



Inside this issue of...

Ladies' Team Captain's Report <i>Jo Gillyon</i>	2
Junior Section Report & Race Programme <i>Martin Sluce</i>	3
KAC Junior Race Report <i>Ben Hodgson</i>	4
Ian Hodgson Mountain Relay Special <i>Ian Davies, Sarah Bailey & Rob Wynne</i>	8
UK FRA Relay Championships Special <i>Ian Davies, Julie Carter & Rob Wynne</i>	12
Norseman <i>Simon Neville</i>	16
Some veteran thoughts on the Borrowdale <i>Allan Buckley</i>	19
Goodbye to Bram Crag Farm <i>Allan Buckley</i>	20
Confessions of a non-athlete <i>Siobhan Brewer</i>	21
New members	21
Marathon Blueprint <i>Russell Maddams</i>	22
Diary Dates	23
Massage Matters <i>John Beetham</i>	24
Member Profile: Pat Richards	25

Chairman's thoughts



It's that time of year again for the committee to plan for the AGM, details of which can be found in this newsletter. It would be good to see as many members as possible there and do let us know if you would like to be involved with the running of the club. You cannot have too many willing volunteers – as Jo discovered when she asked for help with the results computer! It has been an excellent year all round with so much happening. At the moment there are circuits on Monday, training Tuesday and Thursday and a ladies' beginners run on Wednesday, and that's before the weekend races including x-country.

Pete Richards

Keswick AC led the way with having its own website. This has proved so popular with members and non-members alike and the club's blog has become a great way for members to communicate with each other. We are now proposing to add an online payment site, which will allow members initially to book their places at the Annual Presentation Dinner. If successful it will then be available for renewing subscriptions. For those who would prefer to pay in old money, fear not, you will still have that option.

On the running front we have continued to see some excellent results – especially at the Ian Hodgson Mountain Relay, where the men's team was 4th and the ladies a superb 2nd (which they followed with 3rd place in the FRA Relay). Too many great individual performances to mention, but one that may have gone unnoticed was Steve Hebb's win at Wasdale Show.

All in all a very good year for the club, 2011 will be even better.

Hope to see you all at the AGM!

Pete

Editorial

Welcome to the autumn issue of *pacemaker*. It's a long one, so I'll keep my bit short. There are lots of great articles, as you'll see for yourselves. So I'll just mention a couple here: a piece on the junior fell races by junior member, Ben Hodgson – thanks Ben, I really hope we can publish more by you and other juniors in the future; and our first poem of the year, courtesy of Julie Carter (see page 13) – thanks Julie, I hope it will inspire further creativity from other budding literati!

continued on page 2...

Quentin Merritt



Editorial...continued from page 1

There are three other things I'd like to mention. First, the club's Safety Officer has asked me to remind all members that if you abandon a race for any reason, you must report it to race registration. This is to avoid triggering unnecessary searches. Unfortunately, we have heard (informally) of a couple of cases where this did not happen. Happily, these (and we) were not

reported to the FRA. Second, we would like to know if you are happy to receive your copy of *Pacemaker* by email, or if you would prefer to receive a paper copy. We will be conducting a survey on this shortly – watch out for the email. And third, we are piloting an online shop for the club. This allows you to buy tickets for the Annual Presentation Dinner online and also to pay

Quentin Merritt

annual membership fee. If all goes well, this could be extended in future to allow online payment of race entry fees – if there is sufficient demand for it. The website for the shop is: <http://www.freewebstore.org/Keswickac/>

Happy reading – and running

Quentin
q.merritt@tiscali.co.uk

Women's Team Captain's Report

It's hard to believe the fell racing season is at an end. Thanks to a strong consistent team turnout this year I feel like we have really put Keswick AC back on the map at a national level. A huge thank you to all involved.

Shelf Moor, which was the final English Championship race, was particularly well attended and the number of yellow vests didn't go unnoticed by the competition! Our efforts have ensured a bronze medal in the English Team Championship. Superb, well done everyone! There have been one or two promising results in the individual championship too. Julie Carter, new to Keswick AC this year, posted a brilliant 5th in the V45 category. Cat Evans, in her debut national championship season, managed a very creditable 16th and Holly Williamson also scored points in each race finishing 22nd (Ste – take note for your fantasy fell running team next year!). (*Ed – What kind of fantasy, exactly?!*)

The last British counter was not easy; a long race covering a multitude of terrain in the Black Mountains. Beautiful weather ensued but it did little to ease the pain at the finish line. I left the

race feeling like a broken woman, fearful I would need a week in bed before I could consider running for a bus, never mind anything else. However, another tremendous turnout and team effort has secured an impressive silver medal in the open team championship. And more promising individual results here, too. Cat Evans managed to score here as well as in the English and finished 14th overall. Julie Carter also claimed success with an impressive 5th place in the V40 category. And last but certainly not least – an enormous well done to Pippa Maddams, who reigns as British Fell Running Champion for another year! Pip has had another superb year, smashing Vic Wilkinson's Grasmere Guides record and Angela Mudge's Dollar record to name just two of her outstanding performances this year. Don't know how she does it, but an inspiration to us all!

The focus does tend to shift to road and cross country now for the coming winter months. The training program goes from strength to strength thanks to Dunc and there is plenty going on with circuit training, speed work sessions and some of us will be incorporating a few track sessions

Jo Gillyon



too. There is plenty of racing as well, with a few local fell races still left in the calendar, plenty of road races and, of course, cross country to go at. Check the website for more details or drop me a line – jogillyon@yahoo.com.

Jo

Junior Section Report



New approach

For those who haven't sussed it yet, Keswick Juniors has moved on to a new phase in the Club's life. Following Dave Troman and others starting up weekly training at Keswick School, we were left

training only the younger runners. And there are not a lot of you out there! It became very common for three trainers to turn up for just one or two runners. Or even one evening when a group of adults were stood around at Catbells car park, with no junior runners at all!

We decided that very junior runners (under 11s) don't need so much training as opportunities to simply run and enjoy themselves. This is quite different to traditional training (100 metre hill reps, developing strides and that sort of thing). We don't want you to feel like it's work, we want you to enjoy it!

Races: So the idea is to put on regular races, and let the school do the training. They will be once a month, on a Monday night (generally the only night people

Martin Sluce

aren't out doing something!) We'll keep them low key, free and with some small prizes. Starting at 6.00 pm, they'll take up to half an hour, involve a quick prize giving and then it'll be home for tea. There will also be school and Cumbria cross country races, plus a few fell races so the calendar should fill out quite well.

I hope this works out well. Any feedback or offers of help are always used well!

It's been great to see a good number of our runners at inter school cross country races and the English Schools Fell Running Championships. Excuse my split loyalties as I cheer on Cockermouth School at the same time as Keswick AC runners.

Martin

KAC Juniors - Evening Race Programme

Evening Races

(Monday 6.00pm, once per month)

What a start! The original idea was a series of fell races but that's not going to work in the darker months. So ...

Race 1

Latrigg, 20th September

After a terrible few days of rain, the sun came out for a glorious evening, providing great entertainment for runners, parents and helpers as well as walkers around at the time. A mass start saw 15 runners heading off in all directions, following largely marked courses up and around Latrigg summit. Excited parents and friends stood by the car park waiting for the sprint down the crest of the hill. Everyone seemed to enjoy a challenging, fast and varied route. Within 30 minutes all had finished and were proudly receiving great prizes

generously provided by the *Up and Running* shop in Keswick.

Results: (6-7 Girls) Ella Horne; (8-9 boys) Frank Brewer; (10-11 girls) Chloe Barron; (10-11 boys) 1st Mark Donovan, 2nd Arran Horne; (12-13 girls) 1st Christina Tully, 2nd Rebecca Buchanan; (12-13 boys) Joseph Horne; (14-15 boys) 1st James Hodgson, 2nd Billy Edmondson, 3rd Dominic Westle; (16-17 girls) 1st Ellie Ulyatt, 2nd Chantal Price; (16-17 boys) Ben Hodgson

Race 2

Latrigg, 11th October

Everyone enjoyed the first race so much that we were asked to use the same routes again. Hey – why make work? We had to change the start time to allow for darkness creeping in, but still had a great race with even more runners turning up. We were lucky again with the weather. This

Martin Sluce

time I managed to get advertising out to a larger group so runners came from far and wide. Firm, dry conditions meant that we were really surprised when some runners came in covered with mud. Again, loads of prizes generously provided by *Up and Running*, lots of happy faces and off home for tea.

