

# Pacemaker

The Newsletter of Keswick Athletic Club  
For Spring 2006

Casually browsing my mother's latest copy of Saga [what you laughing at?] I spot an article about the ever presents at the London Marathon which I know includes our own Rainer Burchett. Unfortunately I am not sure if he is on the photo as I don't know him well enough, but I am disappointed that he is not in the [somewhat poor] editorial. Never mind Rainer will be on the start line I am sure for his 26 not out. Living in the sticks somewhere near Ullswater Rainer comes across some strange things from time to time and how about the following for a bit out of the ordinary ---- "Another memorable moment occurred on Christmas Eve, running in the valley between Little and Great Mell Fell I saw an unusual phenomenon - a white rainbow. This was a luminous white arch, rainbow shaped and moving with me as a rainbow would. Looking it up on the internet later (as I'd never heard of anything like it) it apparently occurs with sun on very fine mist where the drops are too small to refract the colours for a coloured rainbow, it simply reflects them back. Another name for it is a fog bow. Definitely exists and quite different to a broken spectre." Rainer's Joss Naylor Challenge report is to be found on a later page in this edition.

## Obituary

Some of the older members of Keswick AC might like to know about the sad news that Boyd Millen passed away a day after reaching his 70th birthday.

Although not a member of Keswick, (being a member of Kendal in their fellracing heydays of the 70's), he spent a good few years living in Keswick, performing the magnificent feat of a double Bob Graham and becoming a specialist in long distance walking, with dozens of 100 mile walks under his belt and a couple of Centurians (walking 100 track miles in 24 hours) in England and Australia. He and Mike Pearson were the original instigators of the Buttermere Round and did a few Karrimors together. He will be very sadly missed.

## First Place

It is always nice to report an outright win and Dave Troman's weekend long runs looked to have paid off with a long orienteering event win. Result from weekend 5.3.06 Chew Valley Mountain Marathon North end of Dark Peak, Holme Moss, South Saddleworth. Long Course (4 1/2 hour score class) 1st Dave Troman Well Done Dave

## England Athletics

In case you are vaguely interested as from the 1<sup>st</sup> April 2006 the new governing body of our sport is England Athletics.

I think it was UK Athletics before so it looks to me like it is narrowing down a bit!! No doubt you could look it up on the internet somewhere, but I can't be bothered.

## Mid Lancs Cross Country

For the second year running we staged one of the league events and from what I understand it was equally as successful as the first. Duncan & Trish Overton were the mainstay of the organisation, but they were very grateful for all the back up from club members. They thank you as follows:-

A great big thanks to all of you who helped in any way. You are far too numerous to mention individually, & if we try to list you all we're bound to forget someone, as quite a few people just pitched up on the day and got stuck in. It was a cold day, & those of you who survived 4 hours or more marshalling, well done.

Lots of our lady members, & a few gents, baked cakes, buns, flapjack etc for sale at the Refreshment Bar in the Pavilion. As the day was pretty cold, trade was brisk, & the profits were up on last year's event. Over £230 will be going into club funds from the event.

## English Fell Champs

The first race was at Carding Mill Church Stretton which I thought was the type of "Round Latrigg" style that would suit our membership. Me out of touch you could say, as the only male Keswick Member there trying to help out with our V50 team challenge. The ladies at least managed a squad of 3 and were only pipped by one point for first place. I managed to scrape 1<sup>st</sup> V60 on a course with 3 climbs but none more than a handful of minutes duration each. The highlight for me was the inadequate organiser who [must have been a teacher] gave a 5 min lecture before the start, then asked if anyone had any questions, one asked for a metal post to be removed from the start area a mere 5 yds from the start. The organiser refused and asked some poor soul to stand in front of it. I was one of the those bundled into this person who was knocked to the ground in no uncertain manner. Organisers are precious to the sport, but at what price! Rumour has it that the normal steep finish to the race had been changed in favour of a fast track finish either a) to favour the locals or b) that it was not safe.!!

## British Champs

The Irish race on 1<sup>st</sup> April was not for fools-- a real up and down course with no "round latrigg" bits in sight.

No Keswick folk in sight either, except me of course trying to help the team out!! Never mind Lou was there to give me encouragement even if she didn't run. Again I managed the V 60 thing as there was no opposition.

After sitting in the hired car for what seemed like hours listening to 5 live radio I passed the next 3 hrs in the pub waiting for the prize giving. Talking to the FRA secretary we noted that when the results were finally revealed several hours after the race, he was not in fact on the list and had not been recorded as finishing. Why then were the organisation not out looking for him? A quick word and he was slotted in a suitable position on the finish list. A great race with Mickey Mouse organisation at the finish.

