



pacemaker October 2013

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Chairman's thoughts

Pete Richards



It is also the time of year for the relays and hopefully we will have strong teams out. Gone are the days when we had to beg members to run in them. It is an honour to be picked to represent the club and I wish all those running well.

On a totally different matter, the FRA have decided to 'name and shame' a runner for not having the required kit at Holme Moss in July and have banned him from races for 6 months. I don't wish to discuss the rights and wrongs of this but I hope that it will act as a warning to you all to carry the correct kit in races. Some may consider that this is an over the top reaction but it is vital that race organisers are given our support otherwise there will be less races in future.

Good luck to you all!

Pete

The club's fell championship has now concluded and it has proved to be very competitive with an exciting finale at Loweswater. At the time of writing there are still 3 races left in the road championship so it would be great to see similar competitive racing. Championships are much more valid if won by head to head racing and not by purely turning up at races.

Editorial

Sarah Bennett

Thank you for all your contributions again this month. There's several long distance race reports to get you planning for next year and also an interview with the ultra successful running couple, Pippa and Russell Maddams.

Don't forget about Pacemaker over the next few months and do take some time to send me reports on anything running related.

Sarah

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Ladies' Team Captains' Report

Lesley Malarkey



Female Fellrunners Report : fun,frolics and fine weather (well,mostly!)

When I sat down to write this report, I had to decide whether to pick out the highlights of the season or go for a longer, more detailed report. I have gone for the former with apologies now if I have missed anything significant out.

It has been a really good season for Keswick ladies this year with lots of races attended and good performances at every level. Everyone has had something to be proud of. For me, the outstanding thing has been to see so many Keswick vests at so many races. This hasn't necessarily translated into placings but it keeps the club profile high and lots of us have just enjoyed the better weather conditions this year and the great camaraderie that there has been. So congratulations to all of you who have taken part and I hope you have enjoyed the season as much as I have.

So, some highlights with apologies if you feel I have missed anything or anyone:

- 1) Jo and Cat winning the Old Counties Tops AGAIN!
- 2) Catherine Spurden for impressive running at so many races, 3rd at Borrowdale perhaps being the most outstanding.

3) Those three again, Catherine, Cat and Jo for their team win at Borrowdale. Terrific to have a team win in our local race.

4) Lyn Thompson for winning her age group at every race and an English Championship title again.

5) Several meetings with Joss Naylor, an amazing fount of support, advice and humour who was especially pleased to see so many younger runners representing Keswick.

6) A personal one for me, completing the Wasdale race as 1st V60 in serious heat and with scary time cut offs.

7) A big group of us doing the Blisco recce on a glorious evening, in spite of which a significant and nameless number of our team got lost on the race day which was clear and sunny!

Just to show it wasn't all fun, there was the Howtown race which most people, sensibly, didn't run. It was unrelentingly wet! And, of course the recce of the Ennerdale Horseshoe where four of us went round in circles literally for two hours in nil visibility!

Although the season is drawing to a close, there are still some races to come. If anyone out there still isn't on my fell runners mailing list, please contact me at lesley@mudlark.demon.co.uk.

Finally, thanks to Julie and Lyn for all their help and advice and to everyone who has given me so much support as I chase the Lakeland Classics.

lesley@mudlark.demon.co.uk.

Cheers,

Lesley

Men's Team Captain's Report

Steve Hebblethwaite



We have a number of relays over the next month beginning with the Northern Six Stage Road Relay at Blackpool on September 21st, followed by the Ian Hodgson relay and then the UKA British Fell and Hill Relay Championship, this

year in Llanberis. Selecting the teams has been a difficult but rewarding process -it's good to look back over the season and see some of the really positive performances by a lot of lads.

At the road relay, the target will be to better our 24th place finish at last year's event, which was our first return to the competition after an absence of many years. It is great to be putting a team into the Six Stage again this year, and Russ Maddams looks like the man on paper who might run our strongest leg, having been in great form this year -with a 1:12:00 half marathon, 55:30 10 mile and 15:43 5K, all in the same year he has turned 40. Also making the strong team are Phil Winskill -always a danger though mostly to himself, Ian Davies one of three from last year's team, John Nicoll stepping up to the challenge, and Peter George who has impressed in his time since joining the club earlier this season.

