

# Pacemaker

## The Newsletter of Keswick Athletic Club

Autumn 2003

Once again there seems to be plenty to talk about with a spread of activities ranging from International representations to juniors going to their first races. The relay season got off to a very good start with Pete & Pat putting on a good inter club event based from the Fitz Park Pavilion. Our two veteran Duncans are going to the World Vets championships in the Black Forest, just as Angela & Louise are returning from international duty in Alaska. Forthcoming events include items as exciting as the AGM and the annual Dinner and Presentation night. The British fell running championships see us with 2 winners, Louise the Ladies and Duncan Overton the Vet 50's. Mark DS finished 16<sup>th</sup> o/a and Nimrod was 49<sup>th</sup>. Dunc O was 7<sup>th</sup> in the Vet 40's with Dunc F 43<sup>rd</sup> with only one counting race [plenty of scope there Dunc]. Getting full teams out has proved a bit difficult this year for both the ladies and the gents, but the difference of one or two extra pairs of legs would make a big impression.

The English campaign still has one race to go [Langdale], but Louise and Dunc Overton have already done their respective doubles. Mark DS is currently 18<sup>th</sup>, Dave Troman 39<sup>th</sup> and Nimrod 43<sup>rd</sup>. The teams are 9<sup>th</sup> Ladies and 10<sup>th</sup> men.

In the Welsh ladies championships Angela had a clean sweep with maximum points, but to top that she is now the longest serving international mountain runner in the WORLD. See special article.

On the local front we have been offered the chance to use the Rawnsley Hall Pavilion as a meeting point for evening training runs, thanks to Steve Kemp for setting this up.

The Ian Hodgson Relay will be upon us by the time you read this, we are fielding A & B open teams and a Ladies team. The FRA relay this year is at Church Stretton [281 miles away according to my computer] in Shropshire and as usual we are sending a Ladies & a Men's team.

### **New Club Training Nights Venue**

The club has been offered the use of the Pavilion at Rawnsley Hall for training nights. Having had a trial training night from there, it does seem ideal, toilets (men's and ladies), car parking, kitchen area, not to mention a pool table and table tennis!! So beginning with the new training schedule we will be meeting there at 6.00pm, for a prompt 6.15pm start as will The Thursday's ladies group. Please do your best to keep the Pavilion clean, especially on wet evenings.

### **AGM**

The news you have all been waiting for;- To be Held At **THE FRIENDS MEETING HOUSE KESWICK** [Between Booth's car park and the rugby club—plenty of parking space] **7.30 PM ON MONDAY THE 17<sup>TH</sup> NOVEMBER 2003** **Items for the agenda must be presented to the secretary Pete Richards at least 7 Days prior to the meeting and preferably sooner. There will also be an opportunity to bring things up in any other business.** You may like to note that one of the items for consideration is a redrafted constitution which clarifies more clearly the periods of notice required in respect of items for the agenda and to generally update things for our modern world!

Presumably the customary free drink proposed by the treasurer as a kind of reward for turning up [mars bar for juniors] will be taken at a local hostelry after the formalities have been "rushed" through. At least the proceedings will be carried out in a soberly manner--- for the first time I hear you say!

Have a think as to whether you think the club is run to your satisfaction by the voluntary committee, if you think you could offer some input to improve things get to the meeting and air your views. If you have definite proposals put them in writing to Pete then things can be discussed properly. If you are not there it will be assumed that you are content.

### **Marriage**

After umpteen years of deliberation Ian Charlton and Susie are tying the knot. I did warn about possible infection in the last edition and even thought the over 50's couldn't catch the bug—there you go even the editor can't be right all of the time.! All the best for the 1<sup>st</sup> October and congratulations if it is after the 1<sup>st</sup> by the time you read this

## **Pete Novak**

Sadly earlier this year Pete at the age of 41 passed away, as a result of skin cancer, in his native country New Zealand.

Many of us have fond memories of the time Pete spent in Keswick in the late 80's and early 90's and from 1988-1993 was a member of our club.

Coming to Keswick as a result of family friendships with the Whittaker family Pete signed to play rugby with Aspatria. However after being concussed and subsequently advised to cease playing following a tour in the Isle of Man he got involved with club members, particularly Carolyn Charlton, taking to the fells like a duck to water. I remember his delight at being swift over the rough stuff and his good performances at Borrowdale 3.30.16 in 53<sup>rd</sup> position [top 20 finisher time this year!] and Ben Nevis in 1.54.21 to mention only two. Training and having personal battles with Dene Gibbon was a speciality, but all of us who knew him are saddened and will treasure our memories. Thanks for your company Pete. Our sincere sympathy is offered to his family in New Zealand.

## **Christmas Club Cross Country Handicap**

In case the next newsletter doesn't come out in time- the proposed date this year is **Sunday 21<sup>st</sup>**

**December 11.00 am from the pavilion in Fitz park** – please make an effort to arrive early so that handicaps can be accurately!!! worked out. Bring a small prize and then you will go away with one!

