

PACEMAKER

The Newsletter of Keswick Athletic Club

Christmas 2004/New Year 2005

The year draws to a close and what do we have to gloat over. Recent years we have been singing the praises of our ladies section and this year is no exception. Louise won the English, opted out of Borrowdale to save herself for international representation, but was injured later on so fell short of the British title. A bronze medal in the FRA relay for the ladies was a good achievement.

As far as achievements go, we must not forget Angela BB. She tends to keep it quiet, but she has won the Welsh Championship (L and LV40) again this year for a record 8th time. First time in 1985! [not the V 40!!] Pushed very hard this year by Jackie Lee who is the girl friend of our own Pez Bullen. Jackie has done a lot of the local Cumbrian races and is known by many KAC members. Pez has also done quite well on the Welsh front and has made the top ten on occasions. Not to mention first Keswick in the Derwentwater 10. If anyone is good at keeping things quiet Pez would get on the podium.

Then there are the Juniors, brought to life by Club Personality of the Year Steve Fletcher over the past few years. Watch this space is all I can say, Steve has great ambitions I reckon, for our juniors and athletics in general. The junior newsletter is written by Steve and hopefully there will be an article further on in this newsletter, by Chris Knox, detailing progress in the junior movement. I have never been one to push juniors, but merely encourage by example and hope a mixed variety of exercise will lead to knowledge of the benefits of being fit. I would say that this approach is well to the forefront with Steve and his helpers as I see mention of triathlons and orienteering as optional exercises and a good variety of tasks appear on the training schedules. Rumour has it that some of the youngsters who had joined our friends in West Cumbria are returning to represent Keswick.

Steve has recently been appointed manager of the England junior team.

On the male front it is a tough world out there for our guys, as Mark indicates in his team goals for 2005, but as a mainly individual sport you can only hope that club mates will catch a mileage bug or aim to beat a rival and they may then realise their potential. I know one or two are keen to finish in front of me, but I will do my best to hold them at bay! Anno domini is no excuse these days!

Debbie Thompson completed her 10th 100mile event which earned her the Bob English long distance trophy for a second year.

I was on a promise from Louise by the way of an article on the ladies team performances in the 2 relays, but as she and Mark are too busy getting married and going away on honeymoon, the best thing I can do is wish them all the best and look forward to doing battle with Mrs Roberts next season. Sincere congratulations and best wishes from all at Keswick Athletic Club.

Keswick AC Mens Team Goals 2005 by Mark DS

Another season will soon be starting (This one has not been buried yet) and with it a chance to re-assess aims and objectives. The English and British team championship on the fell is an obvious target, although other events could be targeted.

Fell Champs Looking at the results from 2004 it is apparent that it is enough to simply turn up with a full squad to half the races to get into the top-15. To get a podium finish, however requires a squad of superstars all capable of top-20 spots individually. I think a realistic aim could be a top 5 finish to next season. The early season thrash in the Pennines is always well attended, but interest tails off mid/end season. Some championship counters will clash with favourite local races but the carrot can be a free ride plus a map.

Road Though the club does not participate in a road championships series like the fell we could target a few favourite local races and oust Border from the team prize. The immediate candidate for this is the Swinside 6, although the Hawkshead 10K is good craic. This year we'll stay over on the campsite and have a few beers after the race. Derwent 10 would also be a good target but it depends who is still standing, particularly as it's the week after the Karrimor.

Relays Top 10 spots in both FRA and Ian Hodgson are possible given the depth of talent in the club. Injuries are an ever-present spectre at the tail end of the season and teams need to be managed accordingly.

Cross-Country These are good fun but are usually in places like Blackburn. I'll be doing the ones that I can, and Duncan and Richard tend to do them all.

Switzerland Team Keswick won enough to cover it's flights at the 2004 Matterhornlauf. It would be good to oust Dark Peak from the top spot on the podium in 2005. I'll be in Switzerland most of August (hopefully), any one is welcome to join me. Susan and a friend are coming out for the Sierre Zinal race on the 14th.

An anonymous contribution from one of our juniors

I know however long I live I will never get tired of running, being tired when running and getting tired of running are two different things, one I do and one I don't! I don't know what it is about running that makes it so appealing to everyone, maybe it's the fact everyone can get involved, maybe it's that people actually enjoy getting so worn out they can hardly stand up afterwards, I don't know! Whichever one of those things it is I know definitely that at races there is something for everyone, whether it's cheering people on or doing a raffle at the end, everyone can get involved. From the ages of around 5, some children have been interested in running and involved in watching races or racing themselves. Who ever you are or however good at running you are, the organizers make you feel so welcome; you don't think that you could give up running even if you wanted to.

In running, very quickly you get to meet a load of new people that you would never know otherwise, these people even though you might not meet up with them often you will see them quite a lot at races and club meetings. Runners themselves have their own small community. One of my favourite things about running is seeing the finish line, I don't know why but it always seems like such a relief when I can see it, even though I enjoy running. I don't like at the start, waiting for the race to begin, wondering how you will do. I like people cheering me on and people smiling when you run past, it encourages me.

By Un-named

Ed. Welcome to the community

Chairman's Report

In some ways this has not been a vintage year, at least in the context of team performance, but in a modestly sized club it proves difficult to retain a competitive team firing on all cylinders at the same time. Added to that, I believe we are at a significant disadvantage, having an elite club down the road. The reasons for that are historic and irrelevant to most of us in this club, and I suspect both clubs are the poorer for being separate. Despite this many individuals have run their socks off, and we applaud Louise for her 1st in the English Championship, Duncan Overton, and Sped, 2nd and 3rd respectively in the British vet 50 category, and acknowledge too the efforts of Jane Meeks, Cathy Colam, Mark DS, and Nimrod, all of whom have run particularly well this year. But of course there are others, and I am probably already in trouble for not extending the list. And that's not mentioning all that's going on in the junior section, in which I would encourage senior members to take a real interest. Read the newsletter. Running is our game, and we do enjoy and celebrate our successes and achievements on road and fell, or parks, which you can do by joining us at the annual dinner. However we do succeed in other ways, as a club.