Results: U17 Girls: 1st Ellie Ulyatt, 2nd Chantal Price. U17 Boys: 1st Matthew Atkinson, 2nd Ben Hodgson. U15 Boys: 1st James Hodgson, 2nd Dominic Westle. U13 Boys: 1st Charlie Robson, 2nd Solomon White, U13 Girls: 1st Katie Lowles. U11 Boys: 1st Mark Donovan, 2nd Arran Horne. U11 Girls: 1st Madeleine Wynne, 2nd Chloe Barron. U9 Boys: 1st William Atkinson, 2nd Charlie Cartmell. U7 Boys: 1st James Birkinshaw. U7 Girls: 1st Ella Horne.

continued on page 4...

KAC Juniors - Evening Race Programme...continued from page 3

Future races

Race 3

Keswick town square street race, 15th November

Registration from 5.30pm in the *Up And Running* shop just off the square in Keswick. They'll be open late for anything you've forgotten too. Races start 6.00pm. It'll be a mass start again, with a variety of routes round the square and through the alleyways. Obviously firm ground, so no fell shoes. Distances shorter than fell races, so this could be fast and furious!

Marshals: Obviously we're more in the public spaces and on a bit of road (the square). So if you can persuade your parents to help out, let me know before the day

and I'll allocate a corner for them to stand on.

Race 4

December (date TBC)

I'm considering a downhill only race on Manor Brow. Safety will be a major consideration, so just watch this space.

Race 5

January (date TBC)

How about a torch lit race around Crow Park and the Isthmus?

Sponsors: I've been overwhelmed by the staff at *Up and Running* in Keswick. Not only have Paul and Andrew given us some great prizes to get the races going, they actually turn up to marshal as well!

Prizes: Now that the races are established, the next three races will form a 'Winter Series'. There'll be small prizes on the day and points towards overall category winners, who will win a cup at the end of the series in January.

This is all a lot more interesting than training, isn't it?

Martin

KAC Junior Fell Race Report: Latrigg, 11 October 2010

Picture this: Latrigg, a small hill looking over Keswick and Derwentwater, dwarfed by the great bulk of Skiddaw yet still impossible to overlook, its grassy top an emerald in the early evening sunlight. Then imagine the pounding of feet, the cries of excitement and the gasps of effort as a junior fell race gets underway. If you are a fell runner then I don't think you can imagine a more picturesque scene, yet this is the new event for young runners each month organised by Keswick AC junior coordinator Martin Sluce, a race for all ages that once a month turns Latrigg into a hive of activity.

The routes are challenging, with all but the youngest children taking in the summit of Latrigg, yet this is exactly what our sport needs. Giving children a taste of "proper" fell running, getting them

to experience the satisfaction of reaching the top, allowing a moment, or not, to savour the view, and then an exhilarating descent to the finish. Competition has been intense with recent winners including Ella Horne, James Hodgson and Matthew Atkinson. Generous prizes have been provided by *Up and Running* of Keswick – T-shirts and water bottles to name a couple.

These races will now be replaced with street races until spring due to a lack of daylight, but it would be great to see some more people. These are fantastic events and deserve a great turnout. Many thanks to Martin and everyone else for organising them and I look forward to the next one.

Ben

Ben Hodgson



**KAC Juniors Latrigg fell race
(Photo by Annie Donovan)**

Training Programme

Dunc Overton

The training plan for next month is set out below. If you would like to make any suggestions for training, please send them to us at: training@keswick-ac.org.uk

Unless details say otherwise, meet for mid-week runs at the Rawnsley Pavilion, Main St, at **6.00pm for 6.15pm** start.

November 2010

- | | |
|--------------|---|
| M 1 | Circuit Training - Keswick School sports Hall, 6 to 7pm. Indoor/clean trainers. Bring pen/pencil. £1. Members or new members only. |
| Tu 2 | 60 sec hill reps on Manor Brow (12 or 15) + social run (Cttee meeting 8pm) |
| W 3 | Lady Beginners Run. The sessions will be low-key with the emphasis being on fun and all are welcome, no matter what speed you run at! So if you want to get into running or are just looking to enjoy some exercise with like-minded people then these sessions would be ideal. They will start at 6:30pm meeting at the Cenotaph, Penrith Road, Keswick. Road running or trail shoes will be required and reflective gear should be worn. |
| Th 4 | Torchlit Fartlek Off road. Probably Latrigg. + Social run |
| M 8 | Circuit Training - Keswick School sports Hall, 6 to 7pm. Indoor/clean trainers. Bring pen/pencil. £1. Members or new members only. |
| Tu 9 | Pete's Parlauf - Round the Town Route. Meet at the Rawnsley Pav at 6pm to sort out pairings for a 6:15 start. Route map available at: www.keswick-ac.org.uk/townmap.jpg |
| W 10 | Lady Beginners Run. 6:30pm meeting at the Cenotaph, Penrith Road, Keswick. Road running or trail shoes will be required and reflective gear should be worn. |
| Th 11 | 60 sec hill reps on Manor Brow (12 or 15) + social run |
| M 15 | Circuit Training - Keswick School sports Hall, 6 to 7pm. Indoor/clean trainers. Bring pen/pencil. £1. Members or new members only. |
| Tu 16 | 2 x 1 mile road + social run as required |
| W 17 | Lady Beginners Run. 6:30pm meeting at the Cenotaph, Penrith Road, Keswick. Road running or trail shoes will be required and reflective gear should be worn. |
| Th 18 | Round town fartlek / social run |
| M 22 | Circuit Training - Keswick School sports Hall, 6 to 7pm. Indoor/clean trainers. Bring pen/pencil. £1. Members or new members only. |
| Tu 23 | 2 mile road time trial (out & back route via Briar Rigg) + Social run if reqd. Club AGM 8pm Theatre By T'Lake |
| W 24 | Lady Beginners Run. 6:30pm meeting at the Cenotaph, Penrith Road, Keswick. Road running or trail shoes will be required and reflective gear should be worn. |
| Th 25 | Out & Back run Round town route. 20 mins out then turn & race back + social run |
| M 29 | Circuit Training - Keswick School sports Hall, 6 to 7pm. Indoor/clean trainers. Bring pen/pencil. £1. Members or new members only. |
| Tu 30 | 2 min reps up Gale Road & Latrigg. Jog back down Latrigg main path. Torches needed + social run |

Please check the website regularly for updates as details are always subject to revision and changes may be made at short notice.

Forthcoming Races

Road races

Sunday 7 November

DERWENTWATER 10M **Club Champs**

Saturday 20 November

Brampton to Carlisle 10m road race - 12:30pm www.borderharriers.co.uk

Sunday 5 December

Ulverston 10K - 11:00am

Saturday 11 December & Sunday 12 December

Langdale Xmas Pudding races

If you know of any more local(ish) races that would be good to include in the lists above, or have any other suggestions for page content, please e-mail us at: training@keswick-ac.org.uk

Searchable race databases: www.realbuzzrunbritain.com/events; <http://www.ukresults.net/2010cal.html>

X-country races

Cumbria X-C League

The Cumbria League Dates & County X-C Champs date are given below. These are provisional; confirmation will follow when known, so keep checking the website. These races are counters for the new Club X-Country Champs series. The categories awards for the Club Champs will depend of numbers of entries in the various age groups.

Junior Races (Min age 9, Cats: U11, U13, U15, U17, ages as at Sept 1 2011) start from 12 noon. Seniors not before 13:10pm.

Entry costs £2 per event or £8 for all 5. The County Champs is separate & pre-entry.