# Training Oct to Dec 2003

Training will take place at **6.15 PM** every Tuesday and Thursday from the new location. It's the **Rawnsley Hall Pavilion** at the back of the long stay car park on the left hand side before the co-op car park as you are coming into town from the A66. The schedule is broadly similar to the usual Winter format with a few minor differences.

**7<sup>th</sup> Oct** – Fartlek Session. Run hard for 90 seconds and then gather up. Hopefully a change from the 12 x 400 session but giving a similar effort

**14<sup>th</sup> Oct** – 2 x 2.5 mile reps. Round town with a gather up at the roundabout.

**21<sup>st</sup> Oct** – Pyramid Session at Lakeland Park, 700 m reps. Once round, Twice round, Three times round, Twice and finally once.

**28<sup>th</sup> Oct.** Handicap – usual route round town

**4<sup>th</sup> November** – Fartlek as above

**11<sup>th</sup> November** – 3 x 2.5 Mile reps – gathering up as above at the roundabout and the memorial.

**18<sup>th</sup> November.** Pyramid Session as above

**25<sup>th</sup> November** – Handicap – usual route round town.

**2<sup>nd</sup> December** – Fartlek as above

**9<sup>th</sup> December** – 3 x 2.5 Mile reps. The fourth can be attempted by anyone still standing.

**16<sup>th</sup> December.** Pyramid Session at Lakeland Park.

**23<sup>rd</sup> December** – Christmas Handicap followed by a pint.

**Petes Paulauf** will run on the second Thursday of every month – 10<sup>th</sup> October, 13<sup>th</sup> November and 11<sup>th</sup> December. The other Thursdays will be slightly less formal and will be either Duncan Overton taking a hill session or myself taking a longer, more sustained run. Start will be 6.15 at the new location. Details will be confirmed – at the time of going to press Duncan is in Germany for the vets championships.

## INTER -CLUB RELAY

Saturday 13<sup>th</sup> September 2003

After so much planning it was very pleasing to have 16 teams entered in the relay in advance along with the promise of good assistance from club members. Learning from previous relays we decided to keep legs reasonably short and to have only 5 senior and 1 junior runner per team thus allowing more teams to run. When the 6 Keswick teams were announced a week before the event we did expect to have more runners drop out but everyone who wanted to run did, along with 2 who didn't, Pat and I!!. Seriously, we didn't really mind but it isn't easy nor ideal for the organisers to also run. By naming the legs well in advance it did enable plenty of time for reees and I do know that the other clubs did travel over to check out the courses, all of which were chosen to test route finding. I know that some people do like routes flagged and taped ( as is necessary on the Lattrigg race) but having own route legs makes it more interesting as well as easier to organise!.

All our teams ran well with the best performance being Mark Denham-Smith and Nims Lockwood's Lonscale leg, which was the fastest of the day. Dave Birch's also did exceptionally well on his Walla Crag leg which was only 8 seconds slower than Alan Bowness. Who knows, if he hadn't cycled from home he might even have done better!!.

Pat and I would like to thank everyone for their terrific help and all those who baked the cakes. I won't name them all just in case someone is left out but I think a special mention should go to the "tea ladies" who made £47 and missed the gloriously sunshine.

After the relay we did have a bit of a mad dash home and a quick turnaround to get the evening do ready. At one stage we did wonder if we would have enough attending to make a good evening but we need not have worried as 48 came in the end, a good number. Love or hate them, ceilidhs certainly do get the evening going and for over two hours the dance floor was packed. It was an excellent evening, ideal venue, fine food and a very good band. All in all a satisfying day, just don't expect us to do it too often!!.

