

PACEMAKER

The newsletter of Keswick Athletic Club
Summer 2005

World Masters Mountain Running Championship 10th Sept . KESWICK www.mountainrunningkeswick.org.uk

If you have not already done so I suggest that you visit the event web site and all will be revealed.

Make no mistake this is going to be a "Big" event. Opening ceremony and brass band in the market square; Marquee in the park with bar; VIP's e.g. David Moorcroft; presentation with national anthems; post race pasta party; dancing to live band; special event shirts for sale; etc etc as you would expect from a well organised event.

Races start at 11.00 For the V70's and continue through to the last one at 15.30 for the V40's

We have somewhere near 400 entries across the board already and the final figures will be more than double this.

You can enter on the web site, or in person, or by post to Keswick Town Council Office up to the 1st Sept. £15 for FRA members or £20 for all others.

The local organising committee consists of a variety of people, but a lot of the local work is being done by 4 of our members;

Lyn Thompson is in charge of , facilities-Moot Hall, and registration.

Steve Harwood for facilities in Fitz Park which includes everything up to the start line and after the finish.

Chris Knox and Dave Spedding for the course from start line to finish line.

Dave Spedding Open Race on Sunday 12.noon

Meetings have been held every month for over 18 months now and the date is almost upon us.

We are hoping that the Keswick membership will be willing to help out with some of the tasks that need to be allocated to volunteers.

Tasks will have to be sorted out well in advance. At the moment we have a very short list of names, mainly from out of the area.

It would be a great advantage to have "local knowledge" and "familiarity with the area" built in to the volunteers for many jobs so if you would like to do your bit please contact any of the 4 names or just simply email back with a short message if you get your newsletter that way.

If you would prefer to help in any particular area please say so, but an open offer would obviously be preferred. We will try to match people to jobs, e.g. teachers [or others] with loud voices to control unruly runners who won't go where they are supposed to. Shy retiring types may find themselves in an isolated area of Lonscale preventing the sheep from attacking the competitors. Well you know what I mean!

If you intend running, as I do, and could job share that would be fine.

The Sunday race will be entry on the day open to those 18yrs and over. £5. or free if you entered the Masters event and are silly enough to want to run it again! It will include a "Cumbria Corporate Challenge", for teams of 3 belonging to a "local organisation" other than a running club. The marked route will be over the long course as used the previous day. A good chance to test your time against the best or even the average vets..

Allergies

If you are allergic to marshalling or helping at races this newsletter is not for you. I got my plea in first so watch out for further requests later in this edition. Maybe we will have club champion marshal of the year. If you throw enough mud some will stick, so I will still print all the pleas and perhaps you will feel that there is an underlying need beneath my frivolous comments!!

I occasionally have different kinds of pleas though-- the latest teacher plea stated an inability to offer a contribution because of vast numbers [31] of end of year reports to do. Should I offer to help out then he/she would have time to do an article in return for me. The word teacher seems to keep cropping up, can't understand that!

MDS will be wanting help to measure up on site next so he can get away from his new "full time" job to do a bit of running. I'm not too well up on the job bit, but if you are looking for more leisure time forget about retiring.

Good news ---following Alan Ritchie's plea in the Spring edition Alan advises a good response was forthcoming and several young intelligent ladies came forward to help. No mention of young intelligent men or even old thick heads. Perhaps Alan didn't take much notice of the latter categories. I'll try to do my bit on behalf of the old thick heads. The response is greatly appreciated and hopefully it is the start of a new trend.

The Keswick Convention starts soon. Please note that the Rawnsley Pavilion cannot be used during this time. The pavilion may be used up to and including TUESDAY JULY 12th, and then again from TUESDAY 9th AUGUST.

LOWE ALPINE MOUNTAIN MARATHON (18-19 JUNE) ...written [by Nick Lawler] the day after (20 June)....

I'm not into adventure racing – all that paddling and mountain-biking, it's too high-tech for me. I'd never remember to pack the right kit and I hate swimming. But running a mountain marathon is still quite basic. Its just like lots of little fell races thrown together, along with an overnight camp, midges, some serious mud and plenty of river crossings. And you're never on your own because the organisers insist you run as a team of two. What could be better?

Along with other mountain marathons (the Saunders Lake District MM in July, and the KIMM in October), LAMM has a number of different classes. Hopefully you enter the class which best suits your abilities/endurance based on how far you want to run over the two days, roughly how many mountains you climb and how tricky the route-finding is going to be. Like any fell race, choice of route can make a difference, but over a two day course with up to twenty-four control points, choosing the right route and then being able to navigate through the clag (it's always foggy) is absolutely critical. The other point of interest is that because competitors are running on different courses over the same hills, there is no point in following another team because the chances are they are running a different race. You have to navigate as a team or you are likely to end up very lost.

This year's Lowe Alpine MM (billed as the connoisseur's mountain marathon and always held in the Scottish Highlands) was my fourth mountain marathon. Just twenty-four hours before the start of the race our destination was posted on the web-site (any earlier and some very keen people may have tried to recce the course!). This year it was Oban. My Scottish geography isn't very good but I know that Oban is on the coast because I had some nice fish and chips there once but I thought the nearest mountains were about forty miles away in Glencoe? I picked Tim, my racing partner, up from Glasgow Airport and drove to Oban on the Friday afternoon. We were put on a ferry to the Isle of Mull and then a steam train round the coast to Torosay Castle. Just getting to LAMM can be an adventure.

Woken by bag-pipes at 5am, Saturday morning, we hit the start-line at 7am – well so we thought. Actually, we got on a coach and were driven round the other side of the island. Finally, we started our race about 8am.

I can't tell you much about the next thirty-six hours. I know we got to the overnight camp before dark. I know it was the bag-pipes that woke me again on Sunday morning. I know we ran about forty miles in sixteen hours and I know (this was a first) we didn't come last.

I remember thinking how beautiful the coast-line around Mull was but the only mountains I saw were the ones we stood on – anything further than fifty yards away was covered in cloud. I remember at one check-point, five teams appeared out of the mist from five different directions. I could hear voices in the gloom and that was about it. We all dibbed our electronic dibbers in the check-point and set off again in five different directions – it can be a great way to meet people! I remember asking Tim if I needed medical attention for the sore on my back (combination of wet clothes, a rucksack and too much jiggling up and down – it's alright, one of my mates is a plastic surgeon). I remember thinking (a lot), I never want to do one of these things again... ever.

But I already know I will do another mountain marathon and if you fancy giving LAMM a crack next year, let me know. If we can get five or six teams together, I'll organise a mini-bus and we can make it a party. We could also do some mountain navigation training over the winter months (it would help me). Again, let me know and I'll see if we can organise something.

Nick Lawler Tel: 01900 85107 www.nick@winderhall.co.uk

Evening Races a contribution from Dave Owens

The Dockray-Hartside and Blencathra are two of many midweek fell races we are lucky to have on our doorstep.