Cumbria X-C Fixture List

- Sat 27 November - Maryport
- Sat 4 December - Carlisle
- Sun 12 December - Cumbria County X-C Champs - **Pre-enter**
- Sat 8 January - Keswick

Mid-Lancs League X-C Races

There is a small guest runner fee for guests to compete in their events. Register in good time. For full details, the Mid-Lancs website is: <http://www.midlancs.org.uk/>

Fixture Dates (all are Saturdays)

- 13 November - Blackburn
- 27 November - UKA Cross Challenge, Liverpool - **Must pre-enter - check website**
- 22 January - Burnley
- 12 February - Blackpool
- 12 March - Skelsmerdale

See the KAC website for details of road & fell championships & league

Road running rankings 2010

WOMEN	MEN
<p>5K</p> <p>1. P. Maddams - 18:37 (Cockermouth, 14 July) 2. K. Clark - 23:07 (Cockermouth, 14 July) 3. S. Denham-Smith - 28:05 (Cockermouth, 14 July)</p>	<p>5K</p> <p>1. R. Maddams - 15:34 (Lancaster, 28 August) 2. S. Hebblethwaite - 15:42 (Lancaster, 28 August) 3. I. Davies - 16:30 (Lancaster, 28 August)</p>
<p>10K</p> <p>1. P. Maddams - 38:56 (Bromsgrove, 9 May) 2. J. Carter - 40:47 (Moorclose, 18 May) 3. J. Conroy - 42:55 (Moorclose, 18 May)</p>	<p>10K</p> <p>1. P. Winskill - 32:57 (Ulverston, 18 August) 2. R. Maddams - 33:17 (Moorclose, 18 May) 3. S. Hebblethwaite - 33:53 (Moorclose, 18 May)</p>
<p>10M</p> <p>1. S. Wilkinson - 76:54 (Gosforth, 16 June) 2. S. Brewer - 77:29 (Gosforth, 16 June) 3. A. Downie - 81:04 (W&H 10, 1 August)</p>	<p>10M</p> <p>1. N. Ogden - 63:34 (Netherhall, 28 February) 2. J. Curran - 70:11 (Netherhall, 28 February) 3. P. Bingahm - 76:10 (Netherhall, 28 February)</p>
<p>Half-marathon</p> <p>1. G. Conroy - 1:37:49 (Haweswater, 6 Mar) 2. H. Hodgson - 1:40:14 (Haweswater, 6 Mar)</p>	<p>Half-marathon</p> <p>1. P. Winskill - 1:15:43 (Keswick, 2 May) 2. S. Hebblethwaite - 1:21:53 (Haweswater, 6 Mar)</p>
<p>Marathon</p> <p>1. R. Slattery - 3:38:30 (London, 25 April) 2. N. Davison - 4:10:43 (London, 25 April) 3. K. Frampton - 4:57:30 (London, 25 April)</p>	<p>Marathon</p> <p>1. N. Ogden - 2:59:49 (London, 25 April) 2. M. Beechey - 3:43:29 (London, 25 April) 3. J. Johnston - 4:57:30 (London, 25 April)</p>

- The lists above are based on results in any measured road race over the distances of 5K, 10K, 10Mile, Half-Marathon and Marathon.
- Results will count where club runners appear listed as Keswick AC, eg in instances where races are run for other first or second claim clubs, results will not count in the Keswick AC ranking.
- Should anyone be aware of results that are unlikely to come to our attention or have been missed from the ranking, please submit them to stevenhebblethwaite@hotmail.com

Ian Hodgson Mountain Relay - Senior Men

Ian Davies

Patterdale, Cumbria Sunday 3 October 2010

Sunday 3rd October and the morning dawned wet and cloudy across Cumbria. For the three Keswick teams taking part in the Ian Hodgson Mountain Relay these conditions were a mixed blessing. Heavy rain had left the eastern fells sodden making for tricky underfoot running terrain. But with Patterdale in such close proximity to Keswick there had been plenty of diligent pre-event reconnaissance from team members which would give us an advantage over other clubs coming from further afield.

With an earlier start to the event the team captains arrived promptly to get the squads registered. Steve Hebblethwaite was in charge of the open team, Jo Gillyon the ladies team and Mark Denham-Smith had come out of captaincy retirement to kindly organise the veterans' side. The first challenge was to get the KAC tent erected in the event field – no easy feat considering the wild conditions. But it was great to have a dry "HQ" for runners to get changed and for club supporters to shelter from the rain.

The opening leg leaves Sykeside and follows the Dovedale valley up between Hart and Dove Crag. From the first checkpoint it's a matter of finding the most efficient line to Scandale Pass before the ascent of Red Screens. The descent to the Kirkstone Pass from the summit is a defining part of the leg with many good runs being undone with the best line being difficult to find in mist and a chance of becoming crag-bound a strong possibility.

Steve had paired himself with Matt Fraser for leg 1. Both have been in fine form all season and Steve had knowledge of the route, having run the leg in the previous two years. For these reasons there was plenty of optimism for a strong leg. Steve and Matt took the initiative early on and put in a phenomenal performance to hold the lead and complete the leg in first place, a time of 55:28 and 30 seconds ahead of a strong Pudsey & Bramley pairing.

Waiting at Kirkstone Pass with Chris Edis, I didn't know whether to laugh or cry as Steve and Matt appeared out of the clag in first place. This put quite a bit of pressure on us! But I felt I knew the route well and Chris set a fierce pace on the climbs (with me just about hanging on). Apart from leading Pudsey's Rob Hope and John Heneghan down an "unorthodox" route into Threshthwaite Mouth (hands were very much needed), we nailed the right lines and arrived in Hartsop in third place (1:05:47).

John Nicoll and Daniel Barton had been recruited to run the third leg, the 4.7 mile route going from Hartsop to Patterdale via Angle Tarn. Both are

relatively new members to the club but have improved their running considerably since joining. There was no surprise that they put in a speedy leg, 6th overall in a time of 39:10, passing the baton over in the Patterdale cricket fields with Keswick still in third place.

With Keswick high up the field there was the very real and exciting prospect of a prize finish as Jamie Luxmoore and Chris Robinson took over for the final leg. From last year I have first-hand experience of this route and know what a beast it is. It's the longest leg with the most climbing and includes the fierce ascents of St Sunday Crag and Hart Crag before a technical descent back to Sykeside. Traditionally clubs tend to put strong pairings on this final leg, so Jamie and Chris had a tough task. But both are strong on difficult ground and put in a superb concluding run (1:19:19) to see the open team home in fourth place.



Chris E, Matt, Jamie, Ian, Dan, Chris R, John & Steve

The Ian Hodgson relay is one of the highlights of the fell-running calendar and it was fantastic to see all three Keswick teams feature prominently. It was an incredible result for the open team to break into a prize-winning position and claim fourth place. The event attracts the top fell-running clubs in the country and it is great to be mixing it with the very best.

Thanks needs to be given to the three captains for putting together the teams. A lot of work goes on behind the scenes; organising reccies, sorting out the logistics for race day and, most importantly, putting in cracking race performances themselves. And a mention should also be made for the many club members who took the time out to help with the reccies and providing support on the race day. It's a team event in every sense and from those running to those supporting you all did the club proud.

Ian

Gü Girls at the Ian Hodgson Mountain Relay

Sarah Bailey

It dawned wet with poor visibility on the 3rd October, the 23rd running of the Ian Hodgson Relay. We were optimistic that, although not ideal for our hardy supporters, it would be an advantage to us 'well recce'd locals'. Each of the four running legs has its own challenge for the pair of runners completing it. Jo, as team captain, had been enthusiastically motivating us all into a route-savvy team of 8.

After some final preparations in the warmth and dry of Brotherswater campsite toilets (classy!), Keswick AC girls (sponsored by Gü puddings) were ready for the off.

Nerves! Jo was taking everything in her stride, whereas I was beginning to feel some nervous anticipation about the responsibility of 'team' racing.

Helen (having survived a wet overnight camp with 2 children) and Holly (all the way from Bristol) stormed off on Leg 1, battling with 65 other teams along the narrow path up Dovedale into the clag. 1 hr 20 mins 54 secs later they emerged from a fast scree descent to supportive cheering. We were in second place! A fantastic start from the girls in yellow.

Off we ran! No more wee stops. No more decisions about what to wear! Although pouring down, it was actually pretty warm as Sara H and I took up the dibber for Leg 2 from Kirkstone.

Descending into Thornthwaite, time spent recce'ing paid off and, before long, we were heading over to High Street. Shoes were on tightly, having previously lost one checking out the boggy run over to Knott. After the initial long pull up to the second checkpoint of leg two at Caudale Moor tarn, it was good to reach the long descent down into Hartsop, where again Sara's route knowledge paid off. We reached Hartsop (more supportive cheering and warm coffee!) after 1:19:33.

