

Pacemaker

The newsletter for Keswick Athletic Club



Dave Owens

2006 Club Champion for Fell, Road
and League (!) on his way down
Anniversary Waltz



Lyn Thomson

Ladies Vet 50 English Fell Champion
2006 on her way up Dale Head

Photos courtesy of darian@cyber-biz.co.uk

January 2007

Club News

Chairman's Thoughts

In the last newsletter I announced that I was standing down as secretary and a few of you very kindly said that I would be missed. This had me thinking that they might know something I didn't! Much to my relief I am still here, all be it in a different guise. One thing that won't change is my willingness to continue to work for the club and I am sure that the same can be said for the new committee which includes several new faces. One old face reappearing this year is Steve Harwood as secretary, a role that he has previously undertaken for a number of years.

As I have mentioned elsewhere in this newsletter I have started to put together a pictorial history of the club. This will include photographs, newsletters and press cuttings and will hopefully cover the entire life of the club from its start in 1972 up to the present day. So far I have a numbers of photos and thanks to Sped, our ex-editor I have access to all the newsletters from 1982 onward along with other interesting material. What I would like is for you to send me anything you think relevant, either by e-mail or drop it off at the shop for me to copy. Obviously without your help I am not going to get far with this project.

As I write this on New Year's Day, I am making a resolution to train and race harder in the coming year and I hope that you all are intending to do the same. Good Luck!!.

Pete Richards.

Keswick Mountain Festival

www.keswickmountainfestival.org

This new event is going to take place from Wednesday 16th - Sunday 20th May with a wide range of events planned. Full details can be found on the web-site and in the programme being printed. Latrigg Fell Race will be on the first day of the festival and hopefully this will be a permanent home for it.

The following evening we are holding an Open Evening, starting at 6pm in Fitz Park, Plans are still being finalised and will include a training run followed by refreshments. Salomon who will be loaning their latest shoes for us to test and Memory Map are hoping to attend. I am in the process of putting together a Pictorial History of club which if finished I will be presenting on the evening. Please let me know if you have any other ideas for the event.

News from Grandad Sped!

Our two members residing in France, Sped's daughter Claire and Husband Thomas Hengy have increased their family with the birth of TWINS; Carl and Luke, both of whom were in excess of 6lbs 8oz. Born on the 22nd November in Metz. All going well ready for the impending move to South Carolina in February!! Yet another destination for Grandad Sped and Granny Vida in 2007. No fear of Sped winning anything this year!!

Dave Sped.

From the Ladies Captain

A very Happy New Year to everyone.

A new year hopefully full of challenges and achievements for us all. After all the enthusiasm at last year's relays and the superb performances by Lyn and Angela in the English Championships and The Mountain Trial respectively, let's hope it continues for 2007. Good to see Pippa back training, indeed racing, competing in the recent Cumbria Cross Country event at The Sheepmount.

I will be contacting the ladies shortly, to check who will be available for the English and British Championships.

The ladies continue to turn out for Dunc's training sessions, Tuesdays and Thursdays and several competing in the Saturday morning Winter League events. Remember all are welcome!

Pat Richards.

The Annual General Meeting ... and an update from Steve Harwood, Club Secretary

The AGM was held 28 November 2006 at Theatre by the Lake. Many thanks to Patric Gilchrist for once again opening the theatre's doors and for providing us with a bar.

There has been a change around in club officials this year with Steve Kemp, Dave Spedding and Mark Denham-Smith retiring to the back benches. Thanks for the excellent contribution made by each over the years. Steve Kemp has been the Club Chairman and the inaugural Safety Officer for the past 3 years setting us on the right track.

Dave Spedding has been keeping us entertained and informed as Editor of the Newsletter since time began and Club Captain as well as fitting in a bit of running in between.

Mark Denham-Smith has tried his hand at being Club Statistician and Club Captain after 4 years as our Fell Champion and now has the even more daunting task of coaching the next generation – our best wishes to Sue and Mark on their new arrival which might be just in time for Edale Skyline entry.



*Soon to be a mum
Sue Denham-Smith.*

Pete Richards fancied a well earned rest after seven years as Club Secretary, email king and website manager. He now succeeds Steve Kemp as Chairman and has embarked on a new venture to produce a pictorial history of Keswick AC. He will be chasing you for your old photos! Steve Harwood returns as secretary after an earlier stint of 9 years and Nick Lawler has taken on the role of Newsletter Editor.

Safety Officer

Steve Kemp has indicated he wishes to stand down as Safety Officer and we would welcome any offers to take on this important role for the club.

