

PACEMAKER

The Newsletter of Keswick Athletic Club Summer 2004

Social Running

Over the past few years our training dept has been very much focussed on speed and generally pretty tough sessions. This was welcomed in that it was an improvement on what was thought by some as a boring social run round the town circuit. Our top end runners have no doubt benefited, along with the less elite who were prepared to take it on. However I have heard from different sources over a period of time mutterings from people who want to join in with something ,but find the tough stuff a bit intimidating. Pat Richards has got a good arrangement with the Ladies Thursday night group; so all that is needed is someone to commit to organising a medium pace group for themselves.

The question has often been brought up at committee meetings , but without a volunteer it won't happen.

Mark is doing a fine job with the speed work etc., but what is needed is someone of a lower standard to take on the social bit. Is there someone out there willing??

Thursday Night Ladies Group

The group continues to grow. We now number thirteen, with several new members signed up. We had a good turn out at The Two Riggs, with six taking part and all doing extremely well. Thank you all for baking the cakes for The Helvellyn Race. Much appreciated by the organiser. We now run off road on a Thursday evening and occasionally meet up other evenings to recce race routes. The other Monday, seven of us went up Skiddaw!!!!!! Over the next few weeks we have plans to go round Lords Seat, Latrigg and Round Latrigg. All ladies are welcome to join us, meeting at Rawnsley Hall Pavilion for 6.15pm.

Pat R.

Rathbones

Generosity from our genuine local "outdoor" supplier has resulted in us been given a copy of the latest *Memory Map* software to help us plan and display races routes etc. This has been particularly beneficial to me in planning next years World Trophy event, but it is available to all our race organisers. You can measure and plot routes very accurately, show profiles, and if you are very clever put the details on our web site.

I don't think we can put copies in everyone's computer but please contact Pete Richards or myself if you want to make use of the facility.

I foresee our website with a button to click on a race and you can get full details with a fly through preview. I'm sure Pete will come up with the goods in due course.

Many thanks to our friends at Rathbones.

Race Entry Fees

We went to Grisedale Grind and what was a great value £1 style race was nearly priced out of existence by what I would say are greedy land owners, the Forestry Commission. Fair enough they don't have to put up with us, but don't they try to put out an image of being "activity" friendly!! You should be aware that their charges initially worked out to more than £3 per head for use of a deserted car park and running up a mile or so of their forest track. Angela & Tony have managed to negotiate a reduced deal which covers the next few years, but what price a good race!

Fortunately all organisers don't have this problem & I have heard several favourable comments about the Dockray and Blencathra races where £1 an entry was charged with no afters or prizes.

Whilst on holiday in Lanzarote doing a free 10k race I was talking to a lady who had decided not to do the Paris marathon as it was £50 to enter. Maybe she meant euros but even then!

London Marathon

We had several runners out once again, but how about one of our club members being one of the 29 people who have run all 24. Rainer Burchett [a bit of a marathon nut, from Carlisle!!] plans to do his 49th marathon in Budapest in the back end of this year and hopes to make his 50th in next year's London. David Bedford has promised a celebration dinner for the ever presents completing the 25th anniversary run. No spring chicken Rainer turned in a time of 4.06. Many more to come I hope.

Helvellyn Race [a note from Allan Buckley]

We had a casualty on the Helvellyn. John Page of Todmorden Harriers suffered a slight stroke. He was assisted by Alan and Trish Radcliffe, who were our marshalls on Calhew Pike, Dave Owens, one of the marshals on Raise (who wisely took the initiative and swept the Course),and the last Lady in, Karen Partidge of Durham Fell Runners. John wrote to me from Cumberland Infirmary to express his thanks to everyone who helped him. My own thanks as Race Organiser to all concerned. Incidentally, since John technically finished the Race, albeit with assistance, we gave him a time of 3.58.00,which I'm sure you'll agree is a great achievement under the circumstances. Regards, Allan.

Resignations

Tabloid headlines of the wrong kind , 2 prominent members have departed. Stephen Moore who is leaving the area, but did resign, I think, mainly because the club emphasis was too much fell orientated. On the other hand Duncan Frampton has left with a view to gaining fell running honours with another club. Duncan is my friend and training partner and I am completely flabbergasted

Forthcoming Road Races 2004

July

- 7th Wed 7.00pm 'Hay-O' Trail Race 6k Derwent AC Clubhouse Cocker mouth Enter on day £4
14th Wed 7.30pm Carlisle Rugby Club 10k RUFC Warwick Rd, Carlisle £5 Tel K Abbott 01228521408
25th Sun 11.00am 'Wagon & Horses' 10 mile St Georges Quay, Lancaster £6 (+£1. entry on day) Tel E Gardner 01524 60537
28th Wed 7.30pm 'Swinside Six' 6 miles Swinside Inn, Newlands

Keswick Championship Enter on day £3 Keswick members

- 28th Wed 7.30pm Endmoor 10k Endmoor Village Hall £4 (+£1. entry on day) Tel D Moffett 01539733400

August

- 11th Wed 7.00pm 'Setmurth Snap' 6k Derwent AC Clubhouse Cocker mouth Enter on day £4
15th Sun Kirkby Stephen 10 mile Tel A Bell 01768 372448
22nd Sun 10.45am Langdale Marathon Chapel Stile £11.50 by 16th Aug. No Late entries
22nd Sun 11.00am Langdale Half Marathon Chapel Stile £8.50 by 16th Aug. No late entries

September

- 1st Wed Ravenstonedale 10k Tel. F. Livesey 015396 21021
5th Sun Lancaster Half Marathon Salt Ayre Sports Centre £7 (+£1. entry on day) Tel E Gardner 015246053
7th Tues Gosforth 10k **Keswick Championship** Tel L J Abel 01946725870
11th Sat Nora Miller 10k Derwent AC Clubhouse, Cocker mouth
26th Sun Cautley 10 mile Settlebeck High School, Sedbergh Tel J Fisher 01768372321

Forthcoming Fell Races [see FRA calendar for full details]

July

- 3rd Sat Blisco Dash 1.30pm 5ml 2000ft £3 on day. Inter county Championships
4th Sun Skiddaw 12.30pm 9 ml 2700ft £4.50 On day details Allan Buckley 017684 83737
7th Wed Fellside 7.15pm 7 ml 1700ft £2.50 ?on night details Stella Lewsley 016977 3139
Club Counter. Be warned 50 yds from the finish you still can't see where to go!!
10th Sat Melantee 2.00pm 3.5ml 1500ft £3 on day Fort William **British Championship Race**
14th Wed Lords Seat 7.00pm 5ml 1400ft £2.50 on night Details Angela & Tony Brand Barker- 01900828637
18th Sun Kentmere 1.00pm 11.9ml 3300ft £4 on day **British English and Club Counter** details Pete Bland Sports
29th Thurs Rydal Round 12noon 9ml 3000ft Pay to enter Sports, race free, details Pete Bland Sports

August

- 7th Sat Borrowdale 11.00am 17ml 6500ft £4 on day **British English & Club Counter** details Ann Bland 01768777144
8th Sun Latrigg 12.00 noon 3ml 950ft £3 on day details Pete Richards 01768775059
11th Wed Steel Fell Thirlmere 7.15pm 3ml 1115ft **Free entry** details Andrew Schofield 01768772477
14th Sat World Trophy senior trials and World Masters Trial. From Braithwaite 1pm Ladies & Juniors; 2pm Seniors & Vet men details Graham Breeze breezeuplands@aol.com 01943874046
15th Sun Coniston Old Man from Torver country fair 2.00pm 6.5ml 2350ft £4 show entry. Details Mrs A Bolt 01229837680
22nd Sun Sedbergh Hills 12.00 noon 14ml 6000ft £5 on day details Jon Broxap 01539721603
25th Wed Round Latrigg 7.00pm 5.5ml 750ft £3 on night Details Lyn Thompson 01768778407
28th Sat Dufton Pike 1.00pm 4ml 1500ft £ ? entry to show. Details Mrs J Elliott 01768362015
28th Sat Lingmell Dash from Wasdale Head 2.00pm 4.5ml 2500ft Details Tim Brooks 01946726261
29th Sun Grasmere Sports 4.00pm 1.5ml 900ft £6 to enter show Details Pete Bland Sports 01539741117

