

PACEMAKER

The Newsletter of Keswick Athletic Club- Spring 2004

At last the racing season is with us and the tedium of wearing a groove on your regular streets route can be put away, allowing you to enjoy the freedom the light nights bring with them. The regular training that Mark organises on a Tuesday evening is well documented on a later page. The winter schedules have no choice than to be based on road running, but you will see a tendency now for a bit more adventure. If you turn up on a Tuesday for a 6.15pm start from the Rawnsley Hall Pavilion you must expect to be involved with some hard session style training.

The Thursday night ladies group continues to meet at 6.15pm at the Pavilion, Rawnsley Hall. With the lighter nights approaching and hopefully drier Thursday evenings, the group will be taking to the fells, with the occasional social beverage to follow. All ladies welcome. If the turnout warrants and to ensure everyone has a good run, the group can split, meeting up afterwards. Just to let you all know there are changing facilities and toilets at the Pavilion. Hoping we continue with the good turnouts of last year. Pat R.

With regard to the Thursday evenings there is no one "in charge" of a regular structured session for the men, however if you turn up Pat Richards will have unlocked the pavilion giving the changing facility. From there on it depends who is there and what they fancy, maybe jump in the car to an outlying venue etc. Pat will be leading the Thursday Ladies social group, and they are not averse to the odd tagger on, but remember that it is not for budding 6 min milers!

The Pavilion facility has proved to be a great success and even the committee are starting to use it as a meeting place.

SUBS;-

Have you paid? If not please get your money to Tony without further delay. A pink line on your label means on Tony's records at the time he printed them your subs had not been received. For those receiving their newsletter by email perhaps you will get a personal reminder. We have currently 171 members including 34 juniors.

Wedding Bells I am told will be ringing shortly for Mike McIver who is to marry his long term partner Janet King.

Congratulations to Janet & Mike. Mike is then off to Sheffield to train to be a doctor, returning in the future I hope to reclaim his place in our relay team with a new knee!!

Back to training, here's Mark's latest idea—no it's not fell runs in the dark!!

Warm Weather Training - Costa Blanca

Here's a radical proposal - Next year we'll organise a club trip to the Costa Blanca for a pre season sharpener! I'm just back from a week's training in Spain - staying just North of Benidorm. Its about the only area not snow covered but with 20 degree heat. I camped at a climbers bunkhouse/BB called the orange house - the lads out climbing were good crack. I managed to avoid the night out in Benidorm, with lads coming back about lunchtime the next day. The mountains rise to 1500 meters altitude, and where I stayed in Finnestrat the local fell was 1400M and steep - the summit only 70 mins run from the orange house. Paths have been recently cleared so you do not have to push through the prickly vegetation with the attendant risk of disturbing a scorpion or wild boar!

The mountains are steep - a typical run fitting 7500 feet of ascent into 12 Miles. Ideal preparation for the Borrowdales of this world. It's not an area readily associated with running - more clubbing and rock climbing - but it was an excellent trip. Easyjet only run 6 or 7 months ahead so I'll assess demand nearer the time when flight costs are firm. We have a warm welcome at the orange house, however.

Mark Denham-Smith

The first Club counter on the roads saw Dave Troman coming out on top in the Netherhall 10. He then went on to finish as our first counter at the first English fell race, Noonstone; not satisfied with that [or on a high] he went on the day after to do the New Chew Mountain Marathon in the Saddleworth area and won outright. The final shaking off of a long standing knee injury seems to be doing wonders for Dave.

Mark DS was under the weather with flue symptoms at Noonstone & I'm sure his 64th position will be his lowest of the season. Our last year's superstars Louise 1st Lady and Dunc Overton 1st V 50 were up to their usual tricks coming out on top. Dunc despite a reaction to a flue jab he had several weeks before. Our team of 5 men finished within the first 92 places. Our Ladies 3 managed 2nd team, I think, putting them in a good position at this early stage of the campaign.