### Secretaries Musings

Having just reread my Musings from 12 months ago I am tempted just to send it in again, I doubt that anyone would notice! A quiet but good start to the year, some excellent race results from members, a successfully staged Mid Lancs cross-country, New Balance Shop evening and yes, still no Publicity Officer!!. Apart from all that, membership continues to increase and the number of members entering races has been impressive.

The senior club training sessions have been very well attended and the light evening sessions, which are listed elsewhere in this newsletter look good. We are going to continue with my Parlaufs on the first Tuesday of the month, using the 'Round Latrigg' course which is more challenging than the town route. Drinks and food will be as usual in The Pheasant Inn, Crosthwaite Road which has had a facelift but has retained its friendly atmosphere and more importantly welcomes sweaty, smelly runners!.

Many of the recent successes by club members have been in the veteran classes. This is of course a trend everywhere, but we seem to excel in the 'grey' categories. We have talent in depth in all age groups which hopefully will continue to produce individual as well as team prizes. The problem for us 'oldies' is not so much trying to improve, but to stop the rot, each race seems to be a damage limitation exercise!.

At the other end of the age scale we have also had some very promising performance, notable from Martin M-Barron and Emma and Rosie Stuart. Rosie was our star at the Mid Lancs cross-country in the Fitz Park winning her age category. Pippa Jackson has had some impressive results, latterly winning The Causey Pike Fell Race. Catherine Brennan did well at Buttermere Round, finishing 3rd lady and is one of our band of members who will be running the London Marathon in a few weeks time.

Good luck to you all with your training and racing. Pete.

### Club Stats Q1 2006

As you are all aware I've taken over the mantle of statistician from Lyn. The format will vary from that given previously – namely I'll simply publish results rather than all the category winners as previous. Championship tables will be incorporated when enough results are in to prepare a meaningful table.

If you wish to have anything incorporated please forward the results – preferably in excel format. This makes manipulating the data easier and can then be simply copied in as a nested table, instead of typing everything out from scratch every time.

### **Buttermere Round 2006.**

The Club Championship circus got underway in 2006 with the Buttermere Round. The annual self-flagellation around the lanes and byways of the central lakes was an excellent day out, as well as providing a useful opportunity to get a decent Marathon time on board. Cold and crisp conditions and a headwind from Newlands home made the day!

Pos.	Time	Name	Category	Marathon
4	2:26:2	DENHAM-SMITH, Mark	Senior Men	2:48
17	2:41:0	OWEN, David	Men 45 to 49	3:05
34	2:54:5	BRENNAN, Catherine	Senior Ladies	3:21
37	2:57:0	HARRISON, Derek	Men 55 to 59	3:23
41	3:01:5	STRACHAN, Stephen	Men 40 to 44	3:29
43	3:12:0	LAWLER, Nick	Senior Men	3:41
55		BUCKLEY, Allan	Men over 60	3:52
56		BURCHETT, Rainer	Men over 60	3:53
59	3:23:5	JOHNSON, Andrew	Men 45 to 49	3:54
61	3:39:5	GILCHRIST, Patric	Men 55 to 59	4:13
75	4:02:5	DENHAM-SMITH,	Ladies 35 to 39	4:39

**Blakes Heaven.** Good rankings from what is usually a pacey course. Always wet and slippy – or at least it was last year.

	NAME	TIME	CAT	CLUB
6	R.Stones	39.02		Kes
8	M.Mikkesson	39.07		Kes
22	C.Valentine	40.32	V45	Kes
30	N.Thompson	42.40		Kes
42	J.Beetham	46.34		Kes
46	J.Meeks	47.14	Lv40	Kes
66	D.Fawcett	54.35		Kes
78	G.Hadwin	58.06		Kes
86	H.Blenkinsop	78.30	V70	Kes

## Carnethy 5

Positio	Race	Time	Name	Club	Categ
101	257	64:04:	David Spedding	Kesw	M60
152	121	68:39:	Martin Sluce	Kesw	M40

### Carding Mill

The First English Championship Counter was down in Shropshire. Good results from Dave Spedding and the ladies:

Ladies:

6<sup>th</sup> – Pippa Jackson – 54.10

12<sup>th</sup> – Louise Roberts – 57.24

27<sup>th</sup> – Lyn Thompson – 62.04

Men

1<sup>st</sup> V60 – Dave Spedding – 54:25

### Dumfries Marathon:

Derek Harrison – 3<sup>rd</sup> Vet 50

Susan Denham-Smith – 4 44

Mark Denham-Smith – Blobbed.