September

- 4th Sat Grisedale Horseshoe 11.30am 10ml 5000ft from Glenridding Village hall £4 on day details Alan Kenny 01524701648
12th Sun Mountain Trial Various courses £10 on official form from organiser Mike Hind Fernwood Chestnut Hill Keswick CA124LR 01768775298 www.hindfam.demon.co.uk/mtrial.htm
18th Sat Three Shires 11.00am 12ml 4000ft from Little Langdale £5 on day Details Elaine & Selwyn Wright 01229716797
19th Sun Dalehead 2.00pm 4.5ml 2210ft £4 to enter showfield details Ann Bland 01768777144
25th Sat Two Breweries 12noon 18ml 4900ft **British and Club Counter** entries by 18th Sept on official form from Bill Sheridan Old Kirk Brae Broughton ML12 6HF 01899830415 www.twobreweries.org.uk

October

- 3rd Sun Ian Hodgson Relay we need 2 male teams of 8 and 1 ladies team of 8. Please let Louise or Sped know if you would like to be considered for selection. The best offers are "I am available if you need me". Likewise if you are a potential candidate and will not be available please let your captain know.
16th Sun British Fell & Hill Relay Champs from Hayfield Derbyshire 1 female team of 6 and 1 male team of 6 unless enthusiasm improves on last years in which case maybe 2 male teams!! [Dreaming there sped]

Hill Reps at 10,000 feet

Fell Running has a slightly different flavour in Switzerland – It rarely rains, you rarely get to the highest tops, paths are well maintained and you don't have to stand and queue for a beer. As a training ground it knows no equal, ascents of 1600 or so metres in a single pull are not uncommon. Races go uphill only, music to my ears as descending is my weak point. Susan got in some excellent preparation for her 24 Hour challenge in Whitehaven.

Low cost airlines make it far more accessible as a training ground. It costs only marginally less to get the bus from Penrith to Cockermouth as it costs to fly from Glasgow to Milan. Milan is best avoided when the Italian National side are playing, the horse coppers actually had swords, though it was unclear whether they were ceremonial or for use dispersing crowds.

On the second day we were there we ran up to 2200m altitude, where Susan left me to do some reps. I ended up at 3100m in the snow with a watch beeping every 90 seconds, nearly passed out in the thin air. I know how Richard Askwith felt when he attended our Skiddaw Session!

The locals are not used to folk hurtling downhill – everyone I passed running downhill looked at me like I was some kind of idiot. God knows what they would have made of Nimrod or Dave descending at race-pace!

We (Susan, Nimrod and myself) are back out there in August to try one of the local races – we are all booked but flights should still be available if anyone wishes to join us. I'll lobby for the Zermatt Marathon to be in the club championships next year!

Mark DS

Training Third Quarter 2004

Training for the Third Quarter will again be predominantly fell based, comprising effort sessions of various types along with easier runs prior to key races. The old favourite of 90 second efforts will remain along with some new ideas. Please feel free to comment if the scheduled sessions are not to your taste, not tough enough etc.

July 6th. 3 Tempo type efforts using the round latrigg course.

July 13th. Easy run out – no more than an hour. Kentmere Horseshoe is on the Saturday.

July 20th. 14 x 90 second efforts.

July 27th. Handicap. I'll have a think about the best route – probably the latrigg fell race route, Longscale is probably too far.

August 3rd. Meet Scafell Hotel 6.30 PM – the big car park to the side – we'll have a look at the way off Dale Head – the Borrowdale is on the Saturday.

August 10th. 16 x 90 second efforts.

August 17th. 30 second efforts uphill – we'll do it in the form of a paired relay like the 400s in the Winter – 30 Minutes effort.

August 24th Easy run – the round latrigg is on the following Wednesday.

August 31st. 6 x 5 minute efforts – out towards walla crag

Sept 7th. 30s paired relay as above

Sept 14th. 16 x 90 second efforts as above

Sept 21st. Handicap as above.

Sept 28th. 5 Minute efforts as above.

This lot should ensure we stay sharp for the rest of the fell season. Meet at Rawnsley Hall 6 for a 6.15 PM start. Thursdays will continue to run as Normal – an easier run out for ladies which taken by Pat Richards.

Club Dinner

This year's dinner will be at the Keswick Golf Club on Sat 27th November. Ticket price will be around £10.

To enable Lyn to calculate club award winners results need to be with her before the 10th November.

HAPPY FIRST BIRTHDAY TO THE JUNIOR SECTION !

Well we recently celebrated our first birthday and what a fantastic first year we've had thanks to the infectious enthusiasm and positive attitude of all the young runners and to the hands-on support and encouragement of parents and KAC seniors. We've also benefited from financial assistance from a whole range of sponsors – Floorchoice, New Balance, Cumberland Pencil Co., Open All Hours, Allerdale Community Fund, Awards for All and the NOEAA; assistance that has ensured that the junior section is well equipped and can look forward to a financially stable future. Our most recent grant of £400 from the NOEAA is being used to purchase equipment for races that will be shared with the seniors.

A FEW HIGHLIGHTS OF THE LAST TWELVE MONTHS

- Twenty-eight young athletes racing round Fitz Park in the Summer Games encouraged by GB international XC runner Gemma Phillips (thanks to 'Sporting Champions' for organising Gemma's appearance).
- Being able to carry on indoors throughout the winter thanks to the grant from Awards for All enabling us to rent the sportshall and buy equipment.
- Ted Yates descending like a stone to finish second in the English Championship race at Helvellyn.
- Ben Farrell being the fastest runner (inc. seniors) at the Xmas Handicap.
- Penny Bibby, Dennis Hayes, Chris Knox and Peter Robinson all gaining their level one coaching qualification.
- Both Ben Farrell and Jessica Houghton making it to the English Nationals.
- Dean Robinson's sprint finish at the end of the Causey Pike race.
- Any race in the inaugural Keswick AC Junior Fell Championship (see attached table – next race Langdale Gala July 4).
- Any training session (come along and see for yourself).
- Keswick providing the athletics team to represent Allerdale at the Cumbria Youth games on June 26.

SO WHERE ARE WE NOW?

There are forty-two members of the junior section. The 'fun and fitness' sessions on Saturday mornings usually attract between 15 and 20 young athletes. There also more serious sessions on Wednesdays (15:45 Keswick School) and Saturdays (10:30 Fitz Park) that attract 5 – 10 runners (see schedule below for an idea of what we get up to and of how busy it's been recently). Looking forward we're developing links with West Cumberland Orienteering Club and are discussing with other local clubs establishing a Cumbrian Junior Cross Country league.

A FEW HIGHLIGHTS OF THE NEXT FEW MONTHS

- The junior races at Lattrigg on August 8.
- A charity marathon relay in Fitz Park on September 4 (we thought we'd raise some money for charity instead of the Summer Games).
- The KAC Juniors hosted Open British and Irish Championships and Junior Home Internationals at Lattrigg on October 10.
- A focused period of high quality training between this year's English Championship races at Settle (June 27) and Sedburgh Hills (August 22).
- A Keswick AC Juniors website.