Though not one to put too much pressure on a team, we will travel to the Ian Hodgson and Llanberis with a lot of confidence -in the English and British races this year it has been great to see the good group we have at the club now. A few seasons ago we couldn't field a team for these races, however this year we started at Fairfield with our five 'scoring' runners all in the top 80, going on to better this in the second race at Buckden Pike, packing our first five runners all into the top 60. After the third race at Wasdale we were in the

unfamiliar position of third placed senior men's team in the English Fell Running Championship. All of the lads will carry a lot of confidence from these results into the relays and it is these runners who make up the squad -two of the most exciting probably being Carl Bell who will be difficult for anyone to keep up with on the descents of the Ian Hodgson paired legs, and possibly also Peter Harrison who showed in his 3:13:32 Borrowdale a glimpse of his potential on the fell. Phil Winskill and Mark Lamb will be well matched over leg 2. Chis Edis has made leg 3 his own in the last couple of years and has been in better shape this season than ever, while Lee 'Toast' Newton who has raised his game another notch this year will be looking to push the pace on with John Nicoll who has been close on Toasty's shoulder all year.

Andrew Slattery has also done a great job in putting together an 'experienced' vet team for the Hodgson, and that is without a couple of the 'experienced' runners that are still fast enough to have made it into the the open team, and it will be good to see how they come on this year.

It is also that time of year that the cross country season gets under way. The first Cumbria League fixture is Cockermouth on Sat 28th Sept, the first Mid Lancs League at Burnley on 26th October -see elsewhere in this issue of the Pacemaker for full fixture list. We will be looking to take strong teams to the Northern and National Championships again this season -remember these are pre entry only, so get the dates into your diaries and see your team captains for entry details.

Best wishes for all your running and racing this season!

Steve

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Keswick AC Juniors

Keswick AC Junior Race Sept 2013

Monday evening turned out remarkably warm. As we were setting up walkers were setting up walkers were coming off Skiddaw, joyfully showing their pictures of the summit sticking out above the clouds! No such joy for us, but all the same we had a great time.

We had a slight rearrangement of routes due to some closed off land, but the youngest runners still had a great route up the Skiddaw to the cross. Suitably warned from the sharply contested finish at the last race, all runners screamed down the hill and through the finish line at full pace. It made for a great spectator sport!

Tom Pye-Kendall, lagging behind in the first half of the Under 7's boys race, pulled through in the second half to a convincing finish, with Isla Turnbull not far behind to win the girls race. Alice Miller surprised the marshall as she headed out on a lone journey, being the only Under 9 (boys and girls!). Jacob Fell impressed all the spectators as he stormed off Latrigg, pushing hard all the way through the finish line despite having no competition. The U13 boys race had a long, hard route taking in much of Latrigg, with Will Westle taking the top prize.

Thanks must go to Dom Westle, the hero of the day who sorted out all the problems with the summit routes. Not only did he nip to the

Martin Sluce

summit 3 times in the hour of preparation, but marshalled the summit too!



A fast, well fought finish provides some excitement for the crowd. Tom Pye-Kendall, Zak Fell and Isla Turnbull finishing strongly.

Results

U7 Girls: 1st Isla Turnbull, 2nd Daisy Miller, 3rd Anne Meier

U7 Boys: 1st Tom Pye-Kendall, 2nd Zak Fell, 3rd Oscar Pye-Kendall, 4th Bruno Fielding, 5th Joseph Miller

U9 Girls: 1st Alice Miller

U10 Boys: 1st Jacob Fell

U13 Boys: 1st Will Westle, 2nd Danny Price, 3rd James Mattinson

U15 Boys: 1st Mark Donovan

Martin

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Keswick AC Juniors Race Calendar

Below are the remaining monthly races for this year.

Mon 14th October : Latrigg - note the earlier start due to the earlier darkness. Reg 5.00 for races at 5.30

Mon 11th November: Keswick town centre street races.

Mon 9th December : Cockermouth? May need another location or a method to stop runners getting lost!

We always need marshals and helpers at these events, so please do volunteer if you can.

Bob Graham Round

Neil Thompson

A joint attempt with Rob Wynne also of Keswick AC and anyone else who fancied tagging along, Saul Lovatt was the only other brave soul and Andy Slattery happened to be doing it the same night.