I was winning at 23 miles but by mile 24 was weaving about in the road – the first aiders caught me and sat me down – game over.

That's the beauty of the Marathon. Excellent run by the other Keswick members that ran – Dumfries is a brilliant course, this should

be in the club championships next year! Susan's time corresponds almost exactly to her Buttermere pro-rata time which shows that

Alan gets it right.

### Mid Lancs XC fixture held at Keswick:

#### Mid Lancs Xc

James	Hodgson	K	U11	M	00:08:27
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#### Mid Lancs Xc

Brand-Barker	Angela	K	V35	F	00:27:41
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Brennan	Catherine	K	F		00:27:50
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Haworth	Anne	K	V45	F	00:27:57
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#### Mid Lancs Xc

Robin	Stones	K	M		00:44:04
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Keith	Hill	K	M		00:45:06
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#### Mid Lancs Xc

Louisa	Knox	K	U17	F	00:16:39
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#### Mid Lancs Xc

Rosie	Stuart	K	U15	F	00:12:41
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#### Mid Lancs Xc

James	Rush	K	U13	M	00:14:37
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Ben	Hodgson	K	U13	M	00:16:06
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### Haweswater Half

One of the most enjoyable halves in the area. Depending upon where you are in the field you can either watch folk struggling over the hill for the first time on your way back or catch the leaders cruise home.

3<sup>rd</sup> Lady Kathrine Brennan - 1 32

9<sup>th</sup> Lady Sharon Halliburton – 1 37

10<sup>th</sup> Lady Rosanne Gittins – 1 38

254<sup>th</sup> Keith Owen 2 09

3<sup>rd</sup> MV60 – Alan Buckley 1 45

A few forthcoming races from a neighbours programme

### **Derwent Athletic Club Annual Race programme**

#### **Derwent AC Grand Prix Race Series Y2K6**

##### **(4 Tuesday evening races)**

**18 April 2006 'Lambfoot Loop' Road Race (5 ½ Miles) (Permit No. 7372)**

**23 May 2006 'Derwent Hilly 10' (10 Km) Road Race (Permit No. 7373)**

**4 July 2006 'Hay – O' (6 Km) Trail Race (Permit No. M/T 235)**

**8 August 2006 'Setmurthy Snap' (6 Km) Road Race (Permit No. 7374)**

**\*\*\*All the Tuesday evening races start at 7 p.m. prompt\*\*\***

**(Held under U.K. Athletics Rules, North of England AA Permit events)**

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*Entry fee for the above races: £4.00 Club runners each race (£6.00 unattached runners)*

**Registration at Derwent A.C. Clubhouse.**

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#### **A date for your diary:**

**Saturday 9 September 2006: Nora Miller Memorial 10 Km Road Race**

**Start Time: 2.30p.m. (incorporates Cumbria AA 10 Km Road Race Championships)**

**(Details to be published later)**

A couple of other road races

Dallam Dash 30th April

Dalton in Furness 10K 5th May

#### **JOSS NAYLOR CHALLENGE – REPORT**

This is the report on Rainer Burchett's Joss Naylor Challenge attempt on Saturday August 20<sup>th</sup> 2005.

The journey started at precisely 4:30 a.m. at Pooley Bridge in dry, warm conditions.

##### **First Leg – Pooley Bridge to Kirkstone Pass**

**Pacers: Robin Gillespie, Karen Heaviside, Dave Spence (all Eden Runners), Nick and Linda Stamper (unattached)**

After a brief meeting in Karen's kitchen (overlooking the start), Linda and Karen agreed to carry my kit, Robin and Dave undertook navigation and Nick came along for the ride, uncertain about finishing due to a dodgy ankle.

We needed head torches for about the first 30 minutes, the full moon was playing hide and seek with the clouds as it set. It was misty and cool on the tops and we soon climbed into warmer gear. The leg went very smoothly and we reached Kirkstone 20 minutes ahead of schedule.

##### **Second Leg – Kirkstone Pass to Dunmail Raise**

**Pacers: Dave Owens, Geoff Somers and Lyn Thompson (all of Keswick AC, my own club)**

Having been ultra disciplined with drinks etc on the first leg I unaccountably lost concentration on this section, too distracted by good company and fine scenery once the early morning mist vanished by the time we reached Fairfield.

We pretty much covered the route in the time allotted which meant we were still 20 minutes up at Dunmail Raise. I realised as I reached Dunmail that I wasn't feeling as good as I'd hoped, mainly due to lack of hydration.