If you'd like to keep up with the juniors on a regular basis let me know as I'll put you on the email list for our newsletter.

KESWICK AC JUNIORS CHAMPIONSHIP STANDINGS

		Age	Causey					30/05/04 TOTAL			
	Troutbeck Position		29/02/04 Pike Points	27/03/04 Pike Position	27/03/04 Buttermere Points	09/05/04 Helvellyn Position	09/05/04 Helvellyn Points	30/05/04 TOTAL Points			
Ben	Farrell	U16	2	18	2	18	2	18	5	15	69
Emily	Knox	U16	2	18	2	18	2	18	7	13	67
Matthew	Atkinson	U10	11	9	1	20	1	20	3	17	66
Siobhan	Lamb	U10	13	7	1	20	1	20	3	17	64
Samantha	Quail	U10	15	5	2	18	1	20	3	17	60
Jessica	Bibby	U14	2	18	3	17	3	17	14	6	58
Joe	Quail	U12	7	13	3	17	3	17	10	10	57
Rosie	Cornthwaite	U14	4	16	5	15	4	16	13	7	54
Ted	Yates	U14			4	16	2	18	2	18	52
Tom	Strong	U14	8	12	6	14			11	9	35
Laura	Vaillant	U12	4	16	3	17					33
Dean	Robinson	U12			8	12	6	14	25	0	26
Chris	Brand-Barker	U14	11	9			10	10			19
Laura	Hind	U12			4	16					16
Jack	Hind	U10							8	12	12
Kate	Vaillant	U12	8	12							12
Oliver	Bibby	U10	18	2							2

JUNIOR TRAINING SCHEDULE – JUNE 27 – AUGUST 22

DATE	SESSION
Week Thirteen	
Sunday June 27	[Amison Dash]/Settle – English Championship race
Monday June 28	Recovery run (gentle 3 – 5 miles) or rest
Tuesday June 29	Steady run 3 – 5 miles
Wednesday June 30	Brundholme Wood steps
Thursday July 1	Rest or x-training (orienteering?)
Friday July 2	Steady run 3 – 5 miles
Saturday July 3	4x20,4x40,4x60,4x40,4x20 - 100% effort, 30/45/60/45/30s jog recovery
Week Fourteen	
Sunday July 4	Langdale Gala
Monday July 5	Recovery run (gentle 3 – 5 miles) or rest
Tuesday July 6	Steady run 3 – 5 miles
Wednesday July 7	8x200m reps – 85% effort, 90s jog recovery
Thursday July 8	Rest or x-training (orienteering?)
Friday July 9	Steady run 3 – 5 miles
Saturday July 10	4x1 km reps – 85% effort, 3min recovery N.B. this is a progression from 3 – keep the same time for the 4 th rep
Week Fifteen	
Sunday July 11	x-training
Monday July 12	Steady run 3 – 5 miles
Tuesday July 13	Steady run 3 – 5 miles or x-training
Wednesday July 14	Railway line - 10x(45s hard + 90s steady recovery)
Thursday July 15	Rest or x-training (orienteering?)
Friday July 16	School mile
Saturday July 17	4x20,4x40,4x60,4x40,4x20 - 100% effort, 30/45/60/45/30s jog recovery
Week Sixteen	
Sunday July 18	Rest or x-training
Monday July 19	Steady run 3 – 5 miles
Tuesday July 20	Brundholme Circuit – this one's a secret
Wednesday July 21	Recovery run (gentle 3 – 5 miles) or rest
Thursday July 22	4x20,4x40,4x60,4x40,4x20 - 100% effort, 30/45/60/45/30s jog recovery
Friday July 23	Rest or x-training
Saturday July 24	Hill Reps Fitz Park – 4 circuits, 3 min jog recovery between circuits
Week Seventeen	
Sunday July 25	Rest or x-training
Monday July 26	Steady run 3 – 5 miles
Tuesday July 27	8x200m reps – 85% effort, 90s jog recovery
Wednesday July 28	Rest or x-training
Thursday July 29	Ambleside or 4x20,4x40,4x60,4x40,4x20 if you're not racing
Friday July 30	Rest
Saturday July 31	4x1 km reps – 85% effort, 3min recovery
Week Eighteen	
Sunday August 1	Rest or x-training
Monday August 2	Steady run 3 – 5 miles
Tuesday August 3	Railway line - 10x(45s hard + 90s steady recovery)
Wednesday August 4	Rest or x-training
Thursday August 5	4x20,4x40,4x60,4x40,4x20 - 100% effort, 30/45/60/45/30s jog recovery
Friday August 6	Rest or x-training
Saturday August 7	Plyometric circuit – fast feet/speed bounce/skipping/step bounce
Week Nineteen	
Sunday August 8	Latrigg race
Monday August 9	Rest
Tuesday August 10	Brundholme Circuit
Wednesday August 11	Rest or x-training
Thursday August 12	8x200m reps – 85% effort, 90s jog recovery
Friday August 13	Steady run 3 – 5 miles
Saturday August 14	Hill Reps Fitz Park – 4 circuits, 3 min jog recovery between circuits
Week Twenty	
Sunday August 15	Rest or x-training
Monday August 16	Steady run 3 – 5 miles
Tuesday August 17	Railway line - 10x(45s hard + 90s steady recovery)
Wednesday August 18	Recovery run (gentle 3 – 5 miles) or rest
Thursday August 19	Plyometric circuit – fast feet/speed bounce/skipping/step bounce
Friday August 20	Rest
Saturday August 21	Rest
Week Twenty One	
Sunday August 22	Sedbergh – English Championship race

NOTES [please be aware that hard copy newsletters are not in colour!!]

Blue writing = group sessions (in term time Wednesdays 15:45 at Keswick School and Saturdays 10:30 in Fitz Park, in vacations Tuesdays and Thursdays 15:45 and Saturdays 10:30 in Fitz Park).

Red writing = races

Black writing = solo sessions (or with a mate if you want) and give you an idea of how to structure the remainder of the week.

Steady run = race distance plus one mile at an easy pace, i.e. you should be able to talk and run without straining, until last mile or so when you can pick up to race pace.

Race distances approx. = U12 2 miles, U14 3 miles and U16 4 miles.

Recovery run = very easy, i.e. start very slowly then pick up to a steady pace at which you can talk and run without straining, keep this pace until the end.

x-training – low impact, cardio-vascular activities with an emphasis on fun rather than hard training or competition. Biking, canoeing and swimming are excellent in this respect.

Orienteering's also a great x-training alternative as you won't be running too hard and the navigation skills are essential for serious senior fell running. If you don't fancy three sessions a week in the vacation then substitute orienteering with WCOC for the Thursday session.

OBJECTIVES

- Continue to develop the three energy systems to provide a base of speed and endurance.
- Improve pace judgement.
- Continue to build understanding of how to manage and structure a training session, inc. the use of heart rate monitors.
- Build core stability, in particular ankles, knees and back.

Secretaries Musings

Reflecting on the first half of 2004, we can be pleased with the way the club is going. At last we seem to have come up with a format for the Club Championships which works and encourages more members to participate. Turn out by club members for championship counters and the club's own races have been excellent. As reported elsewhere in this newsletter, both the junior and ladies sections continue to thrive. Total membership now stands in excess of 200.

Although during the Summer months there is only limited club training runs, Mark D-S is planning a new training programme, tailoring it to members needs. I am also planning a series of summer runs for all, finishing with an evening relay on Latrigg. Although the club is not directly involved in the organising of The World Masters next September, four of our members are on the organising committee and we will also be assisting at the event on the day. We have also be asked to organise a x-country event for The Mid-Lancs league, the 12th March has been agreed provisionally.

