

PACEMAKER

The Newsletter of Keswick Athletic Club - Christmas 2003

A very happy Christmas and prosperous new year to all our members.

You will no doubt notice the subtle change in our title. Yes, the amateur bit has been thrown out and brown envelopes need not be passed under the table any more. At the AGM, which I managed to be unable to attend, an amended constitution brought this change along with others which I doubt you will be interested in. 17 members attended, so that was maybe a bit of a record in itself. Reading through the minutes I see that one Steve [Kemp] has taken the place of the other Steve [Harwood] as Chairman, whilst another Steve [Moore] has stepped down from the committee, but don't despair we have another Steve [Fletcher] coming on as Junior co-ordinator. Pat Richards has returned as a committee member. There was a proposal to change the club championship to 6 races from 10, but true to form an amendment was proposed and it ended up as 4 from 7 with no necessity to do one of each distance. You must however complete 4 events to qualify for a prize, unless you have passed the ripe old age of 60 and 3 will do!

Should "wimps" have been inserted between Keswick and Athletic? In any other business our press officer Susan DS presented a report indicating that she has had a great deal of success getting articles published, the notice board introduced at races, but would like to see greater involvement of the committee in press and PR matters; the purchase of a digital camera and an update to the image of "Pacemaker".

Our ever thrifty committee supported by contributions from race organisers [remember the quiet man from Carlisle] managed to maintain the subs level for the following year except for an increase in levy of £1 by the NEAA. You will have received a reminder separately from Tony BB . Pay up the equivalent of a race entry in the Brampton to Carlisle 10 and you will get another bargain year of running..

On to the running

Our three stars on the fell running front are as published previously, Angela BB winner of the Welsh Championship, with Louise Sharp and Dunc Overton both winning outright the British and English Championships in their respective categories. On the road and cross country Dennis Hayes plugs away and says very little, but for a guy who's been drawing the old age pension for years, believe me he's a star performer, and that's at national level.

The introduction of the new venue for evening training seems to have gone down well – we have been looking for somewhere to meet for the last 20 years , so no wonder they have given Steve Kemp the Chairman's job, keep on producing miracles like that Steve and we might win a team prize one day!!

From my point of view I am a bit of a relay enthusiast and was a bit disappointed that we could not field our full top squad in either the Ian Hodgson or FRA events. This in no way belittles the appearance and performance of those who did run and my thanks go to all who ran. I keep hoping youth and quality will relegate me to the bench . Next year? The relay performances of the year for us were those of Liz Cowell & Hilde Krynen doing the fastest 2nd leg at Church Stretton and Dave Troman & Nimrod Lockwood on the last leg of the Ian Hodgson, recording the 2nd fastest time of the day.

The Church Stretton venue for the FRA was a bit of a joke in fell running terms, being well suited to the modern trend of fell running in road racing shoes. Thanks to the police for cutting out the road running bit which should have been at the beginning and end of each leg. Notwithstanding my opinion our ladies did well, coming second and the men were well above average in 24th position.[see following pages for more extreme comments!]

Club Awards 2003

The 1,2 &3 in the open Fell Champs were Mark DS, Dave Birch & Nimrod Lockwood

Dave Owens took the V 40 with Steve Kemp second

Jim Downie the V50

Bill Booth the V60

There were no ladies awards; presumably no one completed the required races.

The Road Champs saw Dunc Frampton , Mark DS & Derek Harrison the first 3

Dunc Frampton the V40 followed by Steve Kemp

Derek Harrison the V50

Dennis Hayes the V60

Ladies road winner Angela BB with Susan DS second

Most Improved runner was Nimrod Lockwood

The Bob English Long Distance award went to Debbie Thompson .This year Debbie completed her 9th 100mile event.

Club person of the year, voted for at the annual dinner, went to Steve Fletcher.

Training First Quarter 2004

Training for the first quarter 2004 will follow the usual format of efforts on the road on a Tuesday Night. All sessions will commence at 6.15 from the new venue - Rawnsley Hall.

6th January 2004 - 400m reps. 30 mins effort - paired relay around the Crosthwaite route. This is based on an Eden runners session, where you are teamed up with a partner of like ability. When your partner returns, you go.

13th January - 3 x 2.5 Mile efforts

20th January - Lakeland Park pyramid - 1 x 700, 2 x 700, 3 x 700, 2 x 700, 1 x 700

27th January - Handicap - usual route round town

3rd February - Fartlek round town - 90s efforts

10th February - 3 x 2.5 Mile efforts

17th February - 400 relays as above

24th February - Handicap - usual route round town

2nd March - pyramid around Lakeland Park as above

9th March - 3 x 2.5 Mile efforts

16th March - 400 relays as above

23rd March - 3 x 1Km hill - preparation for the fell season which will be on us soon. Weather and light permitting - we'll do the reps up towards Gale road on the Latrigg path.

30th March - Handicap - usual route round town.

These sessions should ensure that the effects of the Christmas mince pies will be minimal and that we should all be in partially reasonable shape for the '04 fell season. Mediums and Longs are thrown at us early in the season (Noon Stones/Med Irish/Three Peaks) all by the end of April - along with Buttermere round and the Keswick Half on the road. Team awards kept Susan in Beer most of last year - it would be a shame to disappoint this year!

Thursdays will be less formal - every second Thursday will be a paarlauf - Duncan Overton has offered to take other sessions should demand be there - and given good weather/moonstate I'll be doing Skiddaw or the Coledale Horseshoe which is open to like minded nightowls.

CHEERS STEPHEN

For the past few running seasons the Club has benefited from the dedicated training programme of Stephen Moore. Along with many others I have seen my athletic performances being maintained despite advancing years.

When he started the programme the comment was "he is like a breath of fresh air". His twice a week, and sometimes a Saturday morning runs were a delight to be present at and it wasn't long before you were looking over your shoulder to see who was going to pass you, people who you used to take for granted that you could beat were giving you a hard time.

Who can forget the famous Portinscale Pyramid on that night when the thunder had just ceased and the road was steaming never mind us.

The generosity of the man at this time of year at a gathering at the Pheasant Inn when to our surprise he played Santa Claus, producing a sack of awards for improved training.

Runners on the circuit ask me frequently, where is Stephen? I am pleased to tell them that he is getting over his injury and that he is busy guiding the England Ultra Distance Runners as coach and Manager, and thinking quietly to myself - look out when he competes again.

Dennis Hayes

Rumour Has It

--- that the message board on the club's web site has had to be removed as it is full of pornography!!

---that Mark DS had to be woken from a deep slumber in the Scafell Hotel car park before embarking on a club training run up Dalehead!!

--- that the club has 3 entries for the 2004 London Marathon and large brown envelopes should be suitably filled and left discretely with your application for Pete Richards to ponder over! Part of this is true - if you can't work out which then you won't be doing the Marathon!

Christmas Beer Trail kindly put on by Liz Cowell

Carpark: Easdale Road, Grasmere aprox - 334 080

Short course: aprox 9.4km 500m of climb

Long course: aprox 12.5km 800m of climb

first checkpoint = knoll 311089

maps: preferably Harveys Super Walker of Central Lakeland
or O.S. 1:25 000 both S.E.Lakes and S.W. Lakes
(some of the sheepfolds are not shown on the O.S. maps)

courses open from the 20th December until 14th January

As usual checkpoints denoted by a wooden stake, courses divide after the first checkpoint.

Grid reference and brief description written on stake.

Any problems: 01931 714501 liz@borrowdale.freeseerve.co.uk

Bring out your dead - shoes

Calling all wives, girlfriends and partners. Do you keep tripping over hundreds of pairs of old running shoes your favourite running nerd never wears and will not part with? Are they cluttering up your hallway, just waiting for a new home

Mark and Susan have found a way to rehouse them.

ERCOL recylce shoes and particularly running shoes to the third world. They are exported and "made over" by local cobblers who then sell them on for a profit.

Unfortunately the nearest recycling bins are Windermere and Ambleside, but we would be willing and if anybody wants to offload their redundant shoes on to us and when we have a fine collection and are passing by a collection site we will send them on their merry way to pastures new.

Just think your old cheesy favourite Sauconies or Asics might house the feet of the next Kenyan world champion. Please tie shoes in pairs, replace any insoles you have removed and just bring your old shoes to any Tuesday session and most Thursdays or any other time, race or social where we will be with the car.