This club has a long history, and undoubtedly a sound future. Particularly because we are a broad based church, and inclusive rather than exclusive. The unwritten ethos which seems to underpin most of the committees discussions, is that membership of our club should be rewarding for all members. So whether its keeping subscriptions to a minimum, organising leagues or championships, or perhaps planning training sessions, there is always a concern to serve everyone as best as we are able. Usually we are only prevented from keeping all the people happy all the time by lack of willing helpers. Training is an area of mixed needs and views, but the fact is we need hard sessions for the top end, and less demanding for some of the rest of us. If its not happening, and you think it should be, it is probably because you have not made it known to the committee that you are prepared, and able, to do something about it. All help will be gratefully received if it makes a contribution to the overall needs of the club, but not if it appears divisive.

Because this is the way we work, and willing and able people have presented themselves we now have added breadth in the ladies Thursday night group, and an amazing junior section. We should be aware of these things, proud of them, and honour the people making them happen. But as well as new initiatives, there are a loyal band of people, the committee and others, who have continued to serve the club in providing sound financial management and administration, informative newsletters, regular updates by email, a useful website, comprehensive statistics and results, well organised races, involvement in broader activities ie cross-country, and the world masters this year, and undoubtedly I could think of more. I am so grateful to the committee and everyone who contributes in these ways to making this club a success, and one from which I hope all members will derive benefit and really appreciate.

Club Championship Races and Format for 2005

The road and fell running championships will take the same format as 2004 in that you can count in four races of the seven selected. To win a prize you must do a minimum of 4 races.

Road Races

My information is limited at the time of going to press. You will see that some of the dates do not tally with those shown in the road races for 2005 table. Please don't send me a bill for your bus fare if you go to Haweswater on the wrong day----- check it out.

Sun 20 th Feb	Buttermere Round or any Marathon [Buttermere times converted to marathon equivalent]
Sun 6 th March	Haweswater half marathon no entry details to hand.
Tues 17 th May	Moorclose [Workington] 10 K
Wed 29 th June	Hawksead 10 K
Wed 27 th July	Swinside Six entry form in next newsletter.
Sun 16 th Oct	Cumbrian Run half marathon
Sun 6 th Nov	Derwentwater 10 entry form in autumn newsletter

Fell Races

Sat 26 th March	Causey Pike 2.0 pm 4.5 mile 1780ft £3 on day from Stair Village Hall Newlands Details from Lyn Thompson 017687 78407
Sun 8 th May	Buttermere Sailbeck 1.00pm 9.4 mile 4650ft £5 [pay Jack King] by 30 th April . Jack King 4 Mayo Street, Cockermouth ,CA13 0BY Tel 01900 828226 c-f-r.org.uk English counter.
Tues 7 th June	Coledale Horseshoe 6.45pm 9mile 3000ft £3 on the night from Scotgate Camp Site Braithwaite. Details from Sam[antha]Ayers 01900 825974
Sat 9 th July	Wasdale 11.0 am 21mile 9000ft from Nat Trust Car Park £6 [pay CFRA] by the 26 th June to Richard Eastman 2 Maudsyke, Station Road Drigg, Holmrook, Cumbria CA19 1XU Limit of 250 runners!! British and English counter. cfra.co.uk
Sun 7 th Aug	Latrigg 12 noon 3mile 950ft £3 on day from Fitz Park Keswick Details from Pete Richards
Sat 24 th Sept	Scafell Pike 1.00pm 4.5 mile 3000ft from Wasdale head Camp Site £5[pay CFRA] to organiser by 10 th Sept. Limit 250 runners [unlikely to be reached] .Richard Eastman details as Wasdale.
Sat 8 th Oct	Langdale Horseshoe 11.0am 14mile 4000ft from Old Dungeon Ghyll Hotel Great Langdale £5 [pay Ambleside AC] before 1 st Oct .limit of 400 and it is an English and British counter so be warned enter early! Use photo copy of entry in FRA calendar & send to Jonathan Fish, Nuttall House, 79 Main Street, Warton, Carnforth ,Lancs LA5 9PJ Tel 01524 734365

Secretary's Musings

With the end of the year in sight, this is a good time to reflect on the state of the club. Membership stands at around 160 seniors and 50 juniors which makes me wonder why only 13 of you attended the recent A.G.M.!! I can but hope that this is a sign that the rest of you are happy with the way the club is being run. Not much change on the committee except for the addition of Duncan Overton, who brings lots of experience and enthusiasm and who has already been looking after the cross-country as well as taking some of the training sessions. We do have new club captains with Mark Denham-Smith in charge of the men and Pat Richards the ladies. The rest of the committee remains the same. Am not sure how many years Tony BB has been treasurer but he is willing to continue in the post, which involves so much work without much recognition. With that in mind, I ask you to help make his job easier by paying your subs on time. If you do not wish to remain a member of the club please let him know now, otherwise money please!!

The only problem area we have is that we are in need of a new publicity officer. This is a difficult job but it has been made easier as it can all be undertaken by e-mail. Volunteer please!! Seriously, if you are willing to have a go, please let me know, you will receive help.

The Annual Presentation Evening was well attended and all the feedback I have had has been favourable. The committee had debated at some length the 'Most Improved Runner' award and in the end this was not presented no one member stood out as having improved enough to warrant it. So with this in mind, let's hope that 2005 will be the year when we can all strive to better our race times. Yes I will be trying, Pat will vouch for that!!

Pete.

Please note that Pete & Pat are no longer guest house proprietors, but are the proud owners of the "Card Collection" shop in the Packhorse Court Keswick and a new residence at Portinscale ;

High Croft ,Dorothy Well, Portinscale ,Keswick CA12 5RQ Tel: 017687 71428 017687 71399(shop)

Do Keswick road races have a future?

Competitors come from far and wide expecting the very best standards from our races which are held in traditional Running Club style ie. no goodie bags or fancy dress etc. at the same time there is no place in athletic competition for "low key" or "laid back"

I do like organising our races believe it or not, while sympathising with those carrying out unenviable but essential marshalling duties. Although some say it's actually an interesting way to watch a race. It is embarrassing to keep asking the same loyal group not only to help but to carry out several duties, especially when the majority are not even members of Keswick AC. I therefore ask each club member to make a note of the following dates in their diary, and let me know if they could be available to assist at any of these events next year. Preferably let me know now!