Gillian (this her inaugural fell race) and Hayley were ready at Hartsop to take over.

Sara and I were eager to know how all the teams were placed.

Out in the lead at this point were Ilkley, but we had made up good time on them and although we had been pipped into third by Dark Peak, all three teams were now within 48 seconds of each other. Tense stuff.

Not much time now before the last transition. We headed to the playing field to await Gillian and

Hayley coming through after their march uphill then fast run along Angletarn. They emerged from the trees after their descent into Patterdale hot on the heels of Ilkley. It really was all quite exciting!

Running a great race, we were now just 19 seconds behind the leading ladies, Ilkley.

Excited, we watched as Jo and Cat took up the challenge of Leg 4 and headed out over St Sunday Crag, Fairfield and Hart Crag – keeping pace with the Ilkley girls as they ran out the field. Chasing them, about 3 minutes later, was the Dark Peak duo.

Leaving Patterdale, we made our way full of anticipation to the finish at Sykeside. And as the weather dried up we cheered the Ilkley girls through before Jo and Cat (big cheer!) came in, in second place. 25miles, 8,500 feet of ascent, 5:06:03 of running.

After all that rain the sun came out in time to enjoy tea and cake before taking home a new bumbag, Ian Hodgson coaster, Gü puddings and a big smile. Well done to the men's and vets' teams, and to Steve and Matt on their leg one win.

Yes! It was fun. The racing and the recce'ing. Thanks to the team: Helen, Holly, Sara, Gillian, Hayley, Cat and Jo. Thanks to Q, Chris Knox, Debbie, Pat and Pete for cheering. Thanks to Mike Hodgson for the Gü puddings and Murph the dog for keeping us running uphill behind him whilst out recce'ing. Thanks to all the marshals and organisers.

Sarah



Helen, Hayley, Cat, Gill, Sarah B, Sarah H & Jo – and Holly's stand-in

Old blokes really ought to know better... Part 1: Ian Hodgson Mountain Relay 2010

Rob Wynne

Mist, rain and general dankness met the team captains as they collected race packs and ordered their teams.

Leg 1: Dave Troman & Neil Thompson (01:15:29; 32nd on leg)

A steady performance by these two. Beforehand both claimed to be 'out of shape' due to a couple of momentous events: Dave winding down from his amazing West Highland Way non-stop 95 mile run and Neil from the demands due to the birth of his third son Montague. Neil, a late call up to the team, bravely 'hung onto Dave' as they climbed up to Hart Crag. He recovered sufficiently for the pair to pass several teams on the fast rocky descent of Red Screes, bringing the team within distance of several other vet's teams in 32nd place.



Dave and Neil in action

Leg 2: Craig Smith & Ian Boit (01:14:56; 29th on leg)

The rain stopped and the mist cleared whilst this evenly matched pair stormed Caudale Moor and followed Oracle (it helps having 300 sheep up here) Owens' much famed route to High Street. Disaster nearly struck as the pair raced down the slippery

path to the finish. In dramatic style, Ian became horizontal, resulting in severely bruised body and pride! However, he picked himself up and carried on running for the pair to gain 3 places and take the team into the top 30.



Craig and Ian on Leg 2

Leg 3 (Calamity leg): Rob Wynne & Dave Prosser (00:42:52; 18th on leg)

We set a fairly rapid pace, reaching Prison Crag in a similar time to the quickest vets' teams. It all went wrong from here on. Firstly, we got stuck behind Preston on the single track climb and it started raining – rendering my glasses, hence vision useless! Then, whilst leading the way, Dave ventured off in the mist towards Buck Crag. I had my first of three falls whilst Dave ran back to the check point, allowing the three teams we had overtaken to go past us! I could not see well enough in the rain to descend Rake Crag; falling quite heavily and feeling frustrated because I knew I was holding Dave up – and that, ordinarily, I could run much quicker. As if in sympathy, Dave took a tumble, which seemed to distract him (I was tempted to suggest something along the lines of Doctors being hypochondriacs, but

continued on page 11...

Old blokes really ought to know better...

Part 1: Ian Hodgson Mountain Relay 2010...continued from page 10

Rob Wynne

wisely thought better of it!) Most frustrating was not being able to come charging to the finish – but never mind, we still gained 4 places, bringing the team up to 25th place.



Rob and Dave

Leg 4: Dave Birch and MDS (01:22:14; 14th on leg)

Beforehand on paper this was our premier pairing and so it proved to be. The ever-modest and quiet Dave (you would have thought a new baby would have slowed him down a little) gently guiding the not so quiet, self-castigating MDS along. On the longest and toughest leg, the pair overtook six other teams to gain a top twenty place (19th); and, crucially, 4th vets team just ahead of Pudsey and Bramley, and Kendal Vets.

Thanks to team captain MDS for team selection and endeavour. Does anyone ever remember really good weather for the IHR?

Rob



Dave Birch & MDS bring it home

UK FRA Relay Championship 2010 - Senior Men

Ian Davies

**Lomond Hills, Fife
Sunday 17 October 2010**

After the Ian Hodgson performances, the Keswick teams travelled north to the Lomond Hills with confidence high for the FRA relays. This proved to be a perfect setting for the relays with some excellent routes devised. The weather was generally fair for running, a little cloud covering West Lomond and a cold breeze causing only slight inconvenience for those out on the hills.

With Matt Fraser nursing a foot injury, Dave Birch was drafted into the open team and the rest of the side was made up of runners who had taken part in the Ian Hodgson. The format of the FRA relay is different from the Ian Hodgson in that two of the legs are run by a single runner and the other two in pairs, one of which is a navigational leg where the course is unknown until the leg begins.

With two runners required for the opening leg, Steve had decided upon a "if it ain't broke, don't fix it" approach to selection. Therefore Chris Edis and I were once again partnered together. There were some top quality runners on the first leg but I was determined to get a good start. In hindsight I probably went off a little too fast and we were quickly mixing it with some swift lads from the Welsh clubs, Eryri and Mercia. But it didn't take long for Chris to take the initiative and I was back to the familiar "clinging on for dear life" feeling as Chris tore up the first ascent of West Lomond. On the second climb of West Lomond (yes, we had to climb the same flipping hill twice), a season of injuries and lack of training unfortunately took its toll on Chris. The long flat run-in really didn't suit Chris's style of running (being strong on the steep ascents and descents) and we lost a number of places. But despite almost being out-on-his-feet he dug deep and I look forward to normal service resuming next year as he disappears into the distance, leaving me in his wake in the Championship races.

We handed over to Dave Birch in 38th place and Dave quickly set about making up some places. The second and fourth legs were identical, a route going through the Bluebrae Plantation and then a loop visiting the 1400' summit of East Lomond before returning to the event field. A fast and fierce leg – Dave didn't hold anything back and ran a swift 44:59 to record the 18th fastest time for leg 2 and pick up a good number of positions.

Dave sped into the event field to hand over to Chris Robinson and Jamie Luxmore, who were to take on the navigational leg. There was plenty of speculation over this leg on the journey up and the organisers



Chris E, Jamie, Steve, Dave, Ian, Chris R

provided a testing route; a combination of forest, open moorland and an ascent of West Lomond for the runners to navigate. The navigation leg can make or break a team's efforts at the FRA relays and Jamie and Chris did sterling work to reel in a dozen clubs with a fantastic third leg. In the leg that traditionally favours the orienteers, these two got their navigation spot-on and finished 16th fastest on the day.

And so it was down to Club captain Steve to finish the job for the open team. Having snuck in a quick recce while legs 1 and 2 were underway, he had a good idea of the task in hand. I was halfway up the road as the baton was handed over and Steve came steaming through as if chasing a 5K PB rather than tackling a 1400' mountain – a man very much on a mission. And Steve went on to record one of the fastest times on the day for the route, 4th overall in a time of 39:10 and only a minute behind the record time set by Northumberland's Nick Swinburn.

With Steve pulling back a handful of further clubs, the open team finished in a highly creditable 13th place, a good result considering the number of strong Scottish clubs that had taken part. Next year's relays will be in the Yorkshire Dales and, with a young and improving squad and a greater possibility of getting a pre-event look at the routes beforehand, there's no reason why Keswick can't get back into the top ten in 2011.