We have received 2 little **bits of praise** regarding our club from outsiders, which is always worth gloating over;

At Dumfries Running Club we are hoping to set up a website. As a regular visitor and admirer of your site I wonder if you could advise how your site was set up. In particular could you advise if it was set up by one of your members or if you hired a professional to do it for you and if so could you provide details so I could contact them.

Thanks

[Pete, don't sell yourself cheap!!]

Keswick / Buttermere 22 To all at Keswick A.C--- Just a quick line to thank you all for a great race last Sunday. The friendly atmosphere and organisation were second to none and made this one of the best races I have ever done even if my legs were falling off at the end. Thanks for the tea and scones, see you next year. Gordon Fletcher.

Junior events by Emily Knox

Birkrigg Common – Kendal Winter League

This is one of the twelve races that form the Kendal winter league. All the races have a variety of terrain, distances, and steepness. Birkrigg Common is, in my opinion, too flat to be called a fell race, and too hilly for a cross country, which comes out as a mixture of both.

I think this gave me an advantage, as I have focused equally on fell running and cross-country over this year. On the turn around point during the race, it's quite normal to be overtaken by some of the senior men who have run further. When they began to pass me, I tried to follow their faster pace, and made a gap of 28 seconds between me and the next runner. With warm, breezy weather, and no slippery grass or steep drops to catch me out, I made it into 1st place, breaking the U17 girls record.

Inter Counties Cross Country – Nottingham

From being used to racing amongst a group of about 8 at the most, my first inter counties race was a shock. Having been probably the last Cumbria runner to qualify, and starting at the back of the funnel alongside 400+ other runners was quite daunting.

From the start horn, it felt quite clear that I was out of my own league. Sprinting my maximum at the start just to keep up with the field was something I've never had to do before, but with the added worry of so many people watching, and TV cameras along the course, there was no way I wanted to be last.

As more of a fell runner, I thought I might have an advantage when we had slopes to go over, but from such a fast pace I had nothing left, and my legs began to feel the strain.

My final position was 258th, but 4th Cumbrian counter. However, I can't say I enjoyed this race, and neither would I look forward to doing it again, but it was worth the experience.

After the inter counties I couldn't help thinking: How would all these runners fare in a proper fell race in average Cumbrian conditions? (That's so much rain your number falls off and the kind of wind that knocks trees over)

So much for the inter-counties, fell races are much more dangerous and exciting! I've fallen head over heels down Barbon fell race over snow and rocks, and received multicoloured bruises all over my legs afterwards, which hasn't put me off in the slightest.

During this year, I will be taking part in the English fell championships. At Pendle I finished 3rd, and I'm hoping to participate in all six races.

Thanks to Emily for this contribution..

FEET IN THE CLOUDS [by a Keswick AC member]

Richard Askwith's book about fell-running, about which some of you may have heard, is due to be published at the **end of May**. Called 'Feet in the Clouds', it's a mixture of history, personal reminiscence, interviews with fellrunning greats and descriptions of races in the 2003 season. It even includes a chapter about Keswick. It's published by Aurum Press and will cost £14.99. Keswick AC members can order copies by credit card for the special price of £12.99 (postage-and-packing free) by telephoning 01903 828503 and quoting reference number: AUR14 while stocks last!

Synopsis

The concept of fell running is simple: a long-distance race that includes running up and down several tall mountains. Though rarely making the sports pages, it is a mass-participation sport in areas like the Lake District and Snowdonia - indeed, race organisers turn competitors away so that fragile mountain uplands are not irrevocably damaged by thundering feet. Fixtures like the annual Ben Nevis and Snowdon races, or the Borrowdale and Wasdale fell runs in the Lakeland valleys (20-mile-plus marathons), have remained local events attended by the whole community - the runners back at work the next day shearing sheep. In this volume, Richard Askwith explores the world of fell-running in the only legitimate way: by donning his Ron Hill vest and studded shoes and spending a season running as many of the great fell races as he can, from Borrowdale to Ben Nevis: an arduous schedule that tests the very limits of one's stamina and courage. Along the way he also meets the greats of fell-running - like the remarkable Joss Naylor, who to celebrate his 60th birthday ran the Lakeland fells non-stop for a week, and Kenny Stuart, the wiry Keswick man whose astounding records still stand for many of the top races, and Bill Teasdale, one of the sport's pioneers, still living in the same tiny cottage in the northern Lakes. Ultimately Askwith's obsession drove him to attempt the ultimate challenge: a circuit of the Lake District peaks within 24 hours. This is a portrait of one of the few sports to have remained implacably amateur, and utterly true to its roots - in which the whole point, indeed, is to run the ancient, wild landscape, and stay a hero within one's own valley. A chronicle of a masochistic but admirable sporting obsession, a touching exploration of one of the last genuinely sporting communities, and an insight into one of the oldest extreme sports.