Subscriptions

Club subscriptions are to remain at £9 for Seniors and £2 for Juniors but there are plans for a new national registration scheme to be implemented by England Athletics from April 2007. This will replace the current North of England AA registration scheme. Details of the new scheme will be circulated when known.

Marshalls

Allan Buckley proposed awarding points for those helping with race organisation and marshalls to recognise their contribution to club activities. It was agreed not to integrate this within any of the current club championships but was left for the committee to consider an appropriate format to reflect this contribution.

Club Committee

This year's committee (elected at the AGM) are:

President: Harry Blenkinsop
Vice Presidents: Ron Hill, Miles Jessop, Jos Naylor and Pete Bland.

Chairman: Pete Richards
Secretary: Steve Harwood
Treasurer: Tony Brand-Barker
Newsletter Editor: Nick Lawler
Statistician: Martin Sluce

Ladies Captain: Pat Richards
Men's Captain: Duncan Overton

Junior Co-ordinator: Stephen Strachan

Member Reps: Gill Brown and Angela Turner

Fitz Park Pavilion Reps: Steve Harwood and Christian Mandale

Auditor: Pat Richards

Race Reports & Results

2006 Club Championships (The Dave Owens year...)

The winners are:

Fell Champion:	Dave Owens
V40 Fell Champion:	Rick Cooper
V50 Fell Champion:	Dave Owens
V60 Fell Champion:	Dave Spedding
Road Champion:	Dave Owens
V40 Road Champion:	Dave Owens
V50 Road Champion:	Steve Harwood
V60 Road Champion:	Ian Addison
Ladies Fell Champion:	Holly Williamson
Ladies Road Champion:	Angela Brand-Barker
Keswick A. C. League – Men:	Dave Owens
Ladies:	Cathy Colam

Club Road standards: Gold Star V60 Award: Dave Spedding

Derwentwater Ten – 5th November 2006

Members will have seen the results but the 524 entries produced some surprising statistics: 70% Veterans; 39% Unattached; 32.5% Female; 31 Keswick members and 158 entered on race day.

Forthcoming road races can be found on the North of England Web Site www.noaaa-athletics.org.uk. Select "road running" then "road race fixture list" then "month" for organiser's phone number.

The 30th Keswick/Buttermere Round is on 18th February. Recently measured and found to be 34km.

Alan Ritchie

Christmas Club Handicap – 24th December 2006

The pavilion was a busy place with the junior event taking place just before the seniors started at 11.00 am. We seem to average around 15 or so runners each year and even this poses problems for the senile organiser!

For once all was ready for the off on time. Cath Slack was first off and was never headed, finishing a couple of minutes ahead of Quentin Merritt. After Cath, the next 16 were within a spread of less than 3 minutes -- even the hot tip John Horne finished where expected. Newcomer Simon Grainger (part of the Sped family) did a remarkable 4th fastest time of the day in his first race! Dunc Overton recorded the fastest time of the day.

Not to be outdone by the juniors each finisher got a Mars Bar to accompany their prize! First timer Simon's impression was of a seasonally competitive, but over-ridingly, an event with friendly festive cheer.

The finish order is as shown below, together with the net time:

1st Cath Slack	31.29	10th Chris Knox	26.35
2nd Quentin Merritt	25.08	11th Trish Overton	29.36
3rd Maureen Bridge	30.41	12th Steve Strachan	23.08
4th John Horne	27.22	13th Chris Mandale	29.19
5th Mark DS	21.48	14th Andy Johnson	27.31
6th Duncan Overton	21.34 *	15th Ian Addison	29.46
7th Simon Grainger	24.23	16th Simon Noble	24.47
8th Steve Harwood	24.44	17th Cathy Colam	29.10
9th Nick Lawler	26.06		

Sped

Keswick AC Winter League Even Uzzicar, Saturday 13th January

The Seniors' Route took the main track further up Stoneyghyll, before turning up onto Stile End, across onto Barrow, down the north ridge and back along the road to Uzzicar. The headwinds that slowed progress to a crawl at times going up Stoneyghyll proved as difficult a problem on traversing Barrow, where the gusts swept several runners off their feet on the wet descent.

Senior Race Results: Ladies: 1st Jo Moore 43:13, 2nd Rose Gittins 46:58, 3rd Anne Downie 50:35, 4th Trish Overton 52:37. Men: 1st Duncan Overton 35:50, 2nd Ian Turnbull 36:21, 3rd Neil Thompson 39:12, 4th Craig Dring 41:29, 5th Steve Strachan 41:42, 6th Jim Downie 42:10, 7th Paul Roffey 45:04, 8th Andy Johnson 49:24, 9th Leon Crossfield 51:05

Current League Seniors' Leaders: Ladies: Anne Downie, **Men:** Dunc Overton

One man's race diary: Race Reports from North of the Border and the wrong-side of the Pennines...