Rob and Neil at the start in Keswick



Saul, Andy, Rob and Neil all smiles!

We had given this just 8 weeks prep and neither of us set off really confident of success, just very determined. We had pledged to raise money for a fund set up in memory of **Danica Maxwell** who attended our school until she died of a brain tumour two years ago. She was a fighter and an optimist and so must we be. This was to be Rob's only attempt as various ailments meant it was now or never, I could return later but didn't really want to.

We left the Moot Hall and the Keswick conventioners at 10pm on Saturday the 20th July, a small amount of concern before departure due to lack of rucsac space for food etc for the first leg. Duncan Overton and last

minute stand in Steve Jones paced. Rob's son Jonathan ran alongside taking photos till Latrigg car park. Now the big climb up Jenkin Hill, take it steady no hill rep session tonight. Cool evening and sunset reflecting on Derwent water, Skiddaw reached 5 mins up, descended into cloud inversion over Hare crag and met supporters of Andy Slattery at the track before Great Calva. Quick exchange of greetings and a drink and on up the bone dry climb of Great Calva, descent off by the fence to cross the river. Duncan and Steve did not know this route or expected the river crossing, I crossed over and got ready to take a bearing (I had not written bearings for this section as I thought Dunc would know this way) the other four stood on the other bank debating whether to follow the river. I tried hard to resist swearing at them to cross the river and get me a map, stay calm. A minute or two later we found the trod up onto Mungrisedale Common and higher up were guided by Richard Unwin's light we all climbed back into the mist and Richard left us at Foule crag and we carried on the Blencathra race route to the summit. Dunc led us down a grassy route to the right of the ridge but we traversed too early in the dark and mist and had to down climb some of the ridge anyway.

Rachel Slattery had waited for us after supporting Andy, and had chairs ready for us and a new set of pacers. Nick Ogden, Rob Jones and his mate Chris Naylor. I hate the climb up Clough Head, it is very steep and as I live in Threlkeld at the quarry, it's a regular training run. The low cloud continued over the Dodds but as I had all the bearings for this section written down and with Nick's careful navigation also this section went smoothly. On one of the few occasions in my life I have seen the sunrise we couldn't have hoped for a more beautiful one, climbing up Helvellyn Lower Man with a cloud inversion to the East (and West) this was one of the highlights of the round. The next few tops passed quickly and we descended down the wall line off Dollywagon Pike and here my legs felt tired and were cramping, I started to feel concern as this was only leg two. The scree climb up

Bob Graham Round

and descent off Fairfield went OK, I am a quick descender down rocks so got ahead a bit here as I knew I would be slower going up Seat Sandal and so it proved as the others reeled me in, Saul first.

My Wife Mady supported at Dunmail our three young children looked after by their sleeping grandmother. Bacon and egg sandwiches was the second high light of the round and proved a massive morale booster, Nick's dog Mia managed to scrounge one off the floor.

The section to the Langdales is least familiar to me but we had some excellent support of Chris Edis and Dale Colcough, Chris I know from the club but had never met Dale before as he was a friend of Saul's. I fell behind here and struggled with more cramp up to Steel Fell, Dale kept me going. The cramp slowly got better as we jogged across to Calf Crag but the tiredness and stiffness in my legs never really went away for the rest of the day. I had been warned of this and resolved that as long as it did not get any worse I could cope, I just needed to cope for another sixteen hours. The Langdales went smoothly, I think we dropped down a bit too much before Harrison Stickle but the thigh deep bog on the Langdale Horseshoe race route was avoided. Ashley Watkins had camped overnight near Calf Crag before the climb up Bowfell and fed us oranges, fantastic. We climbed back up into the mist on Bowfell and waited for Rob, He and I knew this next section was going to be very difficult for him due to his eyesight and judging depth over rocky ground, from here to Great End Saul and I would get ahead then wait a few minutes, we still remained on schedule or slightly up. By Broad Crag Saul and I went ahead to avoid a traffic jam up the rope on Broad Stand. I descended Scafell Pike first and waited at the top of the climb where Andy Williamson had a rope and a sling, Dale appeared but without Saul, he had decided not to go on. Saul was quick but I think had not done a lot of distance and underestimated the task, he had said as much before Langdale but it was still a surprise to see him

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drop out as he looked so strong. Dale and I climbed up away from the climb to the summit of Scafell alone and then descended fast down to the scree route stopping to empty shoes at the bottom.