As the 3 Peaks is a championship race in 2004 getting an entry in early will be advisable. These will be available Mid January on the following site;

<http://www.threepeaksrace.org.uk>

BRAMPTON-CARLISLE 10 MILE ROAD RACE 15TH NOVEMBER 2003

Supplied by Christian Mandale

The race was run in somewhat cool and breezy conditions, which saw many athletes sheltering inside William Howard School until the last minute possible. Simon Noble who paid for his bus fare to the start could not afford a return on 2 feet without a loan, but made his borrowings count when the lender came side by side and made affective escape during the race. No doubt everyone who entered was looking for a fast time on what is one of the flattest courses in the country. Derrick Harrison's face went from smiles to grins when his club championship competitors arrived through the corridors of the school spoiling his chances of being MV50 champion, or did it? The reward for completing the course with a £9.00 entry fee on the day was a disappointing 500ml bottle of water and nothing else from the organisers Border Harriers. If anyone could squash into the changing rooms, let alone a shower, after the race would do well to spot if their belongings had not gone astray.

Another version of-----

Brampton to Carlisle Road Race 15 November from SDS

When a ten mile road race boasts a 52 year history and above average participation of 500 runners on cold windy days in November it is tempting to look very hard at where the attraction lies.

Considering the race's proximity to the Lake District it could not rival the Derwent 10 for scenery. The impatient Saturday morning shopping traffic made the route at times more like an urban hedgehog run than a rural jaunt, and lack of traditional race mementos for all finishers transformed the surprise downhill finish into a flat damp squib.

So where was the attraction? Possibly in the sight of 500 hundred runners pounding along undulating country roads chasing a record of just over 45 minutes for the fast 10 miles which can make for exceptional competition. The best runners from all the local clubs and from further afield provided the best sporting contest in running circles all year. The great facilities at the Sands Centre and exceptional organisation with transport on a fleet of busses to the start, or was the greatest attraction the 3 free hours for wives and partners to start the Christmas shopping in Carlisle?

For Keswick runners the reason was clear. This was the final deciding race in the Club Championships. Duncan Frampton and Mark Denham-Smith were neck and neck to this point and this was the deciding race. Despite never leaving his sights, Mark had to concede a convincing victory to Duncan. But then you can't win them all Mark already has already tucked up the Fell championships. With so many club members enjoying the day and a final shot at the championship points Keswick teams featured well placed 5th in the team rankings.

Ultimate Outdoors, the new shop on Heads Road are offering club members 10% discount on all stock except for sale items. Produce your NEAA registration card.

Winter Training Runs

All start at 11am

4th January - Latrigg and Glenderaterra - Fitz Park Pavilion - Pat & Pete Richards

11th January - Coledale Inn - Braithwaite - Brand-Barkers

18th January - Speds 3 Peaks, Catbells, Walla Crag & Latrigg [maybe that order!] from Fitz Park Pavilion

25th January - Park at Village Hall Mungrisedale, Bowscale via East Ridge -Blencathra-Souther Fell- Shorter options available! Dunc Overton

1st February - Denham-Smiths - From Routen Farm Cottage Ennerdale [on right between Ennerdale Bridge & Lake Head Car Park]

8th February - Dave Owens - from Roehead Pooley Bridge ref. 479 236

15th February - Buttermere Round - see publicity!

British Championship Races 2004

Sat 3 rd April	Donard- Commedagh	N Ireland	Med
Sun 23 rd May	Elidir Fawr	Wales	Short
Sat 10 th July	Melantee	Scotland	Short
Sun 18 th July	Kentmere	England	Medium
Sat 7 th Aug	Borrowdale	England	Long
Sat 29 th Sept	Two Breweries	Scotland	Long

Sun 10 th Oct	Home Countries Junior Int	Keswick
Sat 16 th Oct	UKA Fell /Mountain relay champs	Hayfield Derbyshire

English Championship Races 2004

Short	19 th June	Buckden Pike;	5 th Sept	Shelf Moor
Medium	6 th March	Noonstone;	18 th July	Kentmere
Long	25 th April	3 Peaks;	7 th Aug	Borrowdale

The Kendal Winter League

This might be of interest to those looking for a bit of racing in the early part of the year—all fell races of a shortish nature with categories for Juniors U 12; U14; U17_ plus the usual senior and vets.

There are 12 races entries on day £2-50 and £1 for juniors. The races are listed below, my source doesn't give start times, but contact Names Alan Westworth 01539 728134 or Billy Procter 01539 732944

4th Jan Scout Scar from Brigsteer Rd

11th Jan Burton Hill Race Galleber Farm, Burton in Lonsdale

18th Jan Staveley Head Race, Birkfield Farm Staveley

25th Jan Fairmile Fell Race Howgill Sedbergh

1st Feb Whitestone Fell Race Steveley in Cartmell

8th Feb Barbon Fell Race Barbon to Dent Road

15th Feb Birkrigg Common Mountbarrow Rd Ulverston

22nd Feb Cautley Fell Race Near Sedbergh

29th Feb Troutbeck Fell Race Pool Bank Farm Troutbeck

7th Mar Blawith Common Water Yeat ,Lowick to Coniston Rd

21st Mar Elterwater Fell Race Elterwater Common Gt Langdale

I have copied these from the local press and a final date of 4th Mar is given for Austwick Fell race.

Perhaps it means the 14th Mar which would fill the gap -- please check times & dates before travelling as you know how the press can get things wrong!

I am sure Colin Valentine will have run all of these races & would fill you in on any details you need to know.

Ron Hill 44th Derwentwater 10 2003 A viewpoint by Susan Denham Smith

I have started to take many things about living in the Lakes for granted. There's the rain for instance, I was the only person at the 300 strong start wearing the latest designer dustbin bag. There's the hills, as I walked from the finish back to the school I heard 2 ladies in North Fylde vests complaining that they would not be able to walk tomorrow let alone run and then there's the views. As I proudly flicked through the calendar I had been presented as a finishing spot prize I had to remind myself that I was privileged to live in the picturesque, chocolate box surroundings of the scenes depicted on my award. And those picturesque surroundings, "those" hills and "that" rain, were the back-drop for the Keswick AC's flagship road race The Derwent 10.

It's a mighty professional race. I was convinced of that fact from the moment Alan Ritchie waved the neatly, pencil drawn project plan under my nose as I walked through the door. "I've had a 100% increase in last minute volunteer marshals this year - from 1 to 2," he told me not without a hint of irony, "and half the people I do have helping are not in the club".

The intricate detail of the plan was designed to ensure that the generously sacrificed time of the thinly spread marshals was used to its best capacity and proved the theory that proper planning prevents piss poor performance. Or more accurately (and politely) that if things run smoothly and like clockwork it is probably because the best man has done the planning.

Another factor which convinced me that Alan meant business was when he got his gun out and started spinning the barrel. Was this a pre-race tension reliever game of Russian roulette? Or was Alan doing what he had already proved as his key to success. The attention to detail which distinguishes a success from a failure.

The start of the race on Main Street outside Brysons has the feeling of a Saturday afternoon outside the main gates of Old Trafford. People are milling about in sporty looking gear but nobody looks like they are about to head off into the rain and hills for a ten mile tempo run - or sprint. The curious onlookers, supporters and unsuspecting holiday makers, have picked up the vibe of what is about to happen, and huddle, almost cowering in shop doorways, fearful that if they are in the wrong place when the gun goes off they will be swept to George Fishers and beyond.

It's funny how people clap and cheer the runners at the start of the race. As we passed the Cornish Pastie shop one chap yelled, "well done ladies". Was it such a feat of endurance to make it the 50 meters up the high street? Well maybe it was when the CTB report that the average tourist walks only 20 meters from their car on a holiday to the Lake District. Or was he cheering that fact that for the first time in my life I had run past a pie shop with-out stopping to pop in and buy one.

As is the way with the plodders at the back of the pack I fell in step with a familiar pair of trainers from another local running club and started to catch up on news we had not shared since Buttermere in February. I know this is totally incomprehensible to the runners at the sharp end, where the watch words are "dig in" and 85% is just 5% too slow. But for slower runners who have not got a "cat(in)bell's" chance of being in the prizes the way we dig in is by taking our minds off the pain with idle chatter, encouraging our fellow runners, many of whom are often on their first or longest race to date and taking inspiration from the scenery..... oh and there's having a few words with the marshalls as you go round.

Duncan at Grange Bridge had done, "not so badly" on the cross countries the day before. Maureen had her usual smile and remembered everybody's names. We made faces at Darian's camera and debated where the water had been the year before a good mile before we found it.

"Benzol" and his Floorchoice van and his totally professional mini-marshalls served us well with refreshments and will have cleared up the debris we runners left on the roadside before they returned frozen to the hall.

Chris Knox joined in our conversation about the stress of buying new running shoes as we trundled past the Swinside Inn sign and at Portinscale it was a close choice between running under a bus or onto the A66. Luckily Christian and an unidentifiable body, mummified against the cold shepherded us onto the cycle track.

