

# *Pacemaker – May 2007*

The newsletter for Keswick Athletic Club



*Trish Ratcliffe receiving help from the locals marshalling the Buttermere Round*



*Proud to be part of Keswick Mountain Festival*

# Club News

## Chairman's Thoughts

With just a few days to go before The Mountain Festival I am busy finishing off (for now) The Pictorial History of the club. It has proved to be a much bigger project than I had realised but enjoyable to do all the same.

In total there are over 160 photographs plus press cuttings, race results etc. With the club reaching the grand old age of 35 this year I guess that it is an ideal time to look back on its long and impressive history. I am very grateful to all who have helped me and I hope that it is something that will be added to in future years. We have hired a projector and screen to show it at Thursday's Open Evening, after which it will be on the club's web site. Then I am going to take a break from it for at least a month, possibly longer!

The Junior Section is continuing to go well with over 20 children out every Saturday. Well done to Stephen Strachan who is receiving excellent support from Dennis Hayes and Christian Mandale. To enable him to take groups on the fells, he could do with more adult club members to go along. It needn't be every week and your support would be greatly appreciated, Contact Stephen at; [stephen.strachan@hotmail.co.uk](mailto:stephen.strachan@hotmail.co.uk)

Hope to see you over the coming week.

*Pete Richards.*



## One man's madness: Training for the Bob Graham

Simon Neville, pictured here on the Keswick/ Buttermere Round unfortunately lives and works in London.



He has therefore adopted a local high-rise block of flats as his surrogate hill for training in/on. Simon tells me it's not a very nice block of flats and the stairwell has the normal detritus of inner-city

living (including body fluids and used needles). Simon doesn't live in these flats but a kindly tenant lets him in and he plods up and down 17 flights of stairs. His goal has been 40 reps: Yes – that's right, he goes up and down a 17 storey block of flats 40 times in a training session. He tells me this takes him about three hours. Who said fell-running wasn't an extreme sport?

Simon makes his attempt on the Bob Graham Round on 26-27 May.

*Nick Lawler*

## STOP PRESS: TWO RIGGS

Alan Buckley still needs help marshalling Two Riggs (Tuesday 29 May), particularly on the start/finish line.

Anyone that can help, please email Alan on: [allan.buckley3@btinternet.com](mailto:allan.buckley3@btinternet.com)

# Club Training Programme

Unless otherwise stated all training starts from the Rawnsley Pavilion. Meet 6pm for 6:15 start.

## May

22	Long uphill effort, Lattrigg track
24	Fartlek off-road, Helvellyn Race on Sun
27	High Rigg Junior Races, English Champs, U8, U10, U12, U14, U16, U18. First Race 12noon.
29	Two Riggs Race, no formal session
31	Fartlek off road

## June

5	Pete's Parlauf, Lattrigg, Pub Social
7	12 x 60 secs hills
12	Meet Gt Wood for 6:15 start, Ashness - Walla loop trg race
14	Fartlek off road
19	Easy run, Langstrath tomorrow
21	Midsummer Round the Lake off-road run, <b>10m</b> , 6:15pm start from Rawnsley, maybe 2 groups. Trails & paths, flat
26	Easy run, Hawkshead 10k tomorrow
28	Fartlek off road (Skiddaw Sunday)

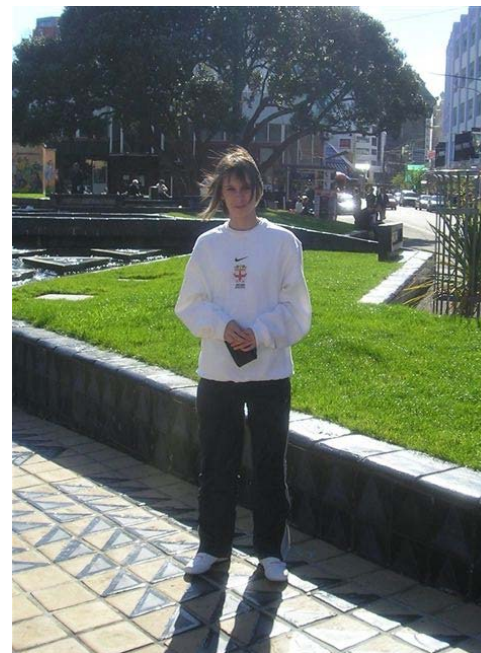
## July

3	Pete's Parlauf, Lattrigg, Pub Social
5	10 x 90 secs hills
10	Fartlek, Lord's Seat Race tomorrow
12	Mixed terrain X-C run
17	Uphill Time Trial, Cat Bells, meet by cattle grid for 6:15 start.
19	Road/Trail run
24	Easy Run, Newlands Round tomorrow
26	Fartlek, off road

# One minute on the clock with...

## Emma Stuart

*19 yrs old, Junior British Fell Running Champion, Keswick and England International, tells the truth about her favourite things:*



← *Emma sunning herself in New Zealand last year before the World Championships*

**Proudest moment?** Winning the British and Irish Junior Fell Championships last year having been injured all season.

**How often do you train?** 6 times a week although 2 or 3 sessions may just be steady runs, I don't do much speed work although I should try to do more!

