

PACEMAKER

THE NEWSLETTER of KESWICK ATHLETIC CLUB WINTER 2005

One of the difficulties compiling the newsletter these days is that nearly everything has already been circulated to the email active members at an earlier date. I do have the various charts up my sleeve and perhaps a bit of local tittle tattle, but even that seems to be becoming harder to acquire. Perhaps I don't move in the right circles any more or I'm just too slow to catch the news. I always feel guilty when circulating things by email and not sending the same thing by post to the remaining members, but the reality is that prior to the email contact no one at all would have received the information, so at least some are getting it.

I do notice that the evening training sessions are very popular, but as I am normally on my first or even second glass of wine as the squad bustles up The Square under our window, I can't see me radically changing my life style to join in. I need to have a sub editor or ground reporter in the pack to winkle out the fruity gossip!! Front runners and stragglers need not apply.

Following the AGM one or two changes have occurred. Nick Lawler has joined the committee with a particular interest in improving the social activities of the club; Mark Denham Smith has taken on the statistician's role. Lyn Thompson stands down after successfully doing the vital statistics for many a long year--- many thanks Lyn. Gill Brown steps in to maintain reasonable female representation.

Protest March

Your club was well represented, banner, club kit et al, as part of the general Keswick contingent in the recent protest march in Penrith defending the existence of Keswick Hospital. I'm sure the protesters represent the feelings of our membership. I have always maintained and been proud of the fact that Keswick was a good place to have an injury and I for one am very keen to maintain that position.

The death of Ian Charlton is to me by far the most significant event since the last newsletter and I find it very difficult as an amateur to report on it. Ian joined the club, not as a founder, but very soon afterwards in the late 70's. In Borrowdale Valley tradition he was a true fell man and cracked many a joke about the "grassland fairies" who appeared on the scene from less rugged areas. He put in some very good performances in the long classics and completed no less than 25 Borrowdales all under 4 hrs and most nearer 3 hrs. A sub 18hr Bob Graham also to his credit. He was well suited to fell running as a person not too keen on rules and regulations. This comment may seem a bit out of place to some of our new members, but be assured that bum bags were invented by shopkeepers as they strove to find something that they could sell to a runner. As for stuffing them full with an ever increasing amount of items on hot sunny days, it beggars belief.

Ian's prowess as a chef and hotelier provided us with an excellent venue for the club dinner on a few occasions and for me on several special occasions. Ian's interests also spread into "country sports", involving his much loved Saluki dogs and Falcons, about which I know very little.

Ian will stay in my life for a long time as I pass his house just about every time I go for a run in the Keswick area and of course there is "Ian's Route" up the front of Latrigg, for those who know it, and next time I do Borrowdale there will be a point where I will decide whether to take Ian's route or Billy's route----- not a bad way to be remembered for a fell runner.!

Annual Dinner & Presentation It will be in the upstairs at Zenith's Restaurant, Station Street, Keswick on Saturday 21st January. Tickets are £18 each and are now available. As we have a 48 limit you are advised to buy yours soon. You can either pay at The Card Collection, Packhorse Court, Keswick or by sending a cheque to the Club Sec at; High Croft, Dorothy Well, Portinscale, Keswick, Cumbria. CA12 5RQ. Please send a S.A.E. if you require confirmation.

WINTER SUNDAY RUNS

These all start at 11.00 am -- don't forget that it is winter and can be cold and wet.

8th January - Latrigg and Glenderaterra - Fitz Park Pavilion - Pat & Pete Richards

15th January - Speds 3 Peaks from Fitz Park Pavilion

22nd January - Denham-Smiths - From Routen Farm Cottage Ennerdale [on right between Ennerdale Bridge & Lake Head Car Park]

29th January - Fish Hotel, Buttermere - Nick Lawler

5th February - Mungrisedale, Bowscale via East Ridge - Blencathra-Souther Fell- Dunc Overton

12th February - Coledale Inn - Braithwaite - Brand-Barkers

19th February - Buttermere Round

Susan DS successfully completed a 24 Hr track race in Tooting at a week end in Oct. completing 87.7 miles in the 24 Hr time limit. The event was hosting the AAA English 24 Hr championship and Susan's distance was enough for a bronze medal. Congratulations to Susan.

Secretaries Musings

Overall 2005 was a good year for the club. Membership continued to increase and the club now has 231 members, of which 55 are juniors. Financially we have plenty of cash in the bank. On the down side we didn't have a single social event last year, a situation which we hope will change in the future.

The one event planned this year is the Annual Presentation Dinner on Saturday January 21st. There are still a few tickets left at £18 each. You can either pay at The Card Collection, Packhorse Court, Keswick or by sending a cheque to the Club Sec at; High Croft, Dorothy Well, Portinscale, Keswick.

There have been a couple of changes on the committee with Nick Lawler and Gill Brown coming on as member representatives. Lyn Thompson has stood down after many years on the committee in various posts, most recently as statistician. This post will now be undertaken by Mark Denham-Smith. Also coming off is Alan Radcliffe who has been on the committee for the past 3 years. Their contributions have been greatly valued.

The twice weekly training sessions under the new direction of Dunc Overton have been going very well with turn out both evenings around the 20 mark. Strangely enough, the tougher the session, the more those taking part seem to enjoy it!!

Following the success of the Mid Lanc's x-country fixture we hosted in Fitz Park last March, we have agreed to do it again on Saturday 11th February. The Hospital Field in early February should make for a testing course. Details and plea for help can be found elsewhere in this newsletter. Whilst on the subject of assisting at club organised races may I make my annual plea for your help. In addition to the x-country the club will be organising 4 road races and 9 fell races. Last year our race organisers, myself included found it harder than ever to get help. So if you are not racing then please offer to assist. There is no need to wait to be asked, just contact the organiser in advance. Latrigg Fell race is on Saturday 22nd July if you want to make a note in you diaries!!.

