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pacemaker

winter 2011

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Chairman's thoughts

Pete Richards



Throughout last year I followed with keen interest the exploits of our teams and of individual performances. It was without doubt the best year that I had witnessed in the time I have been in the club. However it was only when I searched for the outstanding performances for my introduction at the Annual Presentation Dinner that I really appreciated what members had achieved.

The dinner went very well and it does leave me wondering why we don't have more social events. In the past we have had some excellent get-togethers: inter-club relays, BBQs and treasure hunts. So if you fancy trying your hand at organising something, please let us know.

It was good to see our guests of honour, Kenny and Pauline Stuart, at the dinner and they helped make the evening such a success. Kenny's comments on club loyalty were interesting and very much in line with my own thoughts. Wear your yellow and green vests with pride!

I look forward to next year's dinner when I am sure we will have even more successes to celebrate.

Good luck to you all with your training and racing in 2011.

Pete

Editorial

Quentin Merritt

Once again I feel obliged to begin with an apology. I was hoping to get this edition of *pacemaker* out soon after the Annual Presentation Dinner, but the distractions of a skiing holiday (winter sun in *les Arcs* – someone's gotta do it) and a bout of flu (or possibly man flu) meant it has been delayed. Anyway, here we are and the new season is up and running. But in this issue we are mostly tidying up the loose ends from last year. For example, there's a report on the Club Awards for 2010, an account from Pippa of a race she took part in over in Italy, and a report from Allan Buckley, our Safety Officer.



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Editorial...continued from page 1

Good luck to everyone for the coming season – whether you're at the sharp end or back in the pack.

Quentin

PS Ian Boit (Membership Secretary) has asked me to say that despite electronic and postal reminders there are still 60 people who haven't paid their subs – and to thank those who have paid. If

Quentin Merritt

you are one of those who haven't paid, please can you do so ASAP. Apart from anything else, not paying means you won't be registered with England Athletics for races etc.

Women's Team Captain's Report

2010 proved to be another successful year for us on the fells and thanks to all involved in securing silver British & bronze English team medals, as well as 2nd and 3rd in the Ian Hodgson and FRA relays respectively. Gold this year girls...

A reminder of the championship races for 2011:

British Champs 2011

- 09 April Mourne Peaks (long)
- 09 July Y Aran (medium)
- 21 Aug Sedbergh Hills (long)
- 10 Sept Devil's Beef tub (short)

English 2011

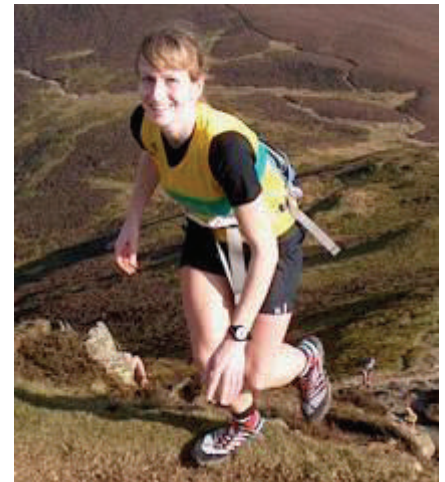
- 06 Mar Long Mynd (medium)
- 14 May Mearley Clough (short)
- 04 June Duddon (long)
- 26 June Loughrigg & Silverhowe chase (medium)
- 30 July Whittle Pike (short)
- 21 Aug Sedbergh Hills (long)

The first English race, Long Mynd, is already full and Loughrigg-Silver Howe and Y Aran are open for entries, so if you think you might like to have a go at either of these get your entries in early.

We had a very promising start to the season by the ladies at Blakes Heaven. Pippa broke her own record from last year and there were some promising results from the rest of the ladies. Well done to all who ran. Had there been a team prize we would have won it!

Details of the club championships are up on the website – any 4 from 6 this year, which means if there is a particular distance you're not fond of you can avoid it and still qualify! There is also a new championship this year recognizing individual performances at each of the distances (short, medium & long).

Jo Gillyon



First club race is Causey Pike (short) on 26 March 2011. I will be organising a recce of this for anyone interested, preferably after work when the nights are a bit lighter.

Jo

jogillyon@yahoo.com

New members...