**Hardest session?** Fartlek on the flat – I hate road running.

**All-time favourite Lakeland Race?** Grasmere Sports

**When you're not running?** Clothes shopping and going out with friends

**Favourite energy food?** Chocolate Kendal Mint Cake

**Music?** R&B and a bit of dance

**T.V?** Hollyoaks

**Wouldn't race without it?** My cap

**This year's goal?** To qualify for this years European Championships in France. Won't be as good as new Zealand though!

# Summer Race Programme

R = Road, F = Fell, CC = Club Championship Counter, L= Club League Race,  
E = English Championships Fell Counter, B = British Championships Fell  
Counter

## May

19 Old Counties Tops	Fell, 37m, 10,000'+, 8am, teams of 2, FRA
19 Fairfield	Fell, 9m, 3000', Pre-entry, CC, FRA
20 Windermere Marathon	Road, 10am, Brathay Hall, Ambleside
22 Lambfoot Loop	Road, 5.5m, Cockermouth School, 7pm,
26 Hutton Roof Crags	Fell, 7m, 1300', 2:30pm, FRA
27 Helvellyn	Fell, 11m, 4500', 12 noon, FRA, Club League
27 High Rigg Junior Races	Fell, all age groups, from 12 noon, English Champs, FRA
29 Two Riggs	Fell, 6.5m, 1350', 7:15pm, FRA, Club League
31 Killington Village Sports	Fell, 1.5m, 400', 6pm, FRA, also Junior Races

## June

2 Duddon	Fell, 20m, 6000', Pre-Enter. CC, Brit & Eng Champs, FRA
3 Abbeytown	Road, 10m, CC, Near Silloth.
3 Garburn	Trail, pre-enter, 12.4m, 1300', 10:30am, Staveley, FRA
5 Coledale Horseshoe	Fell, 9m, 3000'. 7pm, Braithwaite, FRA
6 Blencathra	Fell, 8m, 2700', 7pm, Mungrisedale, FRA
9 Ennerdale	Fell, 23m, 7500', 11am, FRA
9 LAMM	Fell, 2 day, Scotland, Pre-enter, FRA
9 Bendrigg 10K	Road, 2pm, Old Hutton, Nr Kendal, <a href="http://www.bendrigg.org.uk/">http://www.bendrigg.org.uk/</a>
10 Grasmere Gallop	Trail, 7m, Grasmere Garden Ctre, 10:45am, form: <a href="http://www.ukresults.net/forms/070610gallop.pdf">http://www.ukresults.net/forms/070610gallop.pdf</a>
10 Bowderdale	Trail/fell, ~20K , Tebay Area, <a href="http://www.allterrinevents.com">www.allterrinevents.com</a>

13 Tebay	Fell, 8m, 3000', 7:30pm, FRA
13 Gosforth Village	Road, 10m, 7pm, Blengdale Runners' website for details.
20 Langstrath	Fell, 4.5m, 1400', 7:15pm, FRA
23 Gibson Grind	Trail, 8.5m, 1200', 2pm, Kendal, FRA
24 Arnison Dash	Fell, 2m, 1000', Patterdale show field, 2pm, FRA
24 Settle Senior & Junior Races	Fell, all age groups, Juns 10:30 to 12:00, Sens 1pm, FRA
27 Hawkshead 10K	Road, CC

## July

1 Skiddaw	Fell, 9m, 2700', 12:30, CC, FRA
3 Derwent Hay O	Trail, 6K, 7pm, Cockermouth School, See CFR website
7 Saunders LMM	Fell, 2 day, various courses, pre-enter, see FRA mag
8 Glaramara	Fell, 5m, 2100', 1pm, See FRA mag
11 Lord's Seat	Fell, 5m, 1400', Whinlatter
14 Wasdale	Fell, 21m, 9000', 11am, entry by 30 June, see FRA mag
15 Bampton Village	Fell, 5.5m, 800', 2:30pm, Village Hall, see FRA
15 Kentmere Horseshoe	Fell, 12m, 3300', 1pm, See FRA
18 Blisco Dash	Fell, 5m, 2000', 7pm, FRA
21 Kinniside 2 Tops	Fell, 3m, 1000', 2pm, FRA
21 Lingmell Dash	Fell, 4.5m, 2500', 2pm, Wasdale, FRA
22 Coniston Fair	Fell, 6m, 2400', 2pm, FRA, + Junior Races 12 - 18 age groups
25 Newlands Valley Round	Road, 9k, 7:30pm, CC, Newlands Adventure Centre
26 Rydal Round	Fell, 9m, 3000', 12noon, Rydal Park + Junior Races U12, U14, U17, FRA
28 Pendle Junior	Fell, English Junior Champs Races U8/10/12/14/16/18, FRA mag, from 11:30

# Race Reports & Results

Dave Spedding

## Carnethy 5 - 17 February

One of the all time great races, probably not realised by some of our younger/newer members. If you visit the Carnethy web site you can see all 37 years of results. Going by bus to and back from the start, a hot meal after, all add to the "cult" status this race seems to have acquired.

One year in deep snow the race started before 2 of the buses got their runners to the start--so 2 races were held and the results were based on overall times. This caused a lot of controversy as the second race had flattened snow to run on and everyone did relatively faster times.