Good luck to you all with your running and racing in the year ahead.

Pete.

WE NEED YOUR HELP (AGAIN) – Mid-Lancs X-Country Races at Keswick on Sat 11 Feb 05

Following the success of last year's event, Keswick AC are hosting a Mid-Lancs X-Country League event in Fitz Park on Saturday the 11th of February. There will be several hundred runners competing in a series of 12 age group & category races from 12:30 to the last start at 14:30. For those who would like to run (it's free), the details are below, but most importantly we need your help again to run the event, and raise a bit of money for Club funds at the same time from refreshment sales. There could well be 500+ attending the event.

WE NEED: Marshals, Recorders, course markers, refreshment helpers, course tidiers on the day, and we would also like to ask as many of you as possible to bake cakes, buns, flapjack etc for us to sell in the refreshment bar at the pavilion. We had a great response last year, and made around £200 for Club funds.

If you can help on the day running the event, or on the refreshment bar, or with cakes, please send your contact details, and how you can help, to us at: "<mailto:training@keswick-ac.org.uk>" or ring Dunc Overton or ClubSec Pete Richards.

If you would like to compete in the event, you can run for free as a Keswick AC member. If you are not already registered for a Mid-Lancs League number, please report to Registration at least half an hour before your start time to fill in a registration form. The race programme is below with categories & age qualification details. Some age groups start together, hence 7 start times for 12 race categories.

There are team competitions in all categories, including Vet categories, except U11. Guests can register & run on the day for a small fee.

Race	Age Group	Start	Distan	Age Qualification
1	U11 Girls	12:30	1.6K	U11 on 31 st August 05
2	U11 Boys	12:45	1.6K	U11 on 31 st August 05
3	U13 Girls	13:00	2.4K	11 or 12 on 31 st August 05*
4	U13 Boys	13:20	3K	11 or 12 on 31 st August 05*
4	U15 Girls	13:20	3K	13 or 14 on 31 st August 05
5	U15 Boys	13:40	4K	13 or 14 on 31 st August 05
5	U17 Women	13:40	4K	15 or 16 on 31 st August 05
6	U17 Men	14:00	6K	15 or 16 on 31 st August 05
6	Jun Women	14:00	6K	17,18,19 on 31 st August 05
6	Sen/Vet	14:00	6K	V35, V45 age on race day
7	Junior Men	14:30	6 to	17,18,19 on 31 st August 05
7	Sen/Vet Men	14:30	9-11K	V40,V50,V60 age on race day

* Competitors U11 on 31st Aug can run U13 races if 11 on day of competition

Club Training Programme First Quarter 2005

For up-to-the-minute details keep checking the Club website Members' Section

<http://www.keswick-ac.org.uk>

Mid-Week Sessions – Tuesdays & Thursdays 6 for 6:15 from Rawnsley Pavilion

Tuesdays: First Tuesday each month is Pete's Parlauf ('pair run'). This is run in pairs (surprise!) on the round town route, but each person sets off in the opposite direction. You then turn & return when you meet. Other Tuesdays the sessions will be time trials over varying distances aimed at improving speed endurance.

Thursdays: Thursday sessions are normally repetition runs of wide variety, frequently including hill reps. The aims are to increase strength & VO2 maximum whilst avoiding injury.

Sunday Runs: (11am unless otherwise stated)

Jan

8 Latrigg & Glenderatterra from Fitz Park pavilion – Pat & Pete Richards organising

15 Sped's 3 Peaks - from Fitz Park pavilion. Get there before 11am

22 Ennerdale – Mark & Sue Denham-Smith, Routen Farm Cottage, Ennerdale, on right between Ennerdale Bridge & Lake Head Car Park Grid Ref: NY 1046 1630

29 Buttermere – Fish Hotel, Nick Lawler

Feb

5 Mungrisedale Village Hall – Bowscale, (Bannerdale Crag), Blencathra, Southerfell – Dunc Overton

12 Coledale Inn – Coledale area, Angela & Tony Brand-Barker

19 Buttermere Round Road Race – Go on, you know you want to.

26 Whinlatter Area – Meet as for Coledale, all Forest trail/path routes, trail shoes will be OK. Max 11 miles.

Round Rotherham 10th Dec

Deciding on a change of tack for next year, and to mitigate the disappointment of "blobbing" on the Karrimor due to injury – the Round Rotherham Run – 50 miles across fields/Sheffield industrial estates appealed.

The route comprises a mixture of towpaths, footpaths across/round fields, and alleyways/industrial estate roads round the back of Sheffield. Not quite sunset over Skiddaw but what the heck. The mud was on a par with a building site over the fields, soon building up into huge clogs.

The early pace was not aggressive – c7.5 mileing, but a month spent recovering from injury rather than knocking out steady 25 milers took it's toll – letting the lead pack go was a good decision. Teaming up with a local "Rotherham harrier" was an excellent move – he knew the route backwards. Despite the fact that he subsequently "blew up" at Maltby – probably costing 45 mins (?) – he saved a few hours floundering about in woods – navigation was by LDWA strip map which is always subjective, however well prepared. A dotted line though some tree symbols on a sheet of paper means nowt when you get to a wood with 4 choices.

