

Pacemaker

The Newsletter of Keswick Athletic Club

Summer 2006

The racing season is well under way. It seems for our membership that the emphasis is on local events with very little interest in championship fell running beyond the Cumbrian Borders. There is perhaps a little more interest from the ladies side with Pippa Jackson recording a good few impressive results. Anniversary Waltz was perhaps the best attended race of the quarter and from the many hundreds of runners, Keswick showed a good set of results. To those not familiar with some of the finer tricks of fell running it may be of interest to note that I was the only person to take the "straight on" path towards the dam on the assent of Robinson and I can assure you that this was worth a considerable gain. In other words you can gain time and places without actually being a better runner! It is all a matter of homework. Quite satisfying at times as well! Something to bear in mind if you are thinking of running Borrowdale for example. Furthermore if you really want to get the best out of yourself for a particular race prepare carefully for it -- don't race the weekend before, ease off from any hard training for a few days before, make sure you are well hydrated, work out realistic split times for check points on the race, keep you bum bag weight as low as legally possible and most of all make sure you know where you are going. This will be old hat for some of our older members, but possibly not quite so obvious to our large number of new members. Be brave and try new races.

For example I have just got back from a British Championship race at **Dollar** [near Stirling] in Scotland. This is a 9.5 mile all grass fast running style course in a beautiful setting from a really classic public school venue. The course being altered as a result of aggressive Buzzards with a history of attacking runners to the extent of drawing blood from several competitors on previous occasions. Last years diversion took runners into an area of "stinging bees" which was considered better than the Buzzard experience. Thankfully this year there were no problems and no surprise to me that I was the only Keswick contender to make the start line. For what its worth I got the V60 award and finished 48th o/a.

I did a report on Durisdeer Race [near Sanquar Dumfriesshire] a year or two ago and I see that this really good race only had an entry of 17 runners this year. Our own Colin Valentine finished 3rd.

My last comment on this theme was a visit by me to the **Stuc a Chroin** race from Strathyre in Scotland towards the end of April. This is a long category race with a 20 min out and back on a forest track-- but the bit in the mountains is truly spectacular. The race had well over a hundred runners and nearly as many marshals who provided water and Jelly Babies every few hundred yards once you got on the hill. There was even a snow shoot near the turn point at the top. A truly great atmosphere at the finish with soup [on a very hot day] and other nutritional delights!

A bit nearer home we had the Long Lakeland Classic **Ennerdale** as an English counter this year and even enough males to finish an FRA team of 5 if all went well.---- Neil Thompson had the following comments -- "furthest I have ever run (well, hobbled and limped) carried loads of water and filled up on the day, fantastic route which I enjoyed, just need to do some distance training. Started with cramp before Green Gable so took it very slow. Stopped for a picnic on way up to Pillar and almost got lost in some trees at the end, but not as lost as the group of 6 in front who I caught and managed to pass on the descent. Felt very ill on Sunday, a bit spaced out really, only just considering running again now, Wed."

Unfortunately all did not go as well as we might have hoped. The main casualty was Dave Troman with a bad fall early on, continuing for another hour or so before retiring with considerably increasing pain from the injuries sustained. Dave was miles from the finish and by the time he staggered back to the finish he was suffering the effects of being exposed to the sun, lack of water etc etc. Keith Hill also had to retire so although we managed to finish 5 people one of them was Debbie Thompson [1st Lady V50] we were unable to record a team position for the FRA championship.

On the 21st May was **Lordstones Wainstones** and if the genuine fell race detector van had been there I think it would have struggled to validate the event. I would suggest the profile was something like once round Keswick round the town route with a final climb about half the height of Latrigg. The routes along the ridges were paved and the start was nearly at the highest point of the race. There was a strict limit of runners permitted although when you got there it was obvious that mountain biking in the area was encouraged so the damage a few extra runners would cause would surely not compete with the potential damage from bikes.

You will see from the results that Keswick had a good few out and even recorded a team in the Vet 50 category [5th]. Local boy Ian Butler was 1st Keswick finisher. Ian works in Scotland now, but presumably this race was an excuse to make a home visit for the weekend. Geoff Somers got a late [cancellation] entry and made up the 3rd V 50 counter. Pippa had a really good run, but like many others took a bad line to the last checkpoint and lost several positions in the process.

The **Skiddaw** race attracted about 10 Club Members with a return to the fells for Mark DS after [or is it just an interlude] his ultra running diversion-- from a field of a hundred or so Mark was 7th o/a. Our ladies won the team award and the men finished 3rd team.