The race was shortened for the first time in 1981 so as to not cross the main road, as this caused problems in the fog and had led to the race being cancelled in 1980.

Keswick regularly had several runners in the top 20 and the fields in those days were even around 400. Colin Valentine won it back in 1986 at a very tender age. I suspect his slow time was due to deep snow!!

I even remember Colin winning a prize when the race was held on the 14th Feb as his name was very significant!

This year we managed 2 runners, John Telfer managing the impossible feat of finishing 215th 2 years in a row with an improving time this time round. John is a jet propelled starter!

Sped having missed about 15 years of races returned in 2006 to this early season sprint. Hoping to improve on 2006 he made the journey again in 2007 and managed to retain the V60 title and gain a few places and a bit of time in the process.

Why not look it up in next years fixtures and taste the individuality of it all. It does fill up very quickly-- 484 finishers this year from 500 entries!!

### Results:

1 <sup>st</sup>	Robb Jebb	47.59
86 <sup>th</sup>	Dave Spedding	62.54
215 <sup>th</sup>	John Telfer	71.00

## Keswick/Buttermere Round 34K - 18 February



One of the toughest road running races in the UK, the Keswick/ Buttermere Round celebrated its 30th anniversary on Sunday 18th February. The course has traditionally been regarded as 22 miles, but has now been accurately measured and found to be 34 Km. First held in 1978 the race continues in popularity, 77 entries this year including 16 ladies.

### *Rosie Blue Skye Lawler manning the drinks station in Buttermere*

The course record is still held by Keswick's Ken Stuart in 2hr 5min 30sec set jointly with Jon Broxap in 1982. The best time by a female is 2hr 34min 40sec. by Anne Bland of Kendal in 1988.

Competitors enjoyed perfect running conditions. Spectacular scenery on a sunny and clear early Spring day. Previous 4 times winner Steve Littler of Wesham Road Runners near Blackpool opened up a lead on Honister Pass but was overhauled in the Newlands Valley by Adam Breaks from Halifax Harriers who went on to win the race on his first attempt. The first lady was Karen Heaviside of Eden runners. Both athletes will be competing in the London Marathon.

Many thanks to the following marshals: Lyn Thompson, Jon Reed, Steve Harwood, Nick Lawler, Andrew Jones, Steve Allen, & Mary McEwan. Also to Duncan Frampton for providing post - race refreshments.

## Keswick/Buttermere Round results

			Actual Time	Marathon Equiv
1	BREAKS, Adam	Halifax Harriers	2:08:50	2:28
2	LITTLER, Steve	Wesham R.R.	2:09:13	3:04
3	CARR, John	Lancs & Morecambe	V45	2:23:23
10	OWENS, David		V50	2:36:50
15	HEAVISIDE, Karen	Eden Runners	FV35	2:39:47
18	RUTHERFORD, Mark			2:42:42
19	SLUCE, Martin		V40	2:43:53
22	SCOTT, Richard		V40	2:46:44
25	DENHAM-SMITH, Mark			2:50:25
32	NEVILLE, Simon		V40	2:55:33
37	HARRISON, Derek		V55	2:58:15
41	HALLIBURTON, Sharon		FV35	3:05:18
58	UNWIN, Richard		V50	3:22:28
61	SUMMERFIELD, Paul		V45	3:26:36
66	TURNER, Angela		FV45	3:34:35
70	BUCKLEY, Alan		V60	3:47:00
71	HALSALL, Barry		V60	3:47:54

## Haweswater Half Marathon – 4 March

1	Mike Scott	Border	M40	01:11:27
2	Adam Breaks	Halifax		01:12:46
3	Charlie Borthwick	Border		01:14:57
21	Yvonne Wyke	U/A	F	01:23:44
27	Dave Troman			01:24:40
31	Keith Hill			01:25:26
32	David Owens		M50	01:25:28
41	Mark Rutherford			01:27:02
63	Martin Scott		M40	01:29:32
70	Richard Scott		M40	01:30:23
106	Mark Hawker		M40	01:35:00
107	Michael Rawlinson		M40	01:35:11
110	Ian Boit		M40	01:35:23
116	Peter Hague		M40	01:36:02
126	Richard Unwin		M50	01:36:43
149	Louisa Tweedale		F	01:38:41
156	David Robbins		M40	01:39:44
162	Joanne Moore		F	01:40:06
174	Quentin Merritt		M40	01:40:55
211	Michael Collins			01:44:31
273	Paul Summerfield		M40	01:50:34
300	Dave Leary		M60	01:53:14

312	Mark Rutherford			01:54:59
331	Angela Turner	F40		01:56:04
345	Gary Owen			01:57:58
386	Cath Slack	F		02:04:24
420	Sue Hawker	F40		02:20:26

## Edale Skyline – 18 March



**Photo of this year's Edale Skyline courtesy of Dave Birch. Dave Speds' account follows (although he fails to mention that not only was he first V60 but also first V55):**

The first English fell running championship race of the year was held at Edale in the Peak District on Sunday the 18th March. As the entry list was full with 500 runners early in the year Keswick, unfortunately, were not well represented. It is probably fortunate that none of our less experienced runners went as this was run in some of the worst conditions possible. With a projected winning time of 2hrs 40mins or so, some of the middle to back of field runners were going to be exposed for up to double this time.