September

Took part in the **Two Breweries** race in the Borders yesterday between, funnily enough, two breweries. I think the race was once a British championship race so one or two Keswickians may know it - 18 miles , 5000 feet of ascent including two 1000 foot near vertical ascents. Went round in just under 4 and a quarter hours finishing 37th out of 55....but I was the top English club runner. I should also add I was the ONLY English club runner but why let the whole truth get in the way !!!!! Weather was far too hot but given that it hasn't stopped raining today I probably shouldn't complain.

October

An amazing turnout from Keswick at the **Pentland Skyline** today (16m / 6200ft) with Colin V and Sped making the trip north. Borrowdale (Scoffer) even made an appearance. Still waiting to see how the other two got on (it should be on the Carnethy website this evening) but I guess they were half way down the M74 by the time I finished and any absence from the team prize list will be down to me (76th out of 160) albeit that I managed to take out three Carnethies on the final descent which always gives me pleasure. However, I will have been in the shower before them !!!!

November

It would appear Mr Schofield is becoming obsessed with Scottish races as he turned up at **Tinto** yesterday (4.4 miles straight up and down) depriving me of the title of highest placed English club runner (he was 5th and I was 82nd out of 216).The conditions were absolutely atrocious, nobody had to carry extra gear because we were all wearing it, hats, gloves, trousers, thermal wet suits, the lot. Anyway that was race number 20 this year of which I have been Keswick's top runner in 7, which is exactly the same number at which there has only been one Keswick runner.

December

Atrocious hypothermic conditions at the **Hexhamshire Hobble**, gale force wind and rain throughout the 10 miles. Still around 100 turned out - Colin Valentine was 18th, Les Stephenson 39th and yours truly 42nd. Had I not had to stop and tie my laces twice and pull myself out of open-air jacuzzi full of mud I am sure I would ended up at least 41st!!!

The intrepid Keswick Three (Colin, Les and yours truly) teamed up again at the **Simonside Cairns Race in Northumberland** today. I am not sure how serious Colin was taking proceedings as he ran in full body cover and took at least 2 miles to pass me! Les and I were mid-division but at least I managed to take second Keswick spot after he took the honours at Hexham last week. Although blustery the rain kept off but to say it was wet underfoot may be akin to saying there was some sand on the beach! Anyway that's it until the New Year.

John Telfer

Running with the Gods

Skin without fat.

Tea brown and stretched flat,

Over hours of effort.

Less sleep,

No booze,

And fifty-one pairs of running shoes.

Emma Dale

August 2004

Keswick AC 2006 Road Championships

Counters: Buttermere round or Marathon, Round the Houses, Hawkshead 10K, Swinside 6, Langdale Half, Derwent 10, Brampton to Carlisle

Lads:		Buttermere		RTH	Hawks 10K	Swin 6	Lang Half	Der 10	Br to Car	4 from 7
		Time	Points:							
D	Owen	3:05	22	22	25		25	19		94
K	Hill				21	21	22		22	86
S	Strachan	3:29	20	17	20			18		75
S	Harwood			16	19	16			19	70
M	Denham-Smith	2:48	25			25		20		70
N	Lawler	3:41	19	13		15	21			68
A	Johnson	3:54	16	12	18	14	19	12		65
M	Sluce							25	25	50
I	Addison			9		11	18	6		44
T	Letts				22			21		43
J	Walker					22		17		39
D	Leary						17	5	16	38
S	Noble							16	21	37
D	Harrison	3:23	21	14						35
P	Titley						20	13		33
R	Cooper					17		15		32
M	Rawlinson							14	18	32
L	Crossfield				17	10				27
G	Hadwin			15		12				27
D	Overton			25						25
S	Allen							22		22
P	Haworth			21						21
C	Mandale			11				10		21
J	Beetham			20						20
J	Myatt					20				20
P	Wilson								20	20
C	Kennedy			19						19
R	Scott					19				19
A	Buckley	3:52	18							18
M	Pearson					18				18
R	Burchett	3:53	17							17

J	Cawood			17						17
N	Smith								17	17
R	Strachan			7		9				16
P	Gilchrist	4:13	15							15
J	Horne					13				13
M	Collins							11		11
S	Pye			10						10
H	Blenkinsop			6				3		9
C	Drinc							9		9
J	Adamson			8						8
D	Hutchinson							8		8
B	Halsall							7		7
C	Nixon							4		4
Lasses:										
A	Brand Barker			22	25	25		25		97
A	Turner			16	19	19		18		72
S	Halliburton			21		22			25	68
R	Gittins				22	21		22		65
C	Colam			15		20		20		55
S	Bradley			14	18	18				50
J	Moore			20	21					41
P	Richards			19	20					39
C	Brennan	3:21	25							25
P	Jackson			25						25
S	Denham-Smith	4:39	22							22
S	Hawker								22	22
H	Williamson							21		21
E	Curtim							19		19
T	Overton			18						18
T	Smith			17						17
G	Robertson			13						13
G	Brown			12						12

Juniors

New Junior Members

A warm welcome to Matthew, Joseph & Arran Horne from Hesket Newmarket and Caitlin Johnson from Wigton. Look forward to seeing you all wearing a Keswick vest and on the start-line.