The winning time was 6hr 33 – the second fastest ever. I suffered from a lack of depth due to a recent injury and trundled over the line in a stately 9hr 18 – a slow time. The route lacked a "dale head after the Borrowdale" type ascent at the end which is usually good for a few places. Being held in Yorkshire the run was good for "pie and peas" and a T shirt afterwards – though being Yorkshire it was best not to enquire what was in the pie – good value for £9. It works out at about 17 and a half pence a mile which is almost as good value as the Buttermere run in February.

Championship Round Up:

On a lighter note the FRA have published the championship counters – though at the time of writing the full calendar has not been issued. Ennerdale features in the English which is a good run – I'll organise a recce as its just up from home – our Social run will cover a difficult section say Pillar to the end. The Irish race is the short one up Slieve Bearnagh that was put on a few years ago. Anniversary waltz is a top contender for a club counter as it is both English/British.

Watch this space for details of a proposed foreign trip – apart from the Tour de Mont-Blanc the Zermatt marathon is looking a good contender.

Captain-Demon-Smith

Club Championship Races for 2006

FELL

22nd April Anniversary Waltz

20th May Fairfield

10th June Ennerdale

21st June Langstrath

12th July Lord Seat

20th August Sedbergh

17th September Dalehead

Rules all as before 4 from 7 with one at each distance plus 1 other

ROAD

19th Feb Buttermere Round

12th April Round The Houses

28th June Hawkshead 10K

26th July Swinside 6

10th Sept Langdale Half Marathon

5th Nov Derwentwater 10

18th Nov Brampton Carlisle

The table below shows the results of the **Cross Country Club Handicap** from the pavilion on Sun 18th Dec. 2005
 A few less than normal but maybe being a full week before Christmas and the newsletter not being out could be the reason!

Pos	Name	Net Time	Net Posn	
1	John Rutter	33:48	15	
=2	James Hodgson	27:56	=9	10yrs old – v well done! 1 st Junior
=2	Steve Harwood	27:56	=9	James' minder
4	Sandra Bradley	32:17	14	
5	Lyn Thompson	25:03	5	2 nd Lady
6	Steve Kruger	27:45	8	
7	Jackie Winn (CFR)	21:24	1	1 st Man, well done
8	Dunc Overton	22:20	2	2 nd Man
9	Andy Johnston	27:04	7	
10	Stephen Sharp (CFR)	24:10	4	3 rd Man
11	Trish Overton	29:33	11	3 rd Lady
12	Sara Hodgeson	23:38	3	1 st Lady 3 rd overall well done
13	Pat Richards	30:02	12	
14	David Harrison	25:52	6	
15	Ian Addison	31:12	13	
16	Harry Blenkinsop	44:11	17	Interesting navigation!
17	Angela Turner	36:02	16	Followed Harry & went ice skating

The club's road running award scheme has Gold, Silver or Bronze which are awarded to runners who achieve times in the schedule below in their age category in any 3 of the 4 standard distance categories. There is also an additional 'Gold Star' award for those achieving the very highest standard, The times are based on standards set by the RRC which are nationally recognised. Race results confirming times achieved should be sent to the Club Statistician, Mark Denham-Smith , Routen Farm Cottage, Ennerdale, Cleator Moor, Cumbria. (Mark.Denham-Smith@carillionplc.com)

Gold Star	Men						Ladies					
	Open	40+	45+	50+	55+	60+	Open	40+	45+	50+	55+	60+
10k	32.30	34.00	35.30	37.00	39.00	41.00	37.30	39.30	40.00	42.30	45.00	47.00
10m	53.00	55.30	57.30	1.01.00	1.03.30	1.07.00	1.01.00	1.03.00	1.06.30	1.10.00	1.13.30	1.17.00
½m	1.11.	1.14	1.17	1.21	1.25	1.29	1.22	1.25	1.29	1.33	1.37	1.42
mar	2.35	2.39	2.45	2.52	3.00	3.09	2.58	3.03	3.10	3.17	3.27	3.36

Gold	Men						Ladies					
	Open	40+	45+	50+	55+	60+	Open	40+	45+	50+	55+	60+
10k	34.30	36.00	37.30	39.00	41.00	43.00	39.30	40.30	42.30	45.00	47.30	50.00
10m	57.00	59.00	1.01.30	1.05.30	1.08.00	1.12.00	1.05.30	1.08.00	1.11.00	1.15.00	1.18.30	1.23.00
½m	1.17	1.20.	1.23.	1.27.	1.31.	1.35.	1.29.	1.33.	1.37.	1.41.	1.46.	1.51.
mar	2.50	2.55.	3.01.	3.08.	3.17.	3.27.	3.16.	3.22.	3.29.	3.37.	3.47.	3.58.

Silver	Men						Ladies					
	Open	40+	45+	50+	55+	60+	Open	40+	45+	50+	55+	60+
10k	37.00	38.00	40.00	41.30	44.00	47.00	42.30	43.30	45.30	48.00	51.00	54.00
10m	1.01.00	1.03.00	1.06.30	1.10.00	1.13.00	1.17.00	1.11.00	1.13.00	1.17.00	1.20.30	1.24.00	1.28.30
½m	1.23.	1.26.	1.30.	1.34.	1.38.	1.43.	1.35.	1.39.	1.44.	1.48.	1.53.	1.58.
mar	3.05.	3.10.	3.17.	3.25.	3.35.	3.45.	3.33.	3.39.	3.47.	3.56.	4.07.	4.19.

