE ALWAYS LOOKING FOR MORE HELPERS AND WILL PROVIDE SUPPORT FOR PEOPLE TO GET THEIR COACHING QUALIFICATIONS

CONGRATULATIONS – more international success

Emma Stuart competed for England at the World Mountain Running Trophy in New Zealand. She finished a very creditable 22nd in the Junior Women's race. The Junior Women's team was 4th. Emma has two more years in the U20 age group so watch this space next year.

Emma has also been picked to run for England in the Junior Home Internationals in Carlingford, Ireland on October 9th.

Following Rosie Stuart's performance in the English Championship she has been invited to join the England party travelling to the Junior Home Internationals and compete in the U14 Open British & Irish Championship race. Rosie has been invited as part of England's development policy of encouraging outstanding young runners to experience high level competition.

CONGRATULATIONS – English Junior Fell Championship success

Emma Stuart won the 2005 U18 championship.

Rosie Stuart was runner-up in the U14 category. Rosie won one race and was second in three others.

CONGRATULATIONS – Cumbria Junior Fell Challenge

U10 Boys – 4th - Harry Vaillant

U10 Boys – 5th – Thomas Atkinson

U10 Girls – 4th – Rebecca Harrison

U10 Girls – 7th – Sophie Mawdsley

U12 Boys – 5th – Matthew Atkinson (inc. great run at Sedburgh to finish 5th in English Championship race)

U12 Girls – 3rd – Laura Vaillant

U12 Girls – 5th – Kate Vaillant

U14 Boys – 8th – Jonny Walker (one race one win!)

U14 Girls – 2nd – Rosie Stuart

U14 Girls – 3rd – Jessica Bibby

U14 Girls – 7th – Rosie Cornthwaite

U16 Boys – 4th – Dan Gaskell

U16 Boys – 6th – Ben Farrell (two races inc. one win!)

U16 Boys – 8th – Ted Yates (two races inc. one win over everyone who finished ahead of him in the series!)

U16 Girls – 1st – Louisa Knox

U16 Girls – 2nd – Emily Knox

If you analyse the results we've some real talent that could take the series by storm next year if we can get things right and encourage them to race more.

CONGRATULATIONS – Keswick Juniors Fell Championship

1st Boy – Matthew Atkinson

Runner-up – Dan Gaskell

1st Girl – Rosie Stuart

Runner-up – Jessica Bibby

CONGRATULATIONS – loads more ...

Who will be this year's 'Most Improved Athlete'?

Unfortunately, I've not done a good job keeping a record this summer. Would anyone like to act as the 'statistician' and perhaps double up with publicity? One result I do know: a fantastic 3rd for Matthew Atkinson at Appleby Junior Tri. Please let me know who or what I've missed, and let me have your nominations.

DALEHEAD, 18/09/05				
1	G. Bland	Borrowdale		46.53
6	M. M-Barron	Keswick		53.48
7	A. Beaty	CFR	1stMV40	54.27
11	D. Stones	Keswick	MV40	56.00
15	W. Jackson	Ellenborough	U18	57.49
16	R. Cooper	Keswick	MV40	58.11
17	N. Thompson	Keswick		58.28
22	R. Scott	Keswick	MV40	59.49
24	K. Loan	Keswick	MV40	63.21
30	J. Walker	Keswick	U18	65.46
31	T. Bowie		1stMV50	66.08
33	S. Noble	Keswick	MV40	69.15
36	C. Colam	Keswick	1stL/LV50	70.25
40	P. Dowker	Kendal	1stMV60	71.30
47	M. Bridge	Keswick	LV50	74.07
48	C. Charlton	Keswick	LV50	74.37
49	J. Moore	Keswick	L	75.18
59	I. Addison	Keswick	1stMV70	30.36
60	H. Blenkinsop	Keswick	MV60	105.00
SCAFELL PIKE, 24/09/05				
1	R. Lightfoot	CFR		58.15
5	M. M-Barron	Keswick		1.02.27
6	M. Denham-Smith	Keswick		1.03.27
9	S. Hicks	Borrowdale	1stMV40	1.04.31
12	R. James	CFR	1stMV50	1.05.18
14	D. Spedding	Keswick	1stMV60	1.07.33
16	K. Hill	Keswick		1.07.45
18	N. Thompson	Keswick		1.08.42
20	S. Taylor	Bingley	1stL/LV50	1.09.55
25	D. Owens	Keswick	MV45	1.13.55
26	R. Scott	Keswick	MV40	1.14.22
27	J. Meeks	Keswick	2ndL/V40	1.15.08
57	H. Blenkinsop	Keswick	MV65	1.53.54
	Keswick took the men's team prize.			