418 set off and 338 finished. The eventual winner was local team (Dark Peak) member Lloyd Taggart in a time of 2.44.29. Of the 3 Keswick AC starters Dave Birch finished 62nd in 3.22.53 and Dave Spedding 93rd in 3.40.43. Louise Roberts went well for the first half ,but took the option to drop out at

the half way point where the conditions were at their worst. At the start there was a gale force north wind which turned into something that blew you off your feet at the first checkpoint. As the race progressed it got even worse when lightening combined with virtual white out at times. No wonder 80 of the starters dropped out. As an example of the difficulties involved I wore a balaclava with a woolly hat on top of it, a motorbike neck warmer, cycling glasses to protect the eyes, a pair of thermal tights with a pair of fleece lined tracksters on top of them, on top a thick thermal vest with club vest and cagoul on top of that--oh and gloves as well (2 pairs would have been better!).

In the ladies race Janet McIver [wife of former member Mike ] now a local of the area ran an incredible race to finish 33rd in 3.21.53 taking the ladies honours - Janet will be a force to be reckoned with this year on the ladies scene. Our friends at Borrowdale came away with the team award and Louise's husband Mark took the V40 award in 9th position overall one ahead of "Scoffer".

Well done to anyone completing the course-- one for the character building archive.

*Dave Spedding*

**Following on from Dave's account of the race, Lou Roberts writes:**

"It was the worst conditions I've ever run in! I fell over with someone else about 5 mins into the race just because the wind was so strong and then was running about 100 miles an hour completely out of control for the next 5 miles - I was running with Sped and told him I was scared - next moment the guy next to me lost his hat and fell flat on his face! About an hour into the race I couldn't stand up, see or face in the right direction! I dropped out at Mam Nick as I was seriously cold - I had no more clothes to put on, I couldn't run in a straight line and I knew what was coming up! When I got down to the finish there were already about 30 people there - ended up with 6 people going to hospital with hypothermia! So I definitely know I made the right decision - I'm not good in the cold at all. Sped had another fantastic run - my plan had been to stick with him all the way round but after about an hour (When it started thundering and lightning) I couldn't even see where I was running, never mind who was in front of me. (On top of Loose Hill, I actually ran into the marshall because I had my head down looking at the path, trying to avoid the hail!)"

*Lou Roberts*

## *Grisedale Grind - 18 March*

1	Ricky Lightfoot	Ellenborough		00:25:59
2	Simon Booth	Borrowdale		00:26:10
3	Morgan Donnelly	Borrowdale		00:26:13
4	Johnny Bland	Borrowdale		00:26:40
5	Mark Roberts	Borrowdale	V40	00:26:42
13	Steve Hebblethwaite			00:31:21
15	Hazel Jones	U/A	L	00:32:10
16	Dave Owens		V50	00:32:12
19	Pete Barron	Borrowdale	V60	00:32:32
20	Duncan Overton		V60	00:32:35
21	Philip Pearson		V40	00:32:48
23	Richard Unwin		V50	00:33:17
25	Mark Denham-Smith			00:33:45
26	Keith Loan		V50	00:33:53
29	Louise Roberts		L	00:34:21
30	Lyn Thompson		VL50	00:34:32
32	Mark Rutherford			00:35:34
33	Andrew Murray			00:35:37
34	Jim Downie		V50	00:35:49
39	Joanne Moore			00:37:13
42	Paul Wilson			00:37:46
46	Trudy Smith			00:38:50
48	Chris Knox		V50	00:39:11
50	Debbie Thompson		LV50	00:39:44
51	Emily Knox		JL	00:40:00
52	Daniel Fletcher			00:40:02
57	John Rutter		V70	00:43:19
58	Maureen Bridge		LV50	00:44:24
60	Cathy Colam		LV50	00:45:05
61	Gary Hadwin			00:45:15
64	Ian Addison		V70	00:49:13