Training Sessions for the 3rd Quarter 2006

The training plan for July to September is set out below. If you would like to make any suggestions for training, please send them to us using this e-mail link: training@keswick-ac.org.uk All abilities welcome.

Unless details say otherwise, meet for mid-week runs at the Rawnsley Pavilion, Main St, at 6 for 6:15pm start. Please check the website regularly, as details are always subject to revision.

For Pete's Parlauf, meet at 6pm to give time to sort out the pairings.

Check if studs are needed, if not, trail shoes/flats will be OK.

Mini Races/Time Trials: Jog/bike/drive to the start point for a shortish race/time trial. **Be there for 6pm for 6:15 start.** Route map at start where necessary. Course will be an obvious route, but bring a map & compass if you don't know the area. May be h/capped. Anyone needs a lift e-mail/ring us.

Summer Social Fell Runs Meet at 6:15 for 6:30 start. Format: Choice of routes, short & medium, for a run out of no more than an hour or so, then on to pub afterwards.

July

	Mini Fell race/time trial - Latrigg Uphill. Meet Rawnsley Hut 6pm. Latrigg Recce.		
4	Start from Fitz Park Pav, following the race route to summit, jog back down race route afterwards. 1.4m 950'	6	8 X 90sec hills - steep – studs
11	Pete's Plf & pub - off-road (Lord's Seat CC tomorrow)	13	Fartlek off - road, tracks & paths
18	Speed efforts on flat grass	20	Latrigg races Sat - Easy Run
25	Swinside 6 CC tomorrow, no training planned	27	Fartlek off - road, tracks & paths

August

	Mini Fell race/time trial - Ashness Loop. Meet Gt Wood CP 6pm. 3m 900'. Up Cat Gill, right at top to Ashness Bridge, back under Falcon Crag.		
1		3	Borrowdale Sat - Easy Run
8	Pete's Plf & pub - off-road	10	8 X 90sec hills - steep - studs/trail shoes
15	Speed work - 12x 60 sec reps on flat grass	17	Friendly Fartlek - off road (Sedbergh Sunday CC)
22	Round Latrigg tomorrow, no training planned	24	Fartlek off - road
29	10 x 60 sec hills, off-road	31	Social Fell Run Meet at Coledale Inn, going out round Oughterside & Barrow way. 6:30 start

September

			(Langdale Race CC Sun)
5	Pete's Plf & pub - off-road	7	Social Fell Run Buttermere, meet Car Park behind Bridge Inn. Routes: Wandhope or Rannerdale way. 6:30 start
			(Dalehead Sunday CC)
12	8 X 90sec hills - steep - studs/trail shoes	14	Social Fell Run Rosthwaite, Scafell Hotel Car Park. Routes: Castle Crag, King's How way
	Mini Trail race/time trial - Meet by Theatre at 6pm. 3m, out along Lakeside, back via Borrowdale Road		
19		21	Flat(ish) efforts, varying lengths - railway
26	12x 45 sec hill reps off-road	28	Friendly Fartlek off - road (Ian Hodgson Relays Sunday)

The Keswick AC Summer BBQ

Saturday 22nd July 2006

All afternoon starting immediately after the Latrigg races – 2pm(ish) onwards

*Hosted by Nick Lawler at Trish and Dunc Overton's place:
Glendale, Manor Brow, Keswick
(Entry via Halls Mead 1st right after Springs Road
Parking on Manor Brow, Rogerfield, or Springs Road))*

***Tickets £6.00 each
(children under 12 half price)***

All you can eat and first drink free!

*Tickets available from Pete and Pat at the Card Collection
or from nick@winderhall.co.uk. Telephone 01900 85107*

*All the usual BBQ meats plus a HOG ROAST
vegetarian burgers and kebabs, salads
strawberries and cream.*

**CASH BAR INCLUDING DRAUGHT BEER & LAGER
All profits to Keswick Mountain Rescue**

Secretaries Musings

Unfortunately I must start on a rather negative note which is the proposed new registration requirement for all officials at fell, road and cross country races. To bring our branch of athletics in line with track and field, all members who help at races from 1st January 2007 will have to be registered with UK Athletics. I have checked with Cumbria AA and this will include everyone from race organisers, time keepers, marshals in fact everyone except those who make the tea!! This will involve filling in a 2 sided form after which there will be another from UK Athletics and you will also be required to send a photograph. I sent this information out recently by e-mail and had intended to send a copy of the form with this newsletter. However such was the strength of feedback I received from a number of you I have decided to wait until the committee has debated this at their next meeting. I am also aware that the FRA are in discussion with UKA regarding this. Hopefully common sense will prevail and we can get on with our sport without such unnecessary bureaucracy. The club organises 13 races every year and it is hard enough getting helpers. As one of the more polite responses I received said, "I am surprised that they have not insisted on making us pay for the privilege of helping as well!".

