

Pacemaker

The newsletter for Keswick Athletic Club

Autumn 2006

The Way Forward

Our club continues to grow in numbers and the enthusiasm of new members is great to see. An example of this was our ladies team at the recent Ian Hodgson Relay. The nervous excitement beforehand and the honour to be running was all too evident.

A 3rd place in the ladies rankings was a good reward. Full results at www.sportident.co.uk

On the mens' side we had a keen competition between the vets and the open team to see who could come out on top as we were not going to compete with the elite teams. In the end the Vets came out on top in 19th o/a and the open team in 21st position.

Further investigation will reveal injuries to open team runners on both legs 1 and 4 so us vets need not get too excited although Gary Baum is likely to spread the news throughout Cumbria that he was in a team that beat Dave Birch's team!! Most runners seemed to enjoy the day and appreciate the work put into the organisation of the event. Well done to Jon Broxap & Scoffer for taking over the event from the Hodgson family.

I am just advised that we had 23 members at club training the Tuesday after the event. I'm sure in due course we will produce top end runners out of the pack and one day be able to compete with the best.

We had quite a number of finishers in the British and English Fell Running Champs which you can view on the www.fellrunners.org.uk web site. Our winners were Lyn Thompson in the English LV50 Cat and Sped in the Brit V60 and English V55 and V60 Cat. Well done to all those who competed.

We have some well experienced [even old] runners and some of our younger and more recent members will progress well especially if they take heed of the training done by the more experienced members and their overall approach to races including frequency and type of races to do. Basic ability is an asset, but the will to train regularly with some form of structure is a pretty good way to get the best out of yourself.

With such a large and varied membership it is understandable that everyone has their own goals and preferred events and races to compete in. The Fell Running Champs have always taken priority as it is something that most members do at some stage in their time with the club and the results and information is readily available. The other more personal achievements only make this particular press when the editor is informed. We generally have a few concentrating on Bob Graham [ing] and even writing an award winning book based on this strange pastime. We have specialists, in the form of Mark and Susan DS, in long/ultra distance running on canal banks and various other surfaces and terrain, which has taken them over the length and breadth of the British Isles this year together with some sorties to the continent. Mark's "off the wall" report will be found later in this edition--- I like it and I haven't seen the film!!

The way forward for the newsletter is going to be with one of our young enthusiastic members Nick Lawler I hope, unless there is a fight for the job at the AGM.! Nick is very enthusiastic for the club --if the newsletter is half as good as the barbeque he did after the Lattrigg race we will have no problems. I have enjoyed doing my bit over the years, but it must be time for a bit of new input and style.

Ladies Captain's Review

First of all, congratulations to Lyn Thompson, winner of the LV50 category in the English Championships.

Also, well done to Debbie Thompson on completing The Jos Naylor Challenge.

Due to injuries and other commitments, this year's Ladies Ian Hodgson team, comprised of Lou, Sara, Jane and 5 "first timers" - Rose, Trudy, Catherine, Jo and Holly. The enthusiasm shown by the team along with the 100% effort on the day, gave them a very well deserved third place.

Several ladies took part in The Derwentwater Trail race in September, expensive to enter but very well organised and a t-shirt to all competitors, shame about the weather, heavy rain all day!

A good turnout from the ladies during Dunc's summer training and the late summer social runs.

The Tuesday and Thursday night sessions are for all abilities, so give them a try!

With the darker nights just around the corner, remember to wear reflective clothing.

Hope to see you there. Pat

Notice is hereby given [sounds official] of the **A.G.M.** Tuesday 28th November 2006 8pm Theatre by the Lake - Keswick
All members welcome but no doubt the usual 20 will attend!. With changes imminent to the Chair, Secretary, Editor and Junior Coordinator at least, you had better get yourself there and vote for who you think is best for the job !! It could even be you!! This year, following changes to the constitution made at last year's AGM, any member wishing to move a resolution or submit a nomination for election to the committee **must do so in writing** (no e-mails please) to the Secretary, Pete Richards, "High Croft, Dorothy Well, Portinscale, Keswick. CA12 5RQ.