Ian

Relay Replay

The bus that we all went in
Was driven up by Quentin
In the middle of the night
By Edinburgh it was light

But when we disembarked in Fife
Bewilderment was rife
Where's the dibber, where's my hat?
How will I ever keep up with Cat?

As we set off up the field
My body simply would not yield
To demands to run, to run, run faster
I felt like a disaster

But things did soon seem to improve
As we got into the groove
Trods and tussocks, on and on
Until our leg was safely done
Then it was ready steady go
For our brave strong captain Jo

Leg 2 looked brutal, steep and hard
But Jo's legs covered every yard
Not once but twice up to the summit
Not much descent, more like a plummet

Excitement mounted as we knew
That teams in front of us were few
And times were close and we were strong
Since Helen and Sarah were next on

Off they went to navigate
While we drank tea and sarnies ate
And wished and prayed they'd not be late
As other teams came through the gate

Julie Carter

We willed and willed them to appear
But when they came we were in fear
They'd run so well, and read the map
But there did seem a worrying gap
Between us and teams in front
Could Pippa pull a special stunt?

We know she's fast, we know she's great
But could she run at such a rate
To put us up in the top 3?
We ate more sarnies, drank more tea

And how long now? and how long now?
And how long now? and how long now?
And time stood still, and we did wait
But it's all over. It's too late

Down to the finish went HBT
And close behind went Carnethy
Our hearts fell flat, Kendal appeared
This is just what we had feared

But soon my heart began to skip
As someone shouted "here comes Pip!"
Down she flew, the green and yellow
We went mad but Pip was mellow

The gap was still too big it seemed
But down the lane we yelled and screamed
And then my jaw fell to the ground
As in the field Pip sprinted round
And overtook and ran right in
And Jo's face turned to one big grin

And we felt proud and we felt fine
We got our medals and some wine
Then got back in the bus we'd went in
And it was driven back by Quentin

Proud and fine with medals and wine!



Even older blokes really ought to know better...

Part 2: UK FRA Relay Championship 2010

Rob Wynne

Lomond Hills, Fife Sunday 17 October 2010

The veterans really struggled to form a team. In fact it got quite desperate. Steve H was emailing male KAC 'runners' aged between 40 and 140 with a pulse and pumps requesting their participation, and eventually found six volunteers. (Many well known fell clubs did not get any teams out at all, including CFR and Bowland.) Anyway, the team's performance was very memorable, but mainly for the wrong reasons...

Unusually, Leg 1 was run in pairs and was by far the most demanding. I would be a fair assumption to say that the pecking order would be pretty much sorted after Leg 1 this year. With this in mind I walked to within ¾ mile of the finish of Leg 1. I decided to photo our runners as they came 'home' armed with a new mobile with an "exceptional camera and processor" that tells you when you are about to have a midlife crisis, your shoe size, etc. I was in for a disappointment, as none of our pairs were together. Ian looked like he was returning from a picnic in Glen Vale – ahead of Chris, who looked like he was in need of some sort of electromechanical device to get him to the finish. Julie and Cat had separated whilst charging their way through/past about a dozen old hairy and hairless men. Quent and Neil failed to show at all, and I left fearing that I had missed them and that Chris (our Leg 2 runner) could be halfway round his leg!

Leg 1: Quentin Merritt/Neil Elsander (02:24:31; 106/107 teams)

A beaming and delighted to be participating Quentin was optimistic about his prospects as "My last entry as V40 before becoming a V50." (*Ed – Brilliant. Now everyone knows why it happened: not so early dementia!*) I thought it was great to see someone who does so much for the benefit of all club members racing. Q and Neil made steady progress, being just behind our ladies team two thirds of the way into the gruelling leg. However, disaster struck on the descent of soon after the final descent of West Lomond. The pair went off in search of adventure, adding a new route to the course and completing the last section in over an hour. (Julie and Cat did it in 23 mins!) This led to much merriment and general lampoonery back at the start/finish arena. Neil was quite philosophical, whilst Q was not best pleased to say the least, leading to the irresistible temptation to poke fun. In fairness he did

find the funny side soon after, wryly warning our leg had yet to run. (*Ed – Nonsense. The humourless sod still can't see the funny side!*) Anyway, the pair managed to finish last but one; a Keswick record!

Leg 2: Chris Clark (01:01:41 91/106)

Chris set off to great fanfare. Being an ex-Fife runner warranted additional attention from the announcer, who even questioned his eligibility to run for Keswick! All this attention was hilarious, given that he set off last but one. Considering he is a V60, Chris put in a superb leg, gaining the team a few much needed places – without getting lost at any stage.

Leg 3: Colin Valentine/Rob Wynne (01:46:16 66/106)

When I started fell running in the mid 90s, Colin was winning races for Keswick. So I was very keen to run the navigation leg with this iconic gentleman. We set off at a sedate pace (to enable Colin to read the map and me to see), finding CP1 and 2 OK. Then things went a bit wrong as (illogically) in front of a marshal we climbed over a fence and set off 180 degrees in the opposite direction. (I imagined the revenge fun Quentin would have at our expense.) Fortunately, after a few fields we (rather Colin) corrected our error and headed back for West Lomond. The clag was down and a seeping mist rendered my glasses useless. With partial vision and arthritic ankles, I knew I was holding Col up. We (I) trudged across the rough surfaced Balharvie Moss and up the steep climb (nose down amongst the magic mushrooms) to CP3 on West Lomond summit. I wasn't hallucinating when I suspected at the time that our ladies (Helen and Sarah) would have got a much better handle on the navigation. Looking at splits, I was correct. Unfortunately, this was not the occasion to show one's feminine side and ask for directions! Vowing to retire for the 3rd and final time we (Col) found CP4 & 5 easily. To my relief, a long sure-footed bridleway led to CP6 and it was Colin's turn to play catch. There was a glorious moment when we joined bridleways via a rough deforested descent. I have never seen a human descend more Gazelle-like than Colin! I was grateful for the experience of running with iconic Colin – and, with a combined age just short of a century, we pulled a few places back.

continued on page 15...

Even older blokes really ought to know better...**Part 2: UK FRA Relay Championship 2010...continued from page 14****Rob Wynne****Leg 4: Andy Murray
(00:59:47; 83/105)**

On the drive up Andy was concerned that in his own words he "had put a stone in weight on and hardly run for a month." We explained that without him we would not have had a team and would not been able to run at all! Weight and amounts of training aside, Andy had a spirited run and managed to break his self-imposed target of an hour, bringing the team home in 95th place.

Many thanks to Steve H for selecting and organising the team, and to Quentin for driving the bus, etc. It was a long but rewarding day with great camaraderie, fun and endeavour from the three teams. My only regret was being out 'running' when Pippa performed her amazing finish to help the ladies team to gain bronze medals.

Rob**Neil, Colin, Quentin, Rob, Andy, Chris**

Norseman

A few years ago, I heard about a long-distance mountain triathlon in Norway called Norseman. At that point I hadn't thought about trying a triathlon, let alone a long one over mountains in another country. But it did sound fantastic. And after trying a first triathlon (in Keswick) and then a couple of longer ones and then some longer bike rides, I began to think about it more and more...

The format is ironman distance (3.8k swim, 180k bike, 42.2k run) but with big hills on the bike and a very big hill at the end of the run. The swim is from a boat in the middle of the fjord back to the distant lights (and fires) of Eidfjord and transition T1. The bike climbs 1250m in 20k out of the fjord onto the Hardanger plateau and undulates before descending to Geilo at halfway. Then there are three successive 300m climbs and descents in the next 40k before the steepest climb up 600m back onto the plateau before a fast 20k descent to transition T2. The run is flattish for 25k. Then the road climbs over 1000m in 7k to the point where the route splits. Inside the cut-off time and it's another 5k on the road before setting off up the rocky path to the 1883m summit of Gaustatoppen and the black t-shirt finish. Outside the time and it's another 10k on the up-and-down road to, from and back to the hotel at the ski-resort Gaustablikk and the white t-shirt finish. And you need to provide your own support along the way...

The scenery is spectacular, the whole event is thrilling and I was actually able to take part because I got lucky last October in the hugely over-subscribed entry ballot for the fifty overseas places. I had a support team of three (Gerti, Barbara and Andy - my Bob Graham veterans) in a very big Volvo (after discovering on arrival that the big Volvo we had first hired wasn't big enough for the bike box). From Oslo airport on the Thursday (in early August) we drove to the finish and then along the route to the start to gauge the terrain and plan the support stops.