## Causey Pike - 22<sup>nd</sup> March

1	LIGHTFOOT, Ricky	Ellenborough	Senior Male	00:33:55
2	DUNN, Alastair	Helm Hill	Senior Male	00:34:03
3	BOOTH, Simon	Borrowdale	Senior Male	00:34:21
11	LOFFYLE, Ed		Senior Male	00:37:46
19	TROMAN, Dave		Senior Male	00:39:13
20	BIRCH, David		Senior Male	00:39:25
30	HILL, Keith		Senior Male	00:41:49
31	LACON, Lisa	Holmfirth	Senior Female	00:41:58
34	THOMPSON, Neil		Senior Male	00:42:25
35	OWENS, David		Male 50 to 54	00:42:29
45	BEETHAM, John		Senior Male	00:43:41
47	UNWIN, Richard		Male 50 to 54	00:44:13
48	RUTHERFORD, Mark		Senior Male	00:44:27
51	ROBERTS, Lou		Senior Female	00:44:44
55	BRAND-BARKER, Angela		Female 40 to 49	00:45:38
56	LOAN, Keith		Male 50 to 54	00:45:39
62	BOIT, Ian		Male 40 to 44	00:46:38
63	DOWNIE, Jim		Male 55 to 59	00:46:47
68	THOMPSON, Lyn		Male 50 to 54	00:47:11
74	MEEKS, Jane E		Female 40 to 49	00:48:13
76	PEARSON, Michael		Male 60 to 64	00:48:59
86	DAVIES, Ian		Senior Male	00:50:09
89	MOORE, Joanne		Senior Female	00:50:27
95	MURRAY, Andrew		Senior Male	00:51:35
97	HARRISON, David		Male 60 to 64	00:52:15
99	THOMPSON, Debbie		Female 50 to 59	00:53:26
101	HODGSON, Hayley		Senior Female	00:53:39
103	SMITH, Trudy		Senior Female	00:54:12
110	SUMMERFIELD, Paul		Male 45 to 49	00:55:54
113	BUCKLEY, Alan		Male 60 to 64	00:56:49
115	DOWNIE, Anne		Female 40 to 49	00:56:58
117	BRIDGE, Maureen		Female 50 to 59	00:57:33
120	RUTTER, John		Male over 70	00:59:28
127	BLINKINSOP, Harry		Male 65 to 69	01:28:39

## Loughrigg - 4th April

1	N. Sharp	Ambleside		27.00
10	E. Loffill			29.45
11	C. Knowles	CFR	1stMV40	29.46
23	P. Crompton	CFR	1stMV50	30.59
36	V. Oldham	NRC	1stL/V40	32.51
37	J. Beetham			33.01
41	N. Thompson			33.16
48	D. Tait	Dark Peak	1stMV60	33.39
71	L. Thompson		3rdL/V50	36.05
76	E. Stuart		4thL	36.19
81	J. Downie		MV50	36.30
130	J. Rutter		MV70	46.10
136	C. Slack		L	49.36

Keswick ladies took the team prize.

## Paddy's Pole - 22 April

### Ladies

1	N. White	Bingley		34.09
11	P. Jackson			35.55
27	E. Stuart		U23	39.08
29	L. Thompson		1stLV50	39.14
68	J. Moore			44.13
70	D. Thompson		LV50	44.23

101 finishers. Keswick took 3rd team prize.

## St. George's Day, Langdale 10K - 22 April

1	D. Nicholls	Wilmslow		32.55
17	S. Hebblethwaite			38.00
46	D. Harrison		MV55	42.31
61	S. Brigden	Bath	1stL	43.42
189	C. Johnson			54.08
190	A. Johnson		MV45	54.09
214	I. Nixon		LV55	56.18
	C. Nixon		MV65	58.42

288 runners

## Keswick "Round the Houses" - 4th April

### Supported by New Balance

A record entry of 145 including 45 female runners this year. First two ladies both broke female record time. There was an excellent club turn-out with 23 Keswick AC competitors and 20 officials helping. Many thanks to everyone involved.

1	Paul Rockliffe	Trafford		00:28:06
2	Brian Taylor	E'borough		00:28:08
3	Mike Scott	Border	V40	00:28:34
4	Ricky Lightfoot	E'borough		00:28:48
5	Graeme Mason	Border		00:29:18
6	Rebecca Robinson	Kendal	L	00:30:00
11	Dave Troman			00:30:54
13	Laura Park	E'borough	JF	00:30:57
22	Phillipa McCrea	Gateshead		00:32:25
25	Dave Owens		V50	00:33:20
29	Martin Scott		V45	00:33:46
31	Keith Loan		V50	00:34:26
35	Richard Scott		V40	00:34:55
37	Ian Boit		V40	00:35:03
45	Stephen Strachan		V40	00:35:50
48	Tom Strong		JM	00:36:10
57	John Stevenson		V40	00:36:38
58	Michael Pearson		V60	00:36:47
61	Ian Vatter		V40	00:37:00
62	Michael Rawlinson		V40	00:37:02
68	Andrew Murray			00:37:29
69	Joanne Moore			00:37:41
71	Sharon Halliburton		LV35	00:37:55
75	Louise Tweedale			00:38:22
84	Hayley Hodgson		LV35	00:39:00
87	Sue Wilkinson		LV40	00:39:29
91	Joanne Leah			00:39:40
94	John Horne		V45	00:39:54
105	Christian Mandale			00:40:44
140	Sandra Brady		LV50	00:50:32

Mens Team Score:

1. Border
2. Ellenborough
3. Cumberland

Ladies Team Score:

1. Border
2. Keswick

*Alan Ritchie*

## Lakeland Trails, Hawkshead 15K - 28 April

1	S. Vernon	Stockport		55.34
22	C. Leah	Clayton	1stL	1.09.50
51	L. Roberts		LV55	1.16.29
167	D. Robins		MV40	1.27.15
184	T. smith		LV55	1.28.27
215	Q. Merritt		MV40	1.30.30
374	L. Crossfield			1.43.36
457	I. Nixon		LV55	1.53.21
495	C. Nixon		MV65	2.04.12
	513 runners			