Keswick AC Winter League Event Uzzicar, Saturday 13th January



The wild and windy weather returned for the first of the New Year Keswick AC Winter Training League Races held at Uzzicar in the Newlands Valley. Nine Juniors and thirteen Seniors competed for points, in age group and open categories, in the sixth event of the ten-race League series.

The Junior races followed 1, 2, and 3km out-and-back routes up the main trail of Stoneyghyll, giving a real challenge for the youngsters over the loose and

gravelly track surfaces uphill into the teeth of a gale. Despite the conditions, the competition was keen, with points for the overall League at stake.

Junior Race Results: BU8: 1st Rowan Morgan, 2nd Danny Price, 3rd Adam Price, GU11: 1st Rosie Hodgson, BU11: 1st James Hodgson, 2nd Joseph Horne, 3rd Matthew Horne, BU13: 1st Matthew Atkinson, 2nd Ben Hodgson

Current League Juniors' Leaders: BU8: Adam Price, GU11: Rosie Hodgson, BU11: James Hodgson, GU13: Charlotte Strachan, BU13: Ben Hodgson

Calling all would-be Coaches!

Duncan Overton has made a tremendous start in building on the excellent contribution made by Steve Fletcher in starting the Junior section with the series of Saturday morning events. Stephen Strachan has agreed to act as Junior Co-ordinator to assist in developing this important area for the club and is actively looking to get members interested in achieving Level 1 and Level 2 coaching qualifications. The Club has agreed to provide funding for course fees where applicable – please contact Stephen if you are interested in helping.

Helpful advice... or possibly not....

“I made an interesting discovery on the Brampton-Carlisle race this year. If you wear a rucksack with the chest harness too tight, it stops you breathing. I only realised this five miles into the race. It had the distinct advantage that I achieved a ‘negative split’ so sought after by real road runners. On the downside the oxygen deficit and lactic acid build-up accrued by this stage of the race meant that I was even nearer the back than usual. On the plus-side, I crossed the finish-line with thighs bigger than a big 100m runner.”

Crazy-Jogger

If you want to submit similar ridiculous (but very helpful) pieces of training advice, I promise to publish in Pacemaker and forward your entry to the Runner's World letters page. In other words; all contributions welcome. You might even win a pair of Saucony trainers! Ed.

Junior Winter League

Results so far. First place scores 20, second place scores 19 and so on.

Cat'06	No	FName	LName	U1	B1	R1	S1	G1	Total
BU8	136	Arran	Horne	x	x	18	20	18	56
BU8	121	Adam	Price	x	20	19	x	19	58
BU8	134	Danny	Price	x	x	20	x	20	40

GU11	107	Rosie	Hodgson	20	20	x	x	20	60
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BU11	102	Louis	Cornforth	15	12	11	x	x	38
BU11	103	Kieran	Lamont	13	11	10	x	x	34
BU11	127	Jack	Beament	x	16	12	x	x	28
BU11	125	Ali	Cornforth	x	17	16	x	x	33
BU11	109	Craig	Fearon	14	13	17	17	14	75
BU11	108	James	Hodgson	20	20	20	20	20	100
BU11	106	Joseph	Horne	18	18	18	18	17	89
BU11	135	Matthew	Horne	x	x	14	16	16	46
BU11	126	Edward	Kemp	x	10	x	x	x	10
BU11	104	Charlie	Robson	19	19	19	19	18	94
BU11	105	Stephen	Strachan	16	15	13	x	15	59
BU11	111	Harry	Vaillant	17	14	15	15	19	80

GU13	112	Kate	Vaillant	19	x	x	x	18	37
GU13	113	Laura	Vaillant	20	x	x	x	20	40
GU13	123	Charlotte	Strachan	x	20	20	x	19	59

BU13	122	Matthew	Atkinson	x	20	x	x	20	40
BU13	120	Ben	Hodgson	x	19	20	20	19	78

Junior Racing

For those Juniors interested in competing on the wider circuit, the FRA Junior Championship Races are as follows:

1 April	Wrekin	(Shropshire)
27 May	High Rigg	(St Johns in the Vale Nr. Keswick)
3 June	Skipton/Keighley area	to be advised.
28 July	Pendle	(Lancashire)

19 Aug	Sedbergh	(Cumbria)
15 Sept	Lantern Pike	(Derbyshire)

Even if you can't manage to get to the races further away (watch this space and check your emails for transport arrangements as we go through the year), you should put High Rigg and Sedbergh in your diary. It would be great to get a good turn-out on our local turf.