Pete Richards

	TEAM	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Total time
1	C.F.R Open	P Scott 9.19	G Crayston 22.49	R Lightfoot B Taylor 57.28	A Bowness 34.56	D Morris 29.37	2.34.09
2	Keswick Open	B Farrell 9.38	D. Owen 27.45	M Denham-Smith N Lockwood 55.10	D Birch 35.04	D Frampton 28.02	2.35.39
3	Helm Hill Open	K. Alderson 9.32	S.Addison 24.39	J Mayfrog B Proctor 56.44	P Bridlington 37.20	T Tipping 27.44	2.35.59
4	C.F.R V40	S Clifford 10.14	G Byers 25.15	P Crompton A McGee 61.17	A Beaty 37.47	B Thompson 30.00	2.44.33
5	C.F.R V50	J Bowness 10.06	J Winn 25.41	R James H Jarrett 59.38	M Litt 39.29	D Lees 36.00	2.50.54
6	Helm Hill Open	T Addison 10.07	M Addison 27.01	M Addison A Bloxham 62.04	R Cannon 43.02	L Dixon 35.57	2.58.11
7	C.F.R Open	J Stuart 9.58	J Archbold 34.17	D Atkinson R Mossop 63.47	N Cockbain 39.24	J Walker 31.48	2.59.14
8	Keswick V40	T Yates 10.55	T Brand-Barker 29.00	C Knox R Askwith 68.58	S Fletcher 39.45	P Haworth 32.46	3.01.24
9	Keswick Ladies	E Knox 12.20	C Charlton 31.05	A Brand-Barker L Sharp 62.40	J Meeks 43.30	A Haworth 34.44	3.04.19
10	Wigton V40	S Pitcher 11.44	J Wise 31.49	R Wrenn A Johnston 72.33	A Pitcher 42.56	M Taylor 36.15	3.15.17
11	Keswick V50	R Bell 10.57	S Jones 31.35	P Gilchrist J Downie 74.14	P Richards 46.57	D Hayes 34.16	3.17.59
12	Keswick Ladies	J Bibby 12.19	T Seganby 34.03	P Richards C Colam 78.04	G Brown 56.04	A Downie 41.55	3.42.25
13	Helm Hill Ladies	E Crowther 10.58	S Richardson 41.14	H Milligan Bridie 86.59	J Bowe 46.17	Sharr 37.18	3.42.46
14	Keswick Open	C Brand-Barker 11.23	A Lockwood 35.34	C Mandale S Noble 70.41	J Rutter 59.56	M Brown 49.47	3.47.21
15	Wigton LV40	J Grant 11.38	C Harvey 55.20	J Wren K Grant 85.55	J. King 58.35	S Bennett 45.24	4.16.52

## CLUB DINNER AND PRESENTATION

This will take place at The Swinside Inn on Saturday the 6<sup>th</sup> December 2003 7.0 pm for 7.30pm dinner. Tickets are £12.50 each and can be obtained from Pete Richards. To create a bit of a rush you should note that there are only 48 available!!

B & B is available for those wishing to stay over.

## Longest serving International Fell Runner

When Angela Brand-Barker of Cockermouth lines up for Wales at the start of the 19th Mountain Running World Trophy in Alaska on 20<sup>th</sup> September, she will enter the record books as being the only runner still competing at international level who ran in the first World Championship event back in 1985.

Angela recalls the 1985 event in San Vigilio di Marebbe in Northern Italy being a very friendly event. "The village was so proud to be host to the first ever World Mountain Running event that it ensured that we had a truly memorable trip. It certainly wasn't all pasta and sweat! In those days, the Welsh team did not even provide any running kit. I was asked to take a red vest along and I was given a badge that I had to sew onto it before the race." Local fell running stalwarts may recall that this was the year that Kenny Stuart of Threlkeld won his race and became World Mountain Running Champion. Angela's link to this victory was through the use of her professional skills as a physiotherapist to deliver a pre-race massage to the soon-to-be World Champions legs.

Selection for the 2003 Welsh team was based on performance in a Championship race held in South Wales on 9<sup>th</sup> August. The heatwave was still with us and Angela faced a tough task. She knew that victory would secure not only the Welsh Championship but also a ticket to the Alaskan event. Taking it easy was not an option despite the conditions but she bravely led from the gun and had a good two-minute lead at the summit turn. Angela feels that she lost some time on the descent as it was like descending into a furnace and she had opted not to carry a water bottle with her for this 60-minute race. Her lead was not to be eroded however and she finished well clear of the ladies field.

Angela has not competed in every World Championship event as childbirth, injury and work commitments have intervened. Her best result was in 1988 when she finished 6<sup>th</sup> lady on the slopes of Latrigg above Keswick. "Realistically I am not looking for a top 20 placing in Alaska as I am now old enough to be a mother to some of my fellow competitors! I know, however, that when I pull on my Welsh vest and line up that a heartfelt patriotism will well up from within. My aim is to lead the Welsh team home from the front".

This year, a full racing kit is provided but contributions towards travelling expenses are sought. Angela has "guess her running time" forms available at Maryport Cottage Hospital where she works should anyone wish to assist her. There will be a prize from Alaska for the closest time.

This is a copy of an article released to the local press before Angela's trip to Alaska where she finished 25<sup>th</sup> in 44.16 in a field of 66 runners. Louise finished in 45.00 being 33<sup>rd</sup>. Fresh [earlier than usual] snow was the under foot condition, which to me doesn't sound like a great surprise.

Both runners were given a £100 by the club to help with travelling expenses.

## JUNIOR UPDATE

It's difficult to know where to start, so much has happened since the last newsletter. Lots of stuff has already made its way into the local press but here's a brief recap that captures some of the flavour whilst missing many of the performances (apologies to those not named).

We thought the summer had ended on a high note when we had 25 juniors out at the Summer Games. The weather was fine, New Balance provided prizes for everyone and Gemma Phillips - our guest from Sport England – ran round encouraging everyone (the juniors even managed an active q&a session in which they asked about everything from nutrition to training regimes). However, there was plenty more to come.

At the Helm Hill Junior relays we had twelve runners out - both a boys team and a girls team – racing over some really tough fell courses (the U16 and U18 legs went straight up Winder and Crook respectively).