World Vets Trophy 2005

As you will probably know Keswick is the host town for this event on the 10th/11th Sept. Several of our members are on the local organising committee and plans are already under way. As time goes by we will be looking for a commitment to help from other members, so please make a note of the date.

New Members

With the advent of the junior section I have to confess to lapsing from my former habit of welcoming new members, my brain speed didn't match up to the speed of arrivals. All members arriving since my lapse are most welcome and even though you may think we are all a bit quiet and don't make a fuss of you, rest assured you are very welcome.

I couldn't help but notice the surname "English" of a recent new member and after an exchange of emails I find that Bryan is the son of Bob English, in memory of whom we have a trophy, donated by the family, to honour someone who has achieved something special in the long distance category. Judging by Bryan's recent history of completing the Sierre Zinal in 2003 plus 3 times the Everest Marathon in years prior to that, perhaps we will be hard pushed to find someone to beat him in the long distance achievement dept.. It does have to be something in the current year of course! I will try and do an article, with Bryan's help, to enlighten members as to the history behind the trophy, for a future edition.

Training Second quarter 2004

At last! Clocks forward mean we can get out on the fell after work, or at least out on the fell after work without Torches! Numbers fall off to below half a dozen through the Summer - not surprising really. The large amount of midweek races will take preference - for the sake of a few quid they provide an excellent workout, give a change of scenery and are good crack.

April 6th. Easy social run - the Brit champ race in Ireland is on the Saturday, with the round the houses road race on the Wednesday - I'll do an easy jog round for half an hour if anyone is about.

April 13th. 90 s Hills - 12 efforts. Run Flat out uphill for 90s, then gather up/recover for 90s, repeat 12X

April 20th. 3 Efforts - We'll use the round Latrigg route - same efforts as the session when it got dark along the railway line. This will give a bit of a tempo run back along the railway for those speed merchants.

April 27th. Recovery/Social as above - the English counter - 3 peaks - is on the Sunday previous with the Grisdale Grind, a club counter, on the Wednesday. (That could be interesting - it was hard enough after Stuc a Chroin last year)

May 4th. 4 x 1Km efforts - uphill again.

May 11th. 90s hills as above - but 14 efforts.

May 18th. Dockray-Hartside is on the Wednesday, which was popular last year - So I'll do an easy recce of Two Riggs. Park at the lay-by at the South end of the dual carriageway section GR316 195 at 6.15. Nothing serious.

May 25th. The Helvellyn race is on the Monday - 2 riggs on Thursday - Recce of first section of Borrowdale (Eng, Br, Club) to Esk Hause - or whole thing if demand is there!

June 1st - Blencathra Race - club counter

June 8th - Coledale Horseshoe. Not a counter this year but a good jog out!

June 15th - 3 efforts round Latrigg. Tebay is on the 16th so the session can be moderated. I'll be just returning from the Alps - might be back in time.

June 22nd - 90 s hills - 16 efforts (If we keep increasing the number of efforts we can get to the top of Skiddaw, eventually)

June 29th - Easy run. Hawkshead 10K which is a club road counter is on Wednesday.