In Eidfjord on the Friday we registered and attended the stirring race briefing, including a Hardanger fiddler, last year's race video, a very droll tourism chief and a lot of safety information. I assembled the bike (undamaged, thankfully, despite the rough treatment we saw it get in Oslo) and prepared the food (flapjacks and nakd bars), drink (sis go) and kit-bags (including mountain sack) and then my team took part in that evening's mini-triathlon as a relay (finishing dead last mainly on account of the many photo-stops required on the glorious fjord-side bike leg). I then ate even more pasta before we re-planned the stops, re-packed the bags and got to bed just before midnight. I didn't sleep at all, we were up again at three and when I jumped from the boat just before five with 226 others I knew that for a black t-shirt, mountain-top finish I had to reach the cut-off point not just inside the standard 14h30m but

Simon Neville



Simon (second left) with his support crew

this year (for the first time) also inside the first 160 places.

My swim was steady but slow. The water was lovely – cold but only slightly salty and an eerie deep green. On a straightish line between high fjord walls there was not much change to the view – but what a view! The field spread quickly and later, for variety, I took a good draft for some way (while trying not to press



too hard) before sighting the turns at the finish better and making up a few places. The supposedly favourable tide was not apparent (to anyone, it seems) and I was out of the water in 1h26m (and 140th place, I discovered later).



continued on page 17...

Norseman...continued from page 16

After my usual slow T1, I was away again steadily, sweating in the warmer air of the several tunnels (including a spiral section) on the long climb up the huge valley walls, as the line of support cars passed. On the plateau fringes the steady cross/headwind took hold and in the last 10k of climbing to the first stop I became very cold, so the overshoes, leg warmers, long-sleeved top and second gloves and hat all took longer to put on. In a breezy 5C, it took most of the next hour to feel any warmer, as a stream of aero-barred, deep-rimmed bikes flew past. I was now feeling sleepy too and it was hard work to the next stop, before Geilo, where all the warm layers had to come off again.



All the while, I had an idea of what I might manage on the 25k run and then the 7k climb. At this point, given my bike progress, it would not be quick enough for the cut-off time. But I was drinking and eating well and on the first of the three similar climbs after Geilo I began to feel stronger. No one passed me any

more and I began to pass others. Some cold coffee (requested on the move) at the next stop helped and I pushed more on the second climb, gaining more places. On the third I began to feel I might still have a chance of black. After my last feed stop ('more smoked tofu, please!') on the last big climb I really pushed it (smiling to and getting plenty of encouragement from other race supporters) and made up several more places. The rain over the top helped and then the sun was out again for the long descent down Tessungdalen.

My bike time of 8h42m was just inside my own target but at T2 I was told that I was in 186th place – lower than I'd hoped. It was now properly warm and on went the vaseline, fresh socks, running shoes and camelbak. The first 4k took 24m as I settled in and made up two places. The next 2k took exactly 10m and with this rhythm set I was able to keep the same pace for the next 16k (to the first view of the summit finish) before fading slightly on the gentle climbs to the foot of the massive climb – the notorious Zombie Hill!

I'd made up nineteen places since T2 and was hopeful for a further seven on the march up the hill. I passed one guy who told me he had four previous black t-shirts and was on course for a PB at the cut-

Simon Neville

off – but now doubted his chances of a fifth. I pushed on as hard as I could – feeling strong – but only two more places gained wasn't enough. I was 37m inside the cut-off time but outside the new cut-off number.



The guy ahead was arguing with the marshals but I just set off on the white route. The guy who had been behind now passed me when he found he could still run – I had realised the hard 25k to the foot of the hill would be my only running for the day (although there was plenty of climbing left in me). So I was surprised at the first turn to be told I was now in second place on the white route. (Later I heard that the four competing for 160th place had grouped together for safety and it had worked – they were all allowed to continue.) With this new incentive I held on for the second-fastest white t-shirt finish (ever) – 15h10m32s!



Of course, after such a great day it was a shame that there was some disappointment at the end. Not with the colour of t-shirt as much as with not being able to finish at the top for the full mountain experience – after training so hard on my climbing and feeling so strong at the end.

So the next day, in perfect weather, after the presentations (what, nothing for the runner-up of the runners-up?), finisher photos and monster buffet were over, my support team came with me up Gaustatoppen (meeting a couple of other whites on their way down) for the amazing view over one-sixth of Norway!

continued on page 18...

Norseman...continued from page 17**Simon Neville**

And so it really is a fantastic event! From the landscape (fjord, glacier, wilderness, tundra, birchwood, pinewood, lakes, rivers and alpine valleys) to the people – the organisers, the locals along the road (*'heia, heia, heia!'*), the race supporters and also the competitors (and especially my own Norwegian, German, Austrian, Spanish, Serbian, Swiss, Brazilian and British encounters!). A few weeks earlier, we had travelled up to Keswick for a long weekend. (In case something went wrong with Norseman, I wanted to try a long, slow swim around Derwentwater – to still have something to remember for all my training.) We arrived on a Thursday in time to join the club session that evening. Afterwards I found myself chatting with Pippa and Steve and Ian (and feeling a bit starstruck!). They said that I should post my result on the club blog – but I never did. So having made up for that now, there's also a chance to add here that it's a real pleasure – and inspiration – to read the club blog and e-mails and to follow everyone's progress in all the reported news and events (and even to meet some of you once in a while!). Many thanks...

Note: For a view of the whole event, hundreds of better pictures can be seen via the media page on the Norseman website: www.nxtri.com

Simon

Photo: Norseman website

Some veteran thoughts on the Borrowdale

Allan Buckley

Plus ça change, as we fell runners often observe over a few beers: the more it changes, the more it stays the same. Going through my Borrowdale results for the last twenty years (not an experience I recommend to V60s, since it merely reinforces the message that old age and infirmity are catching up with you), I found a message in the 1992 results from Ken Ledward, based on stories of routes taken that year. It included the following accounts:

“We knew it was a monumental cock up off Gable when we sighted Wastwater Hotel.”

“Well we followed the fence posts off Brandreth, and it was only when we saw a bloody great forest we knew we’d got it wrong somewhere”.

“Too many to mention dropped into Gillercomb, one a member of a local club.”

Ken also says that someone “described to me what could only have been Black Sail Youth Hostel!” Ken concludes his piece with the advice that fell runners should learn navigational skills, check pre-planned bearings, and avoid both hasty decisions and following others.

I was struck, listening to “war stories” from this year’s Borrowdale, how little things had changed in the past eighteen years: local runners, of a high standard, ending up in Ennerdale, or down Gillercomb; two guys following the example of their counterparts in 1992, and visiting Wasdale. However, the prize for the most inventive route must go to the couple who ended up on Kirk Fell.

As Ken says, there is no substitute for the ability to use a compass (and map), and for planning bearings in advance. However, the descent from Gable, and the crossing of Brandreth, clearly present challenges even to the most experienced. My thoughts, for what they’re worth are:

Great Gable: Take a bearing of 60 degrees NE from the summit. This should take you to the descent to Windy Gap, or the famous short cut - if you can find it!

Brandreth: If you contour Green Gable, don’t get pulled eastwards, or you’ll end up in Gillercomb. Correct your bearing, by moving slightly west, in line with the summit, and a straight north bearing should lead you to the small tarn at the south of Brandreth. From there you have a choice of routes through to Honister.



Allan with granddaughter, Elinor, after this year’s race

I know that club members recce this, and other races, so you can check this out for yourselves. So how did I go on this year? 3 hours 28 mins at Honister, and last man in. At least I didn’t get lost. Mind you, there’s always next year.

See you on Haystacks!

Allan

Goodbye to Bram Crag Farm



Fans of its famously bum bruising descent will be sorry to hear that we can no longer run the Helvellyn fell race from Bram Crag Farm. However, the race's founder, Duncan Stuart, has negotiated the use of Threlkeld Cricket Club. So I'm working on a new race:

Helvellyn and the Dodds. This will take in Clough Head, Great Dodd, Raise and Helvellyn Summit; returning by the same route. I will need to check out access but, if we can go with this, I will need more help, since we have an extra check point and, possibly, road crossings.