On a more constructive note, club members continue to turn out at races in ever growing numbers. There have been many excellent performances, the pick from the men must be Dave Spedding's run at Ennerdale. I will leave Pat to highlight the ladies achievements of which there are several. It has also been very pleasing to see another one of our Juniors, James Walker moving up to taking part in senior events. Such is his enthusiasm and expectations that he was disappointed after finishing at Langstrath in 20th position - still he was the first Keswick runner back out of a total of 22!! I am sure that there is a lot more to come from James.

Elsewhere in this newsletter will be details of a Hog Roast the club is holding on Saturday 22nd July after The Latrigg Race. This is being organised by Nick Lawler at Trish and Dunc Overton's place. There is a piglet in Lorton who doesn't know it but who is lined up to be the centrepiece of the event. - my mouth is watering at the thought!! Tickets are limited so please pick yours up soon from our shop or from Nick. Hope to see you there as well as at Latrigg of course.

Pete.

Lady Captain's Report from Pat Richards

Although we seem to be struggling to field teams for the English and British, the ladies have been putting in several fine performances at the local races, both fell and road.

Moorclose 10K saw Angela BB, Anne Haworth and Jo Moore in 2nd, 3rd and 4th places respectively. Shame there was no team prize.

On the fells, after a problem with the results at Fairfield, Keswick ladies were awarded the team prize. Well done to Lou, Debbie and new member Holly Williamson.

Coledale saw Lyn putting in a terrific run to finish first lady and the following evening at Blencathra, Pippa also finished first lady and not far off the course record.

Langstrath also saw the ladies winning the team prize, Sara Hodgson, Lyn and Holly Williamson.

A special mention for Debbie Thompson, our only lady at Ennerdale, one of the toughest races in the calendar and this year run in extremely warm and windy conditions. Debbie took the first LV50 prize.

The recent Mountain Trial at Braithwaite, saw Pippa, Angela and Lou finish first team and picked up the cash prize.

Over the next few weeks, I know we have lots of ladies competing at Hawkshead 10k, Lord's Seat, Swinside 6, Latrigg and wish them all luck.

Dunc's training sessions are continuing to go well with the ladies and hope to see you there.

Pat R

Midsummer Madness

A contribution from Steve Kruger [or did you want it to be anonymous Steve!!!]

5 – 4 –, “What the hell are we doing here?” someone mutters, 3 – 2 – 1 and off we shuffle.

I used to be a full runner – you know – when someone asks you who you are, what do you do, I was a fell runner. Then gradually I became other things as well, first a husband, but I could be a husband and a fell runner and the two went together nicely. A move to Devon, a long way from the fells, meant I became a fell runner on holiday and an orienteer and a windsurfer at other times. Then I was a father, then, after 5 years exile, a return to the Lakes meant I thought I could be a fell runner again, and I was for a while. But then I was a school governor, a union representative, rediscovered climbing, resulting in a broken ankle, recuperating after which I discovered mountain biking. For a while I thought I might be a mountain biker, but I kept falling off. Eventually foot and mouth arrived and I stopped being even a little bit of a fell runner.

That was fine for quite a while - a bit of walking, a bit of birdwatching, a bit of climbing, a bit of biking – all ticking along nicely thank you. Then I received a book for Christmas. It was supposed to be quite a good book and it was, but it had the unfortunate effect of upping the tempo of my mid-life crisis. I never wanted big fast motor-bikes or a sports car, but “Feet in the Clouds” made me want to be a fell runner again. So a little jog here and a little jog there made me think I wasn't completely unfit, only a couple of stones heavier than 20 years ago. Eventually one stunning afternoon in the spring I was tempted onto the fells proper and managed the Coniston Horseshoe in a little over two hours – walking up all the hills and jogging the flat and downhill. I couldn't walk downstairs without wincing for a week afterwards but looking up some old results made me realise the time wouldn't have made me last in the Coniston fell race.

A dip of the toe back into fell racing circles was made by marshalling at Causey Pike and now it was just a matter of time. So it was I found myself on the start-line at Langstrath. Nice short race - only 4 1/2 miles, not much climbing, midsummer day, evening off work, seemed perfect. It was a beautiful evening setting off from Coniston, a bit grey by Grasmere and raining by Dunmail – what is it about crossing the Raise? Passing Thirlmere I started thinking a bit harder about the race and was suddenly struck that, not having raced for over 5 years, I had completely overlooked any race safety requirements - I had safety pins for the race number – but no full body cover, emergency food, map, compass etc or anything else that we might be required to carry nowadays. As the rain got heavier and the car was being buffeted by the wind I stopped in Keswick and debated with myself the wisdom, pleasure, value of carrying on. But I did, and I only needed a cag and a whistle (hooray!) and off we went.