Bronze	Men						Ladies					
	Open	40+	45+	50+	55+	60+	Open	40+	45+	50+	55+	60+
10k	40.00	41.30	43.30	45.30	48.00	50.30	45.30	46.30	48.30	51.00	53.30	57.30
10m	1.06.00	1.08.30	1.11.30	1.15.30	1.19.00	1.23.30	1.16.00	1.18.30	1.22.30	1.27.00	1.31.00	1.36.00
½m	1.30.	1.34	1.38.	1.42.	1.47.	1.52.	1.44.	1.49.	1.54.	1.59.	2.04.	2.10.
mar	3.17.	3.23.	3.30.	3.39.	3.49.	4.00.	3.47.	3.54.	4.02.	4.12.	4.24.	4.36.

I have always assumed that you had to do them all in the same year! I would have liked to do a carry over with one of mine!
 Maybe Mark will be more flexible on that score-----Ed.

CLUB STANDARD AWARDS, 2005						
NAME	CAT	10K	10M	1/2 MAR	MAR	AWARD
R. Burchett	MV65		80.14		3.46.20	
D. Hutchinson	MV45		77.11	1.44.58		
P. Bullen	MV40	35.45		1.21.52		
M. Scott	MV45	39.21	67.55			
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	85.17	2.00.22		
R. Unwin	MV50		68.14	1.31.27		
C. Brennan	L		69.07			
D. Iroman	M		61.39	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	71.18	1.39.32		Bronze
R. Gittins	L	45.01	70.35	1.40.36		Bronze
D. Robins	MV40			1.44.26		
I. Addison	MV70		80.20	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			1.37.51	3.23.04	
M. Hawker	M				3.31.09	
N. Lawler	M	43.36	76.24		3.40.49	
A. Buckley	MV60				4.04.29	
M. Blake	MV60				5.00.09	
K. Loan	MV45		67.04	1.27.51		
R. Scott	MV40			1.32.02		
I. Boit	MV40			1.34.19		
A. Liddell	M		67.53	1.30.55		
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	72.08	1.39.46		Bronze
G. Brown	LV50	54.43				
S. Halliburton	L		74.35	1.36.09		
M. Robertson	MV40	47.49				
C. Colam	LV55	47.30	78.02			
D. Roffey	L	51.11				
G. Robertson	LV40	56.00	97.34			
C. Kennedy	MV40		66.14	1.34.47		
S. Harwood	MV55		71.45	1.36.30		
J. Johnstone	MV50		78.58	1.43.12		
G. Wilson	MV40			1.49.44		
L. Milne	L			1.51.25		
I. Milne	MV40			1.51.27		
H. Dunn	LV45			2.12.08		
I. Nixon	LV55		85.15	1.58.00		
P. Hague	MV45		65.37			
J. Riley			73.00			
B. Booth	MV65		75.39			
M. Cook	LV60		99.24			
P. Hawthorth	MV50		66.27			
M. Sluce	MV40		67.49			
S. Strachan	MV40		69.15			
J. Beetham	M		74.13			
J. Reed	MV45		75.59			
A. Turner	LV45		85.49			
H. Blenkinsop	MV65		104.49			

Found on the Grapevine

On 16th October Deryck Hutchinson did his 50th marathon in Palermo in a time of 4.48 in a temperature of 86 degrees. His best time for a marathon is 3.33, which he did in 1993 in Amsterdam. The Cumbria Run in 2005 was his 200th half-marathon, he has run 12 Londons, and he has calculated that in 20.5 years of running he has run the equivalent of 3.5 times round the world.

Note to MDS-- that's a lot of times round Rotherham!!

It is amazing what some of our members get up to--- it is obviously not all to do with championships and points.

KESWICK AC ROAD CHAMPIONSHIPS, 2005

POS	NAME	CAT	BR/MAR	H1M	W10K	H10K	SW6	CRHM	D10	TOTAL	4 from 7
1	P. Bullen	MV40	21	22	25	25	22			115	94
2	D. Overton	MV50	22	21	21	22				86	86
3	D. Troman	M	25	25					25	75	
4	P. Gilchrist	MV50	14	17		20	10	17	10	88	68
5	P. Richards	MV50	16		18		14	19	14	81	67
6	K. Hill	M		20	22		21			63	
7	R. Gittins	L		16		19			13	48	
8	S. Harwood	MV50					11	21	15	47	
9	N. Lawler	M	17		17				9	43	
10	C. Kennedy	MV40						25	16	41	
11	D. Hayes	MV60			19	21				40	
12=	D. Owens	MV40	20	19						39	
12=	S. Halliburton	L					9	22	8	39	
14	R. Scott	MV40	19				18			37	
15=	A. Brand-Barker	LV40			20		16			36	
15=	S. Strachan	MV40					19		17	36	
17=	G. Brown	LV50			15	13	3			31	
17=	C. Colam	LV50				18	6		7	31	
19	P. Richards	LV50		14	16					30	
20=	M. Denham-Smith	M					25			25	
20=	I. Addison	MV70		13			8		4	25	
22	J. Johnstone	MV50						18	6	24	
23=	S. Hawker	L	11	12						23	
23=	J. Moore	L				16	7			23	
25	P. Hawthorth	MV50							22	22	
26=	M. Robertson	MV40				17	4			21	
26=	K. Loan	MV40							21	21	
28=	J. Walker	U18					20			20	
28=	N. Pritchard	M						20		20	
28=	R. Burchett	MV60	15						5	20	
28=	M. Sluce	MV40							20	20	
32	A. Liddell	M							19	19	
18=	R. Unwin	MV50		18						18	
18=	M. Hawker	M	18							18	
18=	M. Scott	MV40							18	18	
36	I. Boit	MV40					17			17	
37	G. Wilson	MV40						16		16	
38=	D. Robins	MV40		15						15	
38=	D. Roffey	L				15				15	
38=	R. Cooper	MV40					15			15	
38=	L. Milne	L						15		15	
38=	G. Robertson	LV40				14			1	15	
43=	I. Milne	MV40						14		14	
43	C. Nixon	MV60						13	1	14	
45=	A. Buckley	MV60	13							13	
45=	C. Brennan	L					13			13	
47=	M. Blake	MV60	12							12	
47=	J. Downie	MV50					12			12	
47=	H. Dunn	LV40						12		12	
47=	J. Beetham	M							12	12	
51=	S. Denham-Smith	L		11						11	
51=	J. Reed	MV40							11	11	
53	T. Segasby	L					5			5	
54	D. Hutchinson	MV50							3	3	
55=	R. Strachan	MV70					2			2	
55=	A. Turner	LV40							2	2	
57=	M. Cooke	LV60					1			1	
57=	H. Blenkinsop	MV60							1	1	