They all ended up with prizes but perhaps those who completed their first fell race in a Keswick vest deserve a special mention: Letitia Cooper, Henry Cornthwaite, Rosie Cornthwaite, Peter Knox, Ryan Shaw and Hannah Wilson. A baptism of fire! However, the highlight of the day was the support the runners gave each other, those who ran in pairs genuinely ran as a team encouraging each other along and everyone joined in the support either at the finish or around the course.

Following two excellent performances at the U14 English Championship race at Three Shires, Ben Farrell (2<sup>nd</sup>) and Ted Yates (11<sup>th</sup>) went down to Thievley Pike and moved up an age group for the U16 English selection race. Unfortunately, Ted got a stitch after the first climb but Ben ran a storming race to finish 8<sup>th</sup> overall. We're now all waiting for next year (and the year after ...).

If all this wasn't enough Awards for All (the lottery) have just given the juniors £5000 to fund the Sportshall programme we're planning for the winter.

So what are we up to this winter? From the second Saturday in October the Saturday session is moving into Keswick School Sports Hall and we're planning a programme of running, jumping and throwing activities (hopefully this won't result in any seniors dislocating any ageing limbs). The mid-week session is now on Wednesdays at 15:45 based at Keswick School (I forgot to mention: we're now doing two sessions a week with the mid-week session focused on more structured training for older athletes – keeping the fun element of course – and attracting a number of runners from other clubs!).

Of course we mustn't forget all of this wouldn't be possible without a group of enthusiastic committed young athletes and helpers.

### **Stop Press Results from World Vets Championships**

In the V 45 category Dunc Frampton was 15<sup>th</sup> in a time of 47.12 the winning time was 43.56 [Germany]

In the V 55 category Dunc Overton was 5<sup>th</sup> in a time of 49.59 the winning time was 48.06 [Belgium]

In the W V 55 category Trish Overton was 15<sup>th</sup> in a time of 70.14 the winning time was 57.59[Germany]

<b>SKIDDAW, 6/7/03</b>				<b>LATRIGG RIDGE, 13/7/03</b>				
1	S. Bailey	Staffs	1.03.11	1	T. Austin	Dark Peak	34.24	
8	R. Bryson	Newcastle	1stMV40 1.05.40	3	N. Lockwood	Keswick	35.19	
28	M. Denham-Smith	Keswick	1.10.11	4	D. Frampton	Keswick	1stMV45 35.26	
37	D. Birch	Keswick	1.11.45	5	S. Freeman	Ambleside	1stMV40 36.31	
43	D. Troman	Keswick	1.12.54	7	N. Davies	Borrowdale	1stL/V40 38.50	
47	N. Lockwood	Keswick	1.13.07	8	S. Kemp	Keswick	MV45 39.39	
48	D. Frampton	Keswick	1.13.18	9	M. Litt	CFR	1stMV50 40.07	
49	D. Overton	Keswick	1stMV50 1.13.22	10	A. Brand-Barker	Keswick	2ndL/40 40.23	
117	P. Bullen	Keswick	1.20.23	12	D. Owens	Keswick	MV45 41.05	
123	S. Newman	Calder V.	1stL/V40 1.20.53	13	S. Sharp	CFR	1stMV55 42.32	
156	D. Owens	Keswick	MV40 1.23.39	15	J. Downie	Keswick	MV50 43.14	
157	N. Thompson	Keswick	1.23.42	19	S. Noble	Keswick	MV40 46.25	
179	S. Kemp	Keswick	MV40 1.26.45	20	C. Mandale	Keswick	47.24	
201	R. Askwith	Keswick	MV40 1.28.33	24	P. Gilchrist	Keswick	MV55 49.26	
223	J. Downie	Keswick	MV50 1.30.41	26	P. Richards	Keswick	LV50 49.42	
264	B. Booth	Keswick	MV60 1.35.01	29	H. Blenkinsop	Keswick	MV65 58.41	
269	J. Meeks	Keswick	LV40 1.35.24	At relatively short notice, and at the request of				
297	P. Gilchrist	Keswick	MV50 1.38.32	Allerdale, Keswick hosted the Latrigg Ridge				
300	P. Richards	Keswick	MV40 1.38.49	race as part of the Tour of Allerdale. On a hot				
301	J. Horne	Keswick	MV40 1.38.55	and sunny day 29 seniors and 16 juniors turned				
302	J. Myatt	Keswick	MV40 1.38.56	up to race, with a number of the seniors				
322	D. Harrison	Keswick	MV50 1.42.44	marshalling the junior races as a 'warm-up'.				
328	H. Catlow	Keswick	1stMV70 1.44.56	The senior race was won by Tim Austin of Dark				
330	M. Bridge	Keswick	LV50 1.45.39	Peak, and if there had been a team prize Dark				
355	A. Lockwood	Keswick	1.55.39	Peak would have won that too. The first six				
362	H. Blenkinsop	Keswick	MV60 2.06.46	runners, including the previous record holder,				
364	R. Strachan	Keswick	MV60 2.11.47	Steve Freeman, were inside the course record				
<b>LORDS SEAT, 9/7/03</b>				and Nicola Davies from Borrowdale also set a				
1	B. Taylor	CFR	34.52	new ladies' record.				
2	N. Lockwood	Keswick	34.52	<b>Juniors</b>				
3=	D. Birch	Keswick	35.00	<b>U12</b>				
7	J. Myatt	Keswick	1stMV40 40.08	1	J. Stuart	CFR	Boy	12.59
10	M. Litt	CFR	1stMV50 40.44	2	R. Stuart	CFR	Girl	13.11
12	N. Thompson	Keswick	40.57	3	Z. Archbold	CFR	Boy	13.25
13	S. Kemp	Keswick	MV40 41.07	4	R. Bell	Keswick	Boy	14.53
19	J. Downie	Keswick	MV50 42.40	5	J. Bibby	Keswick	Girl	15.18
23	B. Blakeman	Sunderland	L 43.08	6	D. Robinson	Keswick	Boy	16.20
32	P. Gilchrist	Keswick	MV50 45.38	7	J. Quail	Keswick	Boy	16.25
34	S. Lewsley	Keswick	1stLV40 45.43	8	L. Robinson	Keswick	Girl	16.39
37	P. Richards	Keswick	MV40 46.14	9	O. Bibby	Keswick	Boy	17.58
40	C. Mandale	Keswick	46.55	10	M. Archbold	CFR	Girl	19.03
43	S. Jones	Keswick	MV50 47.48	11=	M. Archbold	CFR	Girl	24.06
45	C. Knox	Keswick	MV40 48.41	11=	C. White	U/A	Girl	24.06
47	C. Charlton	Keswick	LV40 49.00	<b>U14</b>				
50	P. Richards	Keswick	LV50 50.28	1	B. Farrell	Keswick	Boy	22.08
55	D. Harrison	Keswick	MV40 51.37	2	E. Knox	Keswick	Girl	25.57
56	C. Colam	Keswick	LV50 51.37	3	C. Brand-Barker	Keswick	Boy	29.14
62	G. Brown	Keswick	LV40 58.43	4	D. Bell	Keswick	Boy	30.35
63	R. Strachan	Keswick	MV60 59.18	<b>U16</b>				
67=	S. Denham-Smith	Keswick	L 70.54	1	E. Stuart	CFR	Girl	23.18
67=	M. Denham-Smith	Keswick	70.54	All the Juniors won prizes donated by club				
69	M. Brown		MV50 74.52	members and Allerdale, whilst Allerdale also				
				sponsored the senior event.				