The science behind the sessions is based on raising lactate thresholds (20 - 25 min efforts), increasing VO2 Max (efforts sustainable for 4 - 5 mins) with the 90s flat outs improving efficiency. However, as usual on the fell it is never a precise science, the above was written for elite roadrunners. Shorter weekday races will hopefully compliment the quicker effort sessions. The key is to undertake an effort at a greater than race pace for the specified interval - resulting in quicker racing for the same perceived effort. (That's the theory, anyway)

Forthcoming races

FELLS

- Sat **3rd April** Donard-Commedagh British Champs Race 12noon 6.8 ml 3300 ft. details nimra.org.uk entries closed 26th March
- Sat **17th April** Anniversary Waltz 11.30 am 11.25 mls 3600 ft £5 to Wynn & Steve Cliff, Paddock View, Frolesworth Road, Leire LE17 5HJ by 5th April. Cheques to Anniversary Waltz.
- Sat **24th April** Glaramara 2pm 5m 2100ft £3 on day Details from Andrew Schofield 017687 72477. A pre race recce is advisable!
- Sun **25th April** Three Peaks—entries closed English Counter
- Wed **28th April** Grisedale Grind 7pm from Whinlatter visitor centre £2-50 on day details Angela & Tony Brand Barker 01900828637 links with Lords Seat 14/7/04 for King of the Forest series. brandbarker@btinternet.com
Club Counter
- Sat **1st May** Coniston Fell Race 11.15.am 9m 3500ft £4 to “Coniston Fell Race” by 24th April Details/ entry to Sam Clarke 22, Yewdale Rd Coniston LA21 8DX 015394 41869 sam@coniston70.fsnet.co.uk
- Wed **5th May** CAW FELL 7.15pm 6m 1800ft from Blacksmiths Arms Broughton Mills £2.50 on night details Mike Berry 012290716772 mpberry53@hotmail.com route knowledge an advantage [to say the least].
- Sun **9th May** Buttermere Sailbeck 1.p.m 9.4m 4250ft £4.50 to Jack King 4, Mayo Street, Cockermouth CA13 0BY by 26th April or £6 on day 01900 828226 c-f-r.org.uk [you might not get a virus at this web site ,but watch for the follow up membership application form]
- Wed **19th May** Dockray- Hartside 6m 1800ft 7pm from Dockray parking at GR 397211 £3 on night Details from Joe Faulkner 01931 713351 faulknerjoe@hotmail.com or www.bamptonpo.com
- Sun **23rd May** Elidir Fawr **British Champ Counter** 2.0pm 5 ml 2800ft £3.50 on day. Details Mike Blake 01286 831115 Or eryri.org.uk
- Thurs **27th May** Two Riggs 7.15pm from Bram Crag Farm St John’s in The Vale 6.5ml 1350ft £3 on night details from Allan Buckley 01768 483737 **Club Counter**
- Sun **30th May** Helvellyn 12noon 11ml 4500ft £4 on day ,venue & details as Two Riggs. For experienced fellrunners only.
- Tues **1st June** Blencathra 7.p.m 8ml 2700ft From Mungrisedale Village £3 on night details Simon Lloyds, 01768 862447 simon.lloyds@slloyds.freeserve.co.uk Ignore any rumours that this race is off.! **Club Counter**
- Tues **8th June** Coledale Horseshoe 6.45 pm 9ml 3000ft from Camp site Braithwaite £3 on night. Details Samantha Ayers 01900 825974 or sjp4000@eaglesfielduk.fsnet.co.uk
- Sat **12th June** Ennerdale 11.am 23ml 7500ft £6 to “CFRA” .Colin Dulson, 5 Sunnyside Kendal LA9 7DJ by 5th June 01539 735134 or colin@acorncoaching.com
- Sun **13th June** Trials for Black Forest Teenager Games 9.30am from Top Barn Drive Rivington Horwich 1987 to 1992 birthdays eligible
- Wed **23rd June** Langstrath 7.15pm 4.5ml 1400ft £3 on night Lyn Thompson 017687 78407 or lynt@barfside.fsnet.co.uk
- Sat **3rd July** Blisco Dash 1.30pm inter counties champs £3 on day. 5ml 2000ft details Selwyn Wright 01229 716797
- Sun **4th July** Skiddaw 12.30pm 9ml 2700ft £4.50 on day. details Allan Buckley 017684 83737
- Wed **7th July** Fellside 7.15pm 7ml 1700ft £2.50 ? on night. details Stella Lewsley 016977 3139 **Club Counter** -a recce wouldn't go amiss!