POS	NAME	BR/MAR	HHM	W10K	H10K	SW6	CRHM	D10	TOTAL	4 FROM 7
KESWICK AC MV40 ROAD CHAMPIONSHIP, 2005										
1	P. Bullen	25	25	25	25	25			125	100
2=	C. Kennedy						25	19	44	
2=	D. Owens	22	22						44	
4=	R. Scott	21				21			42	
4=	S. Strachan					22		20	42	
6	M. Robertson				22	18			40	
7	K. Loan							25	25	
8=	M. Sluce							22	22	
8=	G. Wilson						22		22	
10=	M. Scott							21	21	
10=	D. Robins		21						21	
10=	I. Milne						21		21	
13	I. Boit					20			20	
14	R. Cooper					19			19	
15	J. Reed							18	18	
KESWICK AC MV50 ROAD CHAMPIONSHIP, 2005										
1	D. Overton	25	25	25	25				100	100
2	P. Richards	22		22		25	22	21	112	91
3	P. Gilchrist	21	22		21	20	20	20	124	84
4	S. Harwood					21	25	22	68	
5	J. Johnstone						21	19	40	
6	P. Hawthorn							25	25	
7	J. Downie					22			22	
8	R. Unwin		21						21	
9	D. Hutchinson							18	18	
KESWICK AC MV60 ROAD CHAMPIONSHIP, 2005										
1=	D. Hayes			25	25				50	
1=	R. Burchett	25						25	50	
3	C. Nixon						25	22	47	
4	A. Buckley	22							22	
5=	M. Blake	21							21	
5=	H. Blenkinsop							21	21	
KESWICK AC MV70 ROAD CHAMPIONSHIP, 2005										
1	I. Addison		25			25		25	75	
2	R. Strachan					22			22	
KESWICK AC LADIES ROAD CHAMPIONSHIP, 2005										
1	R. Gittins		25		25			25	75	
2	S. Halliburton					21	25	22	68	
3	C. Colam				22	19		21	62	
4	G. Brown			21	18	17			56	
5	A. Brand-Barker			25		25			50	
6	S. Hawker	25	21						46	
7	P. Richards		22	22					44	
8	J. Moore				21	20			41	
9	G. Robertson				19			19	38	
10=	L. Milne						22		22	
10=	C. Brennan					22			22	
12	H. Dunn						21		21	
13=	D. Roffey				20				20	
13=	S. Denham-Smith		20						20	
15	T. Segasby					18			18	
16	A. Turner							20	20	
17	M. Cooke					16			16	
KESWICK AC LV40 ROAD CHAMPIONSHIPS, 2005										
1=	A. Brand-Barker			25		25			50	
1=	G. Robertson				25			22	47	
3=	H. Dunn						25		25	
3=	A. Turner							25	25	
KESWICK AC LV50 ROAD CHAMPIONSHIP, 2005										
1	C. Colam				25	25		25	75	
2	G. Brown			22	22	22			66	
3	P. Richards		25	25					50	
4	M. Cooke					21			21	

KESWICK AC FELL CHAMPIONSHIP, 2005											
POS	NAME	CAT	CP	BSB	CH	WAS	LAI	SCA	LDH	TOTAL	4 from 7
1	M. Denham-Smith	M		25	25	25		22		97	97
2	M. Mikkelsen-Barron	U20	20	21	20			25		86	86
3	D. Owens	MV40	21	19	18	20	19	18	20	135	80
4	R. Scott	MV40	17	18	16	21	21	17		110	77
5	K. Hill	M	18		14		22	20		74	74
6	J. Meeks	LV40			13	19		16	19	67	67
7	R. Cooper	MV40	16	17	17					50	
8	D. Birch	M			21				25	46	
9	D. Spedding	MV60				22		21		43	
10	D. Thompson	LV40		13		17	12			42	
11	N. Thompson	M						19	22	41	
12	P. Jackson	L		16					21	37	
13	J. Horne	MV40	13	12			11			36	
14=	R. Unwin	MV50	19				14			33	
14=	P. Bullen	MV40		15		18				33	
14=	H. Blenkinsop	MV60	3	8			7	15		33	33
17	M. Bridge	LV50	6	11	4		9			30	30
18	N. Lawler	M	14	14						28	
19=	D. Troman	M	25							25	
19=	P. Hague	MV40					25			25	
21	C. Knox	MV50	12		12					24	
22=	J. Walker	U18	22							22	
22=	C. Valentine	MV40		22						22	
22=	N. Lockwood	M			22					22	
25=	L. Roberts	L		20						20	
25=	J. Moore	L	5		5		10			20	
25=	K. Loan	MV40					20			20	
28=	P. Gilchrist	MV55	10	9						19	
28=	I. Butler	M			19					19	
30=	D. Harrison	MV60	9		9					18	
30=	J. Myatt	MV40					18			18	
30=	G. Somers	MV50							18	18	
33=	C. Colam	LV50	7	10						17	
33=	E. Stuart	LU18					17			17	
35	S. Strachan	MV40					16			16	
36=	P. Roffey	M	15							15	
36=	D. Ferguson	MV40			15					15	
36=	L. Thompson	LV40					15			15	
39	C. Mandale	M					13			13	
40=	A. Jones	MV45	11							11	
40=	S. Noble	MV40			11					11	
42	S. Lewsley	LV50			10					10	
43=	D. Porter	MV45	8							8	
43=	R. Gittins	L			8					8	
43=	I. Addison	MV70					8			8	
46	A. Buckley	MV60			7					7	
47	C. Charlton	LV50			6					6	
48=	P. Bibby	LV40	4							4	
48=	J. Rutter	MV60	1		3					4	
48=	S. Harwood	MV50			4					4	
51	P. Titley	MV50	2							2	