It all gets a bit hazy now. I know we went up a staircase for quite a while which was steep and someone had pinched the carpet, then we hopped from boulder to boulder for a bit, which I was gratified to discover I was doing faster than the people around me. Then we went downhill – this was my forte in my earlier fell running incarnation – but to my horror I couldn't go downhill much faster than I could on the flat. I did pass a couple of people, but that was because they didn't seem to like boulder hopping on greasy wet rock as much as I did. Then someone came belting past me – I assumed he was a late starter making up for lost time. Then we hit Watendlath and a nice marshall told me I had to go uphill again. I had known this in advance, but the fact was my legs had decided to ignore the fact. Now the few people I had passed on the way down started passing me on the way up, as I just couldn't break in to a run for more than a few paces. At last we were going down again and we left the path for an excursion through some grass – didn't remember that from the last time I did the race (incidentally it must have been 8 years previously because I remember the world cup was on then as well – unless it was 12 or 16). Some more nice marshals were holding open gates for us, which robbed me of the chance of a breather opening them and one of them was Chris

Knox who cheered me up by telling me "Come on Steve – you used to fly down here". I think I replied that wasn't I flying now? Then one of my pre-race fears comes true - I stub my toe on a rock and go sprawling. Amazingly I don't crack my knee or sprain my ankle, but do break a fingernail – damn. Down at valley level now and the wind and rain have eased off but I come to a junction in the track – no-one in sight ahead of me so I stop to work out the way. Eventually realise that if I go straight on I'm probably going to head round the course again. Decide that's enough for one day and turn right between the drystone walls into the hamlet. Finishing is good.

If it took me ages to recover from my jaunt around the Coniston fells then this has been much worse - 6 days later I go for my first run since the race and my calves still seize up after 10 minutes (yes I did stretch, well a bit).

Maybe something a bit easier next, Latrigg?

Ed. Our Richard "Feet in The Clouds" Askwith has a lot to answer for!! I have heard other similar stories!!

Advance notice: Cumbria Cross Country Series provisional dates are out, this will be the third year of this competition, lets see if we can support this in numbers in all age groups. The County Championships will again be part of the series.

Noel Hakeman has secured some funding so all reasonable costs of an event will be covered, can we stage one again?

Proposed dates:-

October 7th – Cockermouth, Derwent AC

October 28th – TBA

November 18th/19th - TBA (clashes with Brampton/Carlisle, but 4th/5th would clash with Derwentwater 10 and we can't have that!)

December 9th/10th County Championships, Newton Rigg, Eden Runners

January 6th – Venue suitable for prize presentations during and after (preferably Carlisle or Keswick?).

For those who really like to travel, the Mid Lancs dates are likely to be Oct 14th (Leyland) Nov 11th (Burnley) Nov 25th (Liverpool) Jan 20th (Lancaster).

Keswick Teams win at European Trial Race

With a huge thanks from Chris, Steve and the UK selectors to all those who helped with this event from Braithwaite Lodge, we were treated to some exceptional racing on a deceptively tough course.

OK, so we didn't actually win the races, but our ladies, Pip, Angela and Louise did win the first team prize of £250 and the men, from a truly magnificent family effort, won third team prize of around £100. Is this a unique event I wonder? Nimrod, Hawthorn and Aaron (Team Lockwood) flew the Keswick banner and were only one point off second team. I'm told that Aaron originally only went to support and then consume tea and cake. How many other families have won team awards in a running event? Well done all!

With the same prize money next year, there could be more competition for team places, anyone fancy their chances?

Those of us who braved the elements during the Langstrath Race should spare a thought for the Keswick Mountain Rescue Team. On the same Wednesday night they were on Skiddaw to rescue a chap who'd been unable to leave the summit because of the extreme wind and torrential rain. Some of the team were blown off their feet en-route and to complete the rescue, they had to descend away from the path to the east in a tight bunch to avoid anyone else being blown over.

Possibly old hat, but one of Chris Knox's ex-students sent it to him and he thought he'd share it.

Ed -- not really running news, but amusing for an oldie like me-- if you are a youngie -- read and inwardly digest !!!!

TO ALL THE KIDS WHO WERE BORN IN THE

1930's 40's, 50's, 60's and maybe the early 70's !!

First, we survived being born to mothers who smoked and/or drank while they carried us.

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cupcakes, white bread and real butter and drank soda pop with sugar in it, but we weren't overweight because.....