We are going to have a change this year for the Annual Presentation Evening, which will be held at Keswick Golf Club on Saturday 27th November. Tickets will be available nearer the time at a bargain price of £10.

I am planning on improving the club's web site over the coming months and would be interested in any ideas members have for further additions. On a 'quiet' week we have on average of 150 hits which can easily jump to over 300 when race results are added. Most members are now on the club's e-mail list which is proving to be a great way to filter information to members.

I am pleased to report that Richard Askwith's book, 'Feet In The Clouds' has been receiving excellent reviews in both the local and national press. It is very well written, full of interesting information and is a must read for all runners. Get a copy now!!.

On a final note..... getting help at races is the bane of an organisers life, so if you are not running in a club race, please offer your services, it would be very appreciated. As one of our organisers said, a willing marshal is worth 3 press ganged.... so true!!.

Pete.

Social Summer Training Runs

All Thursday's 6.30pm start routes to suit all - Drink in pub afterwards.

September

2nd Coledale 3 Peaks from Coledale Inn, Braithwaite.

9th Buttermere Fish Inn - various routes

16th Dale Head (race on 19th). Scafell Hotel, Rosthwaite - car park next to hotel

23rd Mini Relay on Latrigg. Meet at Rawnsley Sports Pavilion. Drinks at The Pheasant, Crosthwaite Road.

Mid Lancs Cross Country

We are in line to host an event in March 2005

Electronic Newsletter

If you have received this edition through the post and you are the proud owner of a computer, please consider having your future editions by email. As membership continues to grow I still seem to be doing a hundred or so hard copies.

Please send your email address to spedkeswick@onetel.net.uk and I can include you on the distribution list. Many thanks.

2004 KESWICK AC ROAD CHAMPIONSHIPS

POS	NAME	CAT	BR/MAR	NH 10	KHM	H10K	SW6	G10K	D10	TOTAL	4 from 7
1	D. Troman	M	22	25	25				72		
2	M. Denham-Smith	M	25	22	22				69		
3	P. Gilchrist		MV50	13	15	14				42	
4	D. Frampton		MV40		21	21				42	
5	S. Noble	MV40	18	18						36	
6	Derek Harrison		MV50	21						21	
7	M. Scott	MV40	20							20	
8	S. Kemp	MV40		20						20	
9	N. Lockwood		M			20				20	
10	A. Brand-Barker		LV40		19					19	
11	P. Haworth		MV40			19				19	
12	D. Ferguson		M	19						19	
13	S. Denham-Smith		L		14	4				18	
14	A. Haworth		LV40			18				18	
15	J. Yeates	L	17						17		
16	R. Unwin	MV40		17					17		
17	C. Kennedy		M			17				17	
18	J. Stevenson		MV40	16						16	
19	S. Harwood		MV50		16					16	
20	K. Loan	MV40			16					16	
21	S. Jones	MV50			15					15	
22	A. Buckley		MV60	15						15	
23	P. Richards		LV50	14						14	
24	D. Miller	MV50			13				13		
25	D. Edginton		L			12				12	
26	C. Colam	LV50	12						12		
27	P. Bibby	LV40	11							11	
28	S. Loan	LV40			11					11	
29	A. Lockwood		M			10				10	
30	G. Brown	LV50		9					9		
31	C. Nixon	MV60		8					8		
32	J. Rutter	MV60		7						7	
33	N. Pritchard				6					6	
34	I. Milne			5						5	
35	S. Halliburton		L			4				4	
36	R. Burchett		MV60	10						10	

Rumour Has It—Fact Or Fiction! You decide!

Under

European law, HSE Fragile Surfaces Directive, loose rock and scree may be considered as the same as glass or asbestos type roofs - safety harnesses, hard hats and appropriate climbing equipment may have to be used - and accessed only in emergency with supervision.

The nanny state is not a figment of the imagination, but what it is, is European.

There are more twisted ankles and bruised knees being generated by the 'improved' Market Square hidden kerbs than by the entire membership of the FRA.

Mark, Sue and Nim know all the eating establishments between Keswick and North Wales.

All the eating establishments between Keswick and North Wales recognise Mark, Sue and Nim.

At the Helvellyn Race an interested audience watched Duncan and Chris giving an extended aerobics class.....until they realised that they were infact just trying to park cars. Why didn't they wear marshals bibs I hear you ask? Ah well thats a long story, but when the bibs did arrive, it gave Marie a speed session to reach the junior marshals ahead of the first race.

Ted Yates, one of our growing posse of talented young runners, is going to give classes in downhill running.

Steve Kemp was doing speed work reps so well, while the Langstrath race was in progress, that he missed all the exciting bits.

He also failed to sign up Carol Malia, who didn't run, but whose car we'd neatly blocked in so she couldn't escape without being noticed.....even cunning plans go wrong sometimes.

But, to make up for that, he may sign up an under 30 man who did run and has just become a tenant of a local land agency.

No subtle hints there then.

Theresa only marshalled to get off racing.(so she had a rare chance to wear one of our elusive, but fetching, elegant marshals bibs)

Steve Fletcher is having to do extra training, just to stay ahead of our junior runners in junior training.

Chris and Dennis are doing extra training, just to catch up the juniors in junior training.

Kathy Colams training routine is working too well for some of us.

Bill Booths training routine is also working too well for some of us.

Keith Hales is writing an article for the next newsletter.

Patric is using the old Knox style of 'arriving just in time to start racing technique' better than the original.

Avon 'Skin So Soft' works well as a midge repellent.

Its still not as good as a June blizzard in the Highlands.

The afore mentioned blizzard was that bad it even reduced Jane Meeks smile to a grin.

Liz Cowells idea of 'just two bags' nearly took the bottom off Carolyns car.

Carolyn got cold feet in the LAMM Chris wanted to lend a hand, but found he had left it at the start.

We really do need marshals for Latrigg Junior and senior races.

When you're up to your neck in crocodiles, you suddenly remember you only had to tidy the pool.

Volunteers don't grow on trees.....

.....everyone else just takes a quiet step backwards. Or do they?

Anyone not insulted or offended by any of the above must still have a sense of humour.

If anyone feels they have been missed out, you haven't, just wait till the next newsletter comes out!

2004, KESWICK AC FELL CHAMPIONSHIP										
POS	NAME	CAT	GG	2R	BL	FS	KM	BOR	2B	TOTAL
1	D. Troman	M	25	25	22					72
2	M. Denham-Smith	M	21	22	25					68
3	N. Lockwood	M	22	21	21					64
4	D. Owens	MV40	17	18	18					53
5	D. Ferguson	M	18	17	16					51
6	J. Meeks	LV40	13	14	14					41
7	D. Birch	M		20	20					40
8	D. Spedding	MV50	20		17					37
9	A. Brand-Barker	LV40	19	15						34
10	A. Jones	MV40	9	12	8					29
11	B. Booth	MV60		13	12					25
12	J. Downie	MV50		11	11					22
13	C. Knox	MV50		10	10					20
14	D. Overton	MV50		19						19
15	D. Loan	MV50			19					19
16	P. Gilchrist	MV5	11		7					18
17	David Harrison	MV5	10	7						17
18	S. Harwood	MV50	8	9						17
19	R. Unwin	MV40	16							16
20	G. Baum	MV40		16						16
21	P. Hague	MV40	15							15
22	N. Thompson	M			15					15
23	R. Cooper	MV40	14							14
24	Graham Brown	MV50			13					13
25	G. Sibson	M	12							12
26	G. Birch	L			9					9
27	P. Bibby	LV40	7	1						8
28	S. Lewsley	LV50		8						8
29	C. Colam	LV50		4	4					8
30	P. Richards	MV50		3	5					8
31	M. Bridge	LV50	6	1						7
32	H. Blenkinsop	MV60	5	1	1					7
33	J. Rutter	MV60	4	1	1					6
34	G. Gibson			6						6
35	A. Buckley	MV60			6					6
36	D. Porter	MV40		5						5
37	C. Charlton	LV50		2	3					5
38	S. Denham-Smith	L	3							3