Dockray-Hartside (6m 1800ft) starts outside the pub at Dockray with a one mile slog up the road before reaching the fell at High Row. The first checkpoint at High Brow is followed by a stream crossing and a steepish climb to Hartside. The stream crossing was uneventful this year but can offer an unwelcome early bath after heavy rain. From Hartside it is a dash back to Dockray with Common Fell as the final checkpoint. The Hartside to Common Fell section offers route choice, either direct lining it over the tussocks or taking the more sedate traverse. Borrowdale dominated the race with Phil Davies the winner. Run of the evening goes to Victoria Wilkinson of Bingley who knocked six minutes off the ladies record to finish sixth overall, leaving some of the men grasping for excuses.

Blencathra (8m 2700ft) follows a fortnight later the first Wednesday in June - a traditional horseshoe taking in Bowscale Fell, Blencathra and Souther Fell. It is the second of a two race series with Dockray - Hartside. The absence of the Borrowdale lads and with the pre race favourites Ricky Lightfoot and Mark Denham-Smith missing at Dockray-Hartside, the combined result was wide open. A cloud base of 1500ft meant a good local knowledge and/or sound navigation would be essential. Following the runner in front is not always a good idea. I once got asked by a runner who was sitting comfortably on my tail in mist in this race if I had done it before. My answer was yes but I had also got lost before. He bolted to try and catch the next group.

The boggy ground ensures a 'rush' start and wet feet before the steep climb on to the ridge. The safe route is to follow the path all the way round to Bowscale checkpoint, although this is not a certainty in mist. I decided to traverse round the final knoll to pinch some distance and climb but instead of the the expected steady climb to Bowscale I found myself on steep ground. Looking up I could see sheep 'rising' and realised I had dropped too low. Steve Bennet of Eden Runners,

the eventual series winner had initially followed and subsequently overtook me having not made the same mistake – my only consolation being he did not realise this. Steve got overtaken by our own Mark Demon-Smith who had taken the scenic route over Bannerdale and told him that I was in front of them. The tour of Bannerdale was made by many with further points of interest for some. Marshall's on Blencathra summit reported runners arriving /leaving at various angles prompting mutterings for a navigation course. If you made it to the head of Mousthwaite Comb then it was a relatively straightforward run along Souther Fell with a steep grassy descent ideal for stretching the legs and gaining a few places. The race was won by Ricky Lightfoot of Ellenborough with Kate Beaty of CFR first lady.

The laptop coughed at producing combined results with Dockray and the not so high –tech pencil and paper kicked into action. Anyone who had completed both races and stayed for the presentation received a prize. Keswick did well in the combined results with five runners in the first eight, Blencathra remains my favourite race and I will be happy to lead a recce in advance of next years race.
David Owens

Do you want to be a Marshal when you grow up. by Steve Kemp

Well some of us don't have any choice, but really it can be quite enjoyable, and there is always a need for help at club races. However, we live in a brave new world of potential negligence claims, and in this article I want to consider the Marshal's job description. Believe me there is room for improvement in race management.

At the last committee meeting we agreed that "for all club organised senior fell races the FRA safety requirements for fell races, as stated in the FRA handbook, are to be adopted as best practice procedures, and adhered to by race organisers wherever it is possible to do so".

Firstly then, it is a good idea to be familiar with these requirements, as set out by our governing body. This will give all runners an understanding of what they should expect at a fell race event, and marshals an overview of their role and responsibilities.

Obviously, Marshals do a range of different things on the day to assist the organiser with the management of the event. I am strongly of the opinion that they should do virtually everything on the day, thus leaving the organiser free to oversee and respond to any particular needs which may, and indeed do, arise. For this to work it is essential that all marshals have been adequately briefed. It is a team effort, the organiser's role is to manage the team, so that everyone understands their duties and the race procedures.

Kit requirements need to be enforced, and the start/finish marshals must have the confidence to confront people, this is being done in other races. Summit/ key checkpoint marshals are required to have safety equipment, including first aid kit, emergency shelter, sustenance, and a radio. The club has two packs containing the right equipment for use by strategic marshals, and the organiser will arrange for you to have these packs which must be taken. Ideally key marshals should be in pairs, and race numbers recorded. Even in a shorter evening race, it is important to know in which sector of the race an overdue runner may have gone astray. When assisting an injured runner, take note of what has happened, and how it was dealt with, including the names of anyone else who assisted if serious. Report details to the race organiser who, in future will complete a simple Incident Report Form..

At the end of the day, we should return home satisfied that we have been part of a safe, well managed event which was enjoyed, and hopefully appreciated by all who took part. Furthermore if an incident should have occurred, that it had been dealt with efficiently. Don't give organisers sleepless nights!

Championship Update from MDS

Illness and injury have taken their dues this quarter. I'm hanging in there in the top 10 and Dave Sped is progressing excellently in the vet 50s (yet alone the 60s) although the statistician has yet to update Culter, and the meatgrinder of Wasdale awaits! Here's hoping for a baking 30 degrees to sort them out!
Buttermere was a good turnout, not surprising as its 9 miles from Keswick, although we failed to make much impression in the team scores in the face of strong Borrowdale and Pudsey teams.

Mowelyn peaks was more akin to rock climbing – a paraglider would have been preferable to studs. In the clag it would have been an absolute nightmare.

Edale was like a cross country race – 400 or so starters. I failed to make much impression – finishing in 38th spot. Other folk were around me who should have been there so it was a universal experience. Congrats to Sped for winning his category, then waiting two hours for his prize of a large vest. Thanks to Martin and Pete for also braving Dave's passion wagon to Manchester.

Culter was an excellent race – despite what I felt was a lacklustre run I finished in the teens, and again Dave won his category, even collecting some points in the Seniors.

An excellent series of races and good craic – and Wasdale to look forward to!

Training Third Quarter 2005

Training will have a new flavour for this quarter. Traditionally the lowest attendance for structured reps corresponds to good turnouts for social runs. I am in Switzerland for August so Pete Richards has organised a series of routes/venues for this period. As most of you are aware I am now working in Whitehaven, so where an easy run is scheduled I will not come round to Keswick.

5th July – Nothing serious given the imminent onset of Wasdale – easy runs to suit.

12th July – Recovery from Wasdale. No structured training.

19th July – Social run over Walla Crag/Bleaberry Fell

26th July – No structured training – Swinside 6 is on the Wednesday

Pete Richards is organising Social Runs throughout August.
6.30pm start routes to suit all - Drink in pub afterwards.

2nd Aug Coledale 3 Peaks from Coledale Inn, Braithwaite.

9th Aug Buttermere Fish Inn - various routes

16th Aug Scafell Hotel, Rosthwaite - car park next to hotel

23rd Aug NONE - 23rd Round Latrigg

30th Aug Ian Hodgson Relay 2nd leg recce - Meet Cow Bridge Car Park, Hartsop. Drink afterwards White Lion, Patterdale.

6th Sept – hill reps – 12 x 90 seconds

13th Sept – Tempo Run – 1 Hour hard up Skiddaw then gather up and descend

20th Sept – Easy run round latrigg – Sca Fell (club counter) is on the following week-end

27th Sept – one last session of reps before Winter hibernation starts.