Annual Presentation Evening Saturday 13th January 2007

Castlehead House Hotel, Borrowdale Road, Keswick.

Tickets £15 each - 3 course dinner with coffee. Please get your tickets (with payment please!) from Pat and Pete.

Secretaries Musings

This will be the last of my Musings as I have decided that after 7 years as secretary of Keswick AC (plus 6 years with other clubs) it is time to stand down, but don't be too sad as it is quite possible that I will be still around!! This will be decided at next month's AGM, details of which can be found elsewhere in this newsletter.

Plans for next year's Mountain Festival in Keswick are moving ahead smoothly and the club is intending to have a high profile at the event. The Latrigg Fell Race is going to be on the opening day of the festival, Wednesday 16th May, starting at 7.30pm. On the following evening we intend to hold a club Open Evening, also in Fitz Park which will include a 'typical' senior training session along with refreshments. The present committee is still at an early stage of planning the evening and would welcome any input from members.

Senior training sessions have managed to continue on both Tuesday and Thursday evenings throughout the Summer months which has been a real plus this year. The training sessions over the Winter months will be similar to the excellent ones Dunc put together last year. Tough, lung busting, enjoyable and most importantly of all, suitable to all members!. I know that some of us are even looking forward to the dark, wet training runs, is that sad or what?!. With large numbers expected at training it would be helpful if you could turn up nearer to 6pm than 6.15pm, especially for the Parlauf where picking pairings isn't possible until everyone arrives.

Well done to all our members who ran in the Ian Hodgson Relay, with good results from all three teams. I think a mention is due to the stand in men's captains Dave Spedding and Dunc Overton who worked hard to put together two competitive teams. With several of our fastest ladies being unavailable due to either injury or other race commitments, Pat was still able to field a team which took 3rd place. Five of the Ladies were running for the first time in the relay which is an indication of the talent we have among the ladies.

At the time of writing there is a planned Open Evening on 17th October to discuss the future of the Junior Section. Due to work commitments, Stephen Fletcher is unable to continue in the role of Junior Co-ordinator and we hope to find a way forward for younger members of the club. I feel that it is important that we have an active Junior section, and with the x-country season upon us, it would be great to see some of them taking part.

Of course this also applies to the Seniors, x-country is an excellent way to keep yourself race fit during Winter. They can also be great fun and are suitable for runners of all abilities. Pete.

' Close Encounters ' by David Owens

As road runners we are well accustomed to the yapping pooch, the occasional chase but thankfully, rarely a puncturing of skin. The fells can throw up less predictable encounters. In the heat of the summer I like to get out early and enjoy what I consider the best part of the day. It was on such an occasion on Barton Fell that I stumbled across a brace of grouse with young family crossing the path a few metres in front of me. The parents took exception to my intrusion and immediately indulged in a flurry of low flying activity, skimming past my legs which were now moving with Linford Christie like alacrity.

It is not the first time I have been seen off by a feisty bird but never before twice on the same morning. I was having a run out over the Dodds taking in part of the Dockray-Hartside race route. While crossing Aira Beck I disturbed two adult ducks with young, serenading on the water. The mother showed her displeasure by skimming along the water with flapping wings and quacking noisily. Continuing on my way towards Hartside I attracted the attention of a circling buzzard. The hover distance closed and it was time for action. A swing of my multi-coloured bum bag was sufficient persuasion that I was not going to be an easy scalp and the status quo restored.

Much more dangerous but thankfully passing peacefully was squaring up to a stag at twenty paces during the rutting season in Martindale. Less frightening the meeting of a bull on the hills of Skye - I was sailing on a friends boat when we were stormbound and went walking for the day. Meeting a bull on open fell with little cover could give cause for concern. However, having some livestock experience I was confident the bull was docile and our paths crossed without incident. My skipper was more cautious and asked me what I would have done if the bull had chased us. I replied that I would have legged it as I could run faster than him. It took some contrition on my part to be welcomed back aboard the boat.

Finally a close encounter of the human kind. While supporting a Bob Graham attempt on the Threlkeld to Dunmail section I stopped around midnight at the Hellvelyn shelter to put on some extra clothing. Without the aid of head torch I was about to park the derriere but was startled by what appeared to be the seat moving. The person in question was more than a little surprised to find a late night visitor about to pin him to his cold bivouac.