Post 132 Scotby Rd. Carlisle. CA4 8BJ - Tel. 01228 513200 - email www.alan@scotbycarlisle.fsnet.co.uk

Keswick/Buttermere Round 20th February

Keswick Round the Houses 30th March

Swinside Six 27th July

Derwentwater Ten 6th November

I hope your response will confirm that these races can continue – Alan Ritchie

Eds note :- An ever present subject for committee meetings is race marshals. We are all getting older ,but unlike the past we still want to compete [I'm a prime example] so helping out at races is a very low priority. If Alan throws in the towel or even re-directs race surpluses your subs will double ,leading to all sorts of consequences . Any chance of a new year resolution from you?? I do help Alan when I am available 'cos road races are not my cup of tea, but going to a fell race I feel that if I make the effort to get there ,then I might as well run. I will make more effort. Sob sob, I'll be asking for pledges next. **Do your bit.**

The Ian Hodgson Relay brought out some mixed weather. The forecast was for rain and mist coming in towards midday and guess what, that is exactly what we got.

With most of the fastest pairings on the first leg, Dave Troman and Nimrod did well coming in 12th o/a; the two V50's Dunc O and Sped did the inappropriately named road runners leg holding on to the overall position . Dave Birch and Hawthorn Lockwood set off in pleasant condition to polish off the 3rd leg. The weather went sour and living up to it's reputation, the finding of Caudale Moor Tarn turned into an ordeal. No consolation to Dave & Hawthorn, but they were by no means alone in their searching. Losing 15-20mins. we accordingly dropped to 20th position. The last leg pairing , after being stood around for half an hour in the pouring rain, were Colin Valentine and Neil Thompson. Neil thought he was a bit of a downhill man till he had a taster of Colin's antics on the wet and greasy descent back down to Brotherswater. I think I would have put a deposit down to reserve a bed at the nearest accident clinic if I had drawn the short straw to run with Colin. All good experience and character building stuff! A final placing of 18th was down on what we dreamed of and if you look 20 mins further up the results sheet you come to 5th !!

In the **B team** stakes it was good to have a mixture of older hands [one in Chris's case] and newcomers. The blend proved to be fine and a few pleasantly surprised competitors resulted.

Don Ferguson and Graeme Ives were 31st on the first leg; Steve Harwood and "newcomer" Rick Cooper did the sprint leg coming home in 36th position; after a bit of a captain's panic Paul Roffey [newcomer], turned up exactly at the time he had been told, so no complaints there, and went on to a first time run with Dave Owens. The pair found the elusive tarn and dropped out of the mist to Kirkstone in 41st position. Old hand Chris Knox paired with even older newcomer Geoff Somers ,did the last leg and proved that mountain craft and "the knowledge" can be pretty useful when it comes to covering the ground quickly. They gained 9 places and the team settled for 32nd overall. A note to those who had to get back for family duties etc., if you can stay and follow the event round it really is a good days entertainment.

The FRA Relay was held at Hayfield this year and for those who expected black treacle peat bogs, featureless tussocky terrain that turns the best of ankles, were not to be disappointed.

That said, it was a good venue, after you got parked in a 45 degree swamp and walked for what seemed like an age to the start. At least you parked sloping downwards so exiting was not a problem. The whole event was on the fells [well moorland] with the start and finish area under the shadow of Kinder Dam.

Having been unable to persuade anyone faster to turn out it was up to Chris Knox and I to do the short legs, leaving the quality lads in pairs to do the more difficult longer and navigation sections.

First off, amidst a mixture of young tearaways and oldies doing probably their last stint for their club, I had a reasonable run beating some of the tearaways and a good few of the last timers. Finishing in 46th position it did leave the faster guys with a bit of a challenge. Of course they were up to it; Dave Birch paired with Dunc Overton [a good few stints left up his sleeve I reckon] did a solid job in pulling the team back to 31st. The technical /downhill nutters/ cum navigators fired off on the navigation leg trying to distinguish between large piles of stones and other large piles of stones. Initially we thought they had 3rd fastest time of the day only to be pegged back one spot by some late finishers. Pretty good going though getting back to jump the team up to 14th position. Chris was on a hiding to nothing coming in at the last minute but gave his team mates great pleasure to come home with a final position of 25th overall. Well done and thanks to those who competed. PS some clubs don't even turn up if they can't field their best team.

Training First Quarter 2005

2005 is on us at last. Another quarter of running on the roads, before the old favourite of Skiddaw reps rears its head again. The sessions are broadly similar, but incorporating some feedback received over the last few weeks. As stressed last newsletter – don't feel obliged to attack every effort flat out. Best to remain uninjured.

Jan 4th. 400m – 10 minutes paired relay format. 4 hill reps (up towards school) followed by a further 10 minutes of 400s.

Jan 11th. Paired relay over the 700m loop – same format as the 400s we do – 30 mins worth

Jan 18th. 3 x 1 Km hill. Can't resist putting this one in.

Jan 25th – Handicap route around town

Feb 1st – 400s – 30 minutes as usual

Feb 8th – Night Orienteering session round the streets of Keswick. I'll come up with something by this date. Instead of dibbers like real orienteering it'll be obvious reference points ie house numbers etc. It'll be a score event, so route selection is up to the individual.

Feb 15th. 700m, 1400m, 700m, 1400m, 700m, 1400m. Each pair of reps will be in alternate directions.

Feb 22nd. Handicap route round town.

March 1st. 4 x 1 Km hill. Extra rep will get us all ready for the fell season, though it is not compulsory!

March 8th. 200m sharp reps – we'll do it as a 3 way relay on the Crosthwaite roundabout.

March 15th. Paulauf.

March 22nd 700m paired relay – Lakeland Park – we'll do 40 minutes.

March 29th. Last handicap of the Winter season on the road.

All sessions will finish with the usual warm down around town. In the event of severe weather or treacherous conditions underfoot we will modify the session accordingly. Duncan will continue to organise a Thursday session, depending upon demand. These will typically be shorter efforts. Pats ladies group will continue to run as normal.