Road race fixtures

Great Cumbrian Run Carlisle – Sunday 16th October Half Marathon – Start 11.30am.

£11.50 Closing date 9th Oct. Entry on day +£2.00

4.5 mile Challenge Run Carlisle – Sunday 16th October Start 10.30am £6.00 Closing date 9th Oct. Entry on day +£2.00

Information & Entry form for above events on - www.thesandscentre.co.uk

46th Derwentwater Ten – Sunday 6th Nov. – Start 12.00 noon Keswick AC members £4.00

Winner £150 + £100 to break Ken Stuart's record 49.15

See Club website or phone Alan Ritchie 01228 513 200

Brampton to Carlisle – Saturday 19th November

10 miles - Start 12.30pm £7.50 Closing date 5th Nov. Late entry +£2.00

CUMBRIA XC SERIES 2005/06

October 22 - Carlisle Aspatria AC - Carlisle (inc. the Cumbria Junior Fell Series prize giving)

November 12 - Ellenborough AC - Maryport

December 11 - Eden Runners - Newton Rigg Penrith by Eden Runners (inc. the County Champs)

January 7 - Maryport by Ellenborough TBC (assuming county schools on 14th)

- Same format as last year: U11, U13, U15, U17 and senior races. - Most of the races will be on open country rather than round playing fields. - The senior races will be longer than last year. We're aiming for 5-6 miles.

- The Cumbria Junior Fell Series prize giving has been moved to the 22nd to avoid clashes with the Wasdale fell races, the Junior British & Irish Fell Champs. and the sprints clinic.

Please note that we are hosting an event here at **Keswick again on 11th Feb**, so we will be looking for lots of helpers (& cakes, of course):

Mid-Lancs League:

29 Oct or 5 Nov Towneley Park, Burnley, Hosted by Clayton TBC

26 Nov Liverpool, Sefton Park, the Reebok Event

17 Dec Werden (?) Park, Leyland, Red Rose League hosting

14 or 21 Jan Lancaster Univ, Lancaster & Morecambe AC hosting TBC

11 Feb Keswick, by Keswick AC (co-hosted with Border AC)

4 Mar Hyndburn, Blackburn Harriers hosting

Northern Champs: 28th Jan

Other National/County X-C Dates:

4 Feb ESAA county schools championships

18 Feb English Schools Inter-County Cross Country Events

25 Feb English National Cross Country Championships, Parliament Hill

25 Mar ESAA schools cross country championships, Mansfield

17th Century Village House to rent in South-west France (In Aude near Carcassonne)

Situated in the small village of Fontiers Cabardes 20km north of the medieval town of Carcassonne. It is a three bedroomed house on three floors and sleeps 6. The village has a bar/restaurant and a shop. Excellent area for walking and cycling, and just one hour from the Med. The Pyrenees are an hour and a half away. **Available now.** Prices start from £280/week Contact Graham Brown for more details.