New Member Ian Davies lives somewhere near Guilford in the deep south and had an appeal circulated for other southern members to join him for training etc.

Another southern spy has spotted him running in the Ranlagh Harriers Handicap event and the way I read it you will need your best

road running shoes on to keep up with him

"Ian bettered the handicapper and was first to finish in Ranelagh Harriers 5 mile Page Cup Handicap X-Country race in Richmond Park this afternoon. Until new competitors have Ranelagh results to provide the handicapper some 'form', they can only run as guests so don't yet qualify for cups and medals. Ian ended up about 6th fastest in around 31:50. Looks a useful import for the South. " A telephoto lens spy style photo was also supplied as evidence. Maybe our next editor will move on to including pictures in the newsletter. [I could do it on the emails ,but I'm not sure how to cope with the hard copies without spending long periods of time waiting for the printer-- which is only B & W anyway-- over to you Mr next editor]

A warm welcome to Ian and all the other new members.

Below are the dates for the coming x-country series.

Saturday 7th October : Cockermouth (school)

Saturday 28th October : Cockermouth (Leisure Centre)

Saturday 25th November : Maryport (Netherhall School)

Sunday 10th December : Penrith (Newton Rigg) - also C.C.Championship.

Saturday 6th January : Carlisle (Sheepmouth)

There are races for everyone from 9 to 90!! The categories are; U11, U13, U15, U17, Seniors

First race Noon (12.30pm - October 28th)

It would be great to see a good turn out from Keswick AC members.

Further information from Steve Harwood or Pete Richards.

The Mid-Lancs Cross country League dates & venues for this season are:

Sat 14 Oct Worden Park, Leyland

Sat 11 Nov Towneley Park, Burnley

Sat 25 Nov Sefton Park, Liverpool (UKA Challenge)

Sat 20 Jan Lancaster University

Sat 10 Feb Astley Park, Chorley

Sat 3 Mar Witton Park, Blackburn

Age groups: U11, U13, U15, U17, Junior, Senior, Vets. Age quals for juniors is age on 31st August, Vets: age on day of competition. Distances from 2K to 10K depending upon age group.

Race times : From 12:30 Lowest age groups through to 14:30 for Men.

If you have received your newsletter by hard copy you need to contact Dunc Overton if you want to be registered to run in this league this year.

Cumbria County Champs: 10th December at Newton Rigg. You MUST pre-enter on official form available from Dunc Overton or anyone with access to contacting training@keswick-org.uk

Bob Graham Round Attempt on 22nd July 2006

by Craig Dring

The plan was a clockwise round leaving at 1am on Saturday morning with the hope of completing between 22 and 23 hours. This was my first attempt.

Friday was hot and humid requiring a dip in Derwentwater before going to bed for a few hours of restless dozing. At 12.30am I was already sweating as I walked down to the Moot Hall. But the forecast was looking good with storms and showers expected on Saturday afternoon which I was hoping would provide some relief.

Richard Scott and Dave Owens did a good job stopping me from going off too quickly and we topped out on Skiddaw in 1.18. The navigation to Great Calva went exactly to plan aided by a powerful mountain bike light and GPS. We took the fence line off Great Calva, had a steady walk up Blencathra, trotted down Halls Fell to meet Juliet and Joanne for a 14 minute rest and a lovely bowl of porridge. There was cloud cover all the way masking the sunrise. We were just ahead of the 22 hour schedule.

Julia Tucker and Guy Wood took over the support maintaining the 22 hour schedule down the Helvellyn ridge. As the sun rose in the sky I noticed the high cloud dissolving. It was a going to be another hot one so it was time to start seriously sipping the hypotonic drink. Ruth Scammel and Kate Simpson met us on Dollywagon Pike to see how we were getting on. I was starting to feel a little fatigued up Fairfield and coming off Seat Sandal but was still going well just a few minutes quicker than the 22 hour schedule as we made Dunmail Raise and a leg massage from Helen.