Sam Ayers supporting Neil on Leg 4

At Wasdale I was efficiently pounced on by Sam Ayers who bathed feet, changed socks force fed me and pampered me the way a sergeant major would. Alex price from work turned up on his bike and offered all sorts of goodies and importantly applied sun cream to legs arms and shoulders. Mark Denham Smith, Rob's training partner waited anxiously for Rob to appear. Rob arrived with Chris Edis 10-15 mins after I arrived and we all set off roughly on schedule just after 1pm.

The climb up Yewbarrow proved to be real low point as predicted by many, coming straight after a long descent and rest legs had

Bob Graham Round

contd

seized and the heat was oppressive lower down. I was amazed to here Chris report we were still on time for this climb at the top. Now comes the long climb up to Red Pike and Pillar. At each top I arrived first then waited for Rob, I was trying to do timing sums in my head as we moved along and things were not quite adding up here, I did not realise until later how much time we were losing over the rocky ground on this section and by Beck Head we were about half an hour down on our schedule. Andy Williamson had joined us at Scoat Fell and mark had traversed under Kirk Fell to get water, when we regrouped at beck head Rob looked absolutely done in, I needed to get on so Chris Andy and I set off up Gable and MDS paced Rob. Now we gained a few minutes each peak and had made up 18 by the time we reached Honister. Andy had waited to show Rob and MDS the way off gable avoiding the rocky tourist route. Sam Ayers appeared again after Grey Knots and started to make me eat and drink, I did not really want to but she kept on insisting and I had to force it down, she continued with this until Newlands!!



At Honister My family were waiting, Harris, George and Monty with home made flags to encourage me on. I had three and a half hours to get to Keswick, Mady changed socks, Sam wouldn't let me sit down and after 5 minutes I set off out of the car park. I knew Dale Head was the last big climb and that I would be slow. As I left, Rob and MDS appeared over the skyline off Brandreth, by some miracle Rob had pulled some energy from somewhere, no doubt with some purple verbal encouragement from Mark. Pete Richards and Lee Newton got me up Dale Head and over Hindscarth and by the climb of Robinson, Rob with Sam Ayers had caught us up. Rob actually ran sections of the climb up Dale head. Now fired by the chance of success and the end so near I charged down the mossy flank of Robinson led by Pete and then on to the track past the dam. We arrived at Littletown carpark with an hour and forty minutes to go. We now knew it was in the bag, a quick change of shoes and we walked and jogged as far as Portinscale. By now all I could manage was a walk but we had time in hand so walked until the final jog up the main street to impress the onlookers, touch the green door on the Moot Hall and stop the clock, 23 hours 20 minutes. No records broken but massive grins from both of us and hugs and handshakes from all around.

I don't think we could have asked for better conditions or support team, the early mist at night didn't really slow us down much and the dry conditions over the last few weeks made usually boggy sections OK, the cool breeze in the second half kept temperatures down over leg three and four. We are both amazed to have done it first attempt after so little preparation it is a day I will never forget.

Ed - Rob Wynne has produced a wonderful report too but too long to enter here. Sorry Rob! However, he have asked me to mention they have a YouTube clip that you may like to watch www.youtube.com/watch?v=YUOV0C0FpSQ. They are about halfway to their target of £1000 so do contact them if you would like to donate to Danica's fund to help terminally ill children and their families.

High Peak Marathon

To this day I still can't remember why we all agreed to do it. I certainly do remember who suggested it (yes you Julie Carter). Think about it – why would you? 42 miles you can train for, running in the dark you can train for, running through bogs in the peak district – should never be done. So what a great idea let's combine all 3 of these things into 'the high peak marathon'. I also need to be clear that obviously this isn't a normal marathon – one blog we saw talked about the pity he received in telling people that it took him over 12 hours to complete this marathon and he was only carrying a bag, not even a fridge!