Phone 016974 72190 or 07904 363495

Email: grahamdb@onetel.com

SKIDDAW, 3/07/05					26	J. Myatt	Keswick	MV40	41.18
1	N. Leigh	Pudsey		1.06.56	28	K. Beaty	CFR	1stL/LV40	41.28
5	S. Barlow	Horwich	1stMV40	1.10.30	32	R. Cooper	Keswick	MV40	41.58
9	N. Lockwood	Keswick		1.14.00	33	D. Owens		MV40	42.09
13	H. Lockwood	Keswick		1.16.33	41	J. Downie		MV50	43.51
14	I. Butler	Keswick		1.17.15	43	M. Pearson		1stMV60	44.32
19	B. Walton	Horwich	1stMV50	1.18.32	46	N. Lawler			46.12
21	P. Bullen	Keswick	MV40	1.19.32	51	S. Harwood		MV50	47.09
22	M. M-Barron	Keswick		1.19.46	52	S. Lewsley		1stLV50	47.11
23	C. Howard	Matlock	1stL	1.19.49	54	D. Harrison		MV60	47.49
30	K. Hill	Keswick		1.22.31	56	J. Moore		L	48.20
32	R. Scott	Keswick	MV40	1.23.06	57	C. Colam		LV50	48.30
38	R. Cooper	Keswick	MV40	1.24.10	58	C. Charlton		LV50	49.07
53	A. Brand-Barker	Keswick	1stLV40	1.29.37	60	M. Bridge		LV50	51.43
55	P. Murray	Horwich	1stMV60	1.29.51	61	P. Richards		LV50	51.53
66	J. Downie	Keswick	MV50	1.33.31	67	I. Addison		1stMV70	53.42
67	I. Boit	Keswick	MV40	1.33.37	68	T. Segasby		L	53.44
80	P. Gilchrist	Keswick	MV50	1.38.42	71	G. Brown		LV50	60.14
86	S. Lewsley	Keswick	1stLV50	1.40.39	72	R. Strachan		MV70	60.21
99	J. Moore	Keswick	L	1.45.36	73	G. Robertson		LV40	62.58
100	I. Addison	Keswick	1stMV70	1.49.57		74 runners.			
	110 finishers.					Nim retained his Lord of the Forest trophy			
	Horwich won the mens' team prize ahead of					for a second successive year.			
	Keswick, whilst Keswick won the ladies'.								
SWINSIDE SIX, 27/07/05									
OMISSIONS					1	A. Bowness	CFR	MV40	32.54
Sailbeck					7	R. Lightfoot	Ellenbrough	1stJ	34.48
	D. Owens	Keswick	MV40	1.53.53	8	D. Frampton	Borrowdale	1stMV45	35.05
Coledale					9	M. Denham-Smith	Keswick		35.05
	R. Scott	Keswick	MV40	1.33.38	13	W. Johnstone	Border	1stMV50	36.21
	C. Knox	Keswick	MV50	1.46.09	14	V. Wilkinson	Bingley	1stL(rec)	36.28
	A. Buckley	Keswick	MV60	1.56.25	16	P. Bullen	Keswick	MV40	36.35
WASDALE, 9/07/05					22	K. Hill	Keswick		38.12
1	S. Booth	Borrowdale		3.49.05	32	J. Walker	Keswick	J	39.36
8	A. Davies	Borrowdale	1stMV40	4.16.49	43	S. Strachan	Keswick	MV40	40.21
11	M. Denham-Smith	Keswick		4.21.56	46	R. Scott	Keswick	MV40	40.32
27	S. Jackson	Horwich	1stMV50	4.45.58	47	I. Boit	Keswick	MV40	40.40
35	S. Newman	Calder	1stL/LV40	4.51.41	48	A. Brand-Barker	Keswick	1stLV40	40.42
67	D. Spedding	Keswick	2ndMV60	5.17.53	56	R. Cooper	Keswick	MV40	41.26
74	R. Scott	Keswick	MV40	5.23.14	65	T. Nichol	U/A	1stMV55	42.41
78	D. Owens	Keswick	MV40	5.25.46	70	P. Richards	Keswick	MV50	43.11
81	J. Meeks	Keswick	LV40	5.27.51	71	T. Baxter	Cumb AC	1stMV60	43.16
122	P. Bullen	Keswick	MV40	6.01.51	73	C. Brennan	Keswick	L	43.31
136	D. Thompson	Keswick	LV40	7.17.43	80	J. Downie	Keswick	MV55	44.19
MOFFAT FESTIVAL OF RUNNING, 9.3M, 12/07/05					81	S. Harwood	Keswick	MV55	44.51
1	M. Scotney	Dumfries		52.57	83	P. Gilchrist	Keswick	MV55	45.04
	A. Kidd	Edinburgh	1stL	62.57	91	S. Halliburton	Keswick	L	46.02
	S. Halliburton	Keswick	L	73.22	94	I. Addison	Keswick	1stMV70	46.24
	154 runners				97	J. Moore	Keswick	L	46.50
LORD'S SEAT, 13/07/05					110	C. Colam	Keswick	1stLV50	47.30
1	B. Taylor	Ellenb'gh		34.17	113	T. Segasby	Keswick	L	48.02
2	W. Jackson	Ellenb'gh	1stJ	34.46	118	M. Robertson	Keswick	MV40	49.12
5	N. Lockwood	Keswick		36.22	135	G. Brown	Keswick	LV50	55.51
6	R. Harrison	CFR	1stMV40	38.04	142	R. Strachan	Keswick	MV70	58.24
8	D. Overton	Keswick	1stMV50	38.42	144	M. Cooke	Keswick	1stLV60	1.00.30
12	M. M-Barron	Keswick		39.15		150 runners.			
15	D. Ferguson	Keswick	MV40	39.57		Keswick finished 4th in the men's team event, and			
17	R. Scott	Keswick	MV40	40.10		2nd and 3rd in the ladies'.			
18	J. Walker	Keswick	J	40.25					
25	A. Lewsley	Keswick	MV50	41.17					