At Dunmail I topped up on a rehydration drink, a protein recovery drink, muesli in yogurt, and feeling a little full made my way up Steel Fell. On this leg I was accompanied by Jez Westgarth, Steve Allen, Joe Hartley, and Sam Ayers. Sam was going to make her own attempt in a few weeks and wanted to come along on leg 3 and 4. Steel Fell was steep but not too long and soon I was shuffling my way over to Calf Crag. I noticed I was slowing. This continued on the way up Sergeant Man so decided to drink the hypotonic and isotonic more frequently. It was probably time to try a gel as well. After this I was starting to feel sick and soon after proved myself right as everything came up. I decided energy drinks over a long period of time were not a good idea.

For the next 2 hours or so I was in a fairly low state and all the time slowly fading. I was now on a 23+ hour schedule and started to think I would not even make Wasdale. Sam was fantastic in making sure I continued sipping plain water and was feeding me crumbs of malt loaf and bread on a regular basis. On the way up Rossett Pike I decided to sit down for a few minutes to try a ham and cheese

sandwich. I managed half this as preparation for the walk up Bowfell. My down hill speed was also slow and painful from the build up of lactic acid. On Esk Pike I decided on pain management measures and took a 400mg ibuprofen. The effect was amazing as I was no longer sore going down hill and started to feel good again. The food must also have been cutting in. My speed picked up again on the ups and downs. Things were looking good and the route through to Scafell via Broadstand felt comfortable. It was however a definite hobble on the way down to Wasdale.

Rice pudding, sliced peaches, and tea at Wasdale were necessary for the steady climb up the dreaded Yewbarrow, this time with Jenny Griffiths, Chris Robinson, and Rachel. Sam said she would meet us at Blacksail Pass with supplies of water. By the time I reached Steeple I was slowing again and on the summit of Pillar it was time to sit down for a few minutes and focus on eating. Rachel was forcing me to eat and drink, and I was in a bit of a daze scrambling up the Kirkfell gully, but now had in mind that Great Gable was the only significant obstacle between me and a good rest at Honister. It did not seem long before we eventually got there. A very welcoming crowd greeted us with my van covered in balloons. Juliet and Joanne prepared more rice pudding and tea. Feet were washed and with new shoes and socks I was on my way again.

We had 4 hours to get to Keswick on a 3 hour leg. I was now relaxing and feeling happy that we would not be under time pressure on the road down the Newlands valley. Still, Dale Head seemed to drag on as always taking 37 minutes to get to the summit. Karin Crofts and Pete Batey were joined by Kate and Julia (from leg 2) on this leg. Topping out on Robinson was a joy with everyone smiling and chatting. We could see the lights of Keswick in the distance. The mountain bike light came out again and helped me on the descent. At Newlands Church Chris and Ruth Scammel appeared in their running gear and supported what was now a sizable jogging club. The chatter and laughter continued around me all the way to Keswick making the long road seem a lot more bearable. Finally..... I tried my best to sprint to up to the Moot Hall to be greeted by the cheers of many friends, not to mention fountains of champagne. What a long but memorable day out!

Oh yes, I was very sick again when I got home

My thanks to everyone who supported me on the fells, and at the road crossings. I could not have done it without them.

Overall time was 22.59 hours.

Apocalypse now and again, by Mark Denham-Smith.

(familiarity with the film of similar name will help when reading this article)

Keswick, shit. I'm still only in Keswick. Every time I think I'm going to wake up back on the fell. When I was home after my first championship race, it was worse. I'd wake up and there'd be nothing... ..I hardly said a word to my wife until I said yes to a beer. When I was here I wanted to be there. When I was there, all I could think of was getting back onto the fell.

I've been here an hour now. Waiting for a run, getting softer. Every minute I stay in the Dog and Gun I get weaker. And every minute Billy stays in his bothy he gets stronger. Each time I look around the walls move in a little tighter.

Everyone gets everything he wants. I wanted a run, and for my sins they gave me one. Brought it to me like waitress service.

It was a real choice run, and when it was over, I'd never want another.

I was going to the worst place in the world, and I didn't even know it yet. Hours away and miles up a road that snaked through Borrowdale like a main circuit cable and plugged straight into Seathwaite...