Forthcoming Road Races - 2004

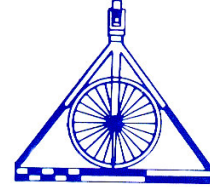
- April** 7th Wed. 7.30pm Keswick “Round the Houses”Fitz Park Pavilion 5.3 miles Enter on day£3. Keswick members
18th Sun. London Marathon
21st Wed. 7.00pm “Lambfoot Loop” Derwent AC Clubhouse Cockermouth 5.5 miles Enter on day £4.
25th Sun. 11.00am “Garstang Gallop” Tel. H.Mitchell 01995 603 192 10K.£4. Closing date 16th April
28th Wed. 7.00pm Kendal 10K Kendal Leisure Centre £4. (+£1. entry on day) Tel. D.Moffett 01539 733 400
- May** 2nd Sun. 11.30am Keswick Half Marathon. Tel. D.Hume 01768 775 274
Keswick Championship £9. by 22nd April (+£2. entry on day)
3rd Mon. 11.00am “Dallam Dash” Milnthorpe Tel. J.Hodgson 01539 563 224 10K £5. Closing date 28th April
9th Sun 2.00pm “Stephen Unwin” 10K Dalston Caldew School
26th Wed 7.00pm “Derwent Hilly Ten” Derwent AC Clubhouse Cockermouth 10K Enter on day £4.
- June** 2nd Wed 7.30pm Lyth Valley 10K Levens Village Hall £4. (+£1. entry on day) Tel. D.Moffett 01539 733 400
6th Sun 1.30pm Abbeystown Ten 10 miles £5. Tel.01697 361 798
6th Sun 11.00am Morecambe 10K £5. (+£1. entry on day) Tel. E.Gardner 01524 60537
13th Sun 10.45am “Grasmere Gallop” 7 mile £7. Tel. Stephen Layden 01697 74
16th Wed 6.30pm Gosforth Ten 10 miles
30th Wed 7.30pm Hawkshead 10K (Market Hall) Tel. D.Moffett 01539 733 400
Keswick Championship £4.(+£1. entry on day)

KESWICK "ROUND-THE-HOUSES"

Wednesday 7th April 2004 at 7.30 pm



Penrith Farmers' & Kidd's
North Lakes Properties



Certified Accurate 93/067
Permit NoEAA 6717

*Keswick Athletic Club present "Round the Houses"
a 5.3 mile road race through Keswick Town*

~ Visit the Club web site at www.keswick-ac.org.uk ~

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

ENTRY *On race day only ~ Enquiries to Alan Ritchie
132 Scotby Rd. Carlisle CA4 8BJ Tel. 01228 513200*