WE WERE ALWAYS OUTSIDE PLAYING!!

We would leave home in the morning and play out all day, as long as we were back before the streetlights came on.

No one was able to reach us all day. And we were O.K.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes.

After running into the bushes a few times, we learned to solve the problem.

We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies or DVD's, no surround sound, no cell phones, no personal computers, no Internet or Internet chat rooms.....WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from soil, and the worms did not live in us forever.

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls! And although we were told it was bound to happen, we didn't put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them!
 Junior teams had tryouts and not everyone made the team. Those who didn't had to learn to deal with real disappointment.
 Imagine that!! The idea of a parent bailing us out if we broke the law was unheard of.
 They actually sided with the law.
 The past 50 years have been an explosion of innovation and new ideas.
 We had freedom, failure, success and responsibility, and we learned.....
HOW TO DEAL WITH IT ALL!
 This generation has produced some of the best risk-takers, problem solvers and inventors ever!
 And YOU are one of them! CONGRATULATIONS!
 You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.
 And while you are at it, send this to your offspring so they will know how brave their parents were.
 Now does that not make you want to run through the house with scissors, like you were always told not to?!

Keeping with non running topics-----Stop Press - new internationals in the club, albeit a different sport! GB teams just been announced for the European Mountain Bike Orienteering Championships in Poland in September. Include - Angela Brand-Barker Senior Ladies ;Chris Brand-Barker Junior; Tony Brand-Barker - Vets (over 40) A family grand slam!

My sortie into road running in the quest for a Gold Star Road Runners award. I managed to bag the others earlier in May whilst on holiday in Lanzarote so had to strike while the iron was hot.
 I made a trip to Leyland met Pippa & Russell there and enjoyed the nice multi loop 10 miler in a mixture of parkland and quiet country roads. If ever you need a good time this is a race that will give you minutes faster than Derwentwater for example.
 As a bonus for my efforts my leg speed on fell races has benefited and the award is in the bag.
 Result Chorley Harriers "Sweatshop" 10 mile race Sunday 28th May
 76th o/a 2nd V 60 Dave Sped in a time of 64.37
 Russell Maddams [Horwich] was 13th in 56.11 346 finishers

Skiddaw 2nd July

1 st C. Leigh	Trafford AC	1.15.31
7 th Mark DS		1.20.51
26 th James Walker		1.31.40
34 th John Beetham		1.35.40
35 th Martin Sluce		1.35.57
36 th Richard Scott		1.36.23
51 st 4 th Lady. Holly Williamson		1.43.51
56 th Chris Knox		1.45.51
61 st 6 th Lady. Trudy Smith		1.48.29
66 th 7 th Lady. Joanne Moore		1.50.08
81 st Andrew Johnson		1.58.13
Ladies 1 st Team	Men 3 rd Team	

Hawkshead 10K

1 st Eddie Simpson	32.50
17 th Dave Owens	38.31
18 th Tony Letts	38.34
26 th Keith Hill	39.38
43 rd Stephen Strachan	41.24
49 th Angela Brand Barker	42.01
75 th Rosanne Gittins	44.45
80 th Steve Harwood	45.25
90 th Joanne Moore	46.19
106 th Pat Richards	48.53
118 th Angela Turner	50.55
127 th Sandra Bradley	53.05
141 finishers	

Coledale Horseshoe

1 st Simon Booth	1.14.19
4 th Nimrod Lockwood	1.19.01
24 th Paul O'Reilly	1.33.01
26 th James Walker	1.34.24
35 th Richard Scott	1.39.26
39 th Rick Cooper	1.40.19
41 st 1 st Lady Lyn Thompson	1.40.57
59 th John Horne	1.49.24
68 th Joanne Moore	1.52.33
73 rd Patric Gilchrist	1.55.24
74 th Holly Williamson	1.55.35
75 th Allan Buckley	1.56.10
76 th David Porter	1.56.46
91 st Rainer Burchett	2.12.57
93 rd Andrew Johnson	2.14.21
94 th Kate Whitmarsh	2.15.24
96 th Ian Pettman	2.21.15
97 th Jane Laycock	2.21.34
98 th Ian Addison	2.30.43
99 th John Rutter	2.39.54

100 finishers

Lordstones Wainstones

1 st Rob Jebb	53.58
43 rd Ian Butler	62.44
65 th 1 st V60 Dave Spedding	65.13
98 th 7 th Lady Pippa Jackson	67.55
128 th Dave Owens	70.27
161 st 1 st LV50 Lyn Thompson	74.36
200 th John Telfer	82.54
225 th Geoff Somers	86.28