Disabled by the rigours of The Karrimor the week before Mark D-S together with Geoff Somers resting up for another trip to the South Pole were playing Canute with the traffic on the A66 junction. Something tells me they listened very carefully at infants school when the friendly village bobby came to school with his toy cars, and with 100% accuracy ensured every single runner got across the road safely.

And so to the finish where Steve Harwood stood with his umbrella and stopwatch. I Knew there were others there too as I was handed a calendar and somebody must have been taking a note of race numbers, because by the time I had got back to the school there was a frenzy of satisfied looking bodies peering at the rows of 12point font on the 6 or seven sheets of paper stuck on the wall to see how they had done.

I met up with Angela in the queue for tea, which Duncan had been manning until 10 minutes before the race started and having run was back in place serving as though he had not been interrupted by his quick jog around the block. In reply to my enquiry as to how she had done Angela said, "oh OK", with what I now understand to be a modest and self-effacing smile, "67 minutes". It sounded good to me, quite fast in fact. I sort of appreciated that times around the 1 hour mark were very good, but as such times only exist in my dreams I do not take very much notice of the minutes and seconds. I just accepted that Angel had done OK but was not totally on top form. Imagine then my surprise when Alan announced the Lady winner as, "from Keswick AC and the first Lady over 40, Angela B-B"

And so even if the rain, the hills and the views ever totally cease to surprise me, the modesty, hard work and enthusiasm of all the club members and their loyal supporters will always leave me speechless.

KESWICK AC FELL CHAMPIONSHIPS, 2003

POS	NAME	CAT	AW	PG	SK	LAT	GH	LA	TOTAL	4/6
1	M. Denham-Smith	M	25	25	25	25		25	125	100.00
2	D. Birch	M	21	22	22		25	21	111	90.00
3	N. Lockwood	M	22	20	20	22			84	84.00
4	P. Bullen	M	17		17	19	21		74	74.00
5	D. Owens	MV40	14	17	16	18	19	19	103	73.00
6	S. Kemp	MV40		18	14	20	14		66	66.00
7	B. Booth	MV60		15	11	15		17	58	58.00
8	J. Downie	MV50	12	16	12	17			57	57.00
9	D. Spedding	MV50	15				20	20	55	55.00
10	N. Thompson	M	18		15		18		51	51.00
11	D. Troman	M			21			22	43	43.00
12=	L. Sharp	L	20	19					39	39.00
12=	D. Overton	MV50		21	18				39	39.00
14=	D. Frampton	MV40	19		19				38	38.00
14=	C. Valentine	MV40	16				22		38	38.00
16	L. Cowell	L					17	18	35	35.00
17	P. Gilchrist	MV50	11		9	13			33	33.00
18=	C. Knox	MV40	8				15		23	23.00
18=	R. Askwith	MV40	10		13				23	23.00
20=	A. Brand-Barker	LV40				21			21	21.00
20=	J. Rutter	MV60				8	13		21	21.00
22=	T. Brand-Barker	MV40				16			16	16.00
22=	G. Somers	MV50					16		16	16.00
24	H. Blenkinsop	MV60	1		2		12		15	15.00
25=	P. Richards	MV40	6		8				14	14.00
25=	S. Noble	MV40				14			14	14.00
27	L. Thompson	LV40	13						13	13.00
28	C. Mandale	M				12			12	12.00
29	C. Colam	LV50				11			11	11.00
30=	J. Meeks	LV40			10				10	10.00
30=	R. Strachan	MV60			1	9			10	10.00
30=	P. Richards	LV50				10			10	10.00
33	S. Grisdale	MV40	9						9	9.00
34=	G. Marshall	L	7						7	7.00
34=	M. Bridge	LV50	3		4				7	7.00
34=	J. Horne	MV40			7				7	7.00
37=	D. Harrison	MV50	1		5				6	6.00
37=	J. Myatt	MV40			6				6	6.00
39	S. Harwood	MV50	5						5	5.00
40	C. Charlton	LV40	4						4	4.00
41	A. Lockwood	M			3				3	3.00
42	A. Buckley	MV50	2						2	2.00
43	S. Denham-Smith	L	1						1	1.00

KESWICK A.C. ROAD CHAMPIONSHIP, 2003

POS	NAME	CAT	BR/M	KHM	H10K	SW6	D10	B-C10	TOTAL	4/6
1	D.Frampton	MV40		25		25	22	25	97	97
2	M. Denham-Smith	M	25		25	22		22	94	94
3	D. Harrison	MV55	20	21	20	18	18	20	117	81
4	A. Brand-Barker	LV40		18	21	20	21		80	80
5	D. Hayes	MV60		20	22	19	17		78	78
6	S. Kemp	MV40		19		17	20	21	77	77
7	P. Gilchrist	MV55	13	17		12	15	15	72	60
8	S. Denham-Smith	L	10	13	17	9	4	12	49	52
9	D. Troman	M	22				25		47	47
10	J. Riley	M	15				14	16	45	45
11	N. Lockwood	M	21			21			42	42
12	S. Fletcher	MV40		22		14			36	36
13=	A. Haworth	LV40			19	16			35	35
13=	S. Noble	MV40					16	19	35	35
15	J. Yeates	LV40	18	16					34	34
16=	P. Richards	LV50			18	11			29	29
16=	I. Milne	MV40					11	18	29	29
18	R. Strachan	MV60			16	10			26	26
19	T. Brand-Barker	MV45				13	12		25	25
20	S. Hawker	L	9	12					21	21
21	C. Nixon	MV60					7	13	20	20
22=	D. Owens	MV45	19						19	19
22=	K. Loan	MV45					19		19	19
24=	N. Pritchard	M	17						17	17
24=	P. Eagan	MV40						17	17	17
26	J. Johnstone	MV50	16						16	16
27=	S. Harwood	MV50		15					15	15
27=	P. Richards	MV45				15			15	15
29=	A. Jones	MV40	14						14	14
29=	A. Downie	LV40		14					14	14
29=	C. Mandale	M						14	14	14
32	J. Horne	MV40					13		13	13
33	A. Buckley	MV55	12						12	12
34	C. Colam	LV50					10		10	10
35	B. Booth	MV60					9		9	9
36	M. Robertson	MV40					8		8	8
37	H. Blenkinsop	MV60					6		6	6
38	J. Rutter	MV60					5		5	5