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

- Charlotte Beever-Reid
- Claire Bell
- Sarah Bennett
- Jo Bright
- Hazel Davies
- Annie Donovan
- Stuart Edginton
- Jacob Fell
- Anne-Marie Frankland
- Kate Hughes
- Rachel Mellor
- Sarah Moir
- Ben Paxon
- Sarah Pepper
- Nick Shaw
- Lisa Suttle
- Charlotte Watson

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

Junior Races Report

December's race had to be cancelled. We really couldn't risk putting runners out on roads where the cars were still slipping around.

January saw a great crowd ranging from 6 years old right up to 16, for a time trial against the clock straight up Manor Brow, finishing at the main road. Each runner was allocated a start time a minute apart, and waited nervously for their time to be called. 5-4-3-2-1-GO!! Matthew Atkinson started proceedings to a great cheer.



Matthew Atkinson

Some runners sprinted off, only to find the steep hill slow them down in no time. Others started slowly and built up, but all arrived at the top in a heap. Once the times had been collected, there was a short rest before a second attempt. The resulting comparison made interesting reading, as some times were worse and some better on the second run. Impressively, many did exactly the same time on the second run. The under 11 boys race was particularly hard fought with positions changing significantly between the first and second runs. However, Danny Price consistently beat the

opposition. Ella Horne (age 6) was the last runner to start, making an impressive dash up what must be a massive a hill for one so small. In a great atmosphere, everyone gathered round the results board to compare results, with everyone receiving prizes large and small. A great event.

Results

Times are totals for two runs:
U17 Boys Matthew Atkinson 2'27";
U15 Boys Matthew Horne 3'04", Dominic Westle 3'18";
U13 Boys Joseph Horne 3'13";
U11 Girls Katie Jackson 3'58";
U11 Boys Danny Price 3'14", Adam Price 3'28", Will Westle 3'29", Arran Horne 3'30", Ben Holmes 3'35", Will Atkinson 3'43";
U9 Boys Sam Holmes 3'50", Jacob Fell 3'56", Adam Jackson 3'59";
U7 Girls Ella Horne 4'42".

February's race started with a nice, dry registration inside the Theatre by the Lake. Thanks to Patric for getting us in. Darkness fell fifteen minutes before the start, so head torches and reflective bibs were the order of the day.



They're off!

All the courses were marked out with reflective tape, so the runners had a real exploration through the paths behind the theatre. With a crowd of 23 runners, it was safer to start the big ones off first, especially as they had up to 4

Martin Sluce

miles to go. Some mums ran with the little ones. The variations on three courses provided everyone with the right length of route, although mud and rocks still made things very different in the dark. As an organiser, I must say that the runners looked far less confused by the routes than the adults!



Here they come

Results

U17 Boys Matthew Atkinson;
U17 Girls Chantal Price;
U15 1st Boys James Hodgson, 2nd Dominic Westle, 3rd Matthew Horne;
U13 Boys Joseph Horne; **U13** Girls Rosie Hodgson (despite a wrist in plaster!);
U11 1st Girls Lois Royle, 2nd Jordan Sowerby, 3rd Esme Jackson;
U11 1st Will Westle, 2nd Alex Bland, 3rd Arran Horne, 4th Danny price, 5th Ben Holmes, 6th Harry Bolton, 7th Will Atkinson;
U9 Girls Nicole Mattinson; **U9** Boys Jacob Fell;
U7 Girls Ella Horne;
U7 Boys James Birkenshaw.

More races to come – March 14th and then keep an eye on the website and school notice boards. Most of April is a school holiday!

Martin

Safety Officer's Report to the AGM - 23 November 2010

Allan Buckley

Communications

There have been a number of difficulties with the radios, but it is hard to judge how much this is due to the equipment. Their performance at Helvellyn has always been erratic. The weather conditions at Skiddaw were so bad as to render them useless, despite the deployment of an additional marshal to link up on Little Man. We were saved by resourceful marshals who sent a text to say that they were turning runners before the Summit plateau.

Chris Knox reported to me that, on the last occasion they were used, the batteries held their charge for under 24 hours. I am unaware of any other problems. However, I propose to check the radios over the winter and install new batteries if necessary. If we continue to have problems we will clearly have to review matters.

Shelter for marshals

In my capacity both as Safety Officer and the organiser of the Helvellyn and the Skiddaw races, I have become concerned about the exposure which the marshals experience.

This problem will be increased with the new Helvellyn race, which will be categorized AL (15 miles 4,388 feet), with an additional checkpoint on Great Dodd.