"Come on in.. At ease. Want a cigarette?" "No, thank you sir."

"Have you ever seen this gentleman before? Met Mr Kemp or myself ?" "No, sir. Not personally." "You have run a lot on your own, haven't you ?" "Yes, sir. I have."

"Your report specifies Bob Grahams, and Championship Points."

"I'm not presently disposed to discuss those events, sir."

"Did you not complete a Bob graham in 2002? You were seen at Brecon Beacons in '03, Melantee in 04, ran the Breithorn in Switzerland in '05?"

You were seen in Zermatt as recently as August this year?"

"Sir, I am unaware of any such activity or operations - nor would I be disposed to discuss such an operation if it did in fact exist, sir."

"You heard of Billy?" "Yes, sir, I've heard the name."

"Billy is operating on the fell. His boys are conducting successful races through the lakes, and beyond. He is out there, operating without any checks or balances. Your mission, is to terminate Billy's command"

They must have handed me the wrong dossier. National Champion for a decade, Course records, fastest Bob Graham. Billy was being groomed for a top slot in the corporation, and he went off the rails. Why?

"Your mission is to proceed to Lodore by Keswick launch. Pick up the Honister Rambler to Rosthwaite. Sniff out Billy's trail, and terminate his command" "terminate.....his command" "with extreme prejudice"

"You understand..., that this operation does not exist, nor will it ever exist."

The Keswick Launch was crewed by Kids, barely vets. Fell Runners with one foot in the pub. Hill, a ski-bum from Zermatt, Troman, famous orienteer from down south, Owens, farmer out east, Birch, cycles 500 miles a week....and the Chief, Knox. It was my mission but sure as hell was his boat.

"Mail! – Captain Denham-Smith, that'll be you, sir, from the Generals back at the moot hall"

"There is another development in your run, which we feel obliged to communicate to you. Two weeks ago, another officer, Captain Nimrod, was sent on an identical run to yours. Nothing has been heard of him since. We have reason to believe he has joined Billy's command. Your orders are to proceed to lodore, RV with Colonel Spedding and his boys, he'll escort you up river to Rosthwaite"

Lodore. The big red van was there already. Those boys just could not keep still. Keswick AC. Tear-arsing all over the lakes.

"Where do you want to go, you young captain you, hell, I'll drop you and your launch right up the river.....We'll go in at dawn, to Bessyboot, and drop you boys in the showfield. We'll come over the waves, out of the rising sun"

"That's an outstanding peak, must be 1500 foot above sea level, it's got a steep gully and a boggy top, it's just tube city!"

"Pick up some extra studs, hell, captain, after operations we like to finish up with a little R and R. We're a pretty solid crew but, hell, nothing in your league" "Isn't it a little risky for R and R" A lone voice piped up "It's a little hairy in there, sir, it's the first checkpoint on the Borrowdale"

"What do you know about fell running, Major, you're from the Goddam East coast.

To Be Continued. Probably.

Forthcoming Road Races 2006

Oct. 15th	Sun	11.30am	Great Cumbria Run	Half Marathon	Sheepmount Stadium, Carlisle
			£13. + £2. entry on day		www.thesandscentre.co.uk
Nov. 5th	Sun	12.00	'Ronhill' 47th Derwentwater Ten Mile.		Keswick School
			Keswick Championship £4. Keswick AC members		
			Anyone available to marshal? please phone Alan Ritchie		01228 513200
Nov. 18th	Sat	12.30pm	Brampton to Carlisle 10 miles		Sands Centre, Carlisle
			£8. by 4th Nov. + £2. entry on day + £2. bus to Brampton Tel. Keith Abbott		01228 521408
Nov. 19th	Sun	10.00am	Preston 10 miles	£6. by 12th Nov. + £1. entry on day	www.prestonharriers.net
Nov. 25th	Sat	11.00am	Wesham 10K.	Preston £6.50 by 18th Nov.	www.weshamroadrunners.com
Dec. 3rd	Sun	11.00am	Ulverston Xmas Pud 10K.		hhharriers@fsnet.co.uk

This year we saw the last "Swinside Six" race because of car parking difficulties, so next year the venue will move to the Newlands Adventure Centre at Stair. The start and finish will be at Stair and therefore the race distance is 9Km. It's a special offer 10K. you run 9 and get 1 free!