KAAC LEAGUE 2003

PO	NAME	CAT	BR	CP	RTH	GG	HEL	2R	LANG	SK	LS	S6	LAT	RL	D10	TOTAL
1	LOCKWOOD, N	M	79.78	92.76	87.86		96.87	85.63	85.24	86.41	100.00	90.30	92.26	90.01		987.12
2	DENHAM-SMITH, M	M	90.22	91.24		94.57	99.75	87.02		90.03	49.18	91.19	95.05	90.92		879.17
3	GILCHRIST, P	MV55	62.19	49.53	73.45	71.75	74.33	63.80		64.12	76.41	71.93	69.83	70.67	72.46	820.47
4	KEMP, S	MV45		74.90	81.11	78.52		73.90	72.30	72.83	83.68	79.98	81.38		79.40	778.00
5	DOWNIE, J	MV50		72.70	74.36	77.24		71.17	69.92	69.67	81.72		75.22	71.81		663.81
6	BIRCH, D	M		88.90			88.73	90.23	87.53	88.06	99.62					543.07
7	OWENS, D	MV45	78.26	76.38			85.21			75.53			79.16	79.72		474.26
8	BOOTH, B	MV60		59.20			77.60	65.34	65.51	66.50			72.10		67.80	474.05
9	FRAMPTON, D	MV45		90.75	95.62					86.12		94.56			88.19	455.24
10	BULLEN, P	M		79.55				77.86		78.60			79.16	87.08		402.25
11	THOMPSON, N	M		82.35					74.56	75.49	85.14		77.96			395.50
12	COLAM, C	LV50			66.55				59.41		67.55		63.42	63.99	67.94	388.86
13	STRACHAN, R	MV65		49.42	56.35					47.94	58.80	56.21	53.45	55.49		377.66
14	TROMAN, D	M	88.71							86.67				91.06	89.82	356.26
15	RICHARDS, P	MV45						61.94		63.94	75.41	74.92		70.20		346.41
16	RICHARDS, P	LV50		59.62							69.09	68.83	61.22	68.12		326.88
17	BLINKINSOP, H	MV65		56.31				49.47	48.39	49.84				52.58	56.20	312.79
18	FLETCHER, S	MV40			83.66		79.86	74.27				74.04				311.83
19	HARRISON, David	MV50		54.83					60.22	61.50	67.55			66.41		310.51
20	JONES, A	MV40	62.27	66.77	72.75	70.43										272.22
21	BUCKLEY, A	MV55	57.80	67.66		70.43								66.14		262.03
22	HORNE, J	MV40						59.09	64.39	63.88					71.17	258.53
23	DENHAM-SMITH, S	L	50.81								49.18	55.40		49.06	50.33	254.78
25	BRAND-BARKER, A	LV40										80.71	83.24	79.52		243.47
26	HARRISON, Derek	MV55	79.35									80.27		79.24		238.86
27	HAYES, D	MV65			79.61							80.27		77.97		237.85
28	MYATT, J	MV40								63.86	86.88			84.70		235.44
29	BRIDGE, M	LV50		57.85				57.39	60.03	59.80						235.07
30	COWELL, L	L		71.46			80.49	68.90								220.85
31	BROWN, G	MV55		72.55			78.95	69.14								220.64
32	BRAND-BARKER, T	MV45										72.22	73.32		70.52	216.06
33	NOBLE, S	MV40							66.43				70.27		75.24	211.94
34	LEWSLEY, S	LV40						65.29	64.57		76.27					206.13
35	OVERTON, D	MV50					97.60			86.12						183.72
36	BROWN, Gillian	LV40			59.09						59.38			59.17		177.64
37	VALENTINE, C	MV40		88.83			86.34									175.17
38	LOCKWOOD, A	M			59.10					54.63				59.93		173.66
39	RUTTER, J	MV60											51.67	57.21	54.38	163.26
40	HILL, K	M			80.95									80.15		161.10
41	HAWORTH, A	LV40			74.52							76.70				151.22
42	YEATES, J	LV40	71.70		71.84											143.54
43	JONES, S	MV50									72.94			70.37		143.31
44	THOMPSON, L	LV40		75.26				67.63								142.89
45	GRISEDAL, S	MV40		68.29		74.32										142.61
46	MANDALE, C	M									74.32		67.54			141.86
47	KNOX, C	MV45									71.62			68.23		139.85
48	CHARLTON, C	LV40		63.24							71.16					134.40
49	NIXON, C	MV60			58.32										60.58	118.90
50	MORRIS, K	LV40		51.95					50.19							102.14
51	BROWN, M	MV50									46.57			48.82		95.39
52	SHARP, L	L						79.71								79.71
53	ROBINS, D	M			79.31											79.31
54	HARWOOD, S	MV55			74.82											74.82
55	HAGUE, P	MV40						72.96								72.96
56	ASKWITH, R	MV40								71.35						71.35
57	CHARLTON, I	MV50						68.14								68.14
58	MEEKS, J	LV40								66.23						66.23
59	MARSHALL, G	L						65.90								65.90
60	OWEN, K	MV40			64.83											64.83
61	DOWNIE, A	LV40												60.03		60.03
62	ROBINS, L	L			58.32											58.32
63	LOAN, K	MV40													79.24	79.24
64	RILEY, J	M													71.64	71.64
65	MILNE, I	MV40													70.44	70.44
66	BURCHETT, R	MV60													67.03	67.03
67	ROBERTSON, M	MV40													64.99	64.99

KESWICK AC CLUB STANDARD AWARDS, 2003						
NAME	CAT	10K	10M	1/2 M	MARATHON	AWARD
D. Frampton	MV45	34.59	57.42	1.18.34		Gold
L. Sharpe	L	37.45				
D. Hayes	MV65	39.15	1.07.33	1.30.59		Gold*
C. Nixon	MV65	49.35	1.26.56	1.51.26		Bronze
N. Lockwood	M			1.25.28		
D. Owens	MV45			1.28.35		
P. Gilchrist	MV55	41.33	71.56	1.35.04		Silver
N. Pritchard	M	41.55		1.38.28	3.21.00	
D. Robins	MV40	39.41		1.29.06		
A. Buckley	MV55			1.45.41	4.03.00	
K. Owen	MV40			1.53.29		
S. Hawker	L			2.13.22	5.07.21	
Derek Harrison	MV55	39.12	65.03	1.27.07	3.23.18	Gold
P. Jackson	L	39.30				
J. Riley	M	41.32	1.13.31	1.31.00	3.47.00	
J. Johnstone	MV50	43.39		1.46.50	3.45.11	
J. Yeates	LV40			1.37.56	3.19.59	
R. Burchett	MV60		1.18.34		4.20.21	
S. Fletcher	MV40			1.27.26		
S. Kemp	MV45		64.53	1.31.10		
A. Brand-Barker	LV40	41.06	1.06.14	1.33.15		Silver
S. Harwood	MV55			1.38.21		
A. Downie	LV40			2.01.49		
S. Denham-Smith	L	56.15	1.39.44	2.15.38		
L. Robins	LV40	50.53		1.59.10		
C. Wallace	MV50	48.00				
M. Denham-Smith	M	35.15	58.28			
R. Maddams	M	32.37			2.34.?	
K. Hill	M		62.00			
D. Overton	MV55	35.37				
A. Haworth	LV45	42.51				
P. Richards	LV50	47.36				
R. Strachan	MV65	59.29				
I. Milne	MV40		70.15	1.36.50		
C. Mandale	M		74.40	1.37.26		
David Harrison	MV50			1.50.28		
D. Troman	M		58.38			
K. Loan	MV45		1.06.22			
S. Noble	MV40		68.52			
J. Horne	MV40		1.14.00			
T. Brand-Barker	MV45		1.14.41			
C. Colam	LV50		1.17.31			
B. Booth	MV65		1.17.37			
M. Robertson	MV40		1.21.02			
H. Blenkinsop	MV65		1.33.43			
J. Rutter	MV65		1.36.51			
D. Kerr	MV45				3.12.40	
P. Eagan	MV40		70.32			
J. Ridley	M		70.55			

A report by SDS that the local paper turned down---- but I'm sure our membership can handle it!!

**British Fell and Hill running Relay Championship 18 October 2003-10-20-
Keswick AC Report**

“WE CAME, WE RAN, WE HAD OUR ARSES KICKED.- well the men did anyway”

It's not always easy to persuade the fell running citizens of Cumbria to depart their native hills and scenery to compete outside the county, but perhaps the promise of a free bed to sleep in at the parents of the local sports master affectionately known as DT, a free journey via every burger bar you can stop at on the M6, and the promise of a good fast run in bright clear sunshine twisted the fingers of a full mens' and womens' team to travel the 4 hour journey to Church Stretton in Shropshire for the British Fell and Hill running Relay Championships.

Compared to the rigours of Langdale, where the event was hosted last year this could not be described as traditional fell running country, the courses over the Long Mynd nevertheless provided a decent workout. The terrain was runnable compared to the often rocky scrambles offered up on the more technical courses of the Lake District our runners are used to. Despite a hard fight Keswick Ladies were unable to retain their title and had to accept second position, 3 minutes behind Dark Peak.

The men claim that clubs with strong road runners were favoured, but word has it that the burgers may have been to blame.

Leg 1 - Angela Brand Barker 54.52
Leg 2 - L Cowell/Hilde Krynen 1 32 37 (fastest on their leg)
Leg 3 - Debbie Thomson/Jane Meeks 1 20 09
Leg 4 - Louise Sharpe 54.19

Keswick Mens team finished in 24th position overall.

Leg 1 - Nimrod Lockwood 51 09
Leg 2 - Mark Denham-Smith/Dave Troman 1 15 04
Leg 3 - Tony Brand Barker/Dave Spedding 1 26 52
Leg 4 - Duncan Overton 51 59

Editor's/team captain's note;

As a general comment the men's team did as well as could have been expected and had Sped & Tony not wasted 5 mins going the wrong way we would have finished maybe 20th. I can dial in a few more could have /should have factors, but the bottom line is who runs on the day. Next year !! In Derbyshire, so it might be a bit softer under foot and slightly nearer home--- please can we have a full squad out so Tony & Sped don't have to run [unless form dictates otherwise].