BORROWDALE, 6/08/05					64	A. Brand-Barker	Keswick	LV40	41.32
1	S. Booth	Borrowdale		2.46.18	66	S. Harwood	Keswick	MV55	41.36
12	A. Trigg	U/A	1stMV40	3.08.43	71	J. Downie	Keswick	MV55	41.58
23	J. Winn	CFR	1stMV50	3.25.08	76	C. Mandale	Keswick		42.44
29	C. Valentine	Keswick	MV40	3.27.10	77	P. Gilchrist	Keswick	MV55	42.45
41	R. Scott	Keswick	MV40	3.32.38	88	D. Thompson	Keswick	LV40	43.55
44	D. Ferguson	Keswick	MV40	3.33.46	90	R. Gittins	Keswick	LV40	44.12
55	R. Cooper	Keswick	MV40	3.39.34	97	C. Colam	Keswick	1stLV50	45.00
59	N. Davies	Borrowdale	1stL/LV40	3.44.25	104	T. Segasby	Keswick	LV40	46.14
80	A. Bland	Borrowdale	1stMV60	3.50.27	109	I. Addison	Keswick	1stMV70	47.01
108	J. Meeks	Keswick	LV40	3.59.57	111	A. Buckley	Keswick	MV60	47.37
223	C. Knox	Keswick	MV50	4.36.54	116	M. Bridge	Keswick	LV50	48.38
276	C. Charlton	Keswick	LV50	4.52.36	117	A. Turner	Keswick	L	49.07
277	J. Horne	Keswick	MV40	4.52.37	124	G. Brown	Keswick	LV50	53.13
294	P. Gilchrist	Keswick	MV50	5.02.22	126	R. Strachan	Keswick	MV70	55.58
LATRIGG, 7/08/05					131	J. Rutter	Keswick	MV60	57.55
1	A. Jones	Salford		17.46	A record entry of 132. Ellenborough won				
5	C. Roberts	Kendal	1stMV40	18.49	the mens' team prize whilst Keswick took				
8	V. Wilkinson	Bingley	1stL(rec)	20.00	the ladies'.				
12	M. Walsh	Kendal	1stMV50	21.18	ARNISON CRAG, 27/08/05				
19	P. Hague	Keswick	MV40	22.25	1	N. Sharp	Ambleside		23.42
23	K. Hill	Keswick		22.50	3	D. O'Neill	Staffs	1stMV40	23.57
26	R. Scott	Keswick	MV40	23.34		A. Bland	Borrowdale	1stMV60	
27	K. Loan	Keswick	MV40	23.38	16	D. Owens	Keswick	MV40	29.34
28	D. Owens	Keswick	MV40	23.49	17	I. Robinson	Clayton	1stMV50	29.41
32	M. Laney	Clayton	1stLV50	24.05	25	L. Thompson	Keswick	1stL/LV40	32.38
34	J. Myatt	Keswick	MV40	24.16	34	I. Addison	Keswick	1stMV70	40.28
35	E. Stuart	Keswick	1stJG	24.27	35	H. Blenkinsop	Keswick	MV60	52.11
36	A. Bland	Borrowdale	1stMV60	24.27	36 runners.				
38	S. Strachan	Keswick	MV40	24.55	WORLD MASTERS' OPEN RACE, 11/09/05				
43	L. Thompson	Keswick	1stLV40	25.09	1	R. Lightfoot	Netherhall		54.47
46	R. Unwin	Keswick	MV50	25.22	10	P. Steinhousei	Italy	1stMV50	1.02.26
52	C. Mandale	Keswick		26.39	12	N. Lockwood	Keswick		1.03.53
55	D. Thompson	Keswick	LV40	27.05	13	A. Clancy	Wooton	1stMV40	1.04.09
57	J. Horne	Keswick	MV40	27.22	33	H. Muller	Austria	1stMV60	1.11.32
61	J. Moore	Keswick	L	27.56	34	K. Hill	Keswick		1.11.40
71	M. Bridge	Keswick	LV50	29.13	43	U. Troubec	Slovenia	1stL	1.14.44
73	I. Addison	Keswick	1stMV70	29.32	45	D. Harrison	Keswick	MV50	1.15.19
87	H. Blenkinsop	Keswick	MV60	42.38	64	A. Menarry	Durham	1stMV70	1.19.27
	89 runners.				74	P. Gilchrist	Keswick	MV50	1.22.14
	Keswick took the ladies' team prize.				84	J. Moore	Keswick	L	1.26.05
ROUND LATRIGG, 24/08/05					87	M. Bridge	Keswick	LV50	1.27.27
1	A. Bowness	CFR	MV40	30.43	98	I. Addison	Keswick	MV70	1.30.28
8	D. Birch	Keswick		34.12	113 entrants. Keswick won 2nd team prize.				
10	J. Winn	CFR	1stMV50	34.12	DODD FELL, 15/09/05				
11	N. Lockwood	Keswick		34.46	1	N. Lockwood	Keswick		26.55
15	K. Hill	Keswick		35.30	5	L. Thompson	Keswick	1stL/LV40	31.52
18	T. Letts	Keswick		36.02	7	T. Metcalfe	Settle	1stMV50	33.41
20	J. Hargreaves	CFR	1stL/LV40	36.22	12	M. Bridge	Keswick	LV50	40.36
21	P. Hague	Keswick	MV40	36.24	13	H. Blenkinsop	Keswick	1stMV60	54.48
30	S. Holliday	Cumb AC	1stMV45	38.04	A first win for Nim, who took £35 as his prize				
31	S. Sharp	CFR	1stMV55	38.08	and a new course record for Lyn.				
35	A. Bland	Borrowdale	1stMV60	38.23					
36	P. Haworth	Keswick	MV50	38.24					
38	I. Boit	Keswick	MV40	38.27					
39	R. Cooper	Keswick	MV40	38.38					
40	D. Owens	Keswick	MV45	38.39					
55	S. Strachan	Keswick	MV40	39.45					
56	M. Pearson	Keswick	MV60	39.57					