Alan Ritchie

Recent Club Achievements

The last of the English Fell Running Championship races was Thievily Pike on the 30th Sept.

To dot the "i"s and cross the "t"s Lyn Thompson put in a good performance to clinch the Ladies Vet 50 award in the English Championship. Lyn finished 19th in the Ladies race winning the Vet 50 award on the day. This has been Lyn's best year for a long time coming back after long and persistent injuries. In the mens event Dave Spedding having already won the Vet 60 in both the British and English Championships just needed to hold off one rival to add the Vet 55 title to those already in the bag.

This was duly achieved with a first in the V 60 and 3rd in the V55 category on the day.

Recent new member Ed Loffill finished a creditable 74th in this "lung burster" cross country style race.

Results Ladies	1st Natalie White Bingley	35.41	
	19th and 1st V 50 Lyn Thompson	43.39	52 Finishers
Men	1st Rob Hope Pudsey & Bramley	30.44	
	73rd Dave Spedding 1st Vet 60	37.11	
	74th Ed Loffill	37.14	196 finishers

On the same day the good shepherd race took place further down the valley and one Keswick runner competed

1st Adam Breaks Calder Valley	1.57.54
5th Colin Valentine	2.12.42

On the 8th Oct was the Pentland Skyline Race from Hillend Ski Centre just south of Edinburgh.

This 16 mile tour of the Pentland Hills saw 2 of our neighbours from Borrowdale taking the main honours with Jim Davies in 1st place in 2.30.45 and "Scoffer" 2nd.

12th o/a and 1st Vet 50 and 60 was Dave Spedding in 2.48.29 15th Colin Valentine 2.52.02 76th John Telfer 3.28.49
160 starters [150 finishers] John could just about see his home in Edinburgh from the course!!

Going back to the 23rd Sept it was the World Masters Mountain Running Championships in Switzerland. This years equivalent to our memorable event at Keswick last year. Very few Keswick runners made the trip to Saillon near Martigny.

Trish and Duncan Overton competed in the over 55 category finishing in 10th in the ladies and 20th in the mens respectively.

Dave Spedding being disappointed after a poor performance last year was better prepared this year, not having had the organisational worries etc and was able to achieve a third place in the Vet 60 category and thus coming away with the bronze medal.

Dunc Frampton had a very good run in the M45's coming in 14th.

From an organisational point of view the clockwork precision of the Keswickians was way ahead of the Swiss precision myth!!

Mountain Trial

In this years event we can boast a first with Angela Brand Barker taking the honours in the ladies race in 3.54.16-- in 5th Place was Debbie Thompson with a time of 4.22.19

In the mens event Johnny Bland won in 3.51.22

14 th Colin Valentine	4.38.26	
30 th Dave Birch	5.06.13	a birthday run of a different kind for Dave
42 nd Dave Troman	5.32.35	
46 th Neil Thompson	5.36.07	
66 th Geoff Somers	6.14.44	

Results in general are a bit thin on the ground this time round as my usual supply from the statistician has dried up due to personal commitments and [I suspect] a daytime job that is a lot more demanding than previously. Hopefully these things will be ironed out for the next edition. For those with internet availability go to the www.fellrunner.org.uk for fell race results or for a general cover of results try www.ukresults.net -- for those of you without access to these things -- my sincere apologies.

In Future I will be only too pleased to offer any advice to you that a dribbling old forgetful pensioner might be able to give!! The formula is very simple -- the will to train [more important maybe than the will to win] regularly to achieve as large a weekly mileage as you can manage incorporating one non injuring speed session per week!! Unqualified advice of course!! Just experience. Sped.