The age categories for the junior championships are (age as of 1st January in year of competition):

- Under 12 and over 10 Boys and Girls
- Under 14 and over 12 Boys and Girls
- Under 16 and over 14 Boys and Girls
- Under 18 and over 16 Boys and Girls

There are also Under-10 and Under-8 non-championship races. The minimum age is 6. See FRA Calendar for scoring details.



Start-Line at the Christmas Handicap 24 December

Race Calendar

Dates for your diary:

R = Road, F = Fell, CC = Club Championship Counter, L= Club League Race,

E = English Championships Fell Counter, B = British Championships Fell

Counter

Sunday 18 February	11:00am	Keswick/Buttermere 34k <i>(or any other marathon for Club road championships)</i>	R, CC, L
Sunday 4 March		Haweswater Half Marathon	R, CC
Saturday 24 March	2:00pm	Causey Pike 4.5m/1780'	F, CC, L
Wednesday 4 April	7:30pm	Keswick 'Round the Houses' 5.5m	R, L
Wednesday 25 April		Grisedale Grind 3m/1600'	F, L
Tuesday 15 May		Moorclose 10K Workington	R, CC
Wednesday 16 May	7:30pm	Latrigg 3m/950'	F, L
Saturday 19 May	2:00pm	Fairfield Horseshoe 9m/3000' PRE-ENTRY	F, CC, E
Sunday 27 May	12:00am	Helvellyn 11m/4500'	F, L
Tuesday 29 May	7:15pm	Two Riggs 6.5m/1350'	F, L
Saturday 2 June	11:00am	Duddon Valley 20m/6000' PRE-ENTRY	F, CC, E, B
Sunday 3 June		Abbeytown 10M (near Silloth)	R, CC
Wednesday 20 June	7:15pm	Langstrath 4.5m/1400'	F, L
Wednesday 27 June		Hawkshead 10K	R, CC
Sunday 1 July	12:30pm	Skiddaw 9m/2700'	F, CC, L
Wednesday 11 July		Lord's Seat 5m/1400'	F, L
Wednesday 25 July	7:30pm	Newlands Valley Round 9km	R, L
Saturday 4 August	11:00am	Borrowdale 17m/6500'	F, CC
Wednesday 15 August		Ellenborough 10K	R, CC
Saturday 18 August	2:30pm	Weasdale Horseshoe 8m/2000' PRE-ENTRY	F, CC
Wednesday 22 August	7:00pm	Round Latrigg 5.5m/800'	F, L
Saturday 22 September	1:00pm	Scafell Pike 4.5m/3000' PRE-ENTRY	F, CC
Sunday 4 November	12:00am	Ron Hill 48 th Derwentwater Ten	R, L

Please check dates nearer the time as some of the above are provisional based on last year's dates. Full details of all Fell Races in the FRA calendar. Forthcoming road races can be found on the North of England Web Site www.noaaa-athletics.org.uk. Select "road running" then "road race fixture list" then "month" for organiser's phone number.

Please note Allan Buckley has advised a **change of date** for the **Helvellyn** and **Two Riggs** races. Helvellyn will now be on Sunday 27th May as will the Junior Championship races held on the same day (was formerly 20th May). Two Riggs will now be on Tuesday 29th May (was formerly 22nd May).

British & English Championship Fell Races

For the High Flyers – details in FRA Calendar. Best 4 results from 6:

E = English Championships Fell Counter, B = British Championships Fell Counter

18 March	10:30am	Edale Skyline 21m/4500' Edale, Derbyshire	E
31 March	12:00am	Donard-Commedagh 6.8m/3300' Northern Ireland	B
22 April	12:00am	Paddy's Pole 4.5/1100' Fell Foot, Chipping Lancashire	E
6 May	12:00am	Llangynhafal loop 4.5m/1500' Denbighshire, Wales	B
19 May	2:00pm	Fairfield Horseshoe 9m/3000' Cumbria!	E
2 June	11:00am	Duddon Valley 20m/6000' Cumbria!	B, E
24 June	12:00am	Carneddau 10m/4200' Bethesda, North Wales	B
14 July	11:00am	Angus Munro 15m/5500' Scotland	B
18 August	2:30pm	Weasdale Horseshoe 8m/2000' Ravonstonedale, Cumbria	E
6 October	11:00am	Great Whernside 4m/1555' Kettlewell, N Yorks	B, E

Actually not just for the high-flyers: Fairfield, Duddon and Weasdale are all club counters, plus Paddy's Pole and Whernside are within a short drive. Ed.