<b>BOOTLE BLACK COMBE, 13/7/03</b>					Latrigg	ridge contd				
1	A. Bowness	CFR		42.01	30	S. Kemp	Keswick	MV45	40.32	
2	M. Amor			47.20	41	A. Haworth	Keswick	LV40	42.16	
3	S. Addison	Helm Hill	MV40	49.42	48	P. Richards	Keswick	MV45	43.16	
4	D. Spedding	Keswick	MV50	50.42	54	S. Fletcher	Keswick	MV40	43.47	
5	G. Byers	CFR	MV40		61	T. Brand-Barker	Keswick	MV45	44.53	
6	R. Lightfoot	CFR			64	P. Gilchrist	Keswick	MV55	45.04	
	J. Gardiner	Buxton	1st L	57.31	77	P. Richards	Keswick	LV50	47.06	
	32 runners				100	R. Strachan	Keswick	MV65	57.40	
<b>MOFFAT 9.3m, 15/7/03</b>					102	S. Denham-Smith	Keswick	L	58.31	
1	J. Laird	Dumfries		52.00		109 finishers.				
41	M. Douglas		1st L	65.30		Keswick men took the 2nd men's team prize				
86	N. Pritchard	Keswick		74.48		behind Border, whilst Keswick Ladies won the				
87	J. Johnstone	Keswick	MV50	74.51		ladies' team prize.				
125	C. Nixon	Keswick	MV65	81.58	<b>BORROWDALE, 2/8/03</b>					
145	C. Wallace	Keswick	MV50	85.04	1	S. Booth	Borrowdale		2.49.12	
	175 runners				20	S. Jackson	Horwich	1stMV40	3.34.01	
<b>BLISCO, 16/7/03</b>					21	D. Spedding	Keswick	1stMV50	3.34.50	
1	N. Sharpe	Ambleside		38.01	25	N. Thompson	Keswick		3.45.41	
8	M. Hoffe	Ambleside	MV50	45.17	28	N. Davies	Borrowdale	1stL/V40	3.46.18	
14	S. Wood	Ambleside	1st L	47.59	31	P. Bullen	Keswick		3.47.33	
16	P. Orr	Preston	MV40	48.12	56	J. Nuttall	Clayton	1stMV60	4.03.35	
21	N. Davies	Borrowdale	1stLV40	48.58	73	J. Meeks	Keswick	3rdL/V40	4.13.44	
32	S. Kemp	Keswick	MV40	53.42	154	C. Charlton	Keswick	LV40	5.02.44	
34	J. Downie	Keswick	MV50	54.17	176	M. Bridge	Keswick	LV50	5.16.11	
48	H. Krynen	Keswick	L	58.22	202	A. Buckley	Keswick	MV60	6.05.21	
61	H. Catlow	CFR	1stMV70	71.18	<b>LATRIGG, 3/8/03</b>					
	66 runners.				1	I. Holmes	Bingley		18.52	
<b>INGLEBOROUGH, 19/7/03</b>					4	M. Denham-Smith	Keswick		19.51	
<b>Ladies</b>					6	N. Lockwood	Keswick		29.27	
1	T. Brindley	Carnethy			8	S. Freeman	Ambleside	1stMV40	21.25	
2	L. Sharp	Keswick			14	A. Brand-Barker	Keswick	1stL/V40	22.40	
12	H. Krynen	Keswick			17	S. Kemp	Keswick	MV40	23.11	
	Ingleborough hosted the County Championships				18	M. Litt	CFR	1stMV50	23.21	
	with Cumbria ladies taking 1st place in the team				19	P. Bullen	Keswick		23.25	
	event. Sorry, I don't have any other details.				20	D. Owens	Keswick	MV40	23.50	
<b>KENTMERE, 20/7/03</b>					30	J. Downie	Keswick	MV50	25.05	
1	R. Jebb	Bingley		1.31.08	32	T. Brand-Barker	Keswick	MV40	25.44	
5	I. Greenwood		!stMV40	1.39.42	33	B. Booth	Keswick	1stMV60	26.10	
12	D. Spedding	Keswick	1stMV50	1.46.48	37	S. Noble	Keswick	MV40	26.51	
17	A. Priestley		1stL	1.48.47	38	P. Gilchrist	Keswick	MV50	27.01	
23	L. Sharp	Keswick	2ndL	1.49.21	44	C. Mandale	Keswick		27.56	
43	C. Valentine	Keswick	MV40	1.55.49	49	C. Colam	Keswick	LV50	29.45	
45	N. Thompson	Keswick		1.56.27	52	P. Richards	Keswick	LV50	30.49	
	C. Knox	Keswick	MV40		58	R. Strachan	Keswick	MV60	35.18	
	A. Buckley	Keswick	MV60		59	J. Rutter	Keswick	MV60	36.31	
	142 runners. Rob Jebb had won at Ingleborough									
	the day before									
<b>SWINSIDE 6, 23/7/03</b>										
1	M. Scott	Border		32.25						
2	S. Murdoch	Border	MV40	33.33						
4	D. Frampton	Keswick	MV45	34.17						
6	M. Denham-Smith	Keswick		35.33						
8	N. Lockwood	Keswick		35.54						
11	W. Johnstone	Border	1stMV50	37.27						
26	A. Brand-Barker	Keswick	1stL/V40	40.10						
28	D. Hayes	Keswick	1stMV60	40.21						
29	D. Harrison	Keswick	MV50	40.23						