KENDAL WINTER LEAGUE				Girls U17, 2 miles, 225 ft						
BURTON HILL, 11/1/04				1	E. Knox	Keswick	record	19.23		
Ladies, 3.5 miles				Girls U14, 1.3 miles, 150 ft						
1	K. Slater	Settle	20.42	1	B. Penellom	Broughton		10.45		
4	L. Cowell	Keswick	22.07	2	J. Bibby	Keswick		11.21		
Girls U17, 1.8 miles				CAUTLEY, 22/2/04						
1	R. Parkinson	Helm Hill	11.01	Seniors, 3.5 miles, 1400 ft						
3	E. Knox	Keswick	11.45	1	B. Procter	Helm Hill	record	32.28		
Boys U17, 1.8 miles				3	D. Overton	Keswick		33.56		
1	N. Bradley	Border	8.33	TROUTBECK, 29/2/04						
6	T. Yates	Keswick	10.04	Girls U17, 2 miles, 900 ft						
STAVELEY HEAD, 18/1/04				1	R. Parkinson	Helm Hill	record	22.27		
Ladies, 4 miles, 900 ft				2	E. Knox	Keswick		23.05		
1	L. Sharp	Keswick	record	33.54	Girls U14, 1.5 miles, 450 ft					
FAIRMILE, 25/1/04				1	B. Penellom	Broughton		8.01		
Ladies, 2.5 miles, 1400 ft				2	J. Bibby	Keswick		8.07		
1	L. Sharp	Keswick	record	30.35	4	R. Cornthwaite	Keswick	8.26		
5	D. Thompson	Keswick		35.11	Girls U12, 1 mile, 400 ft					
Girls U17, 1.8 miles, 900 ft				1	J. Addison	Helm Hill		6.14		
1	R. Parkinson	Helm Hill		18.28	4	L. Vaillant	Keswick	7.25		
2	E. Knox	Keswick		19.16	8	K. Vaillant	Keswick	7.37		
Girls U14, 1.2 miles, 550 ft				13	S. Lamb	Keswick		8.14		
1	G. Crowthr	Helm Hill	record	10.48	Boys U17, 2 miles, 900 ft					
3	J. Bibby	Keswick		12.02	1	D. Shepherd	Settle	record	17.00	
WHITESTONE, 1/2/04				2	B. Farrell	Keswick		17.14		
Girls U17, 1.5 miles, 300 ft				Boys U14, 1.5 miles, 450 ft						
1	R. Parkinson	Helm Hill	record	15.51	1	S. Tosh	Rosendale	record	6.34	
3	E. Knox	Keswick		16.40	8	T. Strong	Keswick	7.22		
Girls U14, 1.2 miles, 250 ft				11	C. Brand-Barker	Keswick		9.27		
1	B. Penellom	Broughton		10.06	Seniors, 3.5 miles, 1200 ft					
2	J. Bibby	Keswick		10.19	1	B. Procter	Helm Hill	record	27.24	
Boys U14, 1.2 miles, 250 ft				15	C. Valentine	Keswick		32.30		
1	S. Tosh	Rosendale		8.23	19	S. Fletcher	Keswick	33.27		
3	T. Yates	Keswick		8.49	ELTERWATER, 21/3/04					
Seniors, 4 miles, 500 ft				Ladies, 4 miles, 1500 ft						
1	T. Tipping	Helm Hill	record	32.08	1	N. Davies	Borrowdale	record	30.56	
31	C. Valentine	Keswick		40.47	12	P. Bibby	Keswick		39.18	
BARBON, 8/2/04				Girls U17, 2 miles, 800 ft						
Ladies				1	R. Parkinson	Helm Hill	record	16.06		
1	K. Slater	Settle		28.54	2	E. Knox	Keswick		17.02	
5	D. Thompson	Keswick		32.52	Girls U14, 1.5 miles, 300 ft					
Girls U17, 1.6 miles, 800 ft				1	G. Crowther	Helm Hill		11.56		
1	R. Parkinson	Helm Hill		24.26	2	J. Bibby	Keswick		11.59	
4	E. Knox	Keswick		27.06	Boys U14, 1.5 miles, 300 ft					
Girls U14, 1 mile, 400 ft				1	B. Morphet	CFR		9.51		
1	B. Penellom	Broughton		9.09	4	T. Yates	Keswick		10.21	
2	J. Bibby	Keswick		10.20	HAWESWATER HALF MARATHON					
Seniors, 2.3 miles, 1200 ft				1	I. Fisher	Otley		1.10.17		
1	C. Doyle	Trafford		22.02	41	C. Kennedy	Keswick		1.28.59	
29	C. Valentine	Keswick		30.31	BIRKRIGG COMMON, 15/2/04					
Ladies, 3.8 miles, 300 ft				302	K. Owen	Keswick	MV40	1.57.05		
1	K. Slater	Settle	record	21.59	314	C. Nixon	Keswick	MV65	1.59.01	
2	D. Thompson	Keswick		23.55	395 runners					