Recommendation

We should buy some lightweight shelters for marshals. Ken Ledward (whose advice I sought) has offered to supply some lightweight shelters, but he hasn't given me a price. I will keep the Committee (and the Treasurer in particular!) informed of progress.

Availability of equipment at events

There were a couple of events where I was unaware that the Safety Equipment was required. I do need good notice, notably so I can charge up the radios. I'm away quite a lot in the summer and I'm not always aware of events where the equipment is needed.

Recommendation

The Safety Officer should have details of all Club events for the year.

Safety incidents

I am aware of only two sets of incidents. St John Ambulance reported a few minor injuries (cuts and bruises) at Helvellyn. One runner who required hospital treatment opted to return to Sheffield. I heard nothing more about this matter. I note here that the final descent on the new Helvellyn and the Dodds Race should not necessitate the attendance of St John Ambulance.

At Lord's Seat the two runners bringing up the rear failed to arrive. They were found in the woods above the finish by Russell and Pippa – to whom, many thanks. A few more minutes would have meant a Mountain Rescue alert!

I discussed this incident with Angela and Tony. We agreed that, given that there are so many points at which people can go wrong in the Whinlatter area, it would be impossible to cover all the possibilities by deploying additional marshals, putting up signs or taping off paths.

Recommendation

Race organisers should report all safety incidents at races to the Safety Officer.

Allan

53rd Trofeo Vanoni

Morbegno, Italy
Sunday 24 October 2010

The Trofeo Vanoni is twinned with the International Snowdon Race. Many years ago some Italians took part in the Snowdon race and suggested to the organiser that some local Welsh runners should partake in their Italian equivalent race, the Vanony Trophy, run in Morbegno in Northern Italy. Since that day the two races, and indeed the towns of Llanberis and Morbegno, have been linked. Not only do both host good mountain running terrain but both share their traditions in slate mining, choirs and rugby. Indeed the twinning of the two towns has led to a great bond being forged and this was more than evident during my visit to do the race.

I qualified for the race following a 2nd placing at this year's International Snowdon race. Catriona Buchanan, from Scotland, was the other lady selected. I met with her and Robbie Simpson, also Scotland, and we flew to Milan where we were greeted by a CSI Morbegno running group member who drove us the two hours to our hotel. He made the same trip to pick up all the other GB team over the following few days which highlights how accommodating the local running club were.

The Trofeo Vanoni is a high profile race in the region. The whole town celebrates the race and runners who arrive from Italy and internationally. We went to Mass in the local church on Saturday evening which was packed. We did not understand a word of the service but the choir were lively which kept us going. Apparently there is a 24 hour confession service operating there, but of course I never needed to use it, so I can't say if that's true.

The race is often used as an Italian International championships, so the standard of competition is very good. There was a series of junior races in the morning before the ladies' race at 11 am and the men's relays in the afternoon.

I am not really accustomed to racing abroad. Having examined a few photos, I realised most people had racing flats on, so I only took my road shoes. Unfortunately, these turned out not to be ideal, given the rain and slippery conditions. But on the other hand, I don't actually think my INOV8 270s would have liked the road sections.

The ladies' race covered 5km and 248m height. It was comparable to a 'mini Latrigg', similar terrain and lung bursting feeling on a tough ascent up steep, rocky pathways, with road and hands-on-knees wooded sections.

Racing strategy: start as you mean to go on ...

Pippa Maddams



Ladies start

... and that was it. A huge build up calling all competitors to the start line individually. I was ready to rumble and set off at pace leading with the Polish girl all the way to the top. I knew Kenny (Stuart) had been up this course and it always gives me a sense of pride knowing other locals have left their mark on foreign lands. We then turned into a wooded section and I knew we had a fair lead. We legged it down the final 1.5 miles or so that was on tarmac. The Polish girl took a lead but then slipped badly and I felt I had to check she was ok. (Isn't that an FRA rule???) She got up and we continued a little more cautiously as I then took a bit of a slip on the wet leaves.

I was running on full throttle by now as we descended back in to the streets for a final half mile or so of road running. It scares me as I know how quick some of the girls are over 10km so I had to keep going! I could see the Polish girl ahead finishing and I knew I had to work hard to hold on to 2nd as a super speedy Italian girl was on my heels. One second split us, but the best races are often the closest run ones and I as a novice to such things I was pleased my fell tactics paid off giving me a 2nd place.