It is obvious from the above chart that Dave Owens is our busiest runner completing all the Club Fell Races;- well done Dave for keeping injury free and producing such a consistent and very good set of results.

Good to see Martin going so well including quite a long spell off with an injury.

MDS managed to clinch the honours with the minimum turn out--- watch out next year if Martin continues his good form!

POS	NAME	CP	BSB	CH	WAS	LAT	SCA	LDH	TOTAL	4 from 7
KESWICK AC MV40 FELL CHAMPIONSHIP, 2005										
1	D. Owens	25	22	25	22	20	25	25	164	100
2	R. Scott	22	21	21	25	22	22		133	91
3	R. Cooper	21	20	22					63	
4	J. Horne	20	18			17			55	
5	P. Bullen		19		21				40	
6=	C. Valentine		25						25	
6=	P. Hague					25			25	
8	K. Loan					21			21	
9	D. Ferguson			20					20	
10=	J. Myatt					19			19	
10=	A. Jones	19							19	
10=	S. Noble			19					19	
13=	S. Strachan					18			18	
13=	D. Porter	18							18	
KESWICK AC MV50 FELL CHAMPIONSHIP, 2005										
1	R. Unwin	25				25			50	
2	C. Knox	22		25					47	
3	P. Gilchrist	21	25						46	
4	G. Somers							25	25	
5	S. Harwood			22					22	
6	P. Titley	20							20	
KESWICK AC MV60 FELL CHAMPIONSHIP, 2005										
1	H. Blenkinsop	22	25			25	22		94	94
2=	D. Spedding				25		25		50	
2=	D. Harrison	25		25					50	
4	J. Rutter	21		21					42	
5	A. Buckley			22					22	
KESWICK AC MV70 FELL CHAMPIONSHIP, 2005										
	I. Addison						25		25	
KESWICK AC LADIES FELL CHAMPIONSHIP, 2005										
1	J. Meeks			25	25		25	22	97	97
2	M. Bridge	22	20	18		19			79	
3	D. Thompson		21		22	21			64	
4	J. Moore	21		19		20			60	
5	P. Jackson		22					25	47	
6	C. Colam	25	19						44	
7=	L. Roberts		25						25	
7=	E. Stuart					25			25	
9=	L. Thompson					22			22	
9=	S. Lewsley			22					22	
11	R. Gittins			21					21	
12=	C. Charlton			20					20	
12=	P. Bibby	20							20	
KESWICK AC LV40 FELL CHAMPIONSHIP, 2005										
1	J. Meeks			25	25		25	25	100	100
2	D. Thompson		25		22	22			69	
3=	L. Thompson					25			25	
3=	P. Bibby	25							25	
KESWICK AC LV50 FELL CHAMPIONSHIP, 2005										
1	M. Bridge	22	25	21		25			93	93
2	C. Colam	25	22						47	
3	S. Lewsley			25					25	
4	C. Charlton			22					22	

Note to potential contributors;

Basic race reports don't seem to exist any more and as I don't go to as many as I used to not much makes the newsletter. AND I am getting lazier so if you can help out with a report here and there it would be appreciated ,especially if someone fell head first into some mud etc. or they put petrol into their car instead of diesel on their way to the race!!

I see from the FRA website that Keswick Ladies finished 3rd in the FRA relay championships at Alva near Stirling and that the men finished a very creditable 8th o/a or 6th in the open section depending how you look at it.

Well done to all who competed.

Continuation of league table---

J. Beetham	M																	66.88	66.88
M. Sluce	MV40																	81.45	81.45
M. Scott	MV40																	81.33	81.33
C. Kennedy	MV40																	79.49	79.49
J. Reed	MV40																	72.69	72.69
J. Johnstone	MV50																	75.77	75.77
D. Hutchinson	MV50																	71.22	71.22
R. Burchett	MV60																	85.69	85.69
C. Nixon	MV60																	73.19	73.19

This next little bit is the 8 from 13 which applies to the first 9 people on the chart on the previous sheet----but I can't work out how to squeeze it up any more to get it on the page--- not to mention that I can't figure out how the system works anyway!! I reckon Cathy represents the best value for money in the club-- well backed up by her silver medal in the World Vets!! AND she is famous for her cooked breakfasts-- Club Sports person of the year or what!!