Steve Fletcher has indicated he would like a combined session of Juniors/Seniors on one of the training days – the return to the road at the end of September is a good time to review what we do. I would suggest that an infusion of fresh ideas would be welcome to prevent the sessions getting tired, so if anyone has any better ideas or would like to take a session or two please shout up.

Secretaries Musings

Quite a lot has been happening in the club since the last newsletter, most of which is good!. There has been a steady stream of new members both seniors and juniors and a warm welcome to you all. The number of club members racing has been very impressive as is the number of prize winners. For example at the recent Langstrath Fell race 25 of the 77 finishers were ours and in The Coledale 5 of the first 11 finishers were Keswick AC. Quality as well and quantity!! It is particularly good to see some of our juniors coming through to take part in senior races. Emma Stuart, Martin Mikkelsen-Barron and James Walker have all produced some fine prize winning performances recently.

The only disappointment as far as I am concerned is that very few of these race results are ending up in the local press. Perhaps I am alone in thinking that this is important, in which case I will shut up about it!!.

Elsewhere in this newsletter you will find the list of Summer Training runs which this year have been moved forward to start at the beginning of August. In previous years these have proved very popular and we intend to make the routes suitable for everyone. The bonus is the drink in the pub afterwards and a chance to meet other club members.

The committee has decided to hold the Annual Presentation Dinner in January for a change. This is to be held at The Zenith Restaurant (upstairs) in Station Road, Keswick on Saturday 21st January. Further details will be published in the next newsletter. It would be great if we could have more social events so if any member has an idea for a 'do' please let me know. The club does need more volunteers!!.

Having been a race organiser for many years, if you ask me why I do it I can't really think of the answer!. Perhaps it is simply to do my little bit for the sport I love. I therefore feel strongly that all runners, especially club members should offer race organisers their support both in helping when they are not racing and to abide by the rules of competition when competing. In fell races it is clearly laid down what runners must carry in medium and long races. No doubt many of us have been slack in abiding by this. It is now essential that we all make sure that we have the correct gear with us at races. Now where did I put that compass??!!.

And finally congratulation to Richard Askwith for winning the 'Landscape and Tradition' category in The Lakeland Book Awards for, 'Feet in the Clouds'....now available in paperback!!.

Pete.

Wild Race Series 2005

A few Keswick runners have been competing in this series organised by All Terrain Events. All 4 races are held East of the M6 and are called "wild" because they are a bit off the beaten track. The results of the first race in Hamsterley are:

1st Chris Wilson 39.45 (Durham Uni)

19th Mark Hawker 47.18

107th Sue Hawker 72.39

The next race was held on tracks high above Nenthead and your entry fee included reduced entry fee to the Killhope Mining Museum.

1st Andrew Minster

2nd lady Angela B-B

Not far behind ABB was Mark Hawker (I got him on the down hill!)

Sue Hawker followed us both in

(Sorry no times as not published / www'd yet)

Third race was from Bowderdale, east of Tebay. This race was more of a category "C" fell race than a trail race. Only two Keswick runners this time. Colin Valentine turned out for a warm down run after Ennerdale and Angela B-B.

Again results not known (I didn't have my pen & paper handy at the event as I thought it would just go on the website!)

Last race is at Kielder on 10th July. This will have to be run quickly as the midges near that castle are something else.

I'll endeavour to get some accurate info. then.

Prizegivings are novel; only the first man & woman get a voucher. After that, it's lucky dip with the numbers so everyone is in with a chance of winning something.

Angela B-B

Spelga Skyline [a long time ago ,but since the last newsletter]

A few of your wealthy and foolhardy member colleagues coughed up between £150 and £200 for the ferry crossing to Ireland for the Spelga Skyline race in the Mourne Mountains. This is a 13 mile tour of the bogs of Northern Ireland with a few rocky outcrops to scramble up for light relief from time to time. The final climb making the 2 Breweries final climb looking like a doddle.

A clear sky and temperatures of 13 to 14 degrees made it a warmish humid ,slow times type of day.

It must have rained all day Friday because when you hit the first grassy descent it was a scene of slipping and sliding all over the place. A massive Mourne wall to climb to get to a slippery other side then a bog slog path not unlike those encountered at Fiendsdale.

The long downhill bit to the second road crossing saw everyone on their backs.

After the crossing the heathery stuff came to the fore and progress was slow and a local navigator was a boon if you could

latch on to one.

If you were in a group they took turns at going headlong into the bog and issuing various forms of cursing.

The main time was lost and gained from about 2 hours onwards-- if you had the miles in the bank ok, otherwise no one was keen to give you an overdraft!

Unfortunately some of our travellers had been injured or ill and coming face to face with this lot was a bit of a nightmare. Mark DS does not favour this style of stuff but did remarkably well to manage 14th position in a very strong field.

Sped likes this slow running stuff [14 mins mile average can you believe] and made the opposition sit up by taking 1st V 50 in 37th overall.

Dave Troman had turned an ankle getting club points at Causey Pike so was not able to run downhill to his normal high standard and ended up in 41st position.

Dunc Overton has been struggling with a diabetes regulation problem for quite a while and probably did well to complete the course.

Louise had illness in the key training period leading up to the race so could not expect to do the biz. Finishing in 72nd place and 6th Lady

A big thank you to the 2 Lockwood brothers Hawthorn and Nim for turning out in probably their first encounter of the season. Although Nim did the Round the Houses just to tire himself out, or was it to sharpen up! Hawthorn finished 147th and Nim was 159th. Full results on www.nimra.org.uk

The MDS car had to be at the ferry for 5.15pm departure on the Sat night so Nim was bundled into the car and off minutes after finishing.

No results were available at the finish!!!! No toilets at the start either!

Sped and Vida went to the presentation at o'Hares emporium in Newcastle. Still no results available to the runners, but it was only 4 hrs after the race so what could you expect?

They did get on the web page later that night, but what was there to talk about at the presentation?

Never mind lets get on with the dinner [sorry £8 meal]. A soup with nothing in except a bit of cabbage and a main course that would have easily been managed within the 37p school dinner budget. The wise ones like Lou had drinks and no meal. It was obvious that potatoes and turnip are the staple diet of the region, but us veggies got a curry with rice, and chips were seen on some tables.

Borrowdale got 1st Team which was no surprise, but despite all our problems we did manage 7th team.

Holidays and stuff meant that we were unable to finish a ladies team on this occasion.

Sped

Races to look out for

Road

Swinside 6 Wed 27th July 7.30 pm Keswick Club members £3 others £4 and u/a £6

Stephen Unwin Memorial 10K from Dalston near Carlisle Sunday 31st July 2 pm entry on day £?

Fell

July 6th Wednesday 7.15pm Fellside 7 mile 1900ft from Fellside Village near Caldbeck £3 on night

July 13th Wednesday 7.00pm Lords Seat 5 mile 1400ft from Whinlatter Visitor Centre £3 on night

Aug 6th Saturday 11.00am Borrowdale 17mile 6500ft from Rosthwaite £4 on day

Aug 7th Sunday 12 noon Latrigg 3 mile 950 ft £3 on day club counter.