##### **Leg 3 – Dunmail Raise to Sty Head**

**Pacers: Dave Clarkson and Barry Johnson (Cumberland Fell Runners)**

Dave and Barry are old friends, initially from an Everest Marathon trip in 1995. Dave and I helped pace Barry on his own, successful, Joss Naylor challenge 5 years earlier.

I really suffered on the steep climb up Steel Fell but Barry and Dave enforced strict discipline with water and food and by the time we reached High Raise I was feeling better. We had sunshine, clear skies and amazing views all the way to Great End and Sty Head. However I was losing time against what I now realise was an over-ambitious schedule of 17 hours, thankfully I had 24 hours to complete a legal challenge.

We were met at Sty Head by Alison and Robin Turnbull who had ferried relief supplies and were forgiving about the extra hour or two hanging around waiting for us. I tried to make up for the lack of earlier feeding but lost the lot half way up Great Gable. I then felt better but had to resign myself to a slower pace as the darkness encroached. We had some magical hours roaming the fells by bright moonlight, head torches off, before finally and thankfully getting to the top of Middle Fell and the relatively kind descent to Greendale.

This must have been one of the best days ever for the Challenge and it was fortunate that three challengers chose that day and we all succeeded.

The 1<sup>st</sup> of the “**Wild Race Series**” held in Hamsterley Forest on Sunday (26<sup>th</sup> March).  
 Angela Brand Barker Was 2<sup>nd</sup> Lady and 17<sup>th</sup> o/a in a time of 48.59 about 1.30mins behind the first lady  
 The race was won by Sean Colter of Leeds City in 41.54  
 Dave Leary (a new member also ran & finished in 68:35 & 69<sup>th</sup> out of 83 runners.  
 Ed. I'll pass on the whereabouts of the above mentioned forest!

## Training Sessions for the 2nd Quarter 2006

The training plan for April to June is set out below. If you would like to make any suggestions for training, please send them to us using this e-mail address: [training@keswick-ac.org.uk](mailto:training@keswick-ac.org.uk)

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

Website: [www.keswick-ac.co.uk](http://www.keswick-ac.co.uk)

Most training runs will be off-road. Meet at Rawnsley Pav for 6:15 unless stated otherwise.

Check below if studs are needed, otherwise trail shoes or flats will be OK.

Mini Races: Jog/bike/drive to the start point for a short race 2 to 4 miles. 6:30pm prompt start, so be there for 6:15pm latest. Route map at start - course will be obvious route. May be h'capped.

### April

4	Pete's Plf & pub	6	8 x 90 sec hills - studs/trail shoes	Social Run
11	Round the Houses tomorrow. Pitch up for easy	13	Social Run	
18	Mini-race 6:30 start: Gt Wood - NY272215 - Over Walla, fell	20	Anniversary Waltz on Saturday - easy run	
25	Grisedale Grind tomorrow. Pitch up for social	27	Social Run	

### May

2	Pete's Plf & pub	4	10 X med hills - steep - studs	Social Run
9	Mini-race 6:30 start: Uzzicar roadside parking - NY232215 - Over Barrow, fell Need a lift? Let us know.	11	4 mile h'cap TT - along railway, meet Swimming Pool car park 6:15 start	Social Run
16	Moorclose 10k Race - flat & fast, road 7pm, Moorclose Sports Centre	18	Social Run - Fairfield H'shoe on Saturday, Club Counter, also Wain Stones English	
23	Two Riggs Race 7:15 NY319214	25	Easy Fartlek off road	
30	Mini-race 6:30 start: Cattle grid, Cat Bells zig-zag - NY247212 Need a lift? Let us know.			

### June

		1	8 X 90sec hills - steep - studs	Social Run
6	Coledale Horseshoe Blencathra tomorrow	8	Fartlek off - road, tracks & paths	Social Run
13	Pete's Plf & pub	15	Medium efforts on grass	Social Run
20	Easy run, Langstrath tomorrow	22	Easy Fartlek off road	Social Run
27	Easy run, Hawkshead 10K tomorrow	29	Easy run over Walla	Social Run

**Sunday Runs - No organised programme over the Spring / Summer due to all the races, but watch the website**

## Kendal Winter League

This is a series of 12 short winter races ranging from the mild Firbank (hilly) cross country to the toe curling (steep, rough and often snowy) Barbon Fell, with 10 best results counting towards each age category championship. Thankfully the series is geared towards the junior runners, under 12's, under 14's and under 17's doing their own courses so its only the over 17's that can show the seniors up. Although sometimes the under 17's are also let loose on the more mature runners to really give them a hard time. Starting in January on Sundays at midday, entries are on the day (£2.50 senior £1.00 junior), the courses are flagged, well managed and now are attracting many more runners than the handful who started back in the 1970's.