Keswick AC Road Champs		2006									
Lads:		But time	Points:	RTH	H 10K	Swin 6	L Half	Der 10	Br to C	4 from 7	
D	Owen	03:05	22	22							44
S	Strachan	03:29	20	17							37
D	Harrison	03:23	21	14							35
N	Lawler	03:41	19	13							32
A	Johnson	03:54	16	12							28
M	Denham-Smith	2:48	25								25
D	Overton			25							25
P	Haworth			21							21
J	Beetham			20							20
C	Kennedy			19							19
A	Buckley	03:52	18								18
R	Burchett	03:53	17								17
J	Cawood			17							17
S	Harwood			16							16
P	Gilchrist	04:13	15								15
G	Hadwin			15							15
C	Mandale			11							11
S	Pye			10							10
I	Addison			9							9
J	Adamson			8							8
R	Strachan			7							7
H	Blenkinsop			6							6
Lasses:											
C	Brennan	03:21	25								25
P	Jackson			25							25
S	Denham-Smith	04:39	22								22
A	Brand Barker			22							22
S	Halliburton			21							21
J	Moore			20							20
P	Richards			19							19
T	Overton			18							18
T	Smith			17							17
A	Turner			16							16
C	Colam			15							15
S	Bradley			14							14
G	Robertson			13							13
G	Brown			12							12

Looking Ahead

There is a distinct possibility that a few of the present committee are looking for replacements for their positions.

It is no secret that most committee members are there because they feel that someone needs to help keep the club on an even keel, but after several or even many years in a post a degree of staleness etc comes into play.

I can relate 100% to this and I think the time has come for me to give the newsletter a bit of a rest. Other vacancies will occur by the time of this years AGM at the back end of the year. Perhaps you feel you could offer something to the club in return for what it has given over the years. If you think you could help feel free to talk to myself to see what is involved with the newsletter or perhaps Pete Richards /Steve Kemp regarding other possible vacancies on the committee. If you are a relatively new member don't let this put you off as enthusiasm is just as good as experience.

Keswick AC Fell Championships		2006						
Rules: 4 from 7 - Anniversary Waltz, Fairfield, Ennerdale, Langstrath, Lords seat, Sedburgh, Dalehead								
	AW	FF	EN	LS	Lseat	S	DH	Total
Lads								
Neil Thompson	15	19	21					55
David Birch	22	25						47
David Spedding	20		25					45
Dave Troman	21	22						43
David Owens	18		22					40
John Beetham	16	17						33
Craig Dring	12		20					32
Nick Lawler	14	15						29
M MikkelsonBarr	25							25
Paul Whiting		21						21
Patric Gilchrist	11	9						20
Colin Valantine		20						20
Duncan Overton	19							19
Rick Cooper		18						18
Ed Loffill	17							17
Allan Buckley	6	10						16
Keith Hill		16						16
John Tefler		14						14
Robert Booth	13							13
Les Stephenson		13						13
Chris Knox		12						12
Steve Harwood		11						11
David Porter	10							10
Conrad Slack	9							9
Dan Fawcett	8							8
John Rutter		8						8
David Harrison	7							7
Lasses								
Louise Roberts	22	25						47
Debbie Thompson		22	25					47
Philippa Jackson	25							25
Joanne Moore	21							21
Holly Williamson		21						21
Maureen Bridge	20							20
Trudy Smith		20						20