Aug 10th Wednesday 7.15pm Steel Fell 3 mile 1115ft no entry fee from Steel End Farm Thirlmere

Aug 20th Saturday 1.00pm ladies 2.00pm men Whittle Pike 4.5 miles 1400ft English Counter £3 on day from Rossendale.

Aug 24th Wednesday 7.00pm Round Latrigg 5.5 mile 800ft from Fitz Park £3 on night

Sept 10th Saturday WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS KESWICK

Sept 11th Sunday Open race over masters course 12 noon £5 on day

Sept 18th Sunday Dalehead 2.00pm 4.5 miles 2210ft £4 on day entry to showfield

Sept 24th Saturday Scafell Pike 1.00pm 4.5mile 3000ft Club Counter and PRE ENTRY £5 by 10th Sept to Richard Eastman, 2 Maudsyke, Station Rd, Drigg, Holmrook, CA19 1XU. Normally you can get away with an entry on the day but I would check before hand.

Oct 2nd Sun Ian Hodgson Relay This is the LAST TIME that the family are organising the event. If you would like to be in a team contact your club captains, Pat Richards or Mark Denham Smith.

Oct 8th Saturday Langdale 11.00am 14 mile 4000ft £5 to Jonathan Fish Nuttall House 79 Main Street, Warton Carnforth LA5 9PJ Club and English Counter; the limit of 400 will be easily reached so if you want points get your entry in.

JUNIOR UPDATE

The junior section continues to go from strength to strength. It bodes well for the future that we are beginning to see junior runners make the transition to the senior ranks. For example, Emma Stuart was first Keswick Lady in Round the Houses, and Martin Mikkelson-Barron and James Walker were second and third Keswick Men at Langstrath.

CLUB FELL CHAMPIONSHIP

After four races of the seven race series Jessica Bibby is leading the girls' standings and Dan Gaskell the boys'. With the Championships being the best four races from seven there are still loads of people in with a chance. The next race is at Kinniside Two Tops on Saturday July 16.

			TOTA
Jessic	Bibby	Keswi	71
Rosie	Stuart	Keswi	58
Dan	Gaskell	Keswi	43
Louisa	Knox	Keswi	38
Ben	Farrell	Keswi	37
Emily	Knox	Keswi	37
Laura	Vaillant	Keswi	34
Matthe	Atkinson	Keswi	34
Harry	Vaillant	Keswi	34
Kate	Vaillant	Keswi	30
Jonny	Walker	Keswi	20
Thom	Atkinson	Keswi	16
Ted	Yates	Keswi	16
Rosie	Cornthwai	Keswi	15
Dean	Robinson	Keswi	15

ENGLISH JUNIOR FELL CHAMPIONSHIPS

This year's series is one of the most hotly contested championships for some time. More athletes are competing in each age group and a number of exceptional cross country runners have decided to give the fells a try. However, Keswick athletes Emma and Rosie Stuart are thriving on the competition. Emma is currently leading the U18 standings (and has beaten all the U20 Women in each of her races) and Rosie is second in the U14s

INTER-COUNTY SCHOOLS

Following some excellent performances at the County Schools Jessica Bibby, Louisa Knox and Rosie Stuart were chosen to represent Cumbria at the Inter-County Schools at Hexham. All three ran impressive races to record PBs and finish first Cumbrian in their races. Jessica ran 2:32 in the Junior Girls 800m, Louisa 5:13 in the Inter Girls 1500m and Rosie 5:07 in the Junior Girls 1500m.

COUNTY CHAMPIONSHIPS

The perennial problem of fixture congestion limited the participation of Keswick athletes in the county track and field championships. However, Louisa Knox continued her run of impressive performances with a win in the U17 1500m.

MORE INTERNATIONAL SUCCESS FOR ROSIE

Rosie Stuart won yet another well deserved England vest at the 6th Marco Germanetto Races at Susa in the Italian Alps on Sunday June 26th. Despite the disappointment of not being allowed to run in the main international race (the Italian Federation ruled that only the 'A' team runners would be allowed to run out of age group), Rosie ran a flawless race in sweltering conditions to romp home a winner by almost a minute.

PRIMARY SCHOOLS' XC

Keswick AC athletes dominated proceedings at the Keswick Primary Schools' XC competition on June 23. In the year 3/4 Girls' short Nadia Lamb was 1st, in the 3/4 Boys' short Thomas Atkinson was 3rd, in the 3/4 Girls' long Rebecca Furness was 2nd, in the 5/6 Girls' short Kate Vaillant was 1st and Sophie Mawdsley 3rd, in the 5/6 Girls' long Laura Vaillant was 1st and Rebecca Harrison 2nd, and in the Boy's 5/6 long Dean Robinson was 1st and Matthew Atkinson 2nd.

CLUB STANDARD AWARDS, 2005						
NAME	CAT	10K	10M	1/2 MAR	MAR	AWARD
R. Burchett	MV65				3.46.20	
D. Hutchinson	MV45		1.17.11	1.44.58		
P. Bullen	MV40	35.45		1.21.52		
M. Scott	M	39.21				
D. Harrison	MV55	41.12			4.12.11	
P. Roffey	M	42.59				
J. Moore	L	48.16				
J. Beedham	L	52.43				
K. Owen	MV45	53.43				
C. Nixon	MV65	56.15				
R. Unwin	MV50		68.14	1.31.27		
C. Brennan	L		69.07			
D. Troman	M			1.17.58		
D. Overton	MV55	37.30		1.22.36		
K. Hill	M	37.03		1.24.07		
D. Owens	MV45			1.26.38		
P. Gilchrist	MV55	44.32		1.39.32		
R. Gittins	L	45.01		1.40.36		
D. Robins	MV40			1.44.26		
I. Addison	MV70			1.53.26		
S. Hawker	L			2.14.36	5.01.34	
S. Denham-Smith	L			2.12.50		
P. Richards	LV50	47.16		1.48.00		
P. Lee	MV55	44.19				
A. Downie	LV45	50.34				
N. Pritchard	M				3.23.04	
M. Hawker	M				3.31.09	
N. Lawler	M	43.36			3.40.49	
A. Buckley	MV60				4.04.29	
M. Blake	MV60				5.00.09	
K. Loan	MV45			1.27.51		
R. Scott	MV40			1.32.02		
I. Boit	MV40			1.34.19		
A. Liddell	M			1.35.25		
S. Free	MV40			2.11.49		
D. Spedding	MV60	41.18		1.25.43		
A. Brand-Barker	LV40	40.06				
D. Hayes	MV65	42.11				
P. Richards	MV50	42.30				
G. Brown	LV50	54.43				
S. Halliburton	L		74.35			
M. Robertson	MV40	47.49				