CLUB STANDARD AWARDS, 2005						
NAME	CAT	10K	10M	1/2 MAR	MAR	AWARD
R. Burchett	MV65				3.46.20	
D. Hutchinson	MV45		1.17.11	1.44.58		
P. Bullen	MV40	35.45		1.21.52		
M. Scott	M	39.21				
D. Harrison	MV55	41.12			4.12.11	
P. Roffey	M	42.59				
J. Moore	L	48.16				
J. Beedham	L	52.43				
K. Owen	MV45	53.43				
C. Nixon	MV65	56.15				
R. Unwin	MV50		68.14	1.31.27		
C. Brennan	L		69.07			
D. Troman	M			1.17.58		
D. Overton	MV55	37.30		1.22.36		
K. Hill	M	37.03		1.24.07		
D. Owens	MV45			1.26.38		
P. Gilchrist	MV55	44.32		1.39.32		
R. Gittins	L	45.01		1.40.36		
D. Robins	MV40			1.44.26		
I. Addison	MV70			1.53.26		
S. Hawker	L			2.14.36	5.01.34	
S. Denham-Smith	L			2.12.50		
P. Richards	LV50	47.16		1.48.00		
P. Lee	MV55	44.19				
A. Downie	LV45	50.34				
N. Pritchard	M				3.23.04	
M. Hawker	M				3.31.09	
N. Lawler	M	43.36			3.40.49	
A. Buckley	MV60				4.04.29	
M. Blake	MV60				5.00.09	
K. Loan	MV45			1.27.51		
R. Scott	MV40			1.32.02		
I. Boit	MV40			1.34.19		
A. Liddell	M			1.35.25		
S. Free	MV40			2.11.49		
D. Spedding	MV60	41.18		1.25.43		
A. Brand-Barker	LV40	40.06				
D. Hayes	MV65	42.11				
P. Richards	MV50	42.30				
G. Brown	LV50	54.43				
S. Halliburton	L		74.35			
M. Robertson	MV40	47.49				
C. Colam	LV55	47.30				
D. Roffey	L	51.11				
G. Robertson	LV40	56.00				