I would like to place on record the thanks of Keswick AC and myself to Duncan and Gillian Stuart, and their family and friends, for their help and hospitality over the past few years. For younger members, Duncan was a pretty handy runner for Keswick in his younger days and he features in a piece on the Blisco Dash in the current edition of *The Fellrunner*.

Why the smiles...



Photo: Rob Stephens (NFR)

...when you're about to do this?



Photo: Rob Stephens (NFR)

Allan Buckley

Allan's right about the descent...



Photo: Rob Stephens (NFR)

...as the *pacemaker* editor found out!



Photo: Darian Bridge (BFR)

Allan

Ed – I would like to thank Rob Stephens (Northumberland Fell Runners) and Darian Bridge (Borrowdale Fell Runners) for their kind permission to use their photos.

Confessions of a non-athlete: reflections on four months with KAC from a new member Siobhan Brewer

I felt humbled to be asked to write for *pacemaker* as I have no awe-inspiring tales of tough training regimes, accolades earned, or championship accomplishments. I could be at best described as a mediocre runner, running purely for fun, fitness and attainment of modest personal goals. Until June of this year, athletics clubs as the very name implies were for athletes and not for the likes of me. That all changed when, bored and on a whim, I entered Two Riggs fell race. Inspired by the views, the challenge of the terrain, the atmosphere and camaraderie, I took the plunge and decided to join Keswick A.C. This is what happened ...

I turned up to my first training session with a sense of trepidation, anticipating fine honed athletes ready to disappear off like whippets chasing a rabbit while I puffed along behind, red-faced and sweating. I expected to work hard. Whilst there were indeed some 'racing snakes' (as I believe is the correct terminology), there were also more than a few 'normal' / 'social' runners. I was encouraged and made to feel welcome, and the 'club trainers' ensured I didn't get lost. I began to enjoy the pleasant change of scene from my well trod local routes. I would never have ventured onto trails and fells on my own and, dare I say it, I started to have fun. In addition I was training harder as I fought to keep up with other members around my pace. Whereas in the past I was inclined to forsake the hill and speed sessions in the training schedule, now I was turning up at these very sessions ready to suffer with everyone else.

My efforts soon started to pay off. Just one week after joining, I pulled on a Keswick vest for the first time at the Gosforth 10. I felt like a fraud. I wasn't a 'proper runner'. The vest though appeared to have magic powers; my jaw dropped when I knocked five minutes (yes FIVE minutes) off my ten mile PB. What's more, I was awarded a prize. I was dumbfounded. It turned out this wasn't an aberration either, as over the summer I ran consistently faster at every road race, attaining times that had previously seemed out of reach. At the Newlands Valley round, I felt a real sense of pride as my peers from the training session ran home.

I had, up until now, thought of running as a solitary activity. My friends and family, who thought I would give up after that first marathon, look at me askance when I talk about running. However, my slight concerns about becoming an obsessive 'running bore' were dissipated by epic tales of races and training tips from like-minded club members.

While my road running had dramatically improved, I was still a novice on the fells. I started entering races for the fun and the experience. I took the opportunity to travel to the British and English fell championship counters. These were great days out. Once the starting whistle has gone, they aren't nearly as intimidating as one would expect. Prior to the start I soaked up the advice about navigation, had a laugh at the back of the pack and had the joy of running in parts of the UK that I would never have hitherto ventured.

Four months after joining, my appreciation of running as a sport has increased exponentially. My eyes have been opened to potential new goals and my enthusiasm is keen. One day in the near future I might acknowledge that running for Keswick AC has turned me into a 'proper' runner after all.

Siobhan

New members...

A very warm welcome to all those who have joined the club since the last issue:

- Sarah Ashcroft
- Geoff Ayers
- Samantha Ayers
- Elizabeth Finney
- Ian Thompson
- Simon Thompson
- Richard Wigley

(Apologies if I have missed anyone out or got anyone's name wrong - Ed.)

Marathon Blueprint

Well, I finally got around to writing this marathon print for *pacemaker*. You will find the same information in any good marathon book or training guide, and the majority of top coaches prescribe much the same training program for their athletes. Which is good news really, as I would be worried if after all these years there was any great mystery.

The first thing to do is have a realistic time in mind. Frank Horwill, who I am a great fan of, uses two simple formulae. So for any of you who really don't have a clue how fast you could run a marathon, the formulae below works for most athletes.

(Best 10k time for the year x 5) minus ten minutes = Marathon time

or:

(Best Half Marathon time x 2) plus six to ten minutes = Marathon time

So let's say your best 10k this year is 40 minutes: that's 5 x 40 min = 3h.20min, minus 10 minutes = 3.10 marathon potential.

Once you have a realistic time in mind, you need to set about training for the event. The first thing to remember is that a marathon is 99% aerobic. To manage the distance you must first get used to the target time. So if your goal is a 3 hour marathon, get used to running for 3 hours. One word of advice I would give those of you living in the Lakes is, forget about distance and work on time on your feet. You can easily run for 2 hours around these parts and have covered only 13 miles due to the hilly nature of the terrain.

The next key component is to get your body used to running at marathon race pace. Elite athletes such as Richard Neuraka and Hugh Lobb used to practice running marathon race pace once a week in their build up to a marathon, running up to 18 miles in training. Now I am not suggesting doing that, or you're likely end up injured. But if you were to do, say, a 12 week marathon build up with a two week taper, you could start at 6 miles one week and slowly build it up – say a mile extra every two weeks until you get up to running 12 miles at your marathon race pace.

Speed work maybe a dirty word for some as it is never easy. But equally it's never that bad either and it has real pay back. Bearing in mind that 10k pace has a bearing on marathon pace (ie the faster you run over 10k, the faster you will run a marathon), I would suggest getting in a 10k pace session once a week. An example might be 5 x 1 mile at 10k pace

Russell Maddams



Russell in the UK 50k trial

with 90 secs recovery. Also, as 5k pace has a bearing on your 10k, it's worth keeping your hand in and, on the weeks you're not racing, doing a 5k session. An example might be 6 x 800m at 5k pace.

Recovery is overlooked magic to some, including myself in the past. If you like running and live in a beautiful part of the world, it's very tempting to go out on recovery days where you plan to run for 35 mins and end up doing an hour. My advice is, don't forget that you need the rest days as they allow you to recover (mentally and physically) for the hard sessions.

Put altogether, a marathon week will look something like the one below. (Please note the days you run the sessions is not prescriptive, so I suggest designing them around your work commitments but don't be tempted to skip the rest days you will need them.)

Sample week:

- **Sunday:** Long run, starting at 90 minutes and building to target time on feet
- **Monday:** Rest day
- **Tuesday:** 10k session 5 x 1 mile or 3 x 10 min efforts
- **Wednesday:** Easy run, 35 minutes
- **Thursday:** Marathon pace tempo run, starting at 6 miles and building to 13 miles at marathon race pace.
- **Friday:** Easy run, 35 minutes
- **Saturday:** Race up to 10k or 5k speed session (say 12 x 400m or 6 x 800m)

continued on page 23...

Marathon Blueprint...*continued from page 22***Russell Maddams**

10 to 12 weeks' training is now considered the optimum build up when training for a marathon off of a base of several years competitive running.

I would always advocate running a half marathon two weeks before the target marathon race and then starting to taper back for the big race.

It is good to race once very two weeks, whilst in marathon training, as it helps keep you motivated. But keep the races short – up to 10k ideally. Any further and you will find you will not recover enough to complete the training and will likely get injured.

Finally, don't expect to always feel great in sessions or races during the build up phase. The effects of

training will leave you tired. But once you start your two week taper, you should start to feel good. The key is consistency and feeling strong in races.

Good Luck

Russell

Ed – For those of you who don't know Russell, he represented England in the World Trophy 50k in 2009, having won the UK trial in Boddington in 3 hrs 6 mins; and recently finished 8th (out of 2,489 finishers!) in the hilly Loch Lomond Marathon in a fantastic time of 2:31:53 (which is only his 5th fastest marathon time!).

Diary Dates**Annual General Meeting**

The club's AGM will be on **Tuesday 23 November** at 8pm in the bar of Theatre by the Lake. All members are welcome. If you would like to submit a proposal for an agenda item, or propose someone as a committee member, please send your proposals (which must be seconded) to Steve Harwood by 9th November.