## Moorclose 10K - 15th May

1	Brian Taylor	Ellenborough	SM	32:51:00
2	Geoff Ayers	CFR	MV40	34:24:00
3	Blain Rooney	Border	JM	34:35:00
8	Ian Robertson	Seaton	JM	35:54:00
9	Laura Park	Ellenborough	JF	36:15:00
10	Keith Hill		SM	36:25:00
14	David Owens		MV50	37:43:00
15	Duncan Overton		MV50	37:54:00
19	Martin Scott		MV40	38:38:00
26	Richard Scott		MV40	39:41:00
37	Paul Wilson		SM	41:40:00
38	Peter Bingham		MV40	42:13:00
39	Steve Harwood		MV50	42:59:00
41	John Stevenson		MV40	43:27:00
60	Pat Richards		FV55	47:36:00
79	Cath Slack		SF	53:08:00
84	Caitlin Johnson		JF	54:38:00
85	Andy Johnson		MV40	54:41:00

## *Latrigg - 16 May*

1	Ben Bardsley	Borrowdale		18.15
2	Simon Booth	Borrowdale		18.33
3	Andrew Schofield	Borrowdale		19.34
7	Chris Knowles	CFR	V40	20.32
14	Steve Hebblethwaite			21.38
21	Keith Loan		V50	23.1
22	David Owens		V50	23.39
24	Richard Scott		V40	24.09
28	Steve Strachan		V40	26.17
31	Ian Davies			26.31
34	Joanne Moore		L	26.35
39	Trudy Smith		L	26.59
42	Julia Tucker	Borrowdale	L	27.28
44	Andrew Murray			27.37
45	Kevin Gibbons		V40	27.4
46	Ian Vatter		V40	28.4
50	Andy Johnson		V40	29.16
52	David Harrison		V60	29.29
55	Maureen Bridge		LV50	31.24

## *"Cupboards" - Paul Titley*

Does anyone remember running shoes made by 'Lawrencefield'? They had a deep waffle sole and leather uppers. They had no cushioning and no profile fit either. They were useful for cross country but did not have the bite of spikes. Can you remember them? No? Well why do I have still have them lurking at the bottom of a cupboard? I haven't worn those shoes for almost thirty years and I probably never will again. Whenever I tidy up the said cupboard I take them out, chuckle at how old fashioned they look AND THEN I PUT THEM STRAIGHT BACK.

What starts collections? It is one of those great un-answered questions of our time (like why was the telephone invented - who did Bell phone when he made the first one?). You can hardly describe yourself as a collector of anything if you only have ONE of something. Once upon a time I only had one number from a road race. As it was the first one I had ever earned I put it away in a safe place. When I did the second race it was a different distance to the first so I saved that number as well. Later on I notched up a few PBs. Yet another reason for saving those numbers. By now a routine had developed. I would remove the number from my vest and put it away in the safe place with all the others! Now

I had a reasonable explanation for this assortment of numbers, they were all different, and usually had the name of the race on the paper somewhere.

Some numbers were more important than others. All London Marathon numbers have star status, this is the only road race many people have ever heard of, and is proof of your entry. Other numbers are the stuff of legend; the ones with interesting stains - tea, jam, blood! One day guide books will be printed describing all the different sorts, although the anonymous plain numbers with just the digits and 'Stacey' printed at the bottom will never be deemed interesting. But I have a pile of these too.

As well as numbers many races hand out souvenirs of your achievement. There is from time to time an outbreak of miserable letters in the Athletic press belittling the ubiquitous road race medal. My first London Marathon medal was treasured and hung in a place of glory for all to see for nearly a year in our house. As the years went by another routine developed, the medal currently hanging up was replaced by the medal I received today. The medals were put in a box so that they would not get lost. It soon became apparent that there are only a few variations on the running medal theme. Medals could be grouped into sets based on the engraving. The ironic thing about medals is that apart from the special ones where some imagination has been used it is the ribbon that is the real memento.

You can see what had happened can't you? Another collection for the cupboard. The number-custom has been augmented by the medal-custom. Progress in our household now bypasses the hanging part of the procedure and the disc goes straight into the box. This is perhaps the beginning of another hobby of the future, another guide book.

What is the purpose of all this collecting? The answer is "none at all" other than having a nice collection. I cannot stop this collecting, if I do what is the point of keeping the collections that I have so far established. All the time the collection can grow I must let it, or even encourage it.

At the end of some races numbers are torn, scrawled over with a magic-marker, or horror of horrors - collected in. This drives the manic number collector to try and bargain the valued sheet back from the organiser. This can be awkward, no one likes fakes in their collection, so all the numbers have to have been worn by me. It is no good giving me an unused one, or someone else's "DON'T THEY UNDERSTAND!!"

I do however draw the line at safety pins.

# Members Update

## *My pregnant year of living & running*



***Sue Denham-Smith  
looking the picture of  
expectant motherhood  
in February before the  
birth of Bheinn Duncan  
Denham-Smith born 18  
March 2007***

I discovered I was pregnant at mile 60 of the 95-mile West Highland Way race on June 18 2006. I hadn't ducked behind a bush with a lolly stick promising blue lines or red crosses, I just inexplicably gave up the will to run. Coming into the check-point behind the Bridge of Orchy Hotel I declared to my support crew, "I don't think I will be going on", and then promptly had a sense of humour failure when the sweep tried to chivvy me into action. It was not the miles or the blisters – both much less than I have experienced in the past; it was a disconnection between mind and body, which I could not control. My body – as it has continued to declare for the next 9 months, is no longer my own, I do not have the freedom to run it into the ground and fill it with Haribo and peanut butter sandwiches at my behest. So at 19:00 as the sun went down over the Highlands on a mid-summer's evening Mark and I checked into the bunk house at the Bridge of Orchy Hotel, said goodbye to the Aussie Marshal who had borne the brunt of my tearful, hormonal outburst and celebrated a new ultra-distance journey into parenthood, with 2 pints of lager and a few malt whiskeys.