<b>WORLD VET TRIALS, WHINLATTER, 9/8/03</b>									
1	C. Roberts	Kendale	1stV40	42.31	<b>ENG. WORLD MT. RUNNING TROPHY TRIAL, 9/8/03</b>				
4	M. Weedal	Pennine	1stV45	44.08	1	A. Jones	Salford		49.45
7	D. Frampton	Keswick	2ndV45	45.00	2	N. Sharp	Ambleside		53.28
8	D. Overton	Keswick	1stV55	45.17	3	M. Roberts	Borrowdale	MV40	54.15
14	M. Foschi	Pennine	1stV50	48.53	17	N. Lockwood	Keswick		60.04
15	J. Hargreaves	CFR	1stL35	49.56	25 runners on a very hot day on a route that				
21	S. Becconsall	Bingley	1stL40	51.29	included Grisedale Pike, Hopegill Head, Sandhill,				
22	J. Amies	Mercia	1stV60	51.46	Coledale Hause, and back to Whinlatter via				
24	M. Laney	Clayton	1stL45	52.25	Grisedale.				
35	W. Dodds	Clayton	1stL50	61.15	<b>Women</b>				
43	P. Overton	U/A	1stL55	69.30	1	L. Sharp	Keswick		37.40
44	P. Duffy	N. Vets	1stV65	70.43	2	A. Buckley	Salford		38.17
It's a shame that the event wasn't better advertised.					3	N. White	Holmfirth		38.41
<b>STEEL FELL RACE</b>					97	P. Knott	Blackpool	1stMV65	51.57
1	J. Davies	Borrowdale		22.31	98	J. Rutter	Keswick	MV65	52.14
6	N. Thompson	Keswick		26.20	101	R. Strachan	Keswick	1stMV70	53.51
8	D. Bearhop	Carnethy	1stMV40	27.11	102	H. Blenkinsop	Keswick	MV65	56.50
12	J. Downie	Keswick	1stMV50	29.20	104	S. Denham-Smith	Keswick	L	60.55
21	P. Gilchrist	Keswick	MV50	32.41	105	M. Brown	Keswick	MV50	61.13
22	K. Forster	Spectrum	1stL	34.28	Not quite a record turn-out, and no records were				
23	H. Catlow	CFR	1stMV70	35.18	broken, although Alan Bowness was only short by				
27	J. Rutter	Keswick	MV60	41.28	5 seconds of his own record. There were some				
28	R. Strachan	Keswick	MV60	42.28	keenly contested sprint finishes across the park.				
<b>KIRKBY STEPHEN, 17/8/03</b>					CFR took the men's team prize whilst Keswick				
1	S. Hepples	U/A		55.34	took the ladies' honours.				
8	M. Walker	Gosforth		1.03.46	<b>CARLISLE 10K, 27/8/03</b>				
14	J. Meade	Wrexham	1stL	1.08.05	1	R. Adams	N. Irish		33.33
72	C. Nixon	Keswick	MV65	1.29.17	19	J. Riley	Keswick		41.11
<b>ROUND LATRIGG, 20/8/03</b>					20	D. Kelly	Border	1stL	41.14
1	A. Bowness	CFR		29.53	34=	L. Robins	Keswick	LV40	51.03
2	S. Freeman	Ambleside	1stMV40	32.31	34=	C. Nixon	Keswick	MV65	51.03
4	D. Troman	Keswick		32.49	39 runners - a sad demise of what was once a				
5	M. Denham-Smith	Keswick		32.52	very popular event.				
7	N. Lockwood	Keswick		33.12	<b>CAFOD GRISDALE, 6/9/03</b>				
14	A. Beaty	CFR	1stMV45	34.18	1	P. Davies	Borrowdale		1.47.00
15	P. Bullen	Keswick		34.19	5	D. Birch	Keswick		1.58.51
19	J. Myatt	Keswick	MV40	35.56	11	C. Valentine	Keswick	1stMV40	2.06.10
21	R. James	CFR	1stMV50	36.16	19	P. Bullen	Keswick		2.08.31
30	K. Hill	Keswick		37.17	20	D. Spedding	Keswick	1stMV55	2.11.18
31	B. Blakeman	Sunderland	1stL	37.26	32	D. Owens	Keswick	MV45	2.15.39
32	D. Owens	Keswick	MV45	37.29	36	N. Thompson	Keswick		2.17.09
33	N. Davies	Borrowdale	1stLV40	37.57	48	L. Cowell	Keswick	3rdL	2.23.17
36	N. Thompson	Keswick		38.20	73	G. Somers	Keswick	MV50	2.35.18
56	J. Downie	Keswick	MV50	41.37	75	C. Knox	Keswick	MV45	2.36.30
61	P. Gilchrist	Keswick	MV55	42.17	89	S. Kemp	Keswick	MV45	2.43.17
64	S. Jones	Keswick	MV50	42.28		J. Rutter	Keswick	MV65	
65	P. Richards	Keswick	MV50	42.34		H. Blenkinsop	Keswick	MV65	
67	P. Taylor	Border	1stMV60	42.54	121 starters. Not sure if everyone finished.				
74	C. Knox	Keswick	MV45	43.48	<b>LINGMELL DASH, 30/8/03</b>				
75	P. Richards	Keswick	1stLV50	43.52	1	T. Austin	Dark Peak		46.02
78=	D. Harrison	Keswick	MV55	45.00	6	C. Valentine	Keswick	1stV40	54.49
80	A. Buckley	Keswick	MV60	45.11	7	D. Spedding	Keswick	1stV50	55.55
88	C. Colam	Keswick	LV50	46.42		N. Gough		1stL	71.24
93	A. Downie	Keswick	LV40	49.47	An entry of 25 doubled the number of entrants				
94	A. Lockwood	Keswick		49.52	in the inaugural race of 2002. 3 Borrowdale				
95	G. Brown	Keswick	LV40	50.30	runners walked over, ran the race, and walked				
					back.				