Scores on the Doors...

... for those of you old enough to remember The Generation Game

I thought it would be a good idea to re-publish the 'rules' for awarding points in the club championship and league races. The results will be published regularly, (possibly on the website) and definitely in Pacemaker. Members are encouraged to check the tables for errors and inform the Statistician (hey, we're all human!)

Martin Sluce

msluce@williamhoward.cumbria.sch.uk

Club Championships

There is an open championship for all members in each discipline with points scored based on Keswick A. C. member's positions in each race. In addition to the open competition there are separate championships for age groups and ladies based on the same scoring system. Prizes are awarded at the end of each year dependent on numbers competing but you must have completed at least 4 races to qualify. The rules are:

1. There are separate Fell and Road Championships.
2. There are 7 races for each championship table, as chosen by the committee in January.
3. To count, you will have to run as a KAC member.
4. Your best 4 results will count.
5. You need to complete a minimum of 4 races to qualify for a prize with the exception of V60 where best 3 results count (this is to reflect the limited choice for those unable to complete the longer distances.)
6. The first runner gets 25 points, 2nd 22 points, 3rd 21 points, 4th 20 points and so on down to 1 point for 23rd. All Keswick A. C. finishers score 1 point for 24th onwards.
7. There will be male and female tables. There will be additional tables for V40, V50, V60 where again your best 4 results count, as in the Open Championship. Where your birthday is part-way through a year and you are unable to complete the required number of qualifying races then your scores count in the lower age category for that year.

8. Enter for either the Buttermere Round or a Marathon. Individuals will need to inform the statistician of marathon results separately. There is a formula for working out the relative position from each.

Keswick AC League

This is a separate league championship based on all races organised on behalf of Keswick A. C. (both road and fell) which uses a different scoring system. Scores are based on a percentage of the winning time in your particular age category – a nightmare for the statistician but gives you a comparison on how you might be improving throughout the year. The rules are:

1. The League will consist of all Keswick AC organised races.
2. Points given by % of winning time of that category as defined by the organiser:
3. Your best 8 from the 13 races will be taken.

Marshalls League

As a Club we always prefer those who wish to run do so but, if you are unable to, please offer to help the race organisers who need our support. As a way of recording our thanks for those of you that help:

1. A tally will be kept of all organisers, marshalls and other helpers at Keswick AC organised races.
2. The race organiser will inform the Statistician of any details.
3. One point will be given for each race.

Club Standards Awards – Road Running

Medals will be awarded to those achieving a time standard within their age group based over race distances of 10K, 10M, Half Marathon & Marathon. This can be any official race nationally. The standards are Bronze, Silver, gold and Gold Star and a runner must achieve 3 times in any of the 4 race distances to win an award. The times are based on standards set by the road Runners Club, which are nationally recognised. Race results confirming times achieved should be sent to the Club Statistician, Martin Sluce – so go for it. Last eligible date will be 30th Nov. 2007. Full tables in the Members Section on the Club website: www.keswick-ac.uk.

Training and Social Calendar

Dunc Overton has put together a comprehensive training programme for Tuesday and Thursday evenings through 'til March 2007. It is all on the web-site at www.keswick-ac.org.uk in the members section.

Parlaufs, time trials, hill efforts, cadence, relays, handicaps and torch-lit runs. Its all free!

Any suggestions for further free training, please send to Dunc at training@keswick-ac.org.uk

Sunday Social Runs - 11am start

- | | |
|-------------|--|
| 28 January | Winder Hall, Low Lorton NGR NY153257 - Nick Lawler. Hopegill, Hobcarton, Whiteside & back. Refreshments afterwards |
| 4 February | Sped's 3 Peaks - 10:30 registration for 11am start. Latrigg, Walla, Cat Bells or reverse. |
| 11 February | Blencathra - Dunc O, meet at Mungrisedale Vill Hall |
| 18 February | Buttermere Round Road Race - from Fitz Park Pavilion |
| 25 February | Wythop Area (Sale/Ling Fell) - Lyn Thompson, Car Park at ex-Swan Inn area NGR NY 221 265 |
| 4 March | Seathwaite - Route dependent on weather, bags of choice from Seathwaite |

Edinburgh New Year's Day Triathlon

400m swim, 11 mile bike (3 times round Arthur's seat), 3½ mile run (once round Arthur's seat)

I hate swimming. OK at cycling, running speaks for itself. Intelligence would say avoid events with a swim in it. I obviously lack that intelligence. AND ON NEW YEAR'S DAY!