GRISEDAL GRIND, 27/04/05				U12 Boys and Girls					
1	S. Booth	Borrowdale		29.31	1	T. Doyle	Helm Hill	B	7.43
3	N. Lockwood	Keswick		30.52	4	M. Atkinson	Keswick	B	8.52
7	P. Cornforth	Borrowdale	1stMV40	33.01	8	L. Vaillant	Keswick	2nd G	9.20
12	D. Birch	Keswick		34.09	13	K. Vaillant	Keswick	3rd G	10.27
14	G. Ives	Keswick		34.35	U14 Boys and Girls				
15	J. Walker	Keswick	1stJ	35.01	1	M. Fretwell	Ingleton	B	10.47
17	P. Hague	Keswick	MV40	35.15	2	J. Walker	Keswick	B	11.18
18	D. Overton	Keswick	1stMV50	35.28	4	R. Stuart	Keswick	1st G	11.28
20	R. Unwin	Keswick	MV50	35.52	8	J. Bibby	Keswick	2nd G	12.37
21	A. Liddell	Keswick		36.00	U16 Boys and Girls				
23	N. Davies	Borrowdale	1stL/V40	36.24	1	T. Addison	Helm Hill	B	13.26
26	D. Owens	Keswick	MV40	37.08	6	D. Gaskill	Keswick	B	15.09
29	R. Scott	Keswick	MV40	27.25	8	L. Knox	Keswick	1st G	18.17
31	K. Loan	Keswick	MV40	38.44	10	E. Knox	Keswick	3rd G	18.45
33	N. Thompson	Keswick		38.55	U18 Boys and Girls				
34	R. Cooper	Keswick	MV40	38.58	1	W. Jackson	Ellenborough	B	13.43
35	J. Downie	Keswick	MV50	39.20	2	J. Walker	Keswick	B	14.06
37	M. M.- Barron	Keswick		40.30	3	E. Stuart	Keswick	1st G	15.55
40	C. Knox	Keswick	MV50	41.46	KESWICK HALF MARATHON, 1/05/05				
43	D. Fawcett	Keswick	MV50	42.57	1	P. Newton	Claremont		1.12.23
44	D. Harrison	Keswick	1stMV60	42.59	6	I. Scott	Quaker	1stMV50	1.18.40
46	D. Porter	Keswick	MV40	43.05	7	A. Meskimmon	Dewsbury	1stMV40	1.19.00
48	S. Lewsley	Keswick	1stLV50	44.00	42	K. Loan	Keswick	MV45	1.27.51
49	P. Gilchrist	Keswick	MV50	44.25	50	M. Shipway	Woodstock	1stMV60	1.29.03
54	C. Colam	Keswick	LV50	45.47	71	A. Walker	Belgrave	1stL	1.30.54
55	J. Moore	Keswick	L	45.54	87	R. Scott	Keswick	MV40	1.32.01
56	P. Bibby	Keswick	LV40	47.21	114	I. Boit		MV40	1.34.19
57	P. Richards	Keswick	LV50	50.55	130	A. Liddell			1.35.25
59	J. Rutter	Keswick	MV60	55.59	218	R. Gittins		L	1.40.36
60	G. Brown		LV40	56.19	424	I. Addison		MV70	1.53.26
ANNIVERSARY WALTZ, 23/04/05					626	S. Free		MV40	2.11.49
1	S. Booth	Borrowdale		1.38.10	634	S. Denham-Smith		L	2.12.50
6	I. Greenwood	Clayton	1stMV40	1.51.31	671	S. Hawker		L	2.20.53
8	D. Birch	Keswick		1.53.14		720 finishers			
15	J. Holt	Clayton	1stMV50	1.54.56	CONISTON, 30/04/05				
18	C. Valentine	Keswick	MV40	1.56.16	1	R. Jebb	Bingley		1.11.07
25	R. Unwin	Keswick	MV50	2.00.32	6	M. Horrocks	Wharfedale	1stMV40	1.14.48
27	R. Scott	Keswick	MV40	2.00.46	20	C. Valentine	Keswick	MV40	1.25.58
33	N. White	Holmfirth	1stL	2.02.20	40	S. Taylor	Bingley	1stL	1.28.19
46	D. Owens	Keswick	MV40	2.05.49	BLACKPOOL 10K, 8/05/05				
49	J. Amies	Macclesfield	1stMV60	2.06.22	1	J. Prowser	B'pool Fylde		31.39
50	K. Hill	Keswick		2.06.27	54	T. Slater	Preston	1stL	37.57
66	R. Cooper	Keswick	MV40	2.10.53	1715	C. Nixon	Keswick	MV65	56.15
68	J. Meeks	Keswick	1stLV40	2.11.27	MOORCLOSE 10K, 18/05/05				
117	P. Gilchrist	Keswick	MV50	2.29.57	1	B. Thompson	CFR	1stMV40	34.08
120	D. Porter	Keswick	MV40	2.30.21	5	P. Bullen	Keswick	MV40	35.45
123	J. Home	Keswick	MV40	2.32.08	10	D. Overton	Keswick	1stMV50	37.30
137	A. Buckley	Keswick	MV60	2.40.30		T. Walker	CFR	1stL	38.51
144	M. Bridge	Keswick	LV50	2.42.52	21	A. Brand-Barker	Keswick	2ndL/V40	40.06
149	L. Sullivan	Clayton	1stMV70	2.46.29	30	D. Hayes	Keswick	1stMV60	42.11
169	I. Addison	Keswick	MV70	3.13.03	34	P. Richards		MV50	42.30
	172 finishers				43	N. Lawler			43.36
Juniors					64	P. Richards		LV50	47.16
U10 Boys and Girls					85	G. Brown		LV50	54.43
1	H. Bethwaite	Ellenborough	G	5.16		101 finishers.			
8	H. Vaillant	Keswick	B	6.04					