Ian Hodgson Mountain Relay 2003

TEAM		LEG 1		LEG 2			LEG 3			LEG 4		TOTAL	
Pos.	Number	Cat	Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	TOTAL
				Posn		Posn	Gain		Posn	Gain		Posn	Gain
1	Borrowdale	O	Simon Booth	01:04:25	Andrew Schofield	00:34:59	1	Phil Davies	01:03:54	1	Mark Roberts	00:48:09	03:31:27
	8		Jim Davies	2nd	Ben Bardsley	1st	+1	Andrew Davies	1st	0	Gavin Bland	1st	0
2	Ambleside A	O	Nick Sharp	01:06:19	Gary Thorpe	00:36:16	2	John Atkinson	01:04:21	2	Simon Stainer	00:51:54	03:38:50
	2		Mark Rigby	3rd	Tony Smith	4th	+1	Nick Fish	3rd	0	John Deegan	3rd	0
3	Dark Peak	O	Mark Hayman	01:09:33	Tim Tett	00:37:46	3	Alan Ward	01:08:42	3	Rob Davison	00:53:51	03:49:52
	22		Tim Austin	4th	Andy Middleditch	7th	+1	Simon Patton	6th	0	Mike Robinson	6th	0
4	Pudsey & Bramley	O	Gary Devine	01:17:49	Steve Neill	00:36:02	9	Phil Sheard	01:04:47	5	Steve Bottomley	00:52:16	03:50:54
	54		Paul Sheard	17th	Jason Hemsley	3rd	+8	Rob Hope	4th	+4	Steff Macini	4th	+1
5	Ambleside	O	Neil Ashcroft	01:14:42	Paul Singleton	00:35:56	5	Jonathan Fish	01:12:30	10	Dan Duxbury	00:53:48	03:56:56
	4		Dan Golding	9th	Graham Patton	2nd	+4	John Hooson	14th	-5	Stuart Shuttleworth	5th	+5
6	Lothian	O	Graeme Ackland	01:17:45	Andy Kitchin	00:38:52	13	Tim Lenton	01:04:13	6	Chris Godfree	00:56:32	03:57:22
	45		Dave Godfree	16th	Rob Lee	9th	+3	Ian Donnan	2nd	+7	Colin Eades	11th	0
7	Clayton Le Moors	O	Simon Thompson	01:15:54	Garry Wilkinson	00:37:31	8	Willy Sullivan	01:09:21	8	Andy Orr	00:55:39	03:58:25
	13		Martin Podmore	13th	Jason Harbour	6th	+5	Paul Thompson	7th	0	Sean Carr	7th	+1
8	Bingley H	Mix	Ian Holmes	01:03:51	Ruth Whitehead	00:45:00	4	Andy Peace	01:08:34	4	Sharon Taylor	01:01:16	03:58:41
	5		Rob Jebb	1st	Kirstin Bailey	29th	-3	Colin Moses	5th	0	Helen Johnson	18th	-4
9	Clayton Le Moors	V	Ian Greenwood	01:11:39	Mark Aspinall	00:39:44	6	Geoff Gough	01:10:54	7	Colin Urmston	00:58:48	04:01:05
	14		Mike Wallis	5th	John Roche	11th	-1	Peter McWade	10th	-1	Stephen Whitaker	15th	-2
10	Keswick A	O	Mark Denham Smith	01:13:59	Colin Valentine	00:43:14	14	Duncan Overton	01:13:11	14	Dave Troman	00:51:42	04:02:06
	41		Dave Birch	8th	Pete Haworth	23rd	-6	Dave Spedding	15th	0	Nimrod Lockwood	2nd	+4
11	Helm Hill	O	Billy Procter	01:15:02	Mike Addison	00:38:56	10	Tom Tipping	01:11:46	12	Ben Procter	00:57:42	04:03:26
	30		Johan Meyfroidt	11th	Mike Bloxham	10th	+1	Paul Brittleton	13th	-2	Shawn Addison	13th	+1
12	Horwich	V	Graham Schofield	01:11:45	Tony Hesketh	00:40:14	7	Steve Barlow	01:10:54	9	Neil Wrigley	01:00:59	04:03:52
	32		Steve Jackson	6th	Phil Dewhurst	14th	-1	Kev Gaskell	10th	-2	Albert Sunter	17th	-3
13	Horwich	O	Brendan Bolland	01:14:45	Dave Townsend	00:40:09	12	Colin Rigby	01:15:14	13	Chris Hayes	00:59:49	04:09:57
	31		Chris Seddon	10th	Andy Neary	13th	-2	Paul Massey	20th	-1	Doug Hayes	16th	0
14	C.F.R.	V	Andy Beatty	01:21:03	Brian Thompson	00:38:02	16	Harry Jarrett	01:15:09	16	Rob James	00:55:48	04:10:02
	19		Gary Byers	22nd	Brian Short	8th	+6	Bob Riley	19th	0	Simon Colbert	8th	+2
15	Bowland	O	Leigh Warburton	01:22:36	Steven Cox	00:41:14	23	Chris Reade	01:10:19	15	Lee Dowthwaite	00:56:28	04:10:37
	9		Mark Chippendale	27th	Clive Davis	18th	+4	Steven Sweeney	8th	+8	Robert Wynne	10th	0
16	C.F.R.	Mix	Geoff Ayres	01:12:39	Jackie Hargreaves	00:42:05	11	Des Morris	01:10:50	11	Kate Beaty	01:06:41	04:12:15
	20		George Crayston	7th	Sara Carson	20th	-4	Brian Taylor	9th	0	Samantha Ayers	25th	-5
17	Settle	O	Dave Horsefall	01:21:53	Antony Shepherd	00:40:37	18	Alex Picklington	01:14:23	19	Adrian Pickles	00:56:18	04:13:11

Ian Hodgson Mountain Relay 2003

TEAM		LEG 1		LEG 2			LEG 3			LEG 4		TOTAL	
Pos.	Number	Cat	Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	TOTAL
				Posn		Posn	Gain		Posn	Gain		Posn	Gain
	61		Lee Athersmith	25th	Mike Wynn	15th	+7	John Murfin	17th	-1	Ben Lonsdale	9th	+2
18	Kendal	V	Alan Miller	01:24:49	Steve Kirkbride	00:41:02	28	Craig Roberts	01:11:19	20	Phil Clarke	00:56:55	04:14:05
	39		Paul Tuson	35th	Dan Dickenson	17th	+7	Paul Whiting	12th	+8	Nick Wharton	12th	+2
19	Westerlands	O	Manny Gorman	01:19:01	John Donnelly	00:44:47	22	Chris Upton	01:16:36	23	Don Reid	01:03:38	04:24:02
	65		Crispin Flower	19th	Charlie Campbell	27th	-3	Stevie McLoonie	24th	-1	Brian Bonnyman	20th	+4
20	Pennine F.R.	Mix	Malcolm Fowler	01:15:10	Jane Mellor	00:46:53	17	Colin Fray	01:14:02	18	Mary Edgerton	01:08:17	04:24:22
	52		Tom McGaff	12th	Yvonne Williams	38th	-5	Darren Dunn	16th	-1	Naomi Greaves	32nd	-2
21	Preston	O	Ashley Nixon	01:23:58	Steven Bamber	00:39:55	24	David Parkington	01:16:00	21	Steven Forster	01:07:08	04:27:01
	53		Brian Dewhurst	31st	Greame Menzies	12th	+7	Colin Shuttleworth	22nd	+3	John Griffiths	26th	0
22	Rosendale	O	Phil Taylor	01:17:44	Andy Buttery	00:45:19	19	Ken Taylor	01:16:56	22	Stuart Sumner	01:07:20	04:27:19
	57		Steve Hoyle	15th	Sean Molloy	30th	-4	Steve Clawson	27th	-3	Tony Spicer	27th	0
23	Dark Peak	V	Gavin Williams	01:22:15	Nev Boler	00:47:23	30	Keith Holmes	01:16:44	26	Dave Tait	01:03:02	04:29:24
	23		Dave Soles	26th	Ted Vait	39th	-4	Rob Hitton	26th	+4	Richard Horsefield	19th	+3
24	Eden Runners	O	Simon Lloyds	01:27:46	Paul Boyce	00:45:24	38	Anthony Lobram	01:14:27	27	Nicola Davies	01:03:53	04:31:30
	26		Robin Gillespie	42nd	Dave Barclay	32nd	+4	Steve Bennett	18th	+11	Alex Heron	21st	+3
25	Ilkley Harriers	V	Nick Pearce	01:24:18	Mark Priestley	00:45:23	31	Geoff Howard	01:24:01	32	Dave Cheesewright	00:57:53	04:31:35
	36		Jon Sage	32nd	Ian Marshall	31st	+1	Ashley Hardwell	33rd	-1	Mike Baldwin	14th	+7
26	Pennine F.R.	V	Ian Warhurst	01:21:29	Frank Fielding	00:43:20	26	Mark Williams	01:21:31	25	Andy Howie	01:06:02	04:32:22
	51		Simon Entwistle	23rd	Steve Wyatt	25th	-3	Tony Greenwood	30th	+1	Carl Moriarty	22nd	-1
27	Tynedale	O	Syd Coxon	01:17:42	Rachel Carter	00:46:21	25	Michael Broadhurst	01:17:52	24	Peter Graham	01:11:32	04:33:27
	64		James Dickinson	14th	Phil Vincent	37th	-11	Neil Cassidy	28th	+1	Marcus Byron	39th	-3
28	Trafford	O	Vinny Booth	01:21:52	Mike Hutchinson	00:37:04	15	Bill Fiarmaner	01:16:10	17	Chris Doyle	01:21:25	04:36:31
	63		Dave Keeling	24th	Ian Salisbury	5th	+9	Dave Emmerson	23rd	-2	Chris Leith	58th	-11
29	C.F.R.	O	Andy Bradley	01:28:34	Mike Litt	00:42:51	37	Ronnie Mossop	01:23:03	34	Ian Harland	01:06:18	04:40:46
	18		Larry Abel	43rd	Peter Scott	22nd	+6	Dave Atkinson	32nd	+3	Paul King	23rd	+5
30	Carnethy	O	Mark James	01:23:33	Robin Morris	00:47:38	35	John Blair-Fish	01:22:10	31	Willie Mykura	01:07:41	04:41:02
	11		Stewart Barrie	30th	Bill Gauld	40th	-5	Derek Bearhop	31st	+4	Willie Gibson	28th	+1
31	Saltwell	O	Keith Wood	01:18:51	Ged Conway	00:44:55	21	Phil Pearson	01:25:03	29	Jimmy Smith	01:12:53	04:41:42
	60		Fred Smith	18th	Tim Forster	28th	-3	Jim Thompson	36th	-8	Peter Mullarkey	41st	-2
32	Fellandale A	O	Paul Dennison	01:27:07	Dave Britton	00:43:17	32	Alan Judd	01:27:24	37	Chris Hodgson	01:06:35	04:44:23
	27		Richard Patterson	40th	Richard Falls	24th	+8	Brian Hillon	42nd	-5	Julian Simmons	24th	+5
33	Northumberland F.R	O	David Armstrong	01:24:23	John Humble	00:46:16	33	Paul Hainsworth	01:25:53	35	John Duff	01:09:14	04:45:46