<b>LANGDALE MARATHON</b>				<b>DUMFRIES 10K, 3/9/03</b>				
1	L. Hill	Dumfries	2.59.30	1	M. Croasdale	Bingley	MV40	31.21
6	D. Harrison	Keswick	MV55 3.23.18	14	S. Lewis	Bath	L	37.04
<b>LOW FELL, 18/9/03</b>				38	D. Robins	Keswick	MV40	40.04
1	P. Brittleton	Howgill	21.14	51	N. Pritchard	Keswick		41.55
2	P. Bullen	Keswick	23.22	74	J. Johnstone	Keswick	MV50	43.39
3	N. Davies	Borrowdale	1stL 24.26	118	C. Nixon	Keswick	MV65	49.35
4	R. Coles	U/A	MV45 25.23	128	L. Robins	Keswick	LV40	50.53
6	L. Cowell	Keswick	2ndL 26.08		189 finishers			
8	P. Gilchrist	Keswick	MV55 26.12	<b>BEN NEVIS, 6/9/03</b>				
15	H. Blenkinsop	Keswick	MV65 38.53	1	R. Jebb	Bingley		1.29.32
<b>GREAT NORTH RUN, 21/9/03</b>				55	K. Beaty	CFR	1stL/V40	1.54.52
	N. Pritchard	Keswick	1.46.50	183	R. Askwith	Keswick	MV40	2.15.24
	J. Johnstone	Keswick	MV50 1.46.50		374 finishers			
	C. Nixon	Keswick	MV65 1.54.00					
<b>LAKE DISTRICT MOUNTAIN TRIAL</b>								
1	M. Hayman	Dark Peak	4.22.25					
<b>Women</b>								
1	L. Cowell	Keswick	3.44.36					
2	A. Brand-Barker	Keswick	3.48.34					
	The event started and finished in Little Langdale							
	via Helgill, Allen Craggs, Yeastyrigg Gill, Cold							
	Pike, and Greenburn Reservoir.							