KESWICK AC FELL CHAMPIONSHIP, 2005											
POS	NAME	CAT	CP	BSB	CH	WAS	LAT	SCA	LDH	TOTAL	4 from 7
1	D. Owens	MV45	21	19	18	20	19	18		115	
2	R. Scott	MV40	17	18	16	21	21	17		110	
3	M. Denham-Smith	M		25	25	25		22		97	
4	M. Mikkelsen-Barron	U20	20	21	20			25		86	
5	K. Hill	M	18		14		22	20		74	
6	R. Cooper	MV40	16	17	17		20			70	
7	J. Meeks	LV40			13	19		16		48	
8	D. Spedding	MV60				22		21		43	
9	D. Thompson	LV40		13		17	12			42	
10	J. Horne	MV40	13	12			11			36	
11	R. Unwin	MV50	19				14			33	
12	P. Bullen	MV40		15		18				33	
13	H. Blenkinsop	MV60	3	8			7	15		33	
14	M. Bridge	LV50	6	11	4		9			30	
15	N. Lawler	M	14	14						28	
16	D. Troman	M	25							25	
17	C. Knox	MV50	12		12					24	
18	J. Walker	U18	22							22	
19	C. Valentine	MV40		22						22	
20	N. Lockwood	M			22					22	
21	D. Birch	M			21					21	
22	L. Roberts	L		20						20	
23	J. Moore	LV50	5		5		10			20	
24	K. Loan	MV40					20			20	
25	P. Gilchrist	MV55	10	9						19	
26	I. Butler	M			19					19	
27	D. Harrison	MV60	9		9					18	
28	J. Myatt	MV40					18			18	
29	C. Colam	LV50	7	10						17	
30	E. Stuart	LU18					17			17	
31	P. Jackson	L		16						16	
32	S. Strachan	MV40					16			16	
33	P. Roffey	M	15							15	
34	D. Ferguson	MV40			15					15	
35	L. Thompson	LV40					15			15	
36	C. Mandale	M					13			13	
37	A. Jones	MV45	11							11	
38	S. Noble	MV40			11					11	
39	S. Lewsley	LV50			10					10	
40	D. Porter	MV45	8							8	
41	R. Gittins	L			8					8	
42	I. Addison	MV70					8			8	
43	A. Buckley	MV60			7					7	
44	C. Charlton	LV50			6					6	
45	P. Bibby	LV40	4							4	
46	J. Rutter	MV60	1		3					4	
47	S. Harwood	MV50			4					4	
48	P. Titley	MV50	2							2	
49	N. Thompson	M						19			

KESWICK AC ROAD CHAMPIONSHIPS, 2005											
POS	NAME	CAT	BR/MAR	HHM	W 10K	H10K	SW 6	CRHM	D10	TOTAL	4 from 7
1	P. Bullen	MV40	21	22	25	25	22			115	
2	D. Overton	MV50	22	21	21	22				86	
3	K. Hill	M		20	22		21			63	
4	P. Gilchrist	MV50	14	17		20	10			61	
5	D. Troman	M	25	25						50	
6	P. Richards	MV50	16		18		14			48	
7	D. Hayes	MV60			19	21				40	
8	D. Owens	MV40	20	19						39	
9	R. Scott	MV40	19				18			37	
10	A. Brand-Barker	LV40			20		16			36	
11	R. Gittins	L		16		19				35	
12	N. Lawler	M	17		17					34	
13	G. Brown	LV50			15	13	3			31	
14	P. Richards	LV50		14	16					30	
15	M. Denham-Smith	M					25			25	
16	C. Colam	LV50				18	6			24	
17	S. Hawker	L	11	12						23	
18	J. Moore	L				16	7			23	
19	M. Robertson	MV40				17	4			21	
20	I. Addison	MV70		13			8			21	
21	J. Walker	U18					20			20	
22	S. Strachan	MV40					19			19	
23	R. Unwin	MV50		18						18	
24	M. Hawker	M	18							18	
25	I. Boit	MV40					17			17	
26	R. Burchett	MV60	15							15	
27	D. Robins	MV40		15						15	
28	D. Roffey	L				15				15	
29	R. Cooper	MV40					15			15	
30	G. Robertson	LV40				14				14	
31	A. Buckley	MV60	13							13	
32	C. Brennan	L					13			13	
33	M. Blake	MV60	12							12	
34	J. Downie	MV50					12			12	
5	S. Denham-Smith	L		11						11	
36	S. Harwood	MV50					11			11	
37	S. Halliburton	L					9			9	
38	T. Segasby	L					5			5	
39	R. Strachan	MV70					2			2	
40	M. Cooke	LV60					1			1	