ROUND THE HOUSES, 7/4/04					WILMSLOW HALF MARATHON				
1	S. Booth	Borrowdale		27.18	1	I. Macharie			61.52
6	D. Troman	Keswick		29.06		H. Hussein		1stL	73.29
8	B. Thompson	CFR	1stMV40	29.22		N. Pritchard	Keswick		96.45
14	M. Denham-Smith	Keswick		30.23		I. Milne	Keswick		98.06
17	N. Lockwood	Keswick		30.37		C. Wallace	Keswick	MV55	1.53.16
19	W. Johnstone	Border	1stMV50	30.58		J. Johnson	Keswick	MV50	1.53.40
22	D. Overton	Keswick	1stMV55	31.26		L. Robins	Keswick	LV40	2.01.24
24	H. Lockwood	Keswick		31.46	ANNIVERSARY WALTZ, 17/4/04				
26	R. Robinson	Kendal	1stL	31.55	1	S. Booth	Borrowdale		1.32.35
45	H. Gott	N. Vets	1stMV60	33.48	6	A. Davies	Borrowdale	1stMV40	1.41.34
46	P. Haworth	Keswick	MV45	33.59	9	M. Denham-Smith	Keswick		1.43.49
47	A. Brand-Barker	Keswick	1stLV40	34.01	10	D. Troman	Keswick		1.44.05
48	K. Loan	Keswick	MV45	34.07	12	N. Lockwood	Keswick		1.47.00
53	Derek Harrison	Keswick	MV55	35.11	20	J. Holt	Clayton	1stMV50	1.54.49
56	A. Haworth	Keswick	LV45	35.27	32	S. Taylor	Bingley	1stL	1.59.04
67	G. Sibson	Keswick		36.38	36	K. Beaty	CFR	1stLV40	2.01.26
68	D. Kerr	Keswick	MV45	36.42	48	R. Unwin	Keswick	MV40	2.05.27
71	S. Jones	Keswick	MV50	37.43	57	T. Laycock	Ambleside	1stMV60	2.09.27
72	T. Brand-Barker	Keswick	MV45	37.48	62	R. Cooper	Keswick	MV40	2.09.57
84	David Harrison	Keswick	MV55	39.31	94	P. Gilchrist	Keswick	MV50	2.19.58
94	A. Buckley	Keswick	MV60	40.41	129	David Harrison	Keswick	MV50	2.33.24
96	P. Richards	Keswick	1stLV50	40.47	138	A. Buckley	Keswick	MV60	2.36.18
100	C. Colam	Keswick	1stLV55	41.47	141	D. Porter	Keswick	MV40	2.36.44
117	G. Brown	Keswick	LV50	47.53	149	M. Bridge	Keswick	LV50	2.41.51
118	A. Lockwood	Keswick		48.20	167	S. Denham-Smith	Keswick	L	3.27.57
122	S. Denham-Smith		L	51.18	LONDON MARATHON, 18/4/04				
	A record 23 runners				1				
CAUSEY PIKE, 27/3/04						N. Pritchard	Keswick		3.22.?
1	S. Booth	Borrowdale		33.30		I. Milne	Keswick		3.32.?
6	M. Denham-Smith	Keswick		36.16		D. Kerr	Keswick	MV40	3.36.?
8	N. Lockwood	Keswick		36.45		S. Halliburton	Keswick	L	3.48.54
9	B. Thompson	CFR	1stMV40	36.59		R. Burchett	Keswick	MV60	4.06.?
10	G. Schofield	Horwich	1stMV45	37.05	Congratulations to both Ian and Sharon for				
13	D. Overton	Keswick	1stMV55	38.19	completing their first ever marathons, and to				
26	D. Schofield	Rosendale	1stMV50	40.55	Rainer for finishing his 24th 'London' - apparently				
37	N. White	Holmfirth	1stL	42.33	all 29 of the 'ever-presents' completed this year's				
48	R. Unwin	Keswick	MV45	44.33	race and are promised a celebration dinner by				
55	J. Nuttall	Clayton	1stMV60	46.12	Dave Bedford next year to celebrate the 25th				
64	J. Meeks	Keswick	LV40	47.39	London (I assume they all have to run and				
67	B. Booth	Keswick	1stMV65	48.03	complete the race to get the meal!)				
73	G. Brown	Keswick	MV55	50.41	GLARAMARA, 24/4/04				
76	P. Gilchrist	Keswick	MV55	51.34	1	B. Bardsley	Borrowdale		46.15
94	C. Charlton	Keswick	LV50	53.43	7	J. Archbold	CFR	1stMV40	52.54
96	P. Bibby	Keswick	LV40	55.01	16	D. Spedding	Keswick	1stMV50	56.18
97	D. Rigg	CFR	1stMV70	55.15	19	C. Valentine	Keswick	MV40	57.13
114	H. Blenkinsop	Keswick	MV65	63.26	25	K. Beaty	CFR	1stL	60.16
117	J. Rutter	Keswick	MV60	67.23	26	R. Unwin	Keswick	MV40	60.17
	119 runners				28	N. Thompson	Keswick		60.50
MORECAMBE 20 (end of March sometime)					34	B. Booth	Keswick	1stMV60	65.13
	J. Yeates	Keswick	L	3.01	37	G. Brown	Keswick	MV50	66.59
DONARD-COMEDAGH, 3/4/04					49	C. Knox	Keswick	MV50	73.21
Results are on the next page - don't ask, I'm just confused!					50	P. Gilchrist	Keswick	MV50	73.21
					54	P. Bibby	Keswick	LV40	75.14
					55	D. Rigg	CFR	1stMV70	75.29
					65	H. Blenkinsop	Keswick	MV60	93.46
						67 runners			

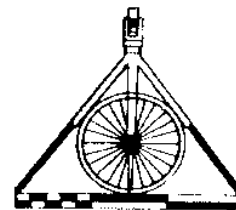
GRISDALE GRIND, 28/4/04					258	D. Miller	Keswick	MV50	1.49.18
1	A. Schofield	Borrowdale		29.31	266	D. Edginton	Keswick	L	1.49.55
2	B. Thompson	CFR	1stMV40	29.35	275	C. Colam	Keswick	LV55	1.50.47
3	D. Troman	Keswick		29.44	371	P. Bibby	Keswick	LV45	1.59.12
5	N. Lockwood	Keswick		30.34	415	S. Loan	Keswick	LV40	2.04.28
7	M. Denham-Smith	Keswick		31.16	487	A. Lockwood	Keswick		2.14.12
13	D. Spedding	Keswick	1stMV50	32.56	499	G. Brown	Keswick	LV50	2.16.17
23	A. Brand-Barker	Keswick	1stL/V40	34.58	501	C. Nixon	Keswick	MV65	2.16.27
26	D. Ferguson	Keswick		35.32	522	S. Denham-Smith	Keswick	L	2.20.30
30	D. Owens	Keswick	MV40	36.23	557	J. Rutter	Keswick	MV65	2.33.44
32	R. Unwin	Keswick	MV40	36.36	580 finishers on another hot day - good for				
38	P. Hague	Keswick	MV40	37.52	spectators if not the runners.				
42	J. Richardson	CFR	1stMV60	39.15	KESWICK-BARROW, 8/5/04				
46	R. Cooper	Keswick	40.18			J. Yeates	Keswick	L	6.04.?
48	J. Meeks	Keswick	LV40	40.24		J. Wylie	Keswick		6.04.?
55	G. Sibson	Keswick		41.36	BLACKPOOL 10K, 9/5/04				
57	P. Gilchrist	Keswick	MV50	42.27	1	J. Prowse	Blackpool		30.35
58	David Harrison	Keswick	MV50	42.46		T. Allen	Preston	1stL	36.50
59	A. Jones	Keswick	MV40	43.05		C. Nixon	Keswick	MV65	51.37
61	S. Harwood	Keswick	MV50	43.27	SAILBECK, 9/5/04				
66	P. Bibby	Keswick	LV40	44.03	1	R. Jebb	Bingley		1.27.15
73	M. Bridge	Keswick	LV50	45.21	10	A. Davies	Camethy	1stMV40	1.38.31
84	H. Blenkinsop	Keswick	MV60	51.49	12	D. Troman	Keswick		1.42.39
86	J. Rutter	Keswick	MV60	55.13	17	M. Denham-Smith	Keswick		1.45.55
88	S. Denham-Smith		L	60.59	22	P. Clark	Kendale	1stMV50	1.48.09
89 runners and no midges for a change.					27	K. Beaty	CFR	1stL/V40	1.49.31
THREE PEAKS RACE, 25/4/04					38	D. Loan	Keswick	MV50	1.53.29
1	A. Peace	Bingley		2.55.46	39	L. Sharp	Keswick	2ndL	1.54.04
4	M. Roberts	Borrowdale	1stMV40	3.07.03	41	C. Valentine	Keswick	MV40	1.55.51
22	M. Denham-Smith	Keswick		3.23.05	49	R. Unwin	Keswick	MV45	2.00.02
47	S. Jackson	Horwich	1stMV50	3.35.13	60	J. Meeks	Keswick	LV40	2.05.32
56	D. Overton	Keswick	2ndMV50	3.39.46	69	R. Cooper	Keswick	MV40	2.08.43
57	L. Sharp	Keswick	1stL	3.39.49	91	C. Knox	Keswick	MV50	2.17.35
168	R. Askwith	Keswick	MV40	4.16.26	102	P. Gilchrist	Keswick	MV55	2.24.04
240	J. Meeks	Keswick	LV40	4.33.27	112	S. Lewsley	Keswick	LV50	2.29.13
267	D. Owens	Keswick	MV40	4.39.03	113	M. Bridge	Keswick	LV55	2.29.18
334	P. Bullen	Keswick		4.55.25	138	P. Bibby	Keswick	LV45	2.46.48
407	A. Buckley	Keswick	MV60	5.42.54	DONARD COMEDAGH, 3/4/04				
The hot and sunny weather undoubtedly took its					1	S. Bailey	Mercia		1.02.19
toll, with a high percentage of runners dropping					9	M. Roberts	Borrowdale	1stMV40	1.06.32
out and overall time being slower than normal.					33	M. Denham-Smith	Keswick		1.11.22
KESWICK HALF MARATHON, 2/5/04					35	N. Lockwood	Keswick		1.11.58
1	S. Booth	Borrowdale		1.12.30	37	D. Troman	Keswick		1.12.16
3	D. Troman	Keswick		1.17.31	48	A. Mudge	Camethy	1stL	1.14.05
4	M. Denham-Smith	Keswick		1.17.38	58	D. Overton	Keswick	1stMV50	1.14.56
10	D. Frampton	Keswick	1stMV45	1.20.50	85	D. Spedding	Keswick	MV50	1.19.16
11	A. Meskimmon	Dewsbury	1stMV40	1.20.56	102	L. Sharp	Keswick	L	1.21.46
19	N. Lockwood	Keswick		1.24.13	111	K. Beaty	CFR	1stLV40	1.22.38
24	N. Lee	Newcastle	1stMV50	1.26.19	166	B. Booth	Keswick	2ndMV60	1.33.34
32	P. Haworth	Keswick	MV45	1.28.14	227	H. Blenkinsop	Keswick	MV60	2.09.59
41	C. Gale	Hull	1stMV55	1.30.09					
67	A. Haworth	Keswick	1stL/V45	1.33.47					
92	C. Kennedy	Keswick		1.35.43					
98	K. Loan	Keswick	MV45	1.36.27					
178	S. Jones	Keswick	MV50	1.44.07					
186	P. Gilchrist	Keswick	MV55	1.44.14					
227	Pat Richards	Keswick	LV50	1.46.58					