FEE *£4:00 Club members ~ £5:00 Unattached ~ £3:00 Keswick A.C.*

KESWICK "ROUND THE HOUSES" ENTRY FORM ~ uk:athletics rules apply

SURNAME -----

FIRST NAME -----

AGE on race day -----

MALE or FEMALE -----

CLUB or UNATTACHED -----

uk:athletics Membership No. -----

ADDRESS -----

EMERGENCY CONTACT Tel. No. on race day -----

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

SIGNATURE -----

DATE -----

KESWICK HANDICAP, 21/12/03					BARBON FELL RACE, 8/2/04				
1	J. Bibby		Keswick	29.33	6th in the series				
2	B. Farrell		Keswick	22.47	1	C. Doyle		Trafford	22.02
3	S. Fletcher	MV40	Keswick	22.55	2	B. Proctor	MV40	Helm Hill	22.27
4	E. Knox		Keswick	28.19	Girls U14				
5	P. Bibby	LV40	Keswick	28.42	1	B. Penellom		Broughton	9.09
6	T. Henry		Keswick	24.13	2	J. Bibby		Keswick	10.20
7	M. Bridge	LV50	Keswick	30.14	BIRKRIGG COMMON FELL RACE, 15/2/04				
8	S. Harwood	MV50	Keswick	25.34	7th in the series				
9	C. Knox	MV50	Keswick	25.22	1	C. Doyle		Trafford	17.43
10	D. Thompson	LV40	Keswick	25.48	2	G. Thorpe	MV40	Ambleside	18.19
11	S. Kemp	MV40	Keswick	23.01	Ladies				
12	P. Richards	MV50	Keswick	25.58	1	K. Slater	LV40	Settle	21.59
13	C. Colam	LV50	Keswick	27.18	2	D. Thompson	LV40	Keswick	23.55
14	J. Rutter	MV60	Keswick	25.14	Girls U17				
15	J. Horne	MV40	Keswick	25.28	1	E. Knox		Keswick	19.23
16	P. Gilchrist	MV50	Keswick	25.51	Girls U14				
17	I. Addison	MV60	Keswick	28.19	1	B. Penellom		Broughton	10.45
18	H. Blenkinsop	MV60	Keswick	37.52	2	J. Bibby		Keswick	11.21
Average turn-out by the seniors, who were all put in their places by the junior squad, who took 1st, 2nd and 4th places. Ben Farrell recorded the fastest time on the day.					TROUTBECK FELL RACE, 29/2/04				
					9th in the series				
					1	B. Proctor	MV40	Helm Hill	27.24
					3	M. Hoffe	MV50	Helm Hill	28.23
STAVELEY HEAD, 18/1/04					Boys U17				
3rd in the Kendal Winter League Series					1	D. Shepherd		Settle	17.00
1	T. Tipping		Helm Hill	29.43	2	B. Farrell		Keswick	17.14
4	G. Thorpe	MV40	Amblesid	30.25	Girls U17				
7	M. Hoffe	MV50	Helm Hill	30.51	1	R. Parkinson		Helm Hill	22.27
	L. Sharp	1stL	Keswick	33.54	2	E. Knox		Keswick	23.05
FAIRMILE FELL RACE, 25/1/04					Girls U14				
4th in the series					1	B. Penellom		Broughton	8.01
1	B. Bolland		Horwich	25.41	2	J. Bibby		Keswick	8.07
2	B. Procter	MV40	Helm Hill	25.36	KESWICK/BUTTERMERE ROUND, 15/2/04				
6	M. Hoffe	MV50	Helm Hill	26.48	1	S. Littler		Wesham	2.05.58
	L. Sharp	1stL	Keswick	30.35	3	M. Denham-Smith		Keswick	2.16.15
Girls U17					4	G. Dixon	MV40	Morpeth	2.16.38
1	R. Parkinson		Helm Hill	18.28	5	D. Troman		Keswick	2.20.25
2	E. Knox		Keswick	19.16	6	L. Hill	MV45	Dumfries	2.21.23
Girls U14					25	K. Heaviside	L	Eden	2.42.00
1	G. Crowther		Helm Hill	10.48	26	Derek Harrison	MV55	Keswick	2.43.11
3	J. Bibby		Keswick	12.02	29	M. McEwan	MV50	Carnethy	2.44.52
WHITES TONES, 1/2/04					37	M. Scott	MV40	Keswick	2.54.06
5th in the series					39	S. Noble	MV40	Keswick	2.55.28
1	T. Tipping		Helm Hill	32.08	41	D. Ferguson		Keswick	2.56.02
2	B. Procter	MV40	Helm Hill	32.13	45	C. Lisle	LV40	Carnegie	3.00.29
Girls U17					48	J. Yeates	L	Keswick	3.01.17
1	R. Parkinson		Helm Hill	15.52	51	J. Stevenson	MV40	Keswick	3.04.59
3	E. Knox		Keswick	16.40	59	P. Gilchrist	MV55	Keswick	3.12.30
Boys U14					68	K. Hayes	MV60	Warrington	3.21.44
1	S. Tosh		Rossenda	8.23	70	A. Buckley	MV60	Keswick	3.22.00
3	T. Yates		Keswick	8.49	72	M. Walsh	MV70	Kendal	3.24.47
Girls U14					A record 82 finishers, with the winner just being outside the record time. Conditions were ideal for running with a lot of competitors recording p.b.s.				
1	B. Penellom		Broughton	10.06					
2	J. Bibby		Keswick	10.19					
P.S I have only just received the full results of the Kendal Winter League series, my details were taken from the Westmorland Gazette, and I will print the Keswick results in full in the next Newsletter.									