Grisedale Grind 2006					
	Name	Club	Cat	Summit Posn	Time
1	Danny Hope	Pudsey & Br	M	2	27.25
2	Phil Davies	Borrowdale	M	1	27.49
3	Ricky Lightfoot	Ellenboro	M	3	29.41
4	Mike Fanning	Borrowdale	M	5	30.24
5	Chris Doyle	Trafford	M	6	30.46
6	Martin Mikkelsen-Barron	Keswick	M	4	31.04
7	Nimrod Lockwood	Keswick	M	7	31.26
8	Chris Hope	Borrowdale	M	8	31.42
9	Paul Cornforth	Borrowdale	M40	12	32.10
10	Wayne Jackson	U/A	MU18	9	32.17
11	Paul Brittleton	Helm Hill	M	11	32.29
12	Richard Suddaby	FRA	M40	10	32.54
13	Chris Robinson	Helm Hill	M	13	34.04
14	Kevin Hagley	SWRR	M40	14	34.06
15	Haydn Keith	Ellenboro	M	15	34.27
16	Martin Bell	Borrowdale	M40	17	35.16
17	John Boyle	CFR	M	18	35.49
18	Dave McPartlan	NFR	M40	19	36.24
19	Phil Blanshard	Eden	M50	20	36.30
20	John Quine	Kendal	M40	16	37.25
21	James Hyde	U/A	M40	21	37.28
22	Ian Weetman	U/A	M40	22	37.44
23	Nick Ray	Ellenboro	M	23	37.54
24	John Beetham	Keswick	M	29	38.30
25	Olly Fielden	U/A	M	28	39.06
26	Craig Smith	U/A	M	33	39.15
27	Gavin Pattinson	Cumberland	M	24	39.20
28	Rick Cooper	Keswick	M40	31	39.28
29	Rebecca Cash	Borrowdale	F	30	39.35
30	Simon Forecast	U/A	M	27	39.36
31	Ian Home	U/A	M40	25	39.40
32	Steven Strachan	Keswick	M40	32	39.53
33	Andrew Murray	U/A	M	35	40.19
34	Roger Whitaker	CFR	M60	26	40.39
35	Nick Lawler	Keswick	M	37	40.44
36	Conrad Slack	U/A	M	38	40.53
37	William Booth	Keswick	M60	34	41.09
38	Jim Downie	Keswick	M50	36	41.38
39	Richard Unwin	Keswick	M50	42	42.36
40	Chris Knox	Keswick	M50	53	42.44
41	Dan Fawcett	Keswick	M	50	42.49
42	Anna Forrest	Ambleside	F	47	42.54
43	Steven Watson	Dallam	M	44	42.54
44	Howard Pimblett	Helm Hill	M	41	43.02
45	Joanne Moore	Keswick	F	49	43.04
46	David Harrison	Keswick	M60	52	43.08
47	Caroline Watson	Borrowdale	F	39	43.45
48	Guy Brooke	Eden	M	43	43.50
49	Jane Fletcher	Borrowdale	F	46	43.52
50	Joe Faulkner	Eden	M40	40	43.53
51	Alistair Hornsby	WCOC	M40	55	44.04
52	Patric Gilchrist	Keswick	M50	54	44.19
53	Alison Carter	U/A	F	48	44.42
54	Sue Owen	Ambleside	FV	51	44.53
55	Andrew Johnson	Keswick	M40	62	44.57
56	Gary Dixon	U/A	M	56	45.10
57	Emily Knox	Keswick	F-U18	60	45.36
58	Lindsay Buck	CFR	FV	45	46.12
59	Paul Vousden	U/A	M	59	46.22
60	Andrew Airey	Keswick	M40	61	47.10
61	Trish Overton	Keswick	FV	58	47.42
62	Cathy Colam	Keswick	FV	63	47.53
63	Sue Mason	U/A	F	59	48.47
64	Alex Kirby	Eden	M	64	52.37
65	Gillian Dean	Eden	FV	65	53.17
66	John Rutter	Keswick	M70	66	57.21

Results Q2 2006 - Probably the busiest quarter of the year.

Apologies if I've missed anything! M D-S

I have not listed out all the club organised events – they are on the website, and the results appear in the Keswick AC league in tabulated form. Attached below are the results as forwarded.

If you have a road performance that is not listed below that you wish to be considered for a road runners club award please forward it in:

Anniversary Waltz. Good turnout for the annual scrabble through the small gate. Excellent runs from Keswick.

61	61st	37th u/40M	61st M	M MikkelsenBarr
76	76th	46th u/40M	76th M	David Birch
91	91st	55th u/40M	90th M	Dave Troman
97	97th	1st M60	96th M	David Spedding
132	132nd	4th M55	128th M	Duncan Overton
176	176th	16th M45	167th M	David Owens
181	181st	8th u/35L	10th L	Philippa Jackson
185	185th	88th u/40M	175th M	Ed Loffill
281	281st	17th u/35L	25th L	Louise Roberts
299	299th	123rd u/40M	269th M	John Beetham
360	360th	142nd u/40M	320th M	Neil Thompson
408	408th	155th u/40M	354th M	Nick Lawler
413	413th	1st M65	357th M	Robert Booth
416	416th	94th M40	358th M	Craig Dring
435	435th	24th M55	370th M	Patric Gilchrist
454	454th	33rd M50	382nd M	David Porter
455	455th	31st u/35L	73rd L	Joanne Moore
463	463rd	165th u/40M	388th M	Conrad Slack
471	471st	166th u/40M	394th M	Dan Fawcett
492	492nd	9th M60	407th M	David Harrison
503	503rd	10th M60	414th M	Allan Buckley