KESWICK ROUND THE HOUSES, 30/03/05				90	P. Bibby	Keswick	LV40	85.11
1	G. Mason	Border		28.27	102 ran in snowy conditions. Route shortened.			
2	J. Douglas	Border	J	28.47	MOELWYN PEAKS, 23/04/05			
3	B. Thompson	CFR	1stMV40	29.05	1	T. Davies	Mercia	1.11.47
8	D. Frampton	Borrowdale	1stMV45	30.21	13	S. Whitley	Carnethy	1stMV40 1.18.40
12	W. Johnstone	Border	1stMV50	30.56	17	M. Denham-Smith	Keswick	1.19.30
14	P. Bullen	Keswick	MV40	31.57	40	N. Lockwood	Keswick	1.24.25
18	N. Lockwood	Keswick		32.37	41	T. McGath	Cheshire	1stMV50 1.24.37
21	K. Hill	Keswick		32.48	61	H. Fines	Dean	1stL 1.30.24
22	S. Tunstall	York	1stL	32.55	64	D. Spedding	Keswick	MV50 1.30.24
27	D. Owen	Keswick	MV45	33.31	83	L. Roberts	Keswick	2ndL 1.33.59
33	P. Haworth	Keswick	MV50	34.08	LANGDALE 10K, 23/04/05			
35	R. Unwin	Keswick	MV50	34.11	1	M. Scott	Border	33.10
37	K. Loan	Keswick	MV45	34.23	2	P. Targett	Clayton	1stMV40 35.00
45	M. M-Barron	Keswick	J	34.59	3	A. Russell	Kendal	MJ 35.56
48	H. Gott	N. Vets	1stMV60	35.28	8	K. Towers	Kendal	MV45 38.56
58	D. Hayes	Keswick	1stMV65	36.57	12	F. Taylor	U/A	1stL 39.53
65	E. Stuart	Keswick	JL	37.32	17	H. Gott	N. Vets	1stMV60 41.01
73	N. Lawler	Keswick		38.14	22	R. Gray	Cumb AC	1stMV50 41.48
75	R. Cooper	Keswick	MV40	38.33	34	M. Bravin	N. Derbys.	1stMV55 43.25
79	J. Home	Keswick	MV40	38.55	38	P. Lee	Keswick	2ndMV55 47.31
84	P. Gilchrist	Keswick	MV55	39.33	79	R. Gittins	Keswick	8thL 47.31
85	A. Jones	Keswick	MV45	39.35	107	J. Moore	Keswick	13thL 49.28
90	S. Halliburton	Keswick	L	40.43	127	A. Downie	Keswick	20thL 50.34
93	L. Tweedale	Keswick	L	41.05	323 finishers of which an amazing 133 were women. Keswick took the ladies' team prize - well done.			
94	D. Porter	Keswick	MV45	41.07				
95	M. Grant	Cumb AC	1stLV55	41.16				
96	J. Moore	Keswick	L	41.29	HELM HILL, 17/04/05			
103	C. Colam	Keswick	LV55	42.37	1	C. Doyle	Trafford	32.56
113	D. Roffey	Keswick	L	45.55	Ladies			
120	G. Brown	Keswick	LV50	47.40	1	E. Stuart	Keswick	1stL 42.59
124	R. Strachan	Keswick	1stMV70	51.04	Boys U17			
127 finishers and a record entry.					1	T. Addison	Helm Hill	16.28
SPELGA, 2/04/05					2	B. Farrell	Keswick	17.03
1	R. Jebb	Bingley		2.26.40	Girls U17			
34	D. Spedding	Keswick	1stMV50	3.00.27	1	E. Knox	Keswick	1stL 22.11
41	D. Troman	Keswick		3.05.46	Girls U14			
70	D. Overton	Keswick	MV50	3.18.19	1	R. Stuart	Keswick	1stL 12.42
72	L. Roberts	Keswick	6th L	3.18.54	LONDON MARATHON, 17/04/05			
147	H. Lockwood	Keswick		3.58.46		N. Pritchard	Keswick	3.23.04
159	N. Lockwood	Keswick		4.04.48		M. Hawker	Keswick	3.31.09
Keswick finished 7th team.						N. Lawler	Keswick	3.40.49
INTER-COUNTIES, WREKIN, 10/04/05						A. Buckley	Keswick	MV60 4.04.29
1	W. Levett	Shropshire		35.36		R. Burchett	Keswick	MV65 4.19.28
24	M. Denham-Smith	Cumbria				M. Blake	Keswick	MV60 5.00.09
90	L. Roberts	Cumbria	L			S. Hawker	Keswick	L 5.01.34
GLARMARA, 16/04/05					Rainer has now completed all 25 London Marathons and we await with interest to see if he and the other twenty-fivers were treated to dinner by Dave Bedford, as promised.			
1	S. Booth	Borrowdale		47.21				
7	B. Thompson	CFR	1stMV40	54.24				
13	C. Valentine	Keswick	MV40	55.28				
22	P. Hague	Keswick	MV40	59.07				
23	D. Spedding	Keswick	MV50	59.16				
27	J. Walker	Keswick	J	60.07				
33	S. Wood	Ambleside	1stL	59.50				
52	R. Unwin	Keswick	MV50	66.55				
55	J. Downie	Keswick	MV50	68.07				
67	G. Brown	Keswick	MV50	70.41				
69	P. Reale	Keswick	MV40	70.54				
78	P. Gilchrist	Keswick	MV50	74.36				

SAILBECK, 8/05/05				46	N. Lawler	Keswick		66.53
1	R. Jebb	Bingley		49	J. Home	Keswick	MV40	67.40
14	M. Denham-Smith	Keswick		53	D. Thompson	Keswick	LV40	68.23
17	D. Neill	Staffs M	1stMV45	56	S. Lewsley	Keswick	1stLV50	70.45
24	M. Croasdale	Lancs&Morc	1stMV40	57	C. Knox	Keswick	MV50	70.52
53	S. Jackson	Horwich	1stMV50	59	S. Noble	Keswick	MV40	72.07
77	J. Holt	Clayton	1stMV55	63	D. Harrison	Keswick	1stMV60	72.45
78	C. Valentine	Keswick	MV40	64	J. Moore	Keswick	L	72.48
88	S. Newman	Calder	1stL/V40		71 finishers			
109	M. M-Barron	Keswick	1stU20		ANNIVERSARY WALTZ, 23/05/05			
115	K. Carr	Clayton	1stMV60	1	S. Booth	Borrowdale		1.38.10
137	L. Roberts	Keswick	L	6	I. Greenwood	Clayton	1stMV40	1.51.31
148	R. Scott	Keswick	MV40	8	D. Birch	Keswick		1.53.14
162	R. Cooper	Keswick	MV40	15	J. Holt	Clayton	1stMV50	1.54.56
177	P. Jackson	Keswick	L	18	C. Valentine	Keswick	MV40	1.56.16
210	P. Bullen	Keswick	MV40	25	R. Unwin	Keswick	MV50	2.00.32
248	N. Lawler	Keswick		27	R. Scott	Keswick	MV40	2.00.46
265	D. Thompson	Keswick	LV40	33	N. White	Holmfirth	1stL	2.02.20
283	J. Home	Keswick	MV40	46	D. Owens	Keswick	MV40	2.05.49
322	M. Bridge	Keswick	2ndLV55	49	J. Amies	Macclesfield	1stMV60	2.06.22
328	C. Colam	Keswick	3rdLV55	50	K. Hill	Keswick		2.06.27
329	P. Gilchrist	Keswick	MV55	66	R. Cooper	Keswick	MV40	2.10.53
363	H. Blenkinsop	Keswick	MV65	68	J. Meeks	Keswick	3rdL	2.11.27
FAIRFIELD, 15/05/05				117	P. Gilchrist	Keswick	MV50	2.29.57
1	R. Jebb	Bingley		120	D. Porter	Keswick	MV40	2.30.21
4	M. Croasdale	Lancs&Morc	1stMV40	123	J. Home	Keswick	MV40	2.32.08
21	V. Wilkinson	Bingley	1stL/V40	137	A. Buckley	Keswick	MV60	2.40.30
32	R. Lucas		1stMV50	144	M. Bridge	Keswick	LV50	2.42.52
33	C. Valentine	Keswick	MV40	149	L. Sullivan	Clayton	1stMV70	2.46.29
54	M. M-Barron	Keswick	U20	169	I. Addison	Keswick	MV70	3.13.03
57	L. Roberts	Keswick	2ndL		172 finishers.			
81	K. Loan	Keswick	MV40		LANZAROTE HALF MARATHON, 10/05/05			
84	R. Cooper	Keswick	MV40	2	D. Spedding	Keswick	1stMV60	1.25.43
96	P. Walkington	Horwich	1stMV60		LANZAROTE 10K, 14/05/05			
161	C. Knox	Keswick	MV50		D. Spedding	Keswick	MV60	41.18
198	P. Gilchrist	Keswick	MV50		HELVELLYN, 21/05/05			
203	J. Home	Keswick	MV40	1	S. Booth	Borrowdale		1.39.21
234	D. Harrison	Keswick	MV60	4	N. Lockwood	Keswick		1.48.11
236	R. Gittins	Keswick	L	5	J. Aylwand	P&B	1stMV40	1.48.46
240	G. Brown	Keswick	MV50	10	C. Howard	Matlock	1stL	1.55.33
274	A. Buckley	Keswick	MV60	12	C. Valentine	Keswick	MV40	1.55.49
295	J. Rutter	Keswick	MV60	21	D. Schofield	Rossendale	1stMV50	1.57.28
	298 finishers.			22	M. M-Barron	Keswick	U20	1.57.31
DOCKRAY FELL RACE, 18/05/05				28	P. Hague	Keswick	MV40	1.59.48
1	P. Davies	Borrowdale		30	R. Unwin	Keswick	MV50	2.00.06
5	J. Archbold	Borrowdale	1stMV40	96	N. Lawler	Keswick		2.24.04
6	V. Wilkinson	Bingley	1stL	154	P. Gilchrist	Keswick	MV50	3.17.38
9	D. Birch	Keswick			A record number of 161 finishers.			
11	I. Butler	Keswick			EDALE, 12/06/05			
16	P. Hague	Keswick	MV40	1	S. Bailey	Bingley		31.46
18	D. Owens	Keswick	MV40	38	M. Denham-Smith	Keswick		35.47
20	D. Ferguson	Keswick	MV40	95	M. M-Barron	Keswick		39.19
23	R. Cooper	Keswick	MV40	125	D. Spedding	Keswick	1stMV60	40.39
28	K. Hill	Keswick		295	P. Eagan	Keswick	MV40	49.55
29	R. Unwin	Keswick	1stMV50		Ladies			
30	R. Scott	Keswick	MV40	1	N. White	Holmfirth		40.15
39	J. Downie	Keswick	MV50	8	L. Roberts	Keswick		42.17