8 from 13

788.29
690.43
689.30
676.47
664.15
660.88
632.47
624.22
562.64

~ 29th KESWICK / BUTTERMERE ROUND ~

Sunday 19th February 2006. 11.00am NoEAA Permit 7370

A tough 22 mile road running race organised by Keswick Athletic Club

Entries limited to experienced Senior Club runners only

VENUE ~ The Sports Pavilion, Fitz Park, Keswick, Cumbria. ~ Registration ~

~ Changing & showers ~ Free refreshments ~ Free post-race massage

ROUTE ~ Start 11.00am. from Keswick Moot Hall.

> Borrowdale > Honister Pass > Buttermere > Newlands Pass >

> Swinside > Portinscale > Finish at Keswick Sports Pavilion.

Water stations approx. every 3 miles

ENTRY ~ Enter on race day £5.00 Club members only & aged over 20 yrs

Enquiries to Alan Ritchie, 132 Scotby Rd. Scotby, Carlisle. CA4 8BJ

A Christmas Story By Nick Lawler

A few years ago before we moved to the Lakes, we were staying with friends in Borrowdale. It was New Year's Eve 2001 and the snow lay round about, deep and crisp and even.

I set off for a run too late in the afternoon up the road to Watendlath. As the snow continued to fall and daylight faded, I realised I wouldn't get much further, though the moon was bright (but the frost was cruel). By this time I was into the woods above Ashness Bridge. I had this vague idea that there was a path that cut right, down through the woods, past the Lodore Falls, down to Derwentwater from where I could jog back to the car. I'd probably been that way once before, about ten years previously and on a sunny day.

Big mistake. As soon as I'd left the road I was completely lost. It didn't take many minutes meandering in the general direction of where I thought the path was supposed to be and I decided I was going to die underneath the mountain, by the forest fence near the Lodore fountain.

Suddenly, through the rude wind's wild lament and the bitter weather, an older runner appeared and led me down through the woods. In the master's steps I trod, where the snow lay dented. Heat was in the very sod which the saint had printed.

Therefore, Keswick runners, be sure, wealth or rank possessing. Ye who will now bless the poor, shall yourselves find blessing.

If you were that runner; Thank You. To everyone else; Happy New Year.

LANDGDALE, 8/10/05					DERWENTWATER 10, 6/11/05				
1	R. Hope	P & B		2.08.47	1	A. Jones	Salford		49.38
3	A. Ward	Dark Peak	1stMV40	2.09.31	5	M. Scott	Border	1stMV40	55.14
37	S. Jackson	Horw ich	1stMV50	2.29.09	10	G. Thompson	Border	1stMV45	58.19
51	D. Birch	Kesw ick		2.33.30	12	R. Robinson	Kendal	1stL	58.23
61	C. How ard	Matlock	1stL	2.37.55	16	P. Butterw orth	Clayton	1stMV50	59.50
86	K. Carr	Clayton	1stMV60	2.42.43	28	D. Troman	Kesw ick		1.01.39
122	E. Batt	Dark Peak	1stLV40	2.49.18	61	P. Haw orth	Kesw ick	MV50	1.06.27
129	N. Thompson	Kesw ick		2.50.37	67	K. Loan	Kesw ick	MV50	1.07.04
144	P. Jackson	Kesw ick	L	2.53.33	71	G. Mead	U/A	1stLV40	1.07.13
145	D. Ow ens	Kesw ick	MV40	2.54.05	80	M. Sluce	Kesw ick	MV40	1.07.49
164	J. Meeks	Kesw ick	LV40	2.57.06	82	A. Liddell	Kesw ick		1.07.53
181	M. Laney	Clayton	1stLV50	3.00.57	83	M. Scott	Kesw ick	MV45	1.07.55
232	G. Somers	Kesw ick	MV50	3.09.42	88	M. Shipw ay	Woodstock	1stMV60	1.08.45
368	H. Catlow	CFR	1stMV70	5.13.27	92	K. Beaty	CFR	1stLV45	1.09.07
	369 finishers				94	S. Strachan	Kesw ick	MV40	1.09.15
CUMBRIA RUN					97	C. Kennedy	Kesw ick	MV40	1.09.29
1	J. Kibor	Kenya		1.05.51	128	S. Harw ood	Kesw ick	MV55	1.11.45
12	J. Kandie	Kenya	1stL	1.15.48	133	P. Richards	Kesw ick	MV50	1.12.08
146	A. Liddell	Kesw ick		1.30.55	155	R. Gittins	Kesw ick	L	1.13.44
216	C. Kennedy	Kesw ick	MV40	1.34.47	159	J. Beetham	Kesw ick		1.14.13
242	S. Halliburton	Kesw ick	L	1.36.09	187	J. Reed	Kesw ick	MV45	1.15.59
251	S. Harw ood	Kesw ick	MV50	1.36.30	194	P. Gilchrist	Kesw ick	MV55	1.16.16
277	N. Pritchard	Kesw ick		1.37.51	196	N. Law ler	Kesw ick		1.16.24
331	P. Richards	Kesw ick	MV50	1.39.46	197	S. Halliburton	Kesw ick		1.16.26
425	J. Johnstone	Kesw ick	MV50	1.43.12	215	C. Colam	Kesw ick	1stLV55	1.18.02
492	P. Gilchrist	Kesw ick	MV50	1.45.56	227	J. Johnstone	Kesw ick	MV50	1.18.58
597	G. Wilson	Kesw ick	MV40	1.49.44	244	R. Burchett	Kesw ick	MV65	1.20.14
633	L. Milne	Kesw ick	L	1.51.25	246	I. Addison	Kesw ick	1stMV70	1.20.20
634	I. Milne	Kesw ick	MV40	1.51.27	292	D. Hutchinson	Kesw ick	MV50	1.24.01
808	I. Nixon	Kesw ick	LV55	1.58.58	323	A. Turner	Kesw ick	LV45	1.25.49
841	C. Nixon	Kesw ick	MV65	2.00.22	382	C. Nixon	Kesw ick	MV65	1.33.56
1038	H. Dunn	Kesw ick	LV45	2.12.08	400	G. Robertson	Kesw ick	LV40	1.37.34
	1273 finishers				422	H. Blenkinsop	Kesw ick	MV65	1.44.49
PENTLAND SKYLINE, 9/10/05					BRAMPTON-CARLISLE, 19/11/05				
1	J. Symonds	Dundee		2.25.53	1	M. Scott	Border	MV40	52.22
2	S. Whittle	Carnethy	1stMV40	2.33.35	174	P. Hague	Kesw ick	MV45	1.05.37
17	J. Mykura	Carnethy	1stL	2.57.07	181	C. Kennedy	Kesw ick	MV40	1.06.14
26	J. Blair-Fish	Carnethy	1stMV50	3.08.26	289	R. Gittins	Kesw ick	L	1.10.35
27	C. Valentine	Kesw ick	MV40	3.08.57	304	P. Gilchrist	Kesw ick	MV55	1.11.18
MANOR WATER					346	J. Riley	Kesw ick		1.13.00
1	M. Whitelaw	Annan		73.00	403	B. Booth	Kesw ick	MV65	1.15.39
3	J. Kennedy	Clydesdale	1stMV40	74.37	544	I. Nixon	Kesw ick	LV55	1.25.15
5	A. Mudge	Carnethy	1stL	75.38	545	C. Nixon	Kesw ick	MV65	1.25.17
13	M. McEw an	Carnethy	1stMV50	80.06	605	M. Cook	Kesw ick	LV60	1.39.24
14	C. Valentine	Kesw ick	MV40	81.46		614 finishers			
32	L. Stephenson	Kesw ick	MV50	91.04	LANGDALE 10K, 18/12/05				
36	C. Pritchard	Carnethy	1stMV60	93.33	1	S. Little	Wesham		32.28
	54 finishers				11	R. Robinson	Kendal	1stL	35.04
SEDBURGH HALF-MARATHON, 30/10/05						P. Roffey	Kesw ick		42.20
	I. Nixon	Kesw ick	1stLV50	1.58.00		R. Gittins	Kesw ick	L	43.42
DUNDERDALE, 5/10/05						J. Moore	Kesw ick	L	45.14
1	S. Stainer	Ambleside		42.02		P. Titley	Kesw ick	MV50	46.40
14	M. Roberts	Borrow dale	1stMV40	45.52		D. Leary	Kesw ick	MV55	50.00
26	J. Winn	CFR	1stMV50	47.24		A. Dow nie	Kesw ick	LV45	50.08
38	M. M-Barron	Kesw ick		48.28		M. Robertson	Kesw ick	MV40	50.39
57	S. Taylor	Bingley	1stL	50.4?		I. Nixon	Kesw ick	LV55	50.48
60	D. Spedding	Kesw ick	1stMV60	50.47		D. Roffey	Kesw ick	L	52.16
83	L. Roberts	Kesw ick	2ndL	53.14		K. Ow en		MV45	52.50
						C. Nixon		MV65	53.54
						L. Crossfield			55.50
						G. Robertosn		LV40	56.22
						500+ runners			