MDS

Inspiration for Marathon Runners

One of my few running claims to fame is that I am one of the 'ever-presents' who have run all 24 London Marathons (there are 29 of us). Next year is the 25th and thus rather special and we have been promised a celebration dinner by the organisers.

After last year's marathon I counted up how many I had done so far and it was 48. So of course I wanted to do another before London so my 25th London would also be my 50th marathon overall. Initial plans included the romantic Budapest in early October or the exotic Barbados in early December. Unfortunately neither proved possible and I ended up with the distinctly unromantic and unexotic Luton marathon. A three lap course as well, with two opportunities to give up en route.

My last two Londons had been run on very restricted training due to injury and resulted in my only two over 4 hour marathons (apart from the Everest Marathon's 9 hours 30 min which doesn't really count). This time I had an injury free run up and was hoping for better things. Conditions were good, cool not cold, not much wind, and the course, mainly rural, was more attractive than I had feared. I did run out of steam a little on the third lap, but managed to finish in 3:46:20 (1:48 first half and 1:58 second half) which was reasonably close to my prediction of 3:45. I also beat the ultra distance runner Hilary Walker for the first time. I was 2nd out of 10 in the 65-69 category (annoying because my time would have won the category in 2003 and there was a nice plaque and a £40 voucher to be won), 190/417 overall.

My daughter Judith also ran, this was her third marathon and she was justifiably pleased with a PB 4:05.

All I have to do now is stay injury free and remember not to do another marathon before April 17th 2005.

All the best Rainer Burchett

Junior Club News

For starters, and those of you that didn't see the local and national reports, October the 10th was a brilliant day for:

The Open British and Irish Junior Hill Running Championships!

Well this, the biggest junior event ever hosted by the club, was an exciting display of talent by some of the best young runners in Britain, culminating in major success for the England team and star results for some of our training squad.

At this point Steve and Chris repeat their heartfelt thanks to all who helped to make these races part of such a complete weekend event. We had most of the teams superbly looked after in the Keswick Youth Hostel, whilst, due to pressure of numbers, others were equally well looked after at High Close YH (between Grasmere and Langdale).

The main interest is the Junior Home International, but as an 'open' event we encouraged non-selected runners to enter and also staged a non-championship U12 race to support the event, a total of 230 entries were accepted with 205 actually making the start line.

The courses were designed to be a true all round test of ability on the fell and certainly utilized our access onto Latrigg to great effect, we are hoping to use the U18 course as a support event to the World Masters next September

The Keswick highlights were Joe Quail – 3rd U12 boy, Matthew Atkinson 8th and in her first fell race Megan Roberts was 8th U12 girl. Ted Yates achieved an excellent 9th place and 4th English boy in the U14's while Jess Bibby gained an equally impressive 8th in the girls race. The U16's had the biggest entry, 37 boys and 24 girls toeing the line, where Emma Stuart (currently CFR) finished 3rd completing a 1,2,3 for the England team gold!

Full details of results, stories etc. will be in the next 'Fellrunner' magazine (and are on www.felljunior.org.uk), but in the mean time, well done to all our juniors in such quality competition.

Sports Hall Winter Training

Our Saturday morning sessions are proving again to be very popular, weather permitting the older juniors seem determined to kill off Dennis and Chris doing 'effort' sessions outside. Chris is thinking of using a bike next season, just to keep up! Meanwhile the indoor training has a certain buzz of enthusiasm where some of the coaching follows disciplines from the Norwich Union 'Shine Award' tests. These have gone so well that we tested individuals that we thought were good to find that some were in fact brilliant. There are three levels of merit to gain a certificate, leading to the very top awards of silver and gold medals. So as 2004 draws to a close it was fitting that the last Saturday session of the year was held on the 18th December finishing with possibly one of the best, most competitive relay challenges we've had. With parents and helpers watching, they hurdled, skipped, fast footed and sprinted up and down the hall, without anyone dropping the baton (GB relay teams please note). It was also good to present awards and trophies, after warming down and tucking in to some excellent home-made cake and drinks!

Shine Awards

Silver: Emily Cooke and Dean Robinson

Blue: Jack Hind, Rebecca Harrison, Kate Vaillant, Laura Vaillant, Jessica Bibby, Laura Hind, Rosie Cornthwaite

Green: Robert Carter, Matthew Hodgson, Tom Kitching, Megan Fletcher, Siobhan Lamb, Charlotte Illman, Katy Marsland, Megan Roberts

Yellow: Leah Robinson

Look out next season for our first gold medal!

Founder member Ross Brewster then presented trophies and prizes, kindly donated by himself, to our Junior Club Champion Ben Farrell, first girl Jess Bibby and most improved runner Ted Yates.

From all of us, very many thanks Ross.

Other news

In the Year 7 schools cross country at Penrith our runners did well amongst very strong opposition; Megan Martin 5th; Megan Roberts 6th; Charlotte Watson 14th; Charlotte Illman 16th; Laura Hind 18th; Making Keswick 2nd team – well done everyone. In the boys event only three of our squad were represented;

Adam Pearson 2nd; Joe Quail 19th; Sam Pagett 41st; Making Keswick 9th team overall

Runners selected from these results to represent the county included Megan Martin, Megan Roberts and Adam Pearson who went to the inter-county race in Coventry where Adam was 3rd, Megan M 10th and Megan R 27th.

Allerdale winners

The Allerdale schools cross country took place at Netherhall School last month and amongst a host of good results for our club runners, individual age group winners were Joe Quail, Megan Martin and Louisa Knox. Alas we do not yet have the full results from the schools results system.

Cumbria Cross Country Series

The first event at Cockermouth, although successful, was a test in more ways than one with the original organiser deciding he had to cancel with two days notice! However the land was booked, enquiries were streaming in, so Steve, Steve and Chris stepped in, designed and measured the courses and put the event on by the skin of their (and a lot of on the day helpers) teeth.

Each age group (U11, U13, U15, U17 and seniors) was well represented, runners being severely tested on a true (but hilly) cross country course.

The second event was here in Keswick's Lower Fitz Park. An increase in numbers (apart from Keswick seniors), and an equally testing course from Steve, Steve and Chris, generated even better competition than at Cockermouth, 23 of our juniors competing. Each circuit involved a sharp, steep climb that really strung the athletes out before curving round and down to the hospital field and onto the flat fast running in the main park.