At least the start time was reasonably civilized. I didn't need to be in the pool till gone 1.30, so breakfast and even morning coffee was a possibility. Trouble is, Christmas in Torridon followed by New Year in Moffat has given little time for real training – one fast 5 mile run, a 20 mile bike ride in the dark and an aborted swim. Did walk 5 Munros, so not entirely sedentary!

“Please give a warm welcome to our Scottish Olympic gold medal swimmer...” over the tannoy. Well, I wasn't going to win anything! Once the Elite swimmers had whizzed up and down the pool, it was turned over to mere mortals and I began to feel happier as there were even some “blue rinse breast-strokers” (you know the ones, head above the water, dainty strokes.)

Eventually my turn came. Standing in the water, 50metres looked a hell of a long way. Oh for the delights of Cockermouth.. “3-2-1-Go” I duck down, push of hard and get a good glide. Now remember the technique; long, slow, strokes. Roll and reach out far, pull back to the thigh, breathe out gently, breathe in every third stroke. Oh, yes, and relax! At the end of each length turn and glide deep under the rope into the next lane. 8 lanes equals 400metres. I get passed by several. Not a problem for me! All goes well until the fifth length. Starting to run out of steam. Move to breathing every left stroke. Don't normally do this, can I maintain it? By mid-7th I'm on breast stroke, but curiously keeping up. 20 metres from the end I start to feel sick. Fortunately it's shallow enough to stop. Must finish, so plough on to the end. All sounds pathetic, doesn't it? It is – I *have* done a mile before; maybe more practice needed. Or less Christmas cake.

Pull out of the pool, move quickly (yeh right) to the changing area pull on socks, bike shoes, helly and paclite top. Staying with swimming shorts as when cycling those “parts” are tucked up. Still feeling sick.



Run through transition, putting on helmet and glasses. Mary takes my wet stuff as I give her a cheery smile to cover up how I'm feeling. My first good luck is my bike is right next to the exit. Push it onto the road where the competitor has stumbled getting on his bike too fast. Luck improving. Down to the roundabout racking up through the gears. 30, then 35 mph pulling hard down a shallow hill going past others. This feels better. Leaning hard over-taking two roundabouts on the wrong side (road had been closed to traffic). Pull up a long hill to the Lochan, ratcheting down the gears. Here's where Lake District training comes in. Passing the super lightweight full carbon lads in their tri bars. Feels good. Oh no! the Lochan gives room for the wind to get up. Still down in the gears. Just as bad for everyone else. Another hill with even higher headwinds, then zoom down the hill to the starting roundabouts. Sharp left, so brake and lose all that speed. Still, gained another 5 places there. Hard over round the roundabouts, cautious on the wet roads and back out again. Repeat the lap twice. Loud bang behind me as a tyre explodes. Mine? No, seems OK. Into the second transition, looking forward to the run. Here we can really make up time. Stretch calves as you come to a stop to prevent the shock of sudden use, then slip into running shoes, quick drink and we're away.



The initial downhill works in my favour as I stretch out, powering past others. Can I keep this up? Get to the hill and it seems tortuous. Take off the windproof to keep temperature about right. A passing walker offers to take it to the start. Looks honest (!) so I hand it over and struggle up the hill. This time the windy flat is no problem. Set my sights on the next person and tick them off, one at a time. The final downhill is a dream. Striding out, flying past another dozen, shocking a marshall that anyone's got that much energy,

pass another 4 on the way to the finish, then ease off across the line. Suddenly a wave of nausea hits me and I double up. Concerned officials gather. My windcheater is offered. He'd waited at the finish to return it! Wow!

Many teas and food, even a massage (now why can't we have that after the Skiddaw?) life returns to normal and I realise, I still hate swimming.

Martin Sluce

Beer Trail Update (Bleaberry Fell re-visited)

As of New Years Eve, there have been at least 5 completions of the medium course. Because of daylight and/or weather some people have taken a couple of outings to complete, but complete it they have. Lyn T and Geoff S did it over a couple of outings: "Great Fun" she says. Still available until late January at the earliest.

- Start: Footbridge at Rakefoot Farm, Keswick grid ref.283 221
- Some parking available near road end and before Heights Hotel otherwise walk from Keswick via Springs Farm (275226)
- There are two routes available: Red Run 10km/650m; Black Run 13km/800m
- The Black and Red runs split about two thirds of the way around the Red Run
- The first grid reference is 279 209 Ruins SW wall. At this location you will find the grid reference and description of the next checkpoint and so on.