DOCKRAY, 19/5/04					HELVELLYN, 30/5/04				
1	A. Schofield	Borrowdale		48.54	1	S. Booth	Borrowdale		1.39.00
6	R. Unwin	Keswick	MV45	58.30	3	J. Blackett	N. Yorks	1stMV40	1.45.00
8	D. Owens	Keswick	MV45	59.06	4	M. Denham-Smith	Keswick		1.48.41
11	A. Brand-Barker	Keswick	1stL/V40	60.04	6	N. Lockwood	Keswick		1.50.03
12	P. Hague	Keswick	MV40	60.13	17	K. Beaty	CFR	1stL	1.58.00
23	D. Birch	Keswick		62.08	20	D. Loan	Keswick	1stMV50	2.00.10
32	M. Hawker	Keswick		66.21	25	C. Valentine	Keswick	MV40	2.05.08
40	C. Knox	Keswick	MV50	70.18	32	P. Covey	Pudsey	1stMV60	2.08.00
43	David Harrison	Keswick	MV50	71.08	73	P. Gilchrist	Keswick	MV50	2.36.27
44	S. Lewsley	Keswick	LV50	71.21	96 finishers. Well done to Kate Beaty for				
46	A. Jones	Keswick	MV40	72.28	breaking the ladies' record. Borrowdale took the				
47	S. Harwood	Keswick	MV55	73.04	men's team prize				
51	Pete Richards	Keswick	MV50	74.31	ELIDIR FAER, 23/5/04				
52	C. Charlton	Keswick	LV50	74.32	1	S. Bailey	Mercia		49.15
60	J. Rutter	Keswick	MV65	94.44	22	M. Denham-Smith	Keswick		56.07
TWO RIGGS, 27/5/04					34	D. Troman	Keswick		57.24
1	S. Booth	Borrowdale		40.41	37	N. Lockwood	Keswick		57.34
3	D. Troman	Keswick		43.23	46	D. Overton	Keswick	1stMV50	59.09
4	M. Denham-Smith	Keswick		43.28	54	T. Brindley	Carnetht	1stL	1.00.52
8	N. Lockwood	Keswick		45.14	67	D. Spedding	Keswick	MV50	1.02.33
9	J. Archbold	CFR	1stMV40	45.49	83	L. Sharp	Keswick	L	1.03.52
13	D. Birch	Keswick		46.35	116	A. Brand-Barker	Keswick	LV40	1.07.52
15	D. Overton	Keswick	1stMV50	46.45	148	B. Booth	Keswick	MV60	1.11.55
24	K. Beaty	CFR	1stL/V40		149	J. Meeks	Keswick	LV40	1.11.59
25	D. Owens	Keswick	MV40	52.42	170	P. Bullen	Keswick		1.15.28
34	P. Covey	Pudsey	1stMV60	54.22	176	C. Knox	Keswick	MV50	1.16.31
35	D. Ferguson	Keswick		54.26	Congratulations to the Ladies who took the team prize.				
36	G. Baum	Keswick	MV40	54.40	BLENCATHRA, 1/6/04				
41	A. Brand-Barker	Keswick	LV40	56.07	1	S. Booth	Borrowdale		61.57
45	J. Meeks	Keswick	LV40	57.14	4	M. Denham-Smith	Keswick		65.32
46	B. Booth	Keswick	MV60	58.04	8	D. Troman	Keswick		66.32
49	A. Jones	Keswick	MV40	58.50	11	N. Lockwood	Keswick		68.29
54	J. Downie	Keswick	MV50	60.24	13	J. Archbold	CFR	1stMV40	69.05
56	C. Knox	Keswick	MV50	60.36	16	D. Birch	Keswick		72.59
57	S. Harwood	Keswick	MV50	60.59	17	D. Loan	Keswick	1stMV50	73.14
61	S. Lewsley	Keswick	LV50	61.47	21	D. Owens	Keswick	1stMV45	75.44
62	David Harrison	Keswick	MV50	61.57	25	D. Spedding	Keswick	1stMV55	76.56
63	G. Gibson	Keswick		62.09	33	D. Ferguson	Keswick		79.37
67	D. Porter	Keswick	MV40	62.42	41	N. Thompson	Keswick		82.48
70	C. Colam	Keswick	LV50	63.06	46	R. Cash	Borrowdale	1stL	85.05
71	Pete Richards	Keswick	MV50	63.11	49	B. Martin	Ambleside	1stMV60	85.07
72	C. Charlton	Keswick	LV50	63.13	51	J. Meeks	Keswick	2ndL/V40	86.27
78	S. Jones	Keswick	MV50	66.24	54	G. Brown	Keswick	MV55	87.17
79	T. Segasby	Keswick	L	66.32	56	B. Booth	Keswick	1stMV65	87.35
80	M. Bridge	Keswick	LV50	66.52	60	J. Downie	Keswick	MV50	88.27
81	A. Lockwood	Keswick		67.04	62	C. Knox	Keswick	MV50	89.14
82	P. Bibby	Keswick	LV40	68.53	63	G. Birch	Keswick	L	89.18
86	J. Moore	Keswick	L	76.45	66	A. Jones	Keswick	MV40	90.27
87	H. Blenkinsop	Keswick	MV60	79.14	68	P. Gilchrist	Keswick	MV55	91.25
88	J. Rutter	Keswick	MV60	79.25	73	A. Buckley	Keswick	MV60	94.14
89	G. Brown	Keswick	LV50	81.27	75	P. Richards	Keswick	MV50	94.18
90	A. Downie	Keswick	LV40	84.58	76	C. Colam	Keswick	LV55	94.36
91	F. Rigg	Keswick	L	85.03	78	C. Charlton	Keswick	LV50	95.12
Keswick took the men and ladies' team prizes					87	A. Lockwood	Keswick		105.33
and supplied over 33% of the runners! Well done					91	J. Rutter	Keswick	MV65	114.53
to all the ladies who ran their first fell race today.					93	H. Blenkinsop	Keswick	MV65	116.35