The third event was based at Wigton Rugby club in really wet conditions. Despite this and a less varied, fairly course, competition was exciting and close, though this time there were no U17 women. The final event is at Netherhall and has been brought forward to the 8th January to avoid a clash on the 15th. Look forward to seeing you all there!

All the results from the league will appear in the next newsletter, feedback, ideas, suggestions etc. for next years series would be greatly received by Chris Knox or Steve Fletcher before we review this years series at the end of January.

The Club Cross Country annual handicap race took place on Sunday 19th Dec.

A beautiful day and an average turn out of 18. Most handicaps worked out well and thanks to those who gave me information in advance. The Stuarts were well to the fore with Rosie being first back [after Robert Strachan stopped for a rest- brought about by the only bit of bad handicapping]. Kenny proved that all is not lost and that his very modest mileage per week still puts him to the top of our heap recording the fastest time of the day of 19.59 . Thanks for the support from our junior section.

Where the numbers don't seem to add up in the result panel below it means the start time was a minus, [spreadsheet novice].

NUMBER	NAME	START TIME	FINISH TIME	FINISH POSITION	NET TIME
'1	Dunc Overton	00:07:40	00:29:38	13	00:21:58
'2	Chris Mandale	00:03:20	00:30:06	16	00:26:46
'3	Ben Farrell	00:07:00	00:29:26	10	00:22:26
'4	Mark DS	00:09:00	00:29:44	14	00:20:44
'5	Susan DS	00:10:00	00:28:18	4	00:38:18
'6	Robt Strachan	00:09:00	00:27:15	2	00:36:15
'7	Chris Knox	00:03:00	00:29:30	11	00:26:30
'8	Emily Knox	00:01:00	00:28:23	6	00:27:23
'9	Rosie Stuart	00:03:30	00:27:13	1	00:23:43
'10	Ken Stuart	00:08:00	00:27:59	3	00:19:59
'11	Pat Richards	00:02:05	00:31:09	17	00:29:04
'12	Cathy Colam	00:02:10	00:29:50	15	00:27:40
'13	Steve Harwood	00:03:15	00:28:55	7	00:25:40
'14	Harry Blenk	00:09:00	00:28:20	5	00:37:20
'15	Rosie Cornthwaite	00:01:00	00:29:02	9	00:28:02
'16	Jessica Bibby	00:00:00	00:33:03	18	00:33:03
'17	Penny Bibby	00:01:00	00:29:00	8	00:28:00
'18	Patric Gilchrist	00:03:40	00:29:35	12	00:25:55

WE NEED YOUR HELP! – Mid-Lancs Races At Keswick On Sat, 12 Mar 05

The Mid-Lancs X-Country League Race Series is coming to Keswick Fitz Park on Saturday, March 12th 2005. This event usually attracts 300+ runners across 12 Categories. For those who want to run, the details are below. But we need your support to run the event, and, hopefully, to raise some money for Club Funds.

WE NEED: Officials & Marshalls for all or part of the race series, AND, if there is enough support, we would like to raise some funds by selling refreshments from the Park Pavilion – could you Bake-a-Cake for us, or help run the refreshment bar? Including supporters, there will probably be 3-500 people at the event, & the turnover of refreshments is usually pretty high..

If you can help us on the day running the event, or with refreshments, please send us your contact details, and how you would be prepared to help:

duncoverton@activsolutions.net Tel/Fax: 017687 75851

or contact Pete Richards or any of the event organisers: Steve Harwood, Steve Fletcher, Dunc Overton.

Race Details (Mid-Lancs League Web Site: <http://www.geocities.com/midlancs>)

There are races for all age groups from Under 11 boys, girls and upwards. Entry is free for Keswick AC members as Keswick are affiliated to the League, and are hosting the event, so NO NEED TO TRAVEL & NO COST. Club Vests MUST be worn.

The course will be a mixture of flat & undulating grass around the Park and adjacent Hospital field. Spikes or studs are recommended.

Guests can pay a fee, register & run on the day.

There are 12 races run with 7 different start times, between 12:30 and 14:30:

Race Number	Age Group	Start Time	Distance	Age Qualification
1	U11 Girls	1230	1.6K	U11 on 31 st Aug 04
2	U11 Boys	1245	1.6K	U11 on 31 st Aug 04
3	U13 Girls	1300	2.4K	11 or 12 on 31 st Aug 04
4	U13 Boys	1320	3K	11 or 12 on 31 st Aug 04
	U15 Girls	1320	3K	13 or 14 on 31 st Aug 04
5	U15 Boys	1340	4K	13 or 14 on 31 st Aug 04
	U17 Women	1340	4K	15 or 16 on 31 st Aug 04
6	U17 Men	1400	6K	15 or 16 on 31 st Aug 04
	Junior Women	1400	6K	17, 18 or 19 on 31 st Aug 04
	Sen & Vet Women	1400	6K	Vet 35, Vet 45 Women: age on race day
7	Junior Men	1430	6.4k to 8K	17, 18 or 19 on 31 st Aug 04

BRAMPTON-CARLISLE 10, 20/11/04				
1	A. Muir	Edinburgh		49.54
13	S. Murdoch	Border	1stMV40	54.34
15	J. Borthwick	Gala	1stMV55	54.45
22	H. Haining	U/A	1stL	56.27
28	G. Thompson	Border	1stMV45	57.08
31	W. Johnstone	Border	1stMV50	57.23
90	P. Hague	Keswick	MV40	62.15
100	M. Scott	Keswick	MV45	62.45
105	M. Walker	Gosforth	1stMV60	63.03
216	P. Gilchrist	Keswick	MV55	68.30
234	J. Stevenson	Keswick	MV40	69.22
341	R. Burchett	Keswick	MV65	75.41