KESWICK A.C. ROAD CHAMPIONSHIP, 2003

POS	NAME	CAT	BR/M	KHM	H10K	SW6	D10	B-C10	TOTAL
1	D. Harrison	MV55	20	21	20	18			79
2	M. Denham-Smith	M	25		25	22			72
3	D. Hayes	MV60		20	22	19			61
4	A. Brand-Barker	LV40		18	21	20			59
5	S. Denham-Smith	L	10	13	17	9			49
6	D.Frampton	MV40		25		25			50
7	N. Lockwood	M	21			21			42
8	S. Fletcher	MV40		22		14			36
9	S. Kemp	MV40		19		17			36
10	A. Haworth	LV40			19	16			35
11	J. Yeates	LV40	18	16					34
12	P. Gilchrist	MV55	13	17		12			30
13	P. Richards	LV50			18	11			29
14	R. Strachan	MV60			16	10			26
15	D. Troman	M	22						22
16	S. Hawker	L	9	12					21
17	D. Owens	MV45	19						19
18	N. Pritchard	M	17						17
19	J. Johnstone	MV50	16						16
20	J. Riley	M	15						15
21	S. Harwood	MV50		15					15
22	P. Richards	MV45				15			15
23	A. Jones	MV40	14						14
24	A. Downie	LV40		14					14
25	T. Brand-Barker	MV45				13			13
26	A. Buckley	MV55	12						12

KESWICK AC FELL CHAMPIONSHIPS, 2003

POS	NAME	CAT	AW	PG	SK	LAT	GH	LA	TOTAL
1	M. Denham-Smith	M	25	25	25	25			100
2	N. Lockwood	M	22	20	20	22			84
3	D. Birch	M	21	22	22		25		90
4	D. Owens	MV40	14	17	16	18	19		84
5	J. Downie	MV50	12	16	12	17			57
6	P. Bullen	M	17		17	19	21		74
7	S. Kemp	MV40		18	14	20	14		66
8	B. Booth	MV60		15	11	15			41
9	L. Sharp	L	20	19					39
10	D. Overton	MV50		21	18				39
11	D. Frampton	MV40	19		19				38
12	N. Thompson	M	18		15		18		51
13	P. Gilchrist	MV50	11		9	13			33
14	D. Troman	M			21				21
15	A. Brand-Barker	LV40				21			21
16	C. Valentine	MV40	16				22		38
17	T. Brand-Barker	MV40				16			16
18	D. Spedding	MV50	15				20		35
19	P. Richards	MV40	6		8				14
20	S. Noble	MV40				14			14
21	L. Thompson	LV40	13						13
22	R. Askwith	MV40			13				13
23	C. Mandale	M				12			12
24	C. Colam	LV50				11			11
25	R. Asquith	MV40	10						10
26	J. Meeks	LV40			10				10
27	R. Strachan	MV60			1	9			10
28	P. Richards	LV50				10			10
29	S. Grisdale	MV40	9						9
30	C. Knox	MV40	8				15		23
31	J. Rutter	MV60				8	?		8
32	G. Marshall	L	7						7
33	M. Bridge	LV50	3		4				7
34	J. Horne	MV40			7				7
35	D. Harrison	MV50	1		5				6
36	J. Myatt	MV40			6				6
37	S. Harwood	MV50	5						5
38	C. Charlton	LV40	4						4
39	H. Blenkinsop	MV60	1		2		?		3
40	A. Lockwood	M			3				3
41	A. Buckley	MV50	2						2
42	S. Denham-Smith	L	1						1
43	L. Cowell	L					17		17
44	G. Somers						16		16