TWO RIGGS, 24/05/05				Combined Results (Dockray & Blencathra)				
1	S. Booth	Borrowdale	41.46	1	S. Bennett	Eden	MV40	
8	D. Birch	Keswick	45.47	2	P. Hague	Keswick	MV40	
11	V. Wilkinson	Bingley	1stL(rec)	3	D. Ferguson	Keswick	MV40	
14	J. Archbold	Borrowdale	1stMV40	4	D. Owens	Keswick	MV40	
20	J. Winn	CFR	1stMV50	6	K. Hill	Keswick		
25	M. M-Barron	Keswick	50.05	8	R. Scott	Keswick	MV40	
27	R. Unwin	Keswick	MV50	11	I. Butler	Keswick		
30	K. Hill	Keswick	51.08	14	D. Birch	Keswick		
32	P. Hague	Keswick	MV40	17	J. Horne	Keswick	MV40	
34	D. Overton	Keswick	MV50	21	C. Knox	Keswick	MV50	
36	L. Roberts	Keswick	2ndL	22	S. Lewsley	Keswick	LV50	
39	R. Scott	Keswick	MV40	52.31	COLEDALE HORSESHOE, 7/06/05			
40	J. Walker	Keswick	52.40	1	S. Booth	Borrowdale	1.13.37	
41	D. Ferguson	Keswick	MV40	2	M. Denham-Smith	Keswick	1.15.38	
46	D. Owens	Keswick	MV40	5	N. Lockwood	Keswick	1.18.19	
47	R. Cooper	Keswick	MV40	6	M. Croasdale	Lancs&Mor	1stMV40 1.19.20	
53	K. Beaty	CFR	1stLV40	9	D. Birch	Keswick	1.22.13	
58	N. Thompson	Keswick	56.57	10	M. M-Barron	Keswick	1.23.12	
63	J. Downie	Keswick	MV50	11	I. Butler	Keswick	1.12.14	
65	J. Horne	Keswick	MV40	58.46	P. Hague	Keswick	MV40	
67	N. Lawler	Keswick	59.53	15	P. Crompton	CFR	1stMV45 1.26.06	
70	C. Knox	Keswick	MV50	22	D. Owens	Keswick	MV45 1.31.50	
71	S. Noble	Keswick	MV40	23	R. Cooper	Keswick	MV40 1.32.16	
74	D. Thompson	Keswick	LV40	27	D. Ferguson	Keswick	MV40 1.33.57	
76	D. Harrison	Keswick	1stMV60	28	K. Hill	Keswick	1.33.59	
77	R. Gittins	Keswick	L	30	K. Dacre	Kendal	1stMV50 1.35.02	
83	C. Colam	Keswick	1stLV50	32	K. Beaty	CFR	1stL/V45 1.35.32	
84	J. Moore	Keswick	L	47	J. Meeks	Keswick	3rdL 1.41.11	
85	P. Gilchrist	Keswick	MV60	53	D. Fell	CFR	1stMV55 1.44.43	
93	M. Bridge	Keswick	LV50	63	S. Noble	Keswick	MV40 1.50.27	
94	A. Downie	Keswick	LV40	64	S. Lewsley	Keswick	1stLV50 1.51.14	
96	T. Overton	Keswick	LV50	68	D. Harrison	Keswick	1stMV60 1.53.46	
98	D. Roffey	Keswick	L	69	R. Gittins	Keswick	L 1.53.56	
99	G. Brown	Keswick	LV50	72	C. Charlton	Keswick	LV50 1.56.29	
100	J. Rutter	Keswick	MV60	85.00	73	J. Moore	Keswick	L 1.56.35
	30 Keswick runners.	Keswick Ladies took the		79	M. Bridge	Keswick	1stLV55 1.59.17	
	team prize.			85	S. Harwood	Keswick	MV55 2.06.29	
				93	J. Rutter	Keswick	MV65 2.35.22	
	BLENCATHRA, 1/06/05				ENNERDALE, 11/06/05			
1	R. Lightfoot	Ellenborough	1.16.12	1	A. Schofield	Borrowdale	3.48.03	
2	K. Hagley	SWRR	1stMV40 1.16.15	4	L. Warburton	Bowland	1stMV40 4.20.43	
4	M. Denham-Smith	Keswick	1.17.07	6	C. Valentine	Keswick	MV40 4.35.20	
5	D. Spedding	Keswick	1stMV60 1.17.43	11	D. Ferguson	Keswick	MV40 4.39.45	
8	K. Hill		1.23.37	14	C. Lumb	Kendal	1stMV50 4.40.57	
10	D. Ferguson		MV40 1.23.41	15	J. Lee	Eryri	1stL 4.41.06	
11	P. Hague		MV40 1.23.48	36	P. Bullen	Keswick	MV40 5.09.00	
12	D. Owens		MV40 1.24.00	38	R. Unwin	Keswick	MV50 5.10.15	
13	R. Scott		MV40 1.24.12	41	J. Meeks	Keswick	LV40 5.12.03	
14	P. Blanchard	Eden	1stMV50 1.24.37	93	J. Horne	Keswick	MV40 6.31.12	
16	K. Beaty	CFR	1stL 1.25.07		95 finishers			
24	P. Bullen	Keswick	MV40 1.29.33					
27	I. Butler	Keswick	1.31.02		ABBETOWN 10, 4/06/05			
28	J. Horne		MV40 1.31.15	1	N. Cockbain			
32	D. Birch		1.35.47		C. Scott		1stL	
36	C. Knox		MV50 1.39.21		S. Halliburton	Keswick	1stLV 74.35	
37	P. Gilchrist		MV50 1.40.24					
39	S. Lewsley		LV50 1.41.18					
	43 finishers plus a number of dnfs	in poor visibility						
	conditions.							