The Connoisseurs Mountain Marathon

Lamm 2006 17th/18th June Scottish Highlands

A Two-Day Mountain Competition for Pairs with Overnight Campsite

This year's Lamm is in the Northern Highlands on the 17/18 June. If you fancy a trip to Scotland, put it in your diary now, find yourself a partner for the week-end and sign onto the mailing list at www.lamm.co.uk.

I think you can only apply for a place via the web-site from mid-February. It's worth doing quickly because the event is always over-subscribed. If you are on the mailing-list you will be notified automatically when entries are being accepted.

There are six classes on the Lamm (all available for single sex or mixed pairs, any age group over 18). Based on last year's event in Mull, the approximate distances for each course, height climbed and the cumulative time for the winning team, over the two days of the competition are as follows:

Elite: 43.5 miles 11,000ft 11hrs 25mins

A: 37 miles 9,000ft 12hrs 11mins

B: 32.5 miles 8,000ft 10hrs 19mins

C: 29 miles 7,000ft 11hrs 8mins

D: 27 miles 7,000ft 11hrs 19mins

Novice: 18 miles 5,000ft 10hrs 44mins

If you are thinking of applying, even if you haven't got a partner at this stage, let me know and if there are enough of us going from Keswick, I will arrange transport and/or try and partner people up for the competition.

Nick

Email: nick@winderhall.co.uk Tel: 01900 85107

PS Lamm doesn't clash with any of the Club Championship races. You could have a good 'warm up' the week-end before on Ennerdale and gentle-jog round Langstrath the following week!

A race you may not find in the FRA calendar; but well worth a visit. 9 mile or so

Provisionally Loughrigg-Silver Howe Chase will be on 26th February at 12.00 hrs. S/F from under Loughrigg road by footbridge out of Rothay Park Ambleside, registration at the Rugby Club. EOD only £3 - soup, flapjack and tea included. Full body cover, map, compass and whistle is MINIMUM kit requirement - hat and gloves may be required.

Check with Pete Bland Sports nearer the day to make sure it is on.

PS

Calling all male V50's

There is an award for this category as a team of 3 in the English Championship--- There are lots of you out there of a standard that would win it for us. I'm keen to help out. The only sacrifice would be missing Fairfield as a Club race to do Wainstones the day after!!

See you at Carding Mill for the first counter!!!