Ian Hodgson Mountain Relay 2003

TEAM		LEG 1		LEG 2			LEG 3			LEG 4		TOTAL	
Pos.	Number	Cat	Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	TOTAL
				Posn		Posn	Gain		Posn	Gain		Posn	Gain
	47		David Atkinson	33rd	Peter Scott	36th	0	John Dallison	37th	-2	Mike Jeffrey	35th	+2
34	Otley A.C.	O	Andrew Robertshaw	01:20:08	Carl Walsh	00:45:39	27	John Armistead	01:26:07	30	Colin Best	01:16:42	04:48:36
	48		Ian Fisher	21st	Ray Hawksby	33rd	-6	Malcolm Court	38th	-3	Aidan Smith	50th	-4
35	Corstorphine	O	Chris O'Brien	01:22:45	Tom Farrington	00:40:52	20	Keith Hood	01:24:15	28	Paul O'Brien	01:21:05	04:48:57
	16		Steven O'Brien	28th	Moray Anderson	16th	+8	Dave Law	34th	-8	M Tunstall	57th	-7
36	Glossopdale	O	Paul Stitt	01:24:52	Ben Newman	00:42:40	29	Andrew Wilkins	01:31:06	38	Dominic Naylor	01:10:29	04:49:07
	29		Andrew Anastasi	36th	Rob Edwards	21st	+7	Andrew Bardsley	45th	-9	Gary Merton	37th	+2
37	Ilkley Harriers	O	Graham Pearce	01:24:45	Morgan Williams	00:46:14	34	Neil Chapman	01:26:20	36	Phil Atkinson	01:13:30	04:50:49
	35		Jim Ryder	34th	Peter Sibley	35th	0	Roy Ruddle	39th	-2	Phil Chappell	42nd	-1
38	Howgill Harriers	O	Pete Brittleton	01:25:07	Graham Moffat	00:46:12	36	Rich Tyson	01:33:34	41	Fraser Livesy	01:07:59	04:52:52
	34		Simon Horsley	37th	Dave Tomlinson	34th	+1	Mike Moss	51st	-5	Jim Fisher	29th	+3
39	Pudsey & Bramley	Mix	Shane Green	01:19:26	Caroline Wilkinson	00:55:09	40	John Parsons	01:19:16	33	Sally Corbin	01:20:12	04:54:03
	55		Boff Whalley	20th	Kate Boobyer	54th	-20	Sarah Rowell	29th	+7	Dale Wilkinson	56th	-6
40	Keswick	L	Hilde Krynen	01:30:33	Maureen Bridge	00:55:08	45	Lou Sharp	01:15:32	40	Debbie Thompson	01:14:35	04:55:48
	43		Liz Cowell	45th	Anne Haworth	53rd	0	Angela Brand-Barker	21st	+5	Carolyn Charlton	43rd	0
41	Ambleside B	L	Nicky Lavery	01:25:36	Vicky Wilkinson	00:48:24	39	Carol McCarthy	01:26:59	39	Sue Owen	01:17:25	04:58:24
	3		Sue Wood	38th	Caroline Alexandra	42nd	-1	Clare Kenny	41st	0	Susan Clough	52nd	-2
42	Kendal B	O	Jonathan Broxap	01:36:11	Rebecca Robinson	00:44:27	43	Hugh Symonds	01:24:24	42	Nigel Walker	01:15:08	05:00:10
	40		Spencer Simpson	49th	Ken Dacre	26th	+6	Matt Foxwell	35th	+1	Pete Dowker	45th	0
43	Keswick B	O	Stephen Kemp	01:27:09	Patric Gilchrist	00:49:33	41	Tony Brand-Barker	01:34:55	44	Simon Noble	01:08:47	05:00:24
	42		Dave Owens	41st	Christian Mandale	44th	0	Pete Richards	52nd	-3	Chris Knox	33rd	+1
44	Cumbria Police	O	John Chambers	01:22:57	Debbie Chambers	01:03:18	48	Steve O'Keefe	01:27:45	45	John Sealby	01:08:04	05:02:04
	21		David Ward	29th	Andy Stokes	59th	-19	Mark Graham	43rd	+3	Richard Mann	30th	+1
45	Dark Peak	L	Hannah Woston	01:36:16	Philippa Leach	00:54:16	49	Lynn Bland	01:26:41	48	Kirsty Bryan-Jones	01:09:19	05:06:32
	24		Jo Smith	50th	Ruth Hambleton	51st	+1	Lesley Vatchison	40th	+1	Helen Thorburn	36th	+3
46	Ilkley Harriers	L	Andrea Priestley	01:28:55	Jo Foster	00:48:50	42	Sally Makin	01:32:31	43	Joyce Marshall	01:16:32	05:06:48
	37		Alison Eagle	44th	Clare Cheesewright	43rd	+2	Emma Barclay	49th	-1	Helen Sedgewick	48th	-3
47	Achille Ratti	V	Dave Makin	01:26:38	Chris Farrell	00:59:06	46	Alan Kenny	01:30:36	47	Brian Kenny	01:10:56	05:07:16
	1		Michael Donnelly	39th	Geoff Billington	57th	-7	Eddie Lezniak	44th	-1	Phil Goth	38th	0
48	Z Team	V	Mick Green	01:32:35	Richard Wilkinson	00:50:21	44	Tony Peacock	01:32:03	46	Richard Bellaries	01:12:38	05:07:37
	66		Geoff Newsam	46th	Pete Hindle	46th	+2	Andy Walmsley	46th	-2	Andrew Howarth	40th	-2
49	Pennine F.R.	O	Nat Winfield	01:34:36	Gary Corbett	00:51:36	47	Rob Talor	01:32:29	49	Nield Goldsmith	01:15:57	05:14:38