Here we are: Alice Gaggi (Italy) 4th, Christina Scolari (Italy) 3rd, Mariola Sojda (Poland) 1st and little, white ME 2nd!

Catriona was 7th and the Welsh girls put in some strong runs too.

The men's relay team were 3rd overall and it was exhilarating to see the French, namely Julien Rancon and Emmanuel Meysat, storm round the longer men's course. Ian Holmes (Yan 'Omes as they pronounce it) still holds the fastest descent time for this course. His reason for running the Snowdon International is simply to book a place to this particular race. Good choice I say. Ciao!

Pippa

Report on Annual Awards 2010

Ian Davies



Award Winners 2010 — including recipients of KAC Road Standard Awards:

VERY BACK: Steve Hebblethwaite.

BACK ROW (left to right): Gill Conroy, John Nicoll, Helen Winskill, Quentin Merritt, Chris Clark, Kim Clark, Pauline Stuart, Sue Wilkinson.

MIDDLE ROW: Jim Downie, Julie Carter, Cat Evans, Jo Gillyon, Anne Downie, Annabel Holmes, Mike Beechey.

FRONT ROW: Rob Wynne, Russell Maddams, Kenny Stuart, Pippa Maddams, Dave Birch.

2010 proved another successful year for the club. The ladies' teams were prominent in the fell relays, finishing second at the Ian Hodgson Mountain Relay and third at the FRA relays in the Lomond Hills, Scotland. And the men's team is now showing strength in depth, putting in a fine performance in October to finish fourth in the Ian Hodgson Relay.

The outstanding individual performances came once again from Steven Hebblethwaite and Philippa Maddams. Pippa retained her British Fell Running Championship crown with wins at Silent Valley, Dollar and Sedbergh Hills. Steve continues to show improvement on a national front, finishing just outside the top ten in both the English and British Championships.

And both repeated their Club Championship victories on the fells, securing wins at Causey Pike, Skiddaw and Borrowdale to reclaim their respective titles.

Pippa was the only lady to run enough qualifying races on the fells but there was some fierce competition on the roads with the selected races including two Keswick organised events, the Newlands Valley Round and the Derwentwater 10. It was Gillian Conroy who ended the season as overall Road Champion, with Sue Wilkinson and Anne Downie taking the veteran prizes.

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Report on Annual Awards 2010 ...continued from page 6

Ian Davies

Competition was equally tight on the roads between the men. Steve Hebblethwaite had to settle for second place, as Russell Maddams topped the rankings with strong runs at the Moorclose 10K and the Newlands Valley Round which he won outright ahead of two other Keswick runners. The V40 prize went to Rob Wynne and the V60 to Chris Clark.

There were also awards for those who topped the Keswick AC League. The league award recognises the top competitors in the Keswick-organised races, with eight results required from the thirteen events. Jim Downie, along with his veteran Fell Championship prize, took the men's league prize with Kim Clark rewarded for a heavy season of racing taking the lady's league win.

There was little surprise that the most improved runner award went to John Nichol. John has made great strides since joining Keswick AC, contributing to a number of team prizes for the Club and featuring

in the top-ten in a number of local races. John's excellent form has continued in 2011 with a win at Sped's Three Peaks which bodes well for the coming year.

Cat Evans also had a superb 2010. She was involved in the ladies successful relay teams and prominent in helping the side to a second place in the British and third place in the English Fell Championships. But it has been in the long-distance events that she has excelled, completing all six races that constitute the Lakeland Classics trophy. These races are some of the hardest in the fell-running calendar including such iconic races as the Borrowdale, Wasdale and Ennerdale. Cat finished third overall in the Classics trophy for which she was rightly awarded the Bob English Long Distance Award.

Ian

Award / Prize	Men	Women
KAC Fell Championships	Steve Hebblethwaite David Birch John Nichol Craig Smith James Luxmoore V40: David Birch V60: Jim Downie	Pippa Maddams
KAC Road Championships	Russell Maddams Steve Hebblethwaite Rob Wynne Nick Ogden Mike Beechey V40: Rob Wynne V60: Chris Clark	Gillian Conroy Sarah Bailey Sue Wilkinson Anabel Holmes Anne Downie V40: Sue Wilkinson V50: Anne Downie
KAC League Championships	Jim Downie	Kim Clark
Most Improved Runner	John Nichol	
Long Distance Award	Cat Evans	

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