Provisional list of Cumbria road races 2005

Dates in brackets, where known

N.B. Unattached levy is £2 from April 2005

February	Keswick/Buttermere Round (20th)	Netherhall 10mile (27th)	
March	Haweswater Half Mar.(5th) Coniston 14 (19th)	Dentdale 14.3mile (11th) Isel Cross 5.5mile (26th)	Dalston 10K (?) Keswick Round the Houses (30th)
April	Lambfoot Loop 5.5mile (19th)	Kendal 10K (27th)	
May	Keswick RUFC Half Mar.(1st) Derwent Hilly 10K (24th)	Dalton in Furness 10K (6th) Workington 10K (?)	Calthwaite 6 mile Handicap (30th)
June	Levens 10K (2nd) Grasmere Gallop (?)	Abbeytown 10mile (5th) Gosforth 10mile (15th)	Bendrigg 10K (11th) Hawkshead 10K (28th)
July	Hay-O 6K Trail (5th) Endmoor 10K (20th)	Carlisle RUFC 10K (?) Swinside Six (27th)	
August	Hoad Hill 10K (3rd)	Setmurthy Snap 6K (9th)	
September	Gosforth 10K (1st)	Nora Miller 10K (10th)	
October	Cumbrian Run Half Mar.(16th)	Cumbrian Run 4.5 mile (16th)	
November	Derwentwater Ten (6th)	Brampton-Carlisle 10 mile (19th)	

CUMBRIA X-COUNTRY CHAMPS - KENDAL SHOWGROUND SAT 22nd JAN 05

This is a nice course mainly over pasture, with some grassy tracks, and a few undulations without any big hills. Good spikes course. It is just close by the motorway junction south of Kendal. Parking in the field. No real facilities there, so expect to change in your car etc.

Entry forms are available for this event from Dunc Overton: 017687 75851, duncoverton@btinternet.com

Event Details:

Timetable

1230 U11 Girls 2km

1245 U11 Boys 2km

1300 U13 Girls 3km

1320 U13 Boys 3km

1340 U15 Boys & U17 Women 4km

1400 U17 Men / Jun, Sen & Vet Women 6km

1430 Jun, Sen & Vet Men 11km

Juniors ages as on 01.01.06; all other ages as on 01.09.05. Under 11s must be at least 9 yrs old on 01.09.05. Medals will be awarded to the first 3 individuals & to the first team in each age category - subject to sufficient entries. There are no Vet team awards, but Vets can count for the Sen teams.

You may only compete in one age category eg Vets cannot be Seniors.

Entry fees: Vets, Sens, Juns: £4 Others £2:50. Unattached: £1 extra. NoEAA number required for entry unless unattached.

CLOSING DATE for entries: 10th January 05.

Forthcoming Fell Races

Sat 15th Jan 1.00 pm January Jaunt 4.5 mile 1500 ft from Wath Brow Bridge Nr Cleator GR NY 0311144 Handicap Event!!

Sun 6th March 11.00 am Black Combe 8 mile 3400ft From Silecroft Nr Millom

Sat 16th March 2 pm Causey Pike 4.5 mile 1780 ft From Stair Village Hall

Keep your ear to the ground for other informal events such as Loughrigg Silver How [normally Feb]

Winter Training Runs

All start at 11am

9th January - Latrigg and Glenderaterra - Fitz Park Pavilion - Pat & Pete Richards

16th January - Speds 3 Peaks, Catbells, Walla Crag & Latrigg [maybe that order!] from Fitz Park Pavilion

23rd January - Park at Village Hall Mungrisedale, Bowscale via East Ridge -Blencathra-Souther Fell-

Shorter options available! Dunc Overton

30th January - Denham-Smiths – **From the Kirkstile Inn Loweswater** Routes for all abilities. [Note new venue].

6th February - Dave Owens – from Roehad Pooley Bridge ref. 479 236

13th February Coledale Inn - Braithwaite - Brand-Barkers

~ **28th KESWICK / BUTTERMERE ROUND**

Sunday 20th February 2005

NoEAA Permit 6741

A tough 22 mile road race organised by Keswick Athletic Club

Entries limited to experienced Senior Club runners only

VENUE ~ The Cricket Pavilion, Fitz Park, Keswick, Cumbria

Registration ~ Changing ~ Showers ~ Refreshments

ROUTE ~ Keswick > Borrowdale > Honister Pass > Buttermere >

> Newlands Pass > Swinside > Portinscale > Keswick

START ~ 11.00 am at Keswick Moot Hall (Finish at Cricket Pavilion)

ENTRIES ~ Enter on race day £4.00 Club members only & aged over 20 yrs

Enquires to Alan Ritchie 132 Scotby Rd. Scotby, Carlisle. CA4 8BJ Tel 01228 513 200

Visit our Club Website www.keswick-ac.org.uk

Club League

It was decided at the committee meeting on the 4th Jan that the league should continue , but with a few modifications to make it more workable and fairer to the “category” members.

The result is you will count your Best 8 From the 13 Club organised races. Plus every one will score relative to the winner in their category and not the overall race winner. For example if I came first in my age category in the overall race I would score 100 or if I was 2nd in my category my score would be relative to my category winner.

The categories will be as used by the race organiser-- so if there is a V55 category in the race results and you are in it that is where your category winner will come from. If in another race you are in the V50 category because they don't have a V55 then tough luck. There will be awards for up to five members with a trophy for the winner. Could we have a V70 winner here!!! Go for it.

Most Improved Runner

There was a bit of a mix up at the club dinner. Our modest Mark DS did not want to get the award, so it was not given, but in retrospect it has been decided that Mark's name should go on the record as having been given it.

Steve Fletcher has yet another title to add to his list--- he has been appointed Development Officer for the AAA in Cumbria.

Finally my apologies for the later than normal publication of this newsletter, brought about by one or two minor things combining to delay me till after Christmas and then I thought we might as well wait for the selection of the Championship Races.

Happy new year from Sped the Ed.