Just a couple of general observations:

1. Clothing and equipment: It's winter remember! (spare clothes, food, torch, survival bag etc.) Ice Axe!! TAKE CARE!
2. NW Lakes 1:25000 map and compass, marker pen. No GPS!
3. Not recommended for children.
4. Read the descriptions carefully as I heard 2 people got really cheesed-off looking for an old wooden stile!
5. Any references to metres such as 450m are to do with height for help with the map work. There should be no need for an altimeter.

6. For the first 5 or 6 checkpoints you cover reasonably good ground and there are trods if you can find them.

7. For the medium course, when you are heading over towards the Ashness area think carefully about route choice. Utilizing obvious paths may be easier. After that do you head down then up or up then down?!

If you have or think there are any PROBLEMS with route finding please contact Simon Noble on snma@beeb.net so it can be sorted.

Enjoy!

Data Protection

For all club members – we are requested periodically to circulate an up to date list of the current membership with contact details. This would only be done within the club but if you would prefer your details not to be circulated please inform the club secretary – Steve Harwood. If we do not hear from you we will assume you have no objection. This would only apply to the Senior membership.

We do not intend to circulate a list of contact details of Junior members but we do welcome them to the club as above.

Members Update

A warm welcome to the following new club members:

Andrew Murray from Carlisle
Lucy Dunn from Greysouthen, Cockermouth
Paul Summerfield – V40 from Wigton
Kevin Gibbons – V40 (V50 in June) from Keswick
Steven Hebblethwaite from Keswick
Simon Grainger from Glasgow
Samuel Ware from Penrith
Julia Pye – LV50 (on 3.2.07) from Keswick
Peter Hague – V40 from Culcheth, Cheshire
Simon Neville – V40 from London
Helen Horne LV40 from Hesketh Newarket

From one new member:

John Scrivens

Nick Lawler took this photo when I picked him up for club training one night and then he made me write this potted history.

(Ed – This is completely true – watch out you might be next!)



John's running history:-

Started running on the day of the first London Marathon in 1981; inspired, went out for a one mile run, thinking I was quite fit from playing badminton. Came back on my hands and knees; decided to give it a go.

Gill and I are proud to be founder members of **Garden City Joggers**, formed a year later in the wake of the London, and which now has about 150 members.

We both did several Londons. All of our training runs were on the road; it was all about logging every metre and timing everything to the last millisecond. We then discovered off-road running and learned better.

Highlights ~

We managed just the one race with the whole family taking part, at **Sport Aid '86** while on holiday up here. There will be club members who remember

the race up Latrigg. There was something of a carnival atmosphere, at least for those of us nearer the back ~ I overtook a nun pushing a pram I think. The next time I ran Latrigg, having walked it many times with the family, was four weeks ago, on the first evening run with Keswick A.C. It was something of an eye-opener, what with the pitch black in the woods, the rain and the gale at the top, and to a newcomer quite exciting. Are these people nuts or what, I remember thinking when my hat was blown off for the second time. A memorable run which I enjoyed a lot.

Raising £2000 in sponsorship for a local hospice, organising a World 24 hour Vets' Track Relay record. It had to be a record, you see, as no-one had done it before. I'm not sure what the (modest) overall total was. Yours truly managed an aggregate 44 miles at 3-hour pace. Never been so tired in all my life, but a real high ~ no great total overall, but a great event for the club, with members recording laps, independent scrutineers recruited from the local great and good, tea-brewers throughout the night, interviews on local radio, etc. A pity the Guinness Book of Records weren't interested ~ " Nah, can't have age-group records: we'll have nursery schools applying next."

Further London Marathons followed (pb 2:56) and some half-marathons (1:18) When it eventually dawned on me that I was pretty much a one-pace runner, totally devoid of fast-twitch fibres, I had a go at half a dozen South Downs 80 runs (15 hours). These were a bit closer to a fun day out than 26.2 miles on the roads of our capital city.

This doesn't, I hasten to add, translate into any ability whatsoever at fell-racing; I've done a couple, and have enjoyed them. It's been quite humbling to be nearly last, taking twice as long as the winner, but good to see finish marshals still in attendance with a smile and a "Well done." That's the sort of thing we aimed at when we started our running club.

Since moving to Lorton, I've been very lazy, but it's been good to be out running in a group again. Thanks for the welcome.

John Scrivens

PS - Subs

Just a gentle reminder from Tony Brand-Barker. For those of you that have forgotten or lost your reminder under a pile of Christmas cards. Subs were due on 1st January.