Keswick AC Fell Championships		2006							
Rules: 4 from 7 - Anniversary Waltz, Fairfield, Ennerdale, Langstrath, Lords seat, Sedburgh, Dalehead									
	AW	FF	EN	LS	Lseat	S	DH	4 from 7 Total	
LADS									
David Owens	18		22	21	21	22	18	86	
Neil Thompson	15	19		21			21	83	
Rick Cooper		18		20	17		20	75	
John Beetham	16	17		18	19		16	70	
Keith Hill		16		19	20		13	68	
James Walker				25	22		19	66	
David Spedding	20		25			21		66	
Craig Dring	12		20	16			12	60	
Les Stephenson		13		14		18	11	56	
Nick Lawler	14	15			13		10	52	
M MikkelsonBarr	25						25	50	
David Birch	22	25						47	
Colin Valentine		20				25		45	
Dave Troman	21	22						43	
Chris Knox		12			10	17		39	
Ed Loffill	17						22	39	
A Johnson				11	11	16		38	
Steve Harwood		11		12	12			35	
R Scott				17	18			35	
John Tefler		14				20		34	
Geoff Somers						19	14	33	
Ian Addison				10	7		8	25	
Nimrod Lockwood					25			25	
John Rutter		8		9	6			23	
Paul Whiting		21						21	
Patric Gilchrist	11	9						20	
Duncan Overton	19							19	
David Porter	10				9			19	
Ian Davis							17	17	
Allan Buckley	6	10						16	
John Myatt					16			16	
John Hourne				15				15	
Martin Sluce					15			15	
Pete Richards						15		15	
Simon Noble							15	15	
Jim Downie					14			14	
Robert Booth	13							13	
S Kruger				13				13	
Harry Blenkinsop				8	5			13	
Conrad Slack	9							9	
Leon Cross							9	9	
Dan Fawcett	8							8	
Ian Thompson					8			8	
David Harrison	7							7	
LASSES									
Holly Williamson		21		21	25		21	88	
Joanne Moore	21			20	22		20	83	
Debbie Thompson		22	25			22		69	
Lyn Thomson				22		25	22	69	
Trudy Smith		20		19			19	58	
S Hodgson				25			25	50	
Louise Roberts	22	25						47	
Cathy Colam				18	21			39	
Philippa Jackson	25							25	
Maureen Bridge	20							20	
Trish Overton					20			20	
Sandra Bradley					19			19	
Penny Bibby							18	18	
Angela Turner					18			18	

Keswick AC Road Champs		2006								
Counters: Buttermere round or Marathon, Round the Houses, Hawkshead 10K, Swinside 6, Langdale half, Derwent 10, Bra										
Lads:		Mar/Buttermere	Points	RTH	Hawks 10K	Swin 6	Lang Half	Der 10	Br to Car	4 from 7
D	Owen	03:05	22	22	25		25			94
A	Johnson	03:54	16	12	18	14	19			79
N	Lawler	03:41	19	13		15	21			68
K	Hill				21	21	22			64
S	Strachan	03:29	20	17	20					57
S	Harwood			16	19	16				51
M	Denham-Smith	2:48	25			25				50
I	Addison			9		11	18			38
D	Harrison	03:23	21	14						35
L	Crossfield				17	10				27
G	Hadwin			15		12				27
D	Overton			25						25
T	Letts				22					22
J	Walker					22				22
P	Haworth			21						21
J	Beetham			20						20
J	Myatt					20				20
P	Titley						20			20
C	Kennedy			19						19
R	Scott					19				19
A	Buckley	03:52	18							18
M	Pearson					18				18
R	Burchett	03:53	17							17
J	Cawood			17						17
R	Cooper					17				17
D	Leary						17			17
R	Strachan			7		9				16
P	Gilchrist	04:13	15							15
J	Horne					13				13
C	Mandale			11						11
S	Pye			10						10
J	Adamson			8						8
H	Blenkinsop			6						6
Lasses:										
A	Brand Barker			22	25	25				72
A	Turner			16	19	19				54
S	Bradley			14	18	18				50
R	Gittins				22	21				43
S	Halliburton			21		22				43
J	Moore			20	21					41
P	Richards			19	20					39
C	Colam			15		20				35
C	Brennan	03:21	25							25
P	Jackson			25						25
S	Denham-Smith	04:39	22							22
T	Overton			18						18
T	Smith			17						17
G	Robertson			13						13
G	Brown			12						12