COLEDALE HORSES HOE, 8/6/04				BUCKDEN PIKE, 19/6/04				
1	S. Booth	Borrowdale		1.11.25	Ladies			
3	M. Roberts	Borrowdale	1stMV40	1.16.41	1	V. Wilkinson	U/A	39.28
6	N. Lockwood	Keswick		1.19.56	2	L. Sharp	Keswick	40.01
15	D. Birch			1.25.30	3	S. Newman	Calder	1stLV40 41.08
17	P. Crompton	CFR	1stMV45	1.26.05	Men			
22	D. Spedding	Keswick	1stMV55	1.28.03	1	S. Bailey	Mercia	30.57
28	L. Sharp	Keswick	1stL	1.30.29	14	D. Neill	Staffs	1stMV40 34.02
34	P. Blanshard	Eden	1stMV50	1.33.16	25	M. Denham-Smith	Keswick	35.42
38	P. Hague	Keswick	MV40	1.35.10	40	N. Lockwood	Keswick	36.49
41	D. Ferguson	Keswick		1.36.31	47	S. Jackson	Horwich	1stMV50 37.33
47	J. Meeks	Keswick	LV40	1.39.46	78	D. Spedding	Keswick	MV50 40.05
58	B. Martin	Ambleside	1stMV60	1.42.58	98	G. Howard	Ilkley	1stMV60 41.00
61	B. Booth	Keswick	1stMV65	1.43.28		G. Booth	Longwood	1stMV70 53.02
65	G. Brown	Keswick	MV55	1.43.59	246	H. Blenkinsop	Keswick	MV65 53.02
71	G. Baum	Keswick	MV45	1.45.41	LANGSTRATH, 23/6/04			
72	C. Knox	Keswick	MV50	1.46.38	1	N. Sharp	Ambleside	38.52
82	S. Lewsley	Keswick	1stLV50	1.51.36	8	M. Denham-Smith	Keswick	41.50
83	D. Porter	Keswick	MV45	1.51.38	9	N. Lockwood	Keswick	42.07
85	A. Jones	Keswick	MV40	1.51.56	13	D. Loan	Keswick	1stMV50 44.57
87	P. Gilchrist	Keswick	MV55	1.52.55	15	B. Bland	Borrowdale	1stMV55 45.42
88	C. Colam	Keswick	1stLV55	1.53.25	16	P. Cornforth	U/A	1stMV40 46.10
97	C. Charlton	Keswick	LV50	1.55.48	17	C. Speight	Ambleside	1stMV45 46.53
102	D. Rigg	CFR	1stMV70	1.59.39	18	R. Unwin	Keswick	MV45 47.31
116	H. Blenkinsop	Keswick	MV65	2.19.36	19	D. Ferguson	Keswick	47.50
121	J. Rutter	Keswick	MV65	2.32.35	26	K. Beaty	CFR	1stL/V40 50.25
	Congratulations to both Simon and Lou for				27	K. Hill	Keswick	50.27
	breaking the course records, and the ladies for				29	R. Cooper	Keswick	MV40 51.44
	winning the team prize.				31	J. Walker	CFR	J 52.40
WELSH 1000M PEAKS, 5/6/04					40	P. Gilchrist	Keswick	MV55 56.25
1	C. Donnelly	Ron Hill		3.53.14	41	D. Porter	Keswick	MV45 56.33
	A. Brand-Barker	Keswick	1stL/V40	5.18.59	45	S. Lewsley	Keswick	1stLV50 57.29
PEN Y FAN					49	David Harrison	Keswick	MV55 58.11
1	C. Flower	MDC		37.07	51	C. Colam	Keswick	LV50 59.26
	A. Brand-Barker	Keswick	1stL/V40	47.30	52	P. Bibby	Keswick	LV40 61.08
BOFRA HELM HILL					56	S. Jones	Keswick	MV50 62.51
1	L. Siemaszko	Borrowdale		23.15	57	M. Bridge	Keswick	LV50 63.37
16	L. Sharp	Keswick	1stL					
GRASMERE GALLOPM 13/6/04								
1	C. Heaven	Annan		40.42				
18	J. Raffell	Wigan	1stL	47.39				
93	C. Mandale	Keswick		58.44				
106	I. Addison	Keswick	MV70	59.55				
122	P. Gilchrist	Keswick	MV55	1.00.47				
160	P. Bibby	Keswick	LV45	1.03.59				
213	C. Nixon	Keswick	MV65	1.09.49				
222	K. Owen	Keswick	MV40	1.11.15				
	277 runners							

SWINSIDE SIX - KESWICK -

Wednesday 28th July 2004 - Start at 7.30 pm



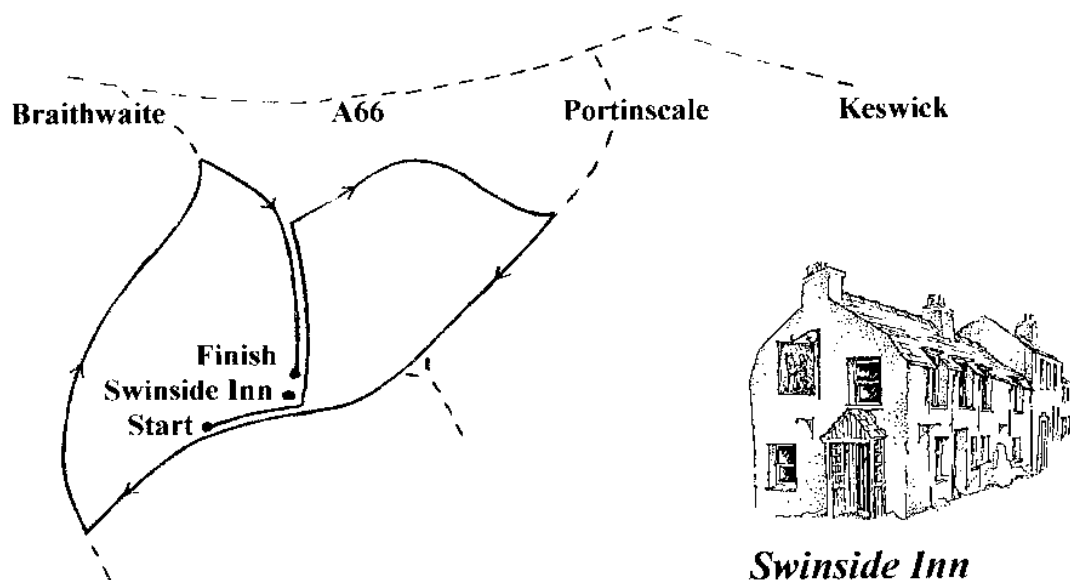
Cert. Accurate 96/035
NoEAA Permit 6723

An evening 6 mile road race in Newlands Valley organised by Keswick Athletic Club

Venue - Courtesy of the Swinside Inn - Limited facilities eg. no showers

Enter only on race day £4.00 Club members or £5.00 Unattached or £3.00 Keswick AC.
Age limit - over 15 yrs

Enquiries to Alan Ritchie 132 Scotby Rd. Scotby, Carlisle. Tel 01228 513200



ENTRY FORM - SWINSIDE SIX - uk: athletics rules apply

SURNAME _____

FIRST NAME _____

CLUB or UNATTACHED _____

Members of Clubs not affiliated for road running must pay £1.00 levy

MALE or FEMALE _____ AGE _____

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

SIGNATURE _____ DATE _____

EMERGENCY TEL. No. _____