My running plans for the year had been to complete the West Highland Way race and then get into training to defend my Bronze medal position at the Tooting 24hr track race in October with a view to increasing my distance to over 100 miles in the time. But I was again to discover how quickly control of my body could change. 4 weeks later we were able to confirm that a potential new KAC member was on his way and that I was not suffering from a rare form

of narcoleptic entrancement or something more seriously debilitating, with symptoms of sleep or vomit, and a resting heart-rate of over 100, and that for the time being ultra-running was just not an option.

I am in two minds as to the speed of my recovery from The West Highland Way. Just nine days after the event I went on an 8 mile run in extreme heat with friends in Workington, Normally I would take 3-4 weeks to work up to a 3 miles recovery run after such an event, so I seemed to be recovering quite quickly, however on reflection the first 5 months of pregnancy took their toll I wondered if the long months of training leading up to the West Highland Way and the 60 miles I had achieved on the day had not contributed to my extreme fatigue, or could it just be that I am "elderly" in the medical scheme of things pregnancy, and was expected to feel this tired. I was expecting to get fat and eventually become more tired throughout pregnancy, but I had never heard or realised that the whole process is so exhausting that you can barely move, let alone train.

I pulled my usual stunt of pulling out of the Swinside 6, usually I pick up a cold or virus at this time of year so my non-participation was nothing out of the ordinary, and the excuse of still recovering from The West Highland Way a valid if debatable one. Throughout July I barely ran a step. In fact the first time I actually ran as opposed to walk or shuffle took me back to my very first attempts at running nine years ago, when I followed a programme which advised running for one minute and then walking for one minute. That way I made it around a 2.5 mile loop out from home. It took me three weeks and eight attempts to be able to run the full 2.5 miles without a break, and that was my full training programme for our summer running holiday in Switzerland.

We had entered two classic Swiss mountain races in August: Thyon – Dixence (10 miles – 700m ascent) and Sierre Zinal (20+ miles and 2000m of ascent). The races had really been my idea for the holiday and I was determined to take part. On an average good day I was sure to be scraping the last line of the results, and I was terrified with the way I felt that I would be timed out by the first mile or just fall asleep on my feet on the first check point, or worse still not make it to the start line as I was such a bundle of nerves at the fear of failure. Luckily I was to discover that the Swiss have a refreshingly all-inclusive attitude to their events known as the "Tourist" class. I interpreted "Tourist" as the "all comers", winners of the Tourist classes notching up times which would have placed them in the top 30 of the main race all the way down to the rucksack brigade at the back aged from 8-80. I was in business, and fitted in very nicely in the middle of the pack, preceded by many father and son couplings, and joggers with greater weight-loss targets than my own.

The Tourist classes start ahead of the main races so there is a sense of bunching at the finish, and with a target time of 3 hours for 10 miles I aimed to be at the Dixence dam before Mark finished the main race starting 1.5 hours behind me. I made it with just minutes to spare and a time that would have seen me last on the main results and only just finishing before the Alpenhorn Orchestra had packed up and gone home. The linear trail, was technical enough to have got an FRA difficulty rating and so for a self-confessed non-competitive fell runner I was pleased to have stayed the course and scurried back to the warmth of the Pizza parlour and bottles of good French wine and mineral water (guess who was not allowed to drink the wine) to celebrate.

Between the 2 races were 7 days of potential high altitude mountaineering, but with a 30% instant pregnancy-induced reduction in my fitness, described by my midwife as Hyper-haemoglobin-dilution (or something like that) I was already functioning on a day to day level at the equivalent of 3000m. Any dreams of ticking off a few 4000's was quite out of the question, and my preferred activity became to Hoover my way through my collection of 3 for the price of 2 best sellers bought in the departure lounge at Liverpool John Lennon Airport and eat lots of cheese and ice-cream

The Sierre Zinal race was an event of another class. Numbers were collected to the sound of an oompah band in the local high school, while photos of past winners and videos of years gone by played to hordes of local "fit people". Again my change to the Tourist class was achieved in my rosy French and cheating use of German and a raised eyebrow or 2 as to why I would want to change (not yet 12 weeks, nobody knew my secret). The one disadvantage of the Tourist class was its start time of 5am in the Sierre valley, which meant getting up at 3am to catch the bus the 20 miles to the start in the sliproad off a roundabout just outside town. A line of torches were soon heading skywards through zigzagging forest paths to the sound of the pilgrimage bell that every competitor tolls as they pass a roadside chapel on route.