BLAWITH COMMON, 7/3/04					BLACK COMBE, 7/3/04				
10th in the series					1	G. Ehrhardt		Todmorde	1.16.20
1	B. Proctor	MV40	Helm Hill	29.28	3	B. Thompson	MV40	CFR	1.18.30
Girls U17					18	D. Spedding	MV50	Keswick	1.26.02
1	R. Parkinson		Helm Hill	20.15	28	K. Beaty	1stL	CFR	1.30.08
2	E. Knox		Keswick	20.42	94 finishers. Sped was the lone Keswick representative finishing 1st MV50.				
LOUGHRIGH SILVER HOWE, 22/2/04					NOONSTONE, 6/3/04				
1	S. Booth		Borrowdale	1.03.30	1	I. Holmes		Bingley	64.34
4	N. Spence	MV40	Borrowdale	1.08	11	D. Neill	MV40	Staffs	67.22
19	J. Holt	MV50	Clayton	1.16	25	D. Troman		Keswick	70.13
22	D. Spedding	MV50	Keswick	1.18	63	M. Denham-Smith		Keswick	73.55
25	R. Unwin	MV40	Keswick	1.19	78	N. Lockwood		Keswick	75.09
30	K. Beaty	L/LV4	CFR	1.22	81	D. Overton	1stM	Keswick	75.34
37	C. Valentine	MV40	Keswick	1.28	91	D. Birch		Keswick	76.31
39	P. Harlowe	MV50	U/A	1.29	117	L. Sharp	1st L	Keswick	78.12
41	D. Frampton	MV40	Keswick	1.31	144	G. Howard	1stM	Ilkley	80.23
44	T. Peacock	MV60	Clayton	1.36	232	H. Krynen	L	Keswick	88.39
53 finishers.					264	J. Meeks	LV40	Keswick	92.18
Good to see Paul Harlowe racing again after a long spell off with injury. Duncan was 10th at the top, but decided to take the alternative route back to the finish.					402	H. Blenkinsop	MV60	Keswick	136.42
					404 finishers in the first race of the English Championship. Congratulations to Louise in being first lady and breaking the course record.				
					Also, to Duncan for his first placing in the V50 category, and to Dave Troman for finishing in the top 30.				
NETHERHALL 10, 29/2/04					ST ANNES FIRE STATION 10M, 7/3/04				
1	A. Bowness		CFR	54.18	1	J. Brown		Altrincham	50.54
3	B. Thompson	MV40	CFR	56.23	98	Derek Harris	MV55	Keswick	66.07
4	D. Troman		Keswick	56.56					
5	M. Denham-Smith		Keswick	57.28					
6	D. Frampton	MV40	Keswick	57.59					
20	S. Kemp	MV40	Keswick	65.27					
23	S. Wood	MV50	Horsforth	66.12					
25	A. Brand-Barker	1stL	Keswick	67.14					
32	S. Noble	MV40	Keswick	70.50					
33	R. Unwin	MV40	Keswick	70.54					
41	S. Harwood	MV50	Keswick	73.29					
45	P. Gilchrist	MV50	Keswick	74.17					
63	S. Watson	MV60	Cumb	81.26					
88	S. Denham-Smith	L	Keswick	102.40					