Steve's email address is: sec@keswick-ac.org.uk.

Annual Presentation Dinner

The club's Annual Presentation Dinner will be on **Saturday 29 January** at Keswick Rugby Club. There will be a 3 course sit down dinner. Tickets are now on sale at £19 each. The dinner is always very popular and tickets sell out well in advance, so please book early to avoid disappointment. (There is a limit of 70.)

Tickets can be bought online at: www.freewebstore.org/Keswickac. Payment can be made by PayPal or credit/debit card at no extra charge.

Alternatively, tickets can be obtained from Diane Shaw (3 Browfoot, Keswick, CA12 4LQ – please enclose an SAE for confirmation) or at The Card Collection (Packhorse Court, Keswick). If paying by cheque, please make your cheque payable to 'Keswick AC'.

Massage Matters

This issue – Get more out of your Core!

These days you can't pick up a running or cycling magazine without being told that the secret to success is all about core stability. I used to read these articles, knock out a few sit-ups and then wonder what all the fuss was about! I suppose being a 'dyed in the wool' fell runner didn't help my sceptical point of view. I mean, you mention Swiss balls to most fell runners and the reply is, well... balls!

So what has changed to alter my opinion, I hear you ask? Firstly the realisation that it's not all about the six-pack and discovering that a strong core really does help stop the 'wheels falling off'. What does that mean exactly? Anatomically speaking, the core is the equivalent of a car's axle. All the major components on a car are either directly or indirectly fixed to the axle. Keep your core in order and all the 'nuts & bolts' holding us together stay tight and help each component work properly!

Now for the technical bit... The core is group of muscles which form a 'girdle' around the trunk of our bodies. The muscles making up the girdle are:

- The diaphragm (top)
- The pelvic floor muscles (bottom)
- Transverse abdominis (sides)
- Multifidus muscles (back)

Other muscles are employed to help support the core. These include the oblique abdominals, the quadratus lumborum and erector spinae group.

There are many benefits to having a strong core. It can help us move much more efficiently, reduce back injury, prevent muscles becoming stressed and overly tight, increase breathing efficiency, reduce incontinence and for women, recover from giving birth. These are just a few benefits, which I am sure you will recognize several as being extremely appropriate to running and the other activities we tend to be involved in.

The main reason I have become a convert is that the proof is in the pudding (and we all know how much us fell runners like our puddings!). Over the last six months I have been attending regular classes, and as a fitness instructor I have also been training to teach classes myself. Now if that isn't a complete u-turn, then what is? Even though I have concentrated more on the bike this year, I have still managed new PBs in the fell races I have done, seen my position knocking on the door of 'top ten' finishes and most importantly...not been injured at all!

John Beetham NAMMT (RM)



For those wondering why I have diverted from injury advice in this issue, well that too is simple to answer. I have become such a supporter of core stability work that I now actively use it for detection and rehabilitation of injuries at my clinic.

The classes I teach at primarily use gym balls (big inflatable balls). Other equipment includes weights and wobble cushions. However, there are many exercises you can do with no equipment at all. If you are interested in learning more about core stability work, then why not give me a call and arrange to come along to a class. I currently teach classes in conjunction with (new KAC member) Sam Ayers (www.bodyfitpersonaltraining.co.uk) in Cockermouth. I can guarantee a good workout, a friendly welcome and who knows...you might get a six-pack too!!!

For appointments & classes, you can contact me by phone (07870195441) or email: johnbeetham@me.com

John Beetham (registered fitness instructor & sports massage practitioner)

Member Profile: Pat Richards

interview by Quentin Merritt

Sex/age category	FV60 (as of Nov 2010)
KAC member since:	1997
Previous clubs	Scarborough Striders
Road or fell?	Primarily a road runner, but lots of fell running over the years too
Long or short?	Half marathon is my favourite distance on the roads; anything up to 2 or 3 hours on the fells (eg the Anniversary Waltz)

When/how/why did you first get involved in running?

I used to do long distance walks competitively! This involved a bit of running but not much. Then I did a fun run in 1986. Pete bet me that I could do quite well at running if I took it seriously and trained. So I gave it a go, joined Scarborough and never looked back.

How has your running career evolved over the years?

I did the London Marathon in 1987 and since then have done countless 10k, 10M, half marathons and even a fair few marathons. I started doing cross-country in the mid 90s – mostly North Yorks league races. During this time I spent three years as Chair of Scarborough Striders and in 1992 Pete and I established the Scarborough Fayre 10k.

We moved to the Lakes in 1997. At the time I decided I was going to stop racing, but one thing led to another and I was soon racing again – and on the fells as well as the roads. Like everyone else, I have helped to marshal my fair share of races. I have also been Ladies' Team Captain and a Committee member for quite a few years and organised a number of beginners' groups for women (in Scarborough, as well as here in Keswick). I think these groups are really important as there are a lot of women who want to run socially without getting involved in the more competitive side of the sport.

What have been the high points (including best ever performances)?

My PBs for the marathon, half marathon, 10M and 10k are 3:28 (London, 1993), 1:34:58, 70:06 and 42:30 respectively. I always wanted to do a sub-70 min 10M and came close a few times but never quite got under the magic 70 mins barrier.

I have won quite a few races in my age category but one of my best results came in the 1991 Humber Bridge Marathon. Ten of us from Scarborough entered – eight men and two women. It was a scorching day. I set off slowly and was soon behind most of my team mates. But as the race went on, the heat took its toll and I began to run them down. In the end I was third out of our group.

Another good result was winning the bronze medal at the North Yorks Club Championships 10M in 1993.

I am also proud of being a member of the Keswick team that won the Ian Hodgson Mountain Relay in 2002. Not only that, we broke the course record. I ran leg 2 with Gail Birch, from Patterdale to Hartsop (it was run clockwise at the time). Our teammates were Lyn Thompspn, Angela Brand-Barker, Lou Sharp (now Roberts), Hilde Krynen, Jane Meeks and Sharon Forsyth (now Schofield).

*continued on page 26...*

Member Profile: Pat Richards...continued from page 25

What is your favourite training run/race, and why?

I am very fond of running on Latrigg, which was our regular stomping ground when we lived in town. Now I have a similar feeling about Catbells, which has been our regular training area since we moved to Portinscale.

What do you get out of running?

Basically I just like running – on roads and fells. It's also a great way to keep fit and socialise, and you get to meet people from all sorts of backgrounds – young and not-so-young. I'm not as competitive as I was, but it's great to know you can still do it as you get older – and it's always nice to beat people who are years younger, especially men! *(Ed – Watch out, Pete. I'm not sure she just means at running!)*

How do you train (weekly mileage, types of run, other activities)?

I have had quite a few injuries over the last few years, so my training has been a bit up and down. At the moment it is going quite well, and I have got my mileage up to about 30 miles per week. In addition to the club sessions (fartleks are a particular favourite), Pete and I often go out on our own. One of things we do is 'cat and mouse'. Pete gives me a head start then has to try to catch me. Sometimes he does and sometimes he doesn't. *(Ed – It wasn't entirely clear to me who was really the cat here and who the mouse!)* I also go to circuit training when that's on, and do some weights and other exercises at home. Then there is sailing, but I'm not sure if that really counts as exercise. *(Ed – From what I hear, there's more drinking than sailing, especially when Paul Maxwell is 'out' on his boat!)*

One of the key things I have realised over the years is that as you get older, you get more injuries and take longer to recover. I have torn the ligaments in my left ankle three times in the last few years and now have some arthritis in my knee. So you have to listen to your body and become a bit smarter in your training and racing.

Goals for the future?

I will be running in the V60 class next year for the first time, so I hope to put in some good performances, and have a shot at the club's gold standard for road races. I got the gold when I was a V45 and silver at 50 but injuries prevented me from getting one at 55. I'd also like to paddle a canoe to all of the islands on Derwentwater.

Anything strange ever happen to you while you were running?

Ed – At first Pat denied that she had ever done anything odd in her running career. But, under pressure, she did admit to some strange sounding races – including races at both Beverley and York race courses (for horses!) that involved going over the jumps. (How was that not strange?) Then there was the race in the multi-story car park in the US: up eight flights of stairs then all the way back down the ramps – five times. (Doesn't everyone do stuff like that?)

pacemaker

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