Ian Hodgson Mountain Relay 2003

TEAM		LEG 1		LEG 2			LEG 3			LEG 4		TOTAL	
Pos.	Number	Cat	Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	TOTAL
				Posn		Posn	Gain		Posn	Gain		Posn	Gain
	50		Gorge Scott	47th	Jason Stott	47th	0	Richard Scottney	48th	-2	Richard Topliss	46th	0
50	Black Combe	Mix	Mac Knowles	01:35:17	Tracey Binks	00:56:50	51	Dave Parminter	01:33:32	50	Cath Sibbald	01:18:00	05:23:39
	6		Kev Rutherford	48th	Val Gill	55th	-3	James Goffe	50th	+1	Nicky Goffe	53rd	0
51	Skyrac	V	Duncan Asquith	01:40:31	Steve Hatley	00:51:55	52	Graham Breeze	01:44:01	52	Martin Farrar	01:09:03	05:25:30
	62		Andy Brear	51st	Dave Hill	49th	-1	Malcolm Coles	58th	0	Nigel Kirkbright	34th	+1
52	Clayton Le Moors	L	Candice Leah	01:44:03	Anna Kelly	00:47:39	50	Katy Thompson	01:37:01	51	Alison Smith	01:18:45	05:27:28
	15		Wendy Dodds	53rd	Dany Robson	41st	+3	Andrea Barraclough	53rd	-1	Jackie Commons	54th	-1
53	Rosendale	O	Julie Keys	01:48:11	Linda Hannah	01:01:02	58	Nick Harris	01:32:07	56	Paul Hannah	01:14:44	05:36:04
	58		Gerrard Navan	56th	Julie Feeney	58th	-2	Nigel Gutts	47th	+2	Alan McGuinness	44th	+3
54	Lancaster & M	O	John Holdroyd	01:43:27	Jim Slinn	00:53:46	53	Andy Holden	01:43:17	54	John Doyle	01:16:47	05:37:17
	44		Paul Bates	52nd	Jack Smith	50th	-1	Graham Holden	57th	-1	Chris Merckle	51st	0
55	Fellandale B	O	Mick Swale	01:48:18	Alison Wilson	00:51:38	55	Sara Glover	01:41:20	55	Ian Wilson	01:16:41	05:37:57
	28		Mick Hodgson	57th	Paul Fench	48th	+2	Paul Glover	55th	0	Carl Prendergast	49th	0
56	Horwich	L	Sarah Garman	01:48:36	Mary White	00:50:19	54	Carolyn Hunter-Rowe	01:40:31	53	Elizabeth Smart	01:26:19	05:45:45
	33		Julie Howane	58th	Sheila Norris	45th	+4	Sue Jones	54th	+1	Clare McKenna	60th	-3
57	Carnethy	Mix	Karen Meikle	01:53:43	Kate Friend	00:54:47	57	Hilary Spenceley	01:49:07	58	Nick Macdonald	01:16:28	05:54:05
	12		Andy Spenceley	59th	Anne Nimmo	52nd	+2	Jane Robertson	60th	-1	Gordon Cameron	47th	+1
58	Lothian	L	Helen Murray	01:46:35	Margaret Turnbull	01:04:39	59	Lorna Eades	01:55:42	60	Kate Kitchin	01:19:15	06:06:11
	46		Christine Rouguie	55th	Jane Ackland	60th	-4	Julia Brosnan	61st	-1	Marsie Ewing	55th	+2
59	Blackburn R.R.	Mix	Fran Finnerty	01:46:34	John Mitchel	00:57:12	56	Lisa Richardson	01:48:30	57	Sarah Clarke	01:38:33	06:10:49
	7		Mark Hobin	54th	Dave Hamer	56th	-2	Christine Hamilton	59th	-1	Eileen Newman	61st	-2
60	Patterdale M.R.T	O	Dan Farley	01:57:07	Gillian Mininch	01:06:39	60	Karren Newman	01:41:59	59	Nigel Harling	01:26:00	06:11:45
	49		John Gay	60th	Clare Farley	61st	0	Phil Blanchard	56th	+1	Craig Smith	59th	-1
	Kendal A	O	Matt Beresford	DNF	Mike McMillan	00:42:01		Chris Limb	01:16:41		Paul Simpson	01:08:14	DNF
	38		Rob Blyth		Andrew Fawcett	19th		Paul O'Riley	25th		Rigby Jerram	31st	

O.S. MOUNTAIN TRIAL, 14/0/03				124	J. Riley	Keswick		1.31.00
Long Course				208	I. Milne	Keswick	MV40	1.36.50
1	M. Hayman	Dark Peak	4.22.25	220	C. Mandale	Keswick		1.37.26
26	D. Troman	Keswick	Novice 5.41.54	435	David Harris	Keswick	MV50	1.50.28
34	N. Thompson	Keswick	Novice 5.54.52	446	C. Nixon	Keswick	MV65	1.51.26
51	G. Somers	Keswick	MV50 6.18.52	563	L. Robins	Keswick	LV40	1.59.10
56	C. Valentine	Keswick	MV40 6.24.26	643	K. Owen	Keswick	MV40	2.06.44
Ladies					779 finishers			
1	L. Cowell	Keswick	3.54.36	DERWENTWATER 10, 2/11/03				
2	A. Brand-Barker	Keswick	LV40 3.48.34	1	S. Hepples	Loftus		52.40
Short Course				4	S. Murdoch	Border	MV40	55.31
1	B. Whalley	Pudsey	MV40 2.56.30	13	D. Troman	Keswick		58.38
6	T. Brand-Barker	Keswick	V40/nov 3.17.30	14	R. Brewster	Clayton	MV45	58.41
26	A. Radcliffe	Keswick	V50/nov 3.57.42	15	I. Scott	Quakers	MV50	58.57
68	H. Blenkinsop	Keswick	MV60 5.44.37	17	D. Frampton	Keswick	MV45	59.43
DALEHEAD, 21/9/03				24	D. Waywell	Wesham	MV55	1.00.22
1	n. Sharp	Ambleside	46.40	62	A. Brand-Bar	Keswick	1stL/V40	1.06.14
6	S. Jackson	Horwick	MV40 53.23	63	S. Kemp	Keswick	MV45	1.06.20
11	P. McWade	Clayton	MV50 55.05	64	K. Loan	Keswick	MV45	1.06.22
17	N. Davies	Borrowdale	L/LV40 58.51	65	Derek Harris	Keswick	MV55	1.06.28
27	D. Owens	Keswick	MV40 61.46	73	D. Hayes	Keswick	MV65	1.07.33
32	S. Kemp	Keswick	MV40 64.43	95	S. Noble	Keswick	MV40	1.10.00
34	S. Noble	Keswick	MV40 65.04	105	P. Ion	Kendal	MV60	1.11.08
43	P. Gilchrist	Keswick	MV50 70.22	121	P. Gilchrist	Keswick	MV55	1.12.41
44	L. Sullivan	Clayton	MV60 70.43	132	J. Riley	Keswick		1.13.31
48	C. Knox	Keswick	MV40 72.02	140	J. Horne	Keswick	MV40	1.14.00
50	C. Charlton	Keswick	LV40 72.18	149	T. Brand-Bar	Keswick	MV45	1.14.41
62	H. Catlow	CFR	MV70 87.42	152	I. Milne	Keswick	MV40	1.14.46
63	J. Rutter	Keswick	MV60 89.40	190	C. Colam	Keswick	LV50	1.17.31
65	H. Blenkinsop	Keswick	MV60 95.46	193	B. Booth	Keswick	MV65	1.17.37
Under 10				211	R. Burchett	Keswick	MV60	1.18.34
1	J. Quail	Keswick	4.58	236	M. Robertson	Keswick	MV40	1.21.02
2	L. Vaillant	Keswick	5.07	278	C. Nixon	Keswick	MV65	1.26.56
3	O. Bibby	Keswick	5.08	334	H. Blenkinsop	Keswick	MV65	1.33.43
5	J. Tompkin	Keswick	6.09	347	J. Rutter	Keswick	MV65	1.36.51
Under 14				374	S. Denham-S	Keswick	L	1.44.39
1	J. Stuart	CFR	13.57	382 finishers of which 108 were ladies.				
2	T. Yates	Keswick	14.07	DUNNERDALE, 8/11/03				
6	E. Knox	Keswick	16.26	1	J. Atkinson	Ambleside		38.06
9	J. Bibby	Keswick	18.16	30	P. Bullen	Keswick		47.54
LANGDALE, 11/10/03				31	L. Sharp	Keswick	2ndL	47.54
1	G. Bland	Borrowdale		54	S. Kemp	Keswick	MV40	49.34
5	A. Davies	Borrowdale	MV40 2.09.45	117	D. Thompson	Keswick	LV40	57.00
16	M. Denham-Smith	Keswick	2.19.45	189	J. Rutter	Keswick	MV60	70.31
17	D. Troman	Keswick	2.20.20	197	H. Blenkinsop	Keswick	MV60	74.20
32	D. Birch	Keswick	2.28.41	203 finishers				
41	A. Mudge	Carnethy	1stL 2.35.07	GREAT SCOTTISH RUN, 7/9/03				
42	P. McWade	Clayton	MV50 2.35.12		C. Nixon	Keswick	MV65	1.56.27
52	D. Spedding	Keswick	MV50 2.38.21	DUBLIN MARATHON				
97	D. Owens	Keswick	MV40 2.51.50	1	O. Kilonzo	Kenya		2.17.03
108	L. Cowell	Keswick	L 2.54.29		D. Kerr	Keswick	MV45	3.12.40
194	B. Booth	Keswick	MV60 3.18.15					
346 finishers								
CUMBRIA RUN								
1	K. Tadesse	Kenya	1.06.04					
46	S. Branney	Glasgow	LV50 1.22.41					
66	Derek Harrison	Keswick	MV50 1.27.07					