KESWICK AC CLUB STANDARD AWARDS, 2004						
NAME	CAT	10K	10M	1/2 MAR	MAR	AWARD
D. Troman	M		56.56			
M. Denham-Smith	M		57.28			
D. Frampton	MV45		57.29			
S. Kemp	MV45		65.27			
A. Brand-Barker	LV40		67.14			
S. Noble	MV40		70.50			
R. Unwin	MV45		70.54			
S. Harwood	MV55		73.29			
P. Gilchrist	MV55		74.17			
S. Denham-Smith	L		102.40			

2004, KESWICK AC ROAD CHAMPIONSHIPS											
POS	NAME	CAT	BR/MAR	NH 10	KHM	H10K	SW6	G10K	D10	TOTAL	4 from 7
1=	M. Denham-Smith	M	25	22						47	
1=	D. Troman	M	22	25						47	
3	S. Noble	MV40	19	18						37	
4	P. Gilchrist	MV50	15	15						30	
5	Derek Harrison	MV50	21							21	
6	D. Frampton	MV40		21						21	
7	M. Scott	MV40	20							20	
8	S. Kemp	MV40		20						20	
9	A. Brand-Barker	LV40		19						19	
10	D. Ferguson	M	18							18	
11	J. Yeates	L	17							17	
12	R. Unwin	MV40		17						17	
13	J. Stevenson	MV40	16							16	
14	S. Harwood	MV50		16						16	
15	A. Buckley	MV60	14							14	
16	S. Denham-Smith	L		14						14	

KESWICK AC LEAGUE, 2004															
POS	NAME	CAT	BR	CP	RTH	GG	HEL	2R	LANG	SK	LS	S6	LATRL	D10	TOTAL
1	M. Denham-Smith	M	92.45												
2	D. Troman	M	89.71												
3	Derek Harrison	MV50	77.19												
4	M. Scott	MV40	72.35												
5	S. Noble	MV40	71.79												
6	D. Ferguson	M	71.56												
7	J. Yeates	L	69.49												
8	J. Stevenson	MV40	68.10												
9	P. Gilchrist	MV50	65.44												
10	A. Buckley	MV60	62.36												

I was going to print a report of our juniors activities, but as Steve is a very busy man , waiting for information from other people and this needs to go to press I have to bash on. However, attached is a copy of the Junior training schedule for the Easter period, just to give you an idea what they are up to. Maybe there is a bit to be learnt by the older members from this!!

Steve keeps them all up to date with very frequent newsletters ,slogans and quotations.

Great work Steve.

Junior EASTER TRAINING

- All sessions will start from the pavilion in Fitz Park.
- There'll be a session whatever the weather. Where appropriate the programme will change to suit the conditions.

DAY	DATE	TIME	SESSION
Sat	April 3	10:30	Long Run: Latrigg
Sun	April 4		[RACE – Austwick KWL]
Mon	April 5		
Tue	April 6	15:00	Mixed Run: Forge-Brundholme-Railway 10x(45s effort, 90s recovery)
Wed	April 7		
Thu	April 8	15:00	Speed: Fitz Park 3x20m,3x40m,3x60m,3x40m,3x20m + plyometrics
Fri	April 9		
Sat	April 10	10:30	Tempo Run: Fitz Park 1 km loop x (3-5)
Sun	April 11		
Mon	April 12		
Tue	April 13	15:00	Speed-Endurance: Fitz Park 2x4x200m
Wed	April 14		
Thu	April 15	10:30	Long Run: Latrigg
Fri	April 16		Rest
Sat	April 17	10:30	Rest if you're racing otherwise Hill Loops – Fitz Park
Sun	April 18		RACE – EC West Nab (11:30, Huddersfield)

'In winter, most of all, when it is cold, or windy, or slippery underfoot, you think there would be many more enjoyable things to do than toiling around in the snow. Nevertheless, these are the very moments when you decide if you have the ambition to reach the top. No talent in the world is enough if you haven't got the will' Nils Schumann, Olympic 800m champion 2000.