2004, KESWICK AC FELL CHAMPIONSHIP												
POS	NAME	CAT	GG	2R	BL	FS	KM	BOR	2B	TOTAL	4 from 7	
1	M. Denham-Smith	M	21	22	25	25	25	25		143	100	
2	D. Troman	M	25	25	22				22	94	94	
3	N. Lockwood	M	22	21	21	22	22	22		130	88	
4	D. Spedding	MV50	20		17		18	21	25	101	84	
5=	D. Ferguson	M	18	17	16	19	17	19		106	73	
5=	D. Owens	MV40	17	18	18	20	15			88	73	
7	N. Thompson	M			15	15		18	21	69	69	
8	A. Brand-Barker	LV40	19	15		18	16			68	68	
9	D. Birch	M		20	20	21				61	61	
10	D. Overton	MV50		19			21	20		60	60	
11	J. Meeks	LV40	13	14	14		13			54	54	
12	B. Booth	MV60		13	12	12	14			51	51	
13	C. Knox	MV50		10	10	11	12			43	43	
14	R. Cooper	MV40	14			14		14		42	42	
15	P. Gilchrist	MV50	11		7	7	9	12		46	39	
16	A. Jones	MV40	9	12	8	9				38	38	
17	S. Harwood	MV50	8	9		10	10			37	37	
18	C. Colam	LV50		4	4		11	11		30	30	
19	K. Hill	MV40				16		13		29	29	
20	Graham Brown	MV50			13	13				26	26	
21	J. Downie	MV50		11	11					22	22	
22	C. Valentine	MV40					20			20	20	
23=	D. Loan	MV50			19					19	19	
23=	L. Sharp	L					19			19	19	
25=	David Harrison	MV5	10	7						17	17	
25=	K. Loan	MV40				17				17	17	
25=	S. Holmes	M						17		17	17	
28=	R. Unwin	MV40	16							16	16	
28=	G. Baum	MV40		16						16	16	
28=	P. Richards	MV50		3	5		8			16	16	
28=	R. Askwith	MV40						16		16	16	
32=	P. Hague	MV40	15							15	15	
32=	R. Scott	MV40						15		15	15	
34=	H. Blenkinsop	MV60	5	1	1	1	6			14	14	
34=	M. Hawker	M						14		14	14	
36	A. Buckley	MV60			6		7			13	13	
37=	G. Sibson	M	12							12	12	
37=	P. Bibby	LV40	7	1		4				12	12	
39	D. Porter	MV40		5		5				10	10	
40	G. Birch	L			9					9	9	
41=	S. Lewsley	LV50		8						8	8	
41=	C. Mandale	M				8				8	8	
43	M. Bridge	LV50	6	1						7	7	
44=	J. Rutter	MV60	4	1	1					6	6	
44=	G. Gibson			6						6	6	
44=	L. Cowell	L				6				6	6	
47	C. Charlton	LV50		2	3					5	5	
48	A. Lockwood	M		1	2	1				4	4	
49=	S. Denham-Smith	L	3							3	3	
49=	J. Myatt	MV40				3				3	3	
51	J. Home	MV40				2				2	2	
52=	S. Jones	MV50		1						1	1	
52=	T. Segasby	L		1						1	1	
52=	J. Moore	L		1						1	1	
52=	Gill Brown	LV50		1						1	1	
52=	A. Downie	LV40		1						1	1	
52=	F. Rigg	L		1						1	1	

KESWICK AC CLUB STANDARD AWARDS, 2004									
NAME	CAT	10K	10M	1/2 MAR	MAR	AWARD			
D. Troman	M	36.19	56.56	1.17.31		Silver			
M. Denham-Smith	M	34.47	57.28	1.17.38		Silver			
D. Frampton	MV45		57.29	1.20.50					
S. Kemp	MV45		65.27						
A. Brand-Barker	LV40`	40.27	67.14						
S. Noble	MV40		70.50						
R. Unwin	MV45		70.54						
S. Harwood	MV55	43.08	73.29						
P. Gilchrist	MV55		68.30	1.44.14					
S. Denham-Smith	LV35		102.40	2.20.30					
C. Kennedy	M			1.28.59					
K. Owen	MV40/45		94.10	1.57.05					
C. Nixon	MV65	51.47	91.33	1.58.02		*			
Derek Harrison	MV55	39.38	66.07	1.29.11		Gold			
N. Lockwood	M	37.05		1.24.13					
P. Haworth	MV45		66.09	1.28.14					
A. Haworth	LV45		70.34	1.33.47					
K. Loan	MV45			1.36.27					
S. Jones	MV50			1.44.07					
P. Richards	LV50	46.10		1.46.58					
D. Miller	MV50			1.49.18					
D. Edginton	L	45.07		1.49.55					
C. Colam	LV55	46.06	76.28	1.50.47		Silver			
P. Bibby	LV45		84.31	1.59.12					
S. Loan	LV40`			2.04.28					
A. Lockwood	M	52.32		2.14.12					
G. Brown	LV50	55.27		2.16.17					
J. Rutter	MV65			2.33.44					
D. Kerr	MV45				3.36.?				
I. Milne	MV40	38.59		1.38.06	3.32.?				
N. Pritchard	M			1.36.06	3.22.41				
S. Halliburton	L	44.41	79.39	1.41.42	3.48.54	*			
C. Wallace	MV55	47.50		1.53.16					
J. Johnstone	MV50			1.44.40					
L. Robins	LV40`	51.47	91.32	2.01.24					
R. Burchett	MV60/65		75.41	1.40.25	4.06.?	Bronze			
R. Scott	M								
D. Hayes	MV65	41.04							
I. Addison	MV70	45.46	79.38						
M. Robertson	MV40	48.00							
M. Hart	L	48.49							
T. Segasby	L	50.37							
J. Moore	L	48.59							
J. Beedham	L	50.47							
D. Roffey	L	53.56							
G. Robertson	LV40`	61.08							
D. Hutchinson	MV45			1.44.47					
A. Downie	LV40`	51.38							
J. Myatt	MV40				3.37.47				
J. Riley	M			1.34.31					
B. Butler	MV45			2.02.07					
P. Bullen	MV40		61.27						
D. Owens	MV45		65.12						
P. Hague	MV40		62.14						
M. Scott	MV45		62.45						
J. Stevenson	MV40		69.22						
R. Cooper	MV40		75.14						
R. Gittins	L		76.25						
D. Harrison	MV60		81.03						
L. Crossfield	M		86.27						
R. Strachan	MV70		96.29						
H. Blenkinsop	MV65		97.13						
S. Hawker	L		107.42						
M. Blake	MV65		100.58						
* Just missed out on a bronze medal									