At over ½ way (11 miles) the unusual signs familiar to the French events declared I had made only 40% of the "effort" – I am still not sure whether they meant time, height-gain or energy expenditure, but I don't suppose they are mutually exclusive and that if 11 miles had taken me 3 hours it was going to take over 6 hours to finish the 20+ miles course. The 2<sup>nd</sup> half of the race although flatter and including all the down-hill sections took much longer due to the narrowness of the course and the need stay clear of the main race, the junior mens' race and the children's races which all started at various points on the course to finish around the same time in Zinal. The finish was celebrated in

a big tent with beer and chips with the winners of every category being honoured with flags and anthems, rather reminiscent of being in Keswick after the World masters in 2005.

By October my "All-Day" sickness (both sleeping and digestive) had started to subside and at 5 ½ months gestation I managed to complete The Karrimor (will we ever get used to calling it the OMM?). For my partner and I it was just a 30 mile jog down a long forest track, we avoided any high tops) luckily Ron Hills make great maternity wear stretching to fit all bump sizes and as the rain fell my Gore-Tex smock hid any signs of my growing incapacity.

The Karrimor was my zenith of achievement during pregnancy. It somehow fitted in between the window of sleep exhaustion and the Headaches, leg aches, Pelvis dysfunctions, heartburn and general enormousness, which accompanied the next 3 months. Our usual Christmas day 14-mile loop of the Ennerdale valley, became a walk to the pub (3 miles) and a drive home in the pre-positioned car. Giving up work in January, meant I could swim 3 times a week, but each swim session required a full afternoon's recovery, and when I say swim I mean it in the loosest sense of the training word – slow lane, hair dry, catching up with the gossip with Mildred, Lillian and Vera, who think my "Woggle" float used to keep me upright and not aggravate my sore pelvis looks like a very big willy stuffed between my legs, as they giggle like naughty school girls.

So here I am at 4am (another symptom of the breeding programme – waking up early) counting the days until I reclaim my body, and start the long hard process of getting back into shape. Unlike Paula Radcliffe I doubt I will be 2kg above my racing weight just 4 weeks after the birth, but then again my ambitions do not reach the lofty heights of the world championships in August, but if you see me (plus pram) at the Swinside (now called the Newlands Valley Run) tell me to get a move on, for this year for I have run out of excuses.

*Sue Denham-Smith*

## *The Golden Ticket*

Each step a beach ball bounce  
Controlled by a summer breeze  
Unconfined

Vibrating in ripples  
Independent from the main force of forward motion  
The body blunders towards me

Lilac, the crumpled jogging suite  
Never used in anger  
Swathes the body of Violet Beauregarde  
Following the blueberry pie incident  
Chinese foot binding for the belly  
Artificial and as successful as Canute at holding back the tide.

And he a regular Augustus Gloop  
Slithering in this chocolate river of mud  
Had dipped his finger one time too many

The laugh was dainty  
The smile mischievous  
The indiscretion childlike  
You're mad it wheezes  
Why run when you can struggle like us?

For once I am not frustrated

He will be sucked up the perplex pipe to infinity  
She will roll off to the be de-juiced

But in my fitness  
I hold the recipe to the everlasting gob stopper  
I have found the golden ticket

*-P.T.O-*

*Emma Dale*



## *The Golden Ticket*

Violet Beauregarde is good because she turns into a big blueberry.  
The scene that I built is where the last four children are at the great gum machine. Willy Wonka presses a button and the great gum machine starts working. It makes a tiny little piece of gray gum. One of the four children named Violet Beauregarde snatches the little piece of gray gum right out of Willy Wonka's hand. The gum has a three course meal in it. Violet Beauregarde eats the gum. Once she gets to the desert which is a blueberry pie she starts turning into a blueberry. Willy Wonka snaps his finger 3 times, and an Oompa Loompa comes and rolls Violet Beauregarde to the dejuicing room.

*Emma Dale*

*Keswick Athletic Club*

**MEMBERSHIP APPLICATION FORM 2007**

The Annual club subs for 2007 are as follows :

1st Claim Members £9 ~ Junior Members ( 11 to 19 ) £2

The above fees include the affiliation to the North of England Athletics Association. Clubs are no longer required to affiliate for different disciplines i.e. fell, road, cross country, track and field and race walking. Runners can choose to be a member of more than one club but must specify which discipline they wish to compete in for that club in open team competitions.

Please complete the form below and send to :

**Steve Harwood (Club Secretary),  
15 Eskin Street, Keswick Cumbria. CA12 4DQ  
Telephone: 017687 71130**

-----  
I wish to apply for membership of the Keswick Athletic Club and, if elected, agree to abide by all the rules of the club, North of England Athletic Association and Fell Runners Association.

FULL NAME

.....  
ADDRESS

.....  
POST CODE .....

TELEPHONE .....

E - MAIL .....

COUNTY OF BIRTH .....

DATE OF BIRTH .....

Keswick A.C. is my main club for each discipline

Keswick A.C. is my second club

I am also a member of ..... for the following disciplines :

Fell Road - Cross Country - Track & Field - Race Walking

SUBSCRIPTION ENCLOSED £ ..... (cheques payable to 'Keswick A.C.')

SIGNED .....

Please note: Club subscriptions for new members joining after 1st October will also cover the following year.