BRAMPTON TO CARLISLE 10, 15/11/03				KIRKBY MOOR FELL RACE, 22/11/03			
1	D. Wardle	London Irish	50.23	1	B. Burns	Salford	56.02
6	R. Hand	Durham	MV40 52.59	5	S. Addison	Helm Hill	MV40 57.12
27	G. Favies	N. Fylde	MV45 57.21	11	D. Spedding	Keswick	1stMV50 58.46
31	D. Frampton	Keswick	2ndMV45 57.42	13	P. Bullen	Keswick	59.40
36	I. Scott	Quakers	MV50 58.23	19	S. Taylor	Bingley	1stL 62.07
37	M. Denham-Smith	Keswick	58.28	28	R. Bell	Ambleside	MV60 64.38
48	M. McNally	Elswick	MV55 59.37	41	D. Thompson	Keswick	LV40 72.52
51	L. Gardner	Lancs&Mor	L 1.00.00		58 finishers		
79	S. Allen	Houghton	LV45 1.02.10				
97	P. Lancaster	N. Shields	MV60 1.03.35				
119	S. Kemp	Keswick	MV45 1.04.53				
124	Derek Harrison	Keswick	MV55 1.05.03				
179	S. Noble	Keswick	MV40 1.08.52				
204	I. Milne	Keswick	MV40 1.10.15				
207	P. Eagan	Keswick	MV40 1.10.32				
220	J. Ridley	Keswick	1.10.55				
241	P. Gilchrist	Keswick	MV55 1.11.56				
299	C. Mandale	Keswick	1.14.4				
441	C. Nixon	Keswick	MV65 1.27.55				
482	S. Denham-Smith	Keswick	L 1.39.44				
<u>Further Details From The Derwentwater 10</u>							
Male Teams							
1	Border Harriers A	M Scott, S Murdoch, S Angus,					
2	Border Harriers B	G Dean, C Borthwick, W Johnstone,					
3	Clayton le Moors	R Brewster, P Butterworth, G Cunliffe,					
6	Keswick A.C.	D Trouman, D Frampton, S Kemp,					
Veteran Teams							
1	Clayton le Moors	R Brewster, P Butterworth, G Cunliffe,					
2	Border Harriers	S Murdoch, W Johnstone, G Tompson,					
3	Cumberland F.R.	B Tompson, J Dawson, D Hayton,					
6	Keswick A.C.	D Frampton, S Kemp, K Loan,					
Ladies Teams							
1	Cumberland F.R.	K Beaty, S Ayres, M Bradley,					
2	Wesham R.R.	J Goorney, M Dempsey, K Hoyer,					
3	Cumberland A.C.	S McVeigh, P Parker, H Armstrong,					
4	Keswick A.C.	A Brand-Barker, C Colam, S Denham-Smith.					
Here are a few statistics Total entries 461, Entries on race day 112							
56% from outside Cumbria, Female entries 29%, Unattached entries 42%,							
40 entries aged over 60 yrs, 16% used the "on-line" entry facility,							
Many thanks to everyone who assisted. All of whom carry out essential duties							
and most go completely un-noticed Alan Ritchie							

Each year Keswick Athletic Club promote four road races.
All of them over scenic challenging courses
and held in traditional Club spirit

Keswick
athletic club
2004

27th Keswick / Buttermere Round

Sunday 15th February 2004 Starting at 11.00am
Venue – Keswick Cricket Pavilion – Changing, showers & refreshments
Restricted to Athletic Club members aged over 20yrs
Enter on race day £4.00 Approx 70 runners
A tough 22-mile route from Keswick Moot Hall via Borrowdale, Honister Pass,
Buttermere, Newlands Pass, to finish at Keswick Cricket Pavilion.
Informal event, way-marked & with drink stations every 3 miles
Records – Ken Stuart & Jon Broxop, Keswick AC. 2H:05:30 (1982)
Ann Bland, Kendal AC. 2H:34:40 (1988)

PF&K - Keswick "Round The Houses"

Wednesday 7th April 2004 Starting at 7.30pm
Venue – Keswick Cricket Pavilion – changing, showers & refreshments
Enter on race day £4.00 Club – £5.00 unaffiliated – min age 16yrs
An evening 5.3 mile race through the streets of Keswick town. Approx 100 runners
Records Ken Stuart, Keswick AC. (1989) & David Swanston, Border Harr. (1994) 26:22
Louise Kelly, Barrow AC. (2000) 31:08

PF&K
North Lakes Properties

Swinside Six

Wednesday 28th July 2004 Starting at 7.30pm
Venue – Swinside Inn, Newlands (limited changing facilities)
Enter on race day £4.00 Club – or £5.00 unaffiliated – min age 16yrs
An evening 6 mile race around Newlands Valley. Approx 100 runners
Records – David Swanston, Border Harr. (2000) 31:00
Jackie Hargreaves, Border Harr. (1996) 37:09

Ronhill - 45th Derwentwater Ten

Sunday 7th November 2004 Starting at 12.00 noon
Venue – Keswick School, Crosthwaite – Changing, showers & refreshments
£5.00 Club – or £6.00 unaffiliated – Plus £2.00 after closing date 1st Nov
Min age 16yrs Approx 400 runners Please enclose S.A.E..
Prize value over £2000 Winner £150 + £100 to break record time 49.15
Records – Ken Stuart, Keswick AC. (1986) 49:15
Lorna Irving, Edinburgh (1986) 56:59



Ronhill

Further details from Alan Ritchie – Tel. 01228 513 200
132 Scotby Road, Scotby, Carlisle CA4 8BJ
or send Entry Form below (Cheques payable to Keswick AC)
Also ref. Club web site www.keswick-ac.org.uk

RACE ----- 2004

FULL NAME -----

ADDRESS -----

CLUB or UNATTACHED -----

MALE or FEMALE -----

AGE on race day -----

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

SIGNATURE ----- DATE -----

~ 27th KESWICK / BUTTERMERE ROUND ~

Sunday 15th February 2004

NoEAA Permit 6707

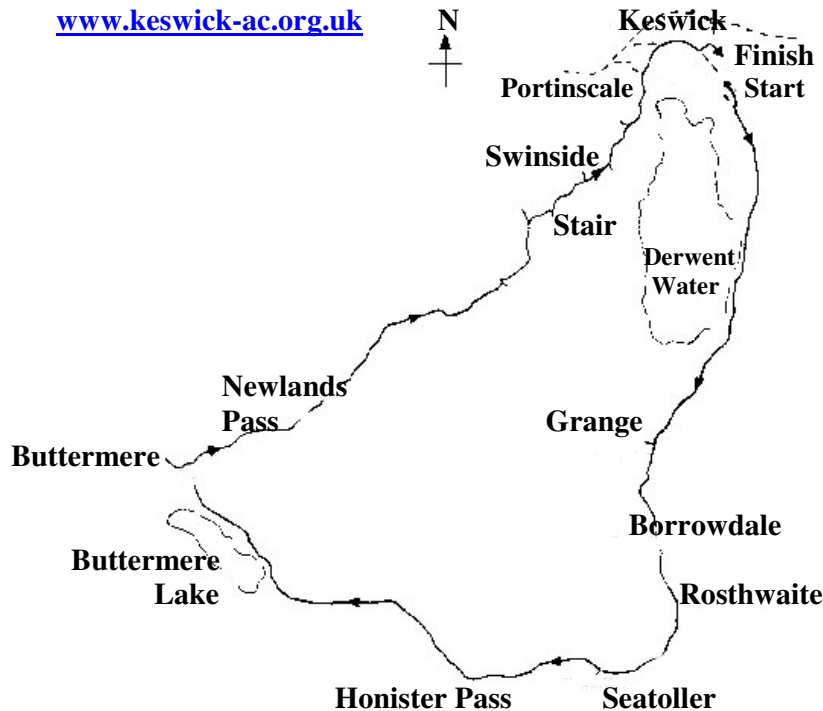
A tough 22 mile road race organised by Keswick Athletic Club
Entries limited to experienced Senior Club runners only

VENUE ~ The Cricket Pavilion, Fitz Park, Keswick, Cumbria
Registration ~ Changing ~ Showers ~ Refreshments

ROUTE ~ Keswick > Borrowdale > Honister Pass > Buttermere >
> Newlands Pass > Swinside > Portinscale > Keswick

START ~ 11.00 am at Keswick Moot Hall (Finish at Cricket Pavilion)

ENTRIES ~ Enter on race day £4.00 Club members only & aged over 20 yrs
Enquires to Alan Ritchie 132 Scotby Rd. Scotby, Carlisle. CA4 8BJ
Tel 01228 513 200
Visit our Club Website
www.keswick-ac.org.uk



ENTRY FORM ~ KESWICK/BUTTERMERE ROUND ~ uk: athletics rules apply

NAME -----

CLUB -----

MALE or FEMALE ----- **AGE** -----

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

SIGNATURE ----- **DATE** -----

EMERGENCY CONTACT TEL. No. -----
RETIREMENT MUST BE REPORTED