KESWICK AC LEAGUE, 2004																
POS	NAME	CAT	BR	CP	RTH	GG	HEL	2R	LANG	SK	LS	S6	LAT	RL	D10	TOTAL
1	M. Denham-Smith	M	92.45	92.37	89.85	94.40	91.09	93.60	92.91	94.99	100.00	95.78	83.92	99.07		1120.43
2	N. Lockwood	M		91.16	89.17	96.56	89.96	89.94	92.28	89.20	98.93	88.78	81.76	93.93		1001.67
3	P. Gilchrist	MV50	65.44	64.96		69.53	63.28		68.89	68.00	85.05	69.23			66.13	620.51
4	D. Troman	M	89.71		93.81	99.27		93.78				89.23		92.26		558.06
5	David Harrison	MV50			69.08	69.02		65.67	66.80		74.96	68.29		73.00	62.02	548.84
6	P. Bibby	LV40		60.89		67.01		59.06	63.58		70.85	67.55	59.44		59.48	507.86
7	K. Loan	MV40			80.02					80.52	88.32	81.54	77.87	86.49		494.76
8	C. Colam	LV50			65.34			64.47	65.40		72.85	68.59		72.73	65.74	475.12
9	D. Ferguson	M	71.56			83.07		74.74	81.25			74.26		83.19		468.07
10	G. Sibson	M			74.86	70.95		65.46				71.32	65.89	74.65		423.13
11	P. Hague	MV40				77.95				78.21	88.54			84.96	77.04	406.70
12	I. Addison	MV70								60.88	70.10	70.54	61.36	70.59	63.12	396.59
13	A. Brand-Barker	LV40			80.25	84.41		72.50			81.86				74.41	393.43
14	M. Bridge	LV50				65.09		60.84	61.10		67.64		58.22	66.44		379.33
15	H. Blenkinsop	MV60		52.81		56.96		51.35				51.66	50.35	56.91	51.71	371.75
16	S. Harwood	MV50				67.93		66.71			76.45	73.27		76.13		360.49
17	R. Cooper	MV40				73.24			75.15	70.71				73.12	66.81	359.03
18	A. Lockwood	M			56.48			60.66	61.94		58.00	61.33	58.28			356.69
19	D. Overton	MV50		87.43	86.85			87.02						92.00		353.30
20	D. Owens	MV40				81.13		77.20			86.06				77.10	321.49
21	Derek Harrison	MV50	77.19		77.59							79.26			74.36	308.40
22	R. Unwin	MV40		75.20		80.65			81.80	65.92						303.57
23	Gill Brown	LV50			57.01			49.95			60.11	56.68		59.76		283.51
24	A. Jones	MV40				68.51		69.15		66.90	77.77					282.33
25	J. Downie	MV50						67.36			78.58	69.15	66.91			282.00
26	Pete Richards	MV50						64.39		66.86	75.96			74.74		281.95
27	C. Knox	MV50						67.13		69.35	73.05			72.37		281.90
28	Pat Richards	LV50			66.94						69.64	67.89		71.54		276.01
29	D. Porter	MV40						64.89	68.73	64.58				63.19		261.39
30	J. Moore	L						53.01			66.70	58.90		66.30		244.91
31	M. Scott	MV40	72.35									80.15			76.47	228.97
32	Gordon Brown	MV50		66.10							79.62			74.80		220.52
33	J. Meeks	LV40		70.30		73.06		71.08								214.44
34	J. Stevenson	MV40	68.10									75.57			69.90	213.57
35	B. Booth	MV60		69.72				70.06		70.07						209.85
36	C. Mandale	M										70.16	63.64	74.91		208.71
37	J. Rutter	MV60		49.72		55.47		51.23						51.67		208.09
38	S. Denham-Smith	L			53.22	48.40						53.72			46.66	202.00
39	S. Jones	MV50			72.38											195.49
40	T. Segasby	L						61.27	61.84							191.63
41	D. Birch	M						87.33						68.74	93.80	181.13
42	D. Loan	MV50					82.39		86.47							168.86
43	H. Lockwood	M			85.94								80.60			166.54
44	P. Bullen	M											78.32		81.80	160.12
45	K. Hill	M							77.04			82.30				159.34
46	P. Roffey	M										75.27		81.56		156.83
47	D. Hayes	MV60										77.79		78.21		156.00
48	A. Haworth	LV40			77.01										71.23	148.24
49	R. Strachan	MV70										49.96	44.91		52.10	146.97
50	D. Edginton	L									72.70			72.87		145.57
51	T. Overton	LV									69.34			67.39		136.73
52	S. Lewsley	LV50						65.85	67.61							133.46
53	A. Buckley	MV60	62.36		67.10											129.46
54	C. Charlton	LV50		62.36				64.36								126.72
55	K. Owen	MV40										58.40			53.38	111.78
56	A. Downie	LV40						47.88				58.91				106.79
57	D. Spedding	MV50				89.63										89.63
58	K. Stuart	MV40											88.31			88.31
59	M. Hawker	M									83.41					83.41
60	R. Scott	MV40												82.19		82.19
61	P. Haworth	MV40			80.33											80.33
62	C. Valentine	MV40					79.12									79.12
63	R. Askwith	MV40								76.40						76.40
64	P. Haworth	MV40													75.99	75.99
65	J. Myatt	MV40								75.92						75.92
66	G. Baum	MV40						74.42								74.42
67	D. Kerr	MV40			74.39											74.39
68	T. Brand-Barker	MV40			72.22											72.22
69	S. Noble	MV40	71.79													71.79
70	J. Yeates	L	69.49													69.49
71	L. Thompson	LV40											68.01			68.01
72	R. Gittins	L													65.78	65.78
73	S. Halliburton	L													63.11	63.11
74	J. Beedham	L												62.64		62.64
75	D. Roffey	L												61.34		61.34
76	L. Crossfield	M													58.15	58.15
77	L. Robins	LV40													54.92	54.92
78	C. Nixon	MV60													54.91	54.91
79	G. Robertson	LV40												53.75		53.75
80	C. Marshall	LV40										52.92				52.92
81	M. Blake	MV60													49.79	49.79
82	F. Rigg	L						47.83								47.83
83	S. Hawker	L													46.67	46.67