Last year the first two events were inaccessible for anyone north of Grasmere due to the floods we endured, this year two of the events had to be cancelled completely due to the volume of snow in March, Langdale being possibly the most affected valley.

Several Keswick runners have had a go this year, including new records being established by Rosie Stuart (U/17's) and big sister Emma showing most of the seniors a clean pair of heels. Meanwhile defending champion (u/17's) Emily Knox entertained the crowds with the odd airborne finish cushioned with some quality mud diving. Maybe that's why her dad has grey hair? (full details available on [www.felljunior.org.uk](http://www.felljunior.org.uk))

## Causey Pike Results for Keswick Runners as follows:-

11	M. M-Barron	Keswick		38.29	
19	E. Loffill	Keswick		40.01	
24	P. Jackson	Keswick	L	40.51	
32	C. Valentine	Keswick	MV45	41.42	
44	D. Owens	Keswick	MV45	44.32	
55	L. Thompson	Keswick	LV50	46.26	
60	J. Beetham	Keswick		47.00	
73	J. Horne	Keswick	MV45	49.18	
87	C. Knox	Keswick	MV50	52.02	
91	J. Downie	Keswick	MV55	53.20	
93	A. Johnson	Keswick	MV45	53.55	
95	P. Gilchrist	Keswick	MV55	55.07	
96	A. Buckley	Keswick	MV60	55.32	
101	M. Bridge	Keswick	LV50	57.29	
104	G. Hadwin	Keswick		58.11	
105	T. Smith	Keswick	L	60.06	
110	J. Rutter	Keswick	MV70	69.40	
111	H. Blenkinsop	Keswick	MV65	72.27	

## Loughrigg Results

1	Nick Sharp	Ambleside AC	M	17.09	27.53
7	Ed Loffill	Keswick	M	18.44	31.15
8	Martin Mickelson-Barron	Keswick	M	19.08	31.27
46	John Beetham	Keswick	M	22.03	35.36
49	Lyn Thompson	Keswick	FV50	22.56	36.58
69	Gareth Hadwin	Keswick	M	24.28	40.29
73	David Harrison	Keswick	MV60	25.59	41.17

## Middle Fell Sat 8<sup>th</sup> April

Just got back from this fast start practice for the Anniversary Waltz dreaded outrun.

Results from a 4 seasons in an hour race-- Pez up for a couple of weeks from darkest Wales helped boost our attendance, but with the Blue and White from west Cumbria flooding the start line we were on a difficult task on the team front. All to no avail as there was no team award! Not even a V 60 award. A very good meal afterwards for all competitors in the sponsors hotel -The Screes at Nether Wasdale.

1 <sup>st</sup>	Brian Taylor	54.02	and a £100 prize
4 <sup>th</sup>	Martin M Baron	56.39	
12 <sup>th</sup>	Dave Spedding	60.28	3 <sup>rd</sup> V50
22 <sup>nd</sup>	Pez Bullen	62.41	
59 <sup>th</sup>	Gary Hadwin	78.30	
76 <sup>th</sup>	Harry Blenkinsop	108.03	

# ***KESWICK “ROUND-THE-HOUSES”***

**Wednesday 12th April 2006 at 7.30 pm**

**Certified Accurate 93/067  
Permit NoEAA 7386**

*Keswick Athletic Club present “Round the Houses”  
an evening 5.3 mile road running race around Keswick Town*

**VENUE** *Cricket Pavilion, Fitz Park, Keswick, Cumbria  
~ Registration ~ Changing ~ Showers ~ Refreshments ~*

**ENTRY** *On race day only ~ Enquiries to Alan Ritchie  
132 Scotby Rd. Carlisle CA4 8BJ Tel. 01228 513200*

**FEE** *£4:00 Club members ~ £6:00 Unattached ~ £3:00 Keswick A.C*

*~ Visit the Club web site at [www.keswick-ac.org.uk](http://www.keswick-ac.org.uk) ~*

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*KESWICK “ROUND THE HOUSES” ENTRY FORM ~ uk:athletics rules apply*

*SURNAME* -----

*FIRST NAME* -----

*AGE on race day* ----- (*min. 16 yrs*)

*MALE or FEMALE* -----

*CLUB or UNATTACHED* -----

*uk:athletics Membership No.* -----

*ADDRESS* -----

*EMERGENCY CONTACT Tel. No. on race day* -----

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

*SIGNATURE* -----

*DATE* -----