507 507th 4th L55 90th L Maureen Bridge

Fairfield

8	D	Birch	90.25
10	Dave	Troman	93.07
19	Paul	Whiting	96.27
20	Colin	Valentine	96.34
42	Neil	Thompson	102.36
52	Lou	Roberts	104.52
64	Rick	Cooper	107.42
72	John	Beetham	109.01
73	Keith	Hill	109.14
132	Nick	Lawlor	120.43
134	Debbie	Thompson	121.39
138	John	Telfer	121.57
142	Les	Stephenson	122.21
162	Holly	Williamson	127.54
167	Chris	Knox	128.27
189	Steve	Harwood	131.43
197	Alan	Buckley	132.48
210	Patric	Gilchrist	135.38
214	Trudy	Smith	136.44
247	John	Rutter	181.35

BATH HALF-MARATHON, 19/03/06

1	S. Kasilli	Kenya	1.04.07
	D. Hutchinson	Keswick	1.48.33
	C. Nixon	Keswick	2.04.56
	Some 10,000 runners took part!		

GRIZEDALE 10 TRAIL RACE

1. Nixon keswick LV55 1.29.04

LOUGHTRIGG_05/04/06

7 E. Loffill Keswick 31.15
8 M. M-Barron Keswick 31.27
46 J. Beetham Keswick 35.36
49 L. Thompson Keswick 1stLV40 36.58
67 G. Hadwin Keswick 40.29
73 D. Harrison Keswick 1stMV60 41.17

Blencathra Fell Race Good runs from Keswick on arguably one of the better fell races of the calendar.

3 David Birch 70m 36
4 Nimrod Lockwood 71m 03
11 Philippa Jackson 75m 01
36 Stephen Strachan 87m 00
44 Paul O'Hara 89m 01
57 Tim Downie 92m 34
61 Les Stephenson 95m 18
64 Pete Richards 97m 08
72 Joanne Moore 99m 46
75 Cathy Colam 100m 27
76 Allan Buckley 102m 05
77 Holly williamson 102m 28
87 Leon Max Crosspetel 111m 58
88 Aaron Lockwood 112m 09
94 Gary Hadwin 118m 52

Ennerdale Fell Race

Spedding David 04:23:28
Owens David 05:01:40
Thompson Neil 05:33:21
Dring Craig 05:51:47
Thompson Debbie 06:11:23

A very hot day on an excellent course with only two sources of water on the way round.

Moorclose 10K

6 37.39 KEITH HILL
10 38.11 PETER HAYWORTH
12 38.24 JAMES WALKER
18 38.5 COLIN CAMPBELL
28 40.52 ANGELA BRAND-BARKER
32 41.25 ANN HAYWORTH
35 41.45 TOM JOHNSON
39 42.54 STEVE HARWOOD
41 43.34 JOANNE MOORE
45 44.07 ANDREW JOHNSON
50 45.24 PATRIC GILCHRIST
66 47.49 PATRICIA RICHARDS
76 51.26 SANDRA BRADLEY
85 53.17 GILLIAN BROWN

3 Peaks – Yorkshire Version

75 D. Owens 03:52:00
104 D. Troman 03:57:25
333 N. Lawler 05:14:33
358 A. Buckley 05:33:04

NETHERHALL 10, 26.02.06

1	B. Taylor	Ellenborough	56.53
12	P. Edwards	Keswick	65.43
	T. Walker	Derwent	68.11
25	S. Andrew	1stL	69.23
36	S. Shackleford	MV45	74.54
41	J. Moore	L	76.47
43	A. Johnson	MV45	77.11
51	B. Halsall	Keswick	78.30
63	P. Richards	Keswick	82.32
74	I. Nixon	LV55	86.50
75	C. Nixon	MV65	87.56
77	S. Bradley	LV	91.14

93 runners

ST GEORGE'S DAY 10K, LANGDALE

1	M. Scott	Border	32.54
26	L. Lyness	Barrow	41.09
30	D. Harrison	1stL	41.40
66	A. Johnson	MV55	44.29
140	D. Leary	MV45	50.36
164	C. Nixon	MV55	52.24
168	I. Nixon	MV65	53.00

280 runners

BLACKPOOL HALF-MARATHON, 04/06/06

1	J. Bateman	Scarborough	1.11.39
	A. Salt	Newcastle	1.21.28
	C. Nixon	Keswick	2.18.33

Bowderdale Race, Howgills, 11 Jun 06 20K

1	J. McCready	Darlington	1.13.59
3	D Overton	Keswick	1.22.11
12	A Brand-Barker	Keswick	1.31.04
17	C Valentine	2ndL, 1 st LV40	1.34.11
50	D Leary	Keswick	2.01.05

Slieve Bearnagh

55 Dave Spedding V60 Keswick AC 00:51:44

Good run from Dave representing Keswick in Northern Ireland.