LANGSTRATH, 23/06/05				HAWKSHEAD 10K, 29/06/05			
1	M. Fanning	Borrowdale	39.58	1	C. Winward	Barrow	32.17
3	P. Whiting	Kendal	1stMV45 42.30	5	C. Brogan	Barrow	1stMV45 34.51
4	V. Wilkinson	Bingley	1stL 42.39	7	P. Banks	Blackburn	1stMV40 35.39
5	D. Birch	Keswick	42.41	10	P. Bullen	Keswick	MV40 36.12
6	P. Cornforth	Borrowdale	1stMV40 43.37	14	P. Butterworth	Clayton	1stMV50 36.44
9	M. M-Barron	Keswick	43.53	19	D. Waywell	Wesham	1stMV60 37.11
10	J. Walker	Keswick	1stU18 44.54	30	D. Overton	Keswick	1stMV55 38.51
11	K. Hill	Keswick	45.14	43	H. Jones	Dallam	1stL 41.49
13	H. Jarrett	CFR	1stMV50 46.16	66	D. Hayes	Keswick	1stMV65 44.23
18	R. Cooper	Keswick	MV40 47.06	69	P. Gilchrist		MV55 44.32
19	R. Scott	Keswick	MV40 47.26	73	R. Gittins		3rdL 45.01
20	A. Brand-Barker	Keswick	2ndL/1stLV40 48.19	91	C. Colam		1stLV55 47.30
24	D. Owens	Keswick	MV40 49.17	95	M. Robertson		MV40 47.49
25	S. Brearley	U/A	1stMV55 49.22	100	J. Moore		L 48.16
29	P. Hague	Keswick	MV40 49.45	114	D. Roffey		L 51.11
32	D. Ferguson	Keswick	MV40 50.18	136	G. Robertson		LV40 56.00
39	J. Downie	Keswick	MV55 52.07	137	G. Brown		LV50 56.10
40	N. Lawler	Keswick	52.26		140 finishers		
44	J. Meeks	Keswick	4thL/3rdLV40 54.08	TEBAY, 15/06/05			
49	C. Knox	Keswick	MV50 54.56	1	A. Dunn	Helm Hill	1.14.30
50	S. Lewsley	Keswick	1stLV50 55.39	4	A. Davies	Borrowdale	1stMV40 1.17.28
51	P. Gilchrist	Keswick	MV55 55.54	6	D. Birch	Keswick	1.21.12
55	D. Harrison	Keswick	1stMV60 57.16	15	R. Harper		1.26.24
60	C. Colam	Keswick	LV50 58.17	16	M. Walsh	Kendal	1stMV50 1.26.36
61	C. Charlton	Keswick	LV50 58.27	20	R. Unwin	Keswick	2ndMV50 1.29.00
62	N. Thompson	Keswick	58.39	33	N. Davies	Borrowdale	1stL/LV40 1.33.03
66	A. Buckley	Keswick	MV60 60.16	71	C. Knox	Keswick	MV50 1.44.46
67	J. Moore	Keswick	L 60.36	75	S. Lewsley		1stLV50 1.45.57
68	M. Bridge	Keswick	LV50 61.12	78	D. Harrison		1stMV60 1.47.28
69	P. Bibby	Keswick	LV40 61.41		101 finishers		
73	I. Addison	Keswick	1stMV70 67.13				
CULTER FELL, 25/06/05							
1	S. Booth	Borrowdale	1.48.53				
4	J. Blakett	U/A	1stMV40 1.52.34				
15	M. Denham-Smith	Keswick	1.58.36				
26	T. McGaff	Cheshire	1stMV50 2.03.23				
35	C. Valentine	Keswick	MV40 2.09.11				
43	S. Newman	Calder	1stL/LV40 2.11.05				
49	D. Spedding	Keswick	1stMV60 2.13.13				
79	L. Roberts	Keswick	L 2.25.02				
GRASMERE GALLOP, 12/06/05							
1	K. Johnston	Chorley	44.09				
4	A. Maycock	Horsforth	1stMV40/45 44.09				
16	A. Murray	Lancs&Mor	1stMV50 48.26				
21	J. Raffell	Wigan	1stL 49.07				
44	M. Scott	Keswick	MV45 52.32				
57	D. Hayes	Keswick	1stMV65 54.41				
58	J. Downie	Keswick	MV50 54.55				
121	J. Moore	Keswick	L 60.02				
143	C. Mandale	Keswick	61.30				
147	I. Addison	Keswick	1stMV70 61.40				
163	A. Downie	Keswick	LV40 63.35				
BLACKPOOL MARATHON							
321	D. Harrison	Keswick	MV55 4.12.11				

KESWICK AC ROAD CHAMPIONSHIPS, 2005											
POS	NAME	CAT	BR/MAR	HHM	W10K	H10K	SW6	CRHM	D10	TOTAL	4 from 7
1	P. Bullen	MV40	21	22	25	25				93	
2	D. Overton	MV50	22	21	21	22				86	
3	P. Gilchrist	MV50	14	17		20				51	
4	D. Troman	M	25	25						50	
5	K. Hill	M		20	22					42	
6	D. Hayes	MV60			19	21				40	
7	D. Owens	MV40	20	19						39	
8	R. Gittins	L		16		19				35	
9	N. Lawler	M	17		17					34	
10	P. Richards	MV50	16		16					32	
11	G. Brown	LV50			15	13				28	
12	S. Hawker	L	11	12						23	
13	A. Brand-Barker	LV40			20					20	
14	R. Scott	MV40	19							19	
15	R. Unwin	MV50		18						18	
16	M. Hawker	M	18							18	
17	P. Richards	MV50			18					18	
18	C. Colam	LV50				18				18	
19	M. Robertson	MV40				17				17	
20	J. Moore	L				16				16	
21	R. Burchett	MV60	15							15	
22	D. Robins	MV40		15						15	
23	D. Roffey	L				15				15	
24	P. Richards	LV50		14						14	
25	G. Robertson	LV40				14				14	
26	A. Buckley	MV60	13							13	
27	I. Addison	MV70		13						13	
28	M. Blake	MV60	12							12	
29	S. Denham-Smith	L		11						11	

