

# PACEMAKER

Update 2004 [resulting from committee meeting 12<sup>th</sup> Jan]

## FELL RUNNING CHAMPIONSHIP RACES FOR 2004

Wed April 28 Grisedale Grind 7.00pm

Thurs May 27 Two Riggs 7.15pm

Tues June 1 Blencathra 7.00pm

Wed July 7 Fellside 7.15pm

Sun July 18 Kentmere 1.00pm

Sat Aug 7 Borrowdale 11.00am

Sat Sept 25 Two Breweries 12noon This is a point to point race.

### **RULES** Road & Fell

1. Any 4 races from 7 to count.
2. You must do a minimum of 4 races to qualify for a prize.
3. Points attributed as follows;- 1<sup>st</sup> 25pts 2<sup>nd</sup> 22 3<sup>rd</sup> 21 etc etc
4. Vets, Ladies and Lady vets are included in the main championship, but also have their own championships e.g. 1<sup>st</sup> Vet 40 25pts 2<sup>nd</sup> 22pts etc  
For example a lady aged 42 could be 4<sup>th</sup> overall 1<sup>st</sup> Lady and 1<sup>st</sup> Lady Vet 40

## ROAD RUNNING CHAMPIONSHIP RACES FOR 2004

Sun Feb 15<sup>th</sup> Buttermere Round 11.00am or any marathon [Buttermere time converted to marathon time for championship purposes]

Sun Feb 29<sup>th</sup> Netherhall 10 mile **11.00 am** The Mill Inn, Dearham, nr. Maryport  
Entry fees £6/£7 (on day no extra) (payable to 'Cumberland AC') limit 150 - limited entries on the day. C/d 22/2/04 **Contact: John Lewis, 11 The Parklands, Cockermouth, Cumbria CA13 0XJ - tel. 01900 822995**

Sun May 2<sup>nd</sup> Keswick H/ M

Wed June 30<sup>th</sup> Hawshead 10 K

Wed July 28<sup>th</sup> Swinside 6

Midweek Sept Gosforth 10K Date to be advised

Sun Nov 7<sup>th</sup> Derwentwater 10

### **The Club League**

Introduced for the first time last year, after much discussion, it was decided to retain the format for another year.

It was felt that a system of 10 from 13 or similar would just become another club championship.

No one wanted to encourage over racing.

The format to be reviewed again at the end of the season.

Feedback would be greatly appreciated, after all the committee are there to implement what the membership want.

### **Membership**

By the end of 2003 we had an all time high of 192 members----- you will understand why I like sending newsletters by email instead of stuffing envelopes! [about 45% emails]

A big thank you to all those who have sent their 2004 subs to Tony Brand Barker. For those who haven't got round to it ,please help to reduce admin by sending your £9 senior or £2 junior fees as soon as possible. I'm sure Steve Fletcher will take junior fees if that way is easier for you.

### **Marshalling**

The possibility of championship points for marshalling was discussed, but generally thought better to try and encourage members in other ways.

Please try and make an effort to volunteer by contacting a race organiser to offer your services. The sooner the better, but if you turn up on the day your offer will still be appreciated.

### **Laser Printer**

The club has just acquired a 20 page per min model which will relieve Steve Harwood of the onerous task and cost of printing he has taken on for innumerable years.

Very many thanks to Steve—you might be able to get a bit more time for running now- or even a bit of architecture.

This printer is available for any club tasks. Contact Pete Richards.

Race organisers could make use of the facility. I imagine there would be a small cost element although it would be cheaper than outside printing and no money would change hands. If your next door neighbour does it for free, don't change a good system.

### **TEAM EFFORT**

We know the ladies can do it, and whilst the men would be hard pressed to win a championship lets all get out there and get **OUR** club established at the top end of the lists. Turning out is the secret to winning championships—Louise will lead by example as usual and I hope to be able to do the same.

PS The New Balance Shop in Bank Street Keswick is offering 20% off all stock for Keswick AC members up to the end of January.