Having committed to this event we flung ourselves into some long distance training in the long dark winter months beginning with Glenderaterra and round the lake where many of you will have joined us in a wade/swim in Derwentwater on New Years Day. Another fantastic training run took us on leg 2 of the BG on a beautiful starry January night, one I will never forget and worth doing with friends even if you aren't planning anything more.

The true 'spirit' of the HPM was first sampled on a recce of the most difficult navigation section of the route – Moscar to Snake Pass via 'middle earth'. Having had one abandoned trip due to snow Julie, Sarah and I were determined to set out on this recce come what may. This saw us heading out from Bamford on a windy, wet and extremely cold February day much to the surprise and amusement of the locals. The recce itself was a great success, we found our way brilliantly through zero visibility and horrific weather. It was on this recce that we realised what true wilderness was – a vast moonscape that no one has ever been to before, so featureless that we spent 3 hours of the recce micronavving and counting our paces to Snake Pass where we saw the first sign of a path for many miles. It is here at Snake Pass that you will find a sign that lies to many a tired runner (ask Sarah Bailey about this). We got back to the warm house in silence, no one daring to start a conversation about this 'experience'. Nobody also wanted to acknowledge that it had taken us nearly 8 hours to do under half of the route in the light (we were aiming for 12ish hours in the dark for the whole route...). Jo asked for feedback on the recce and all I could muster was 'I have nothing positive to say so I am not going to say anything at all'. I think we all secretly wanted somebody to come to their senses and call the whole crazy idea off. Stupidity had turned to excitement, excitement had turned to fear, fear had turned to dread...

The day finally arrived and it appeared to Mandy that dread had turned into hysteria. Half way down the team (led by Sarah) had assigned aliases to

Cat Evans

each team member as we saw fit. Meet your new Keswick AC members – Bog pony (Jo), Bog pigeon (Sarah), Bog poodle (Cat) and Bog canary (Julie). This led to the brilliant idea that we would find our way expertly around the route, moving as one team, one unit under a large emergency shelter to keep dry and warm whilst calling out the sounds of our new aliases... On reflection we clearly were losing the plot at this point. With all that sorted we stopped for food in Glossop and found a new team sponsor in 'Noodle world' – a great food place for anyone going down for Edale.

The pre race atmosphere in Edale was fantastic with excitement, flapjack, hot drinks and stupidity on the minds of every competitor. There was a veritable who's who of the fell running elite there to admire – we all stared in amazement as Nicky Spinks, Judith Jepson, Angela Mudge and Jasmin Paris all packed their minute bags ready to set off in their respective teams. So we have our bags packed, maps ready, head torches and shoes on – oh no Julie has forgotten to have a hair cut. No problems, Mandy had some handy kitchen scissors so there was just time for a quit cut and style before we were on our way.



Sarah Bailey, Cat Evans, Julie Carter & Jo Gillyon somewhere!

Finally we were off. We very quickly realised that whilst the kitchen sink may not be the most ergonomic and aerodynamic piece of equipment to carry with us, we were all glad we had one just in case...this would come in handy later in order to weather the hours of cold.

The weather could not have been better underfoot, fears of full immersion bogs, white outs and misery were quickly replaced with full moons, frozen ground, beautiful dark peak edges and a feeling of unmistakable camaraderie. All was going well. Each check point (manned by a hardy group of

High Peak Marathon

contd

Sheffield Uni students) was themed with the idea that the runners would vote for the best one.

The first third of this race is a fell runners dream – lovely open running, some tricky ground and some testing ascents. In the dark it is a slightly different story and the descents (Parkin Clough) were feeling more like down climbing in places! We were not surprised at this point to find ourselves being overtaken by the very elite looking Carnethy ladies (including Jasmin Paris and Angela Mudge) who had started shortly after us. We noted how there was a very determined tone amongst their team and I remember feeling so lucky to be doing this with friends who would just be pleased to complete this epic route.

We continued over Bamford, Stanage and Derwent edges and the moon made a very welcome appearance. Much to our surprise the Carnethy Ladies also made a second appearance – we couldn't believe it, we must be running well. The only other possibility is that they had got lost but that was impossible, they had Angela Mudge (we found out after that they had made a nav error, even the top athletes can be human). After getting over the shock of being ahead of Carnethy for a short time we left the comfort of these popular walking edges to pass over Outer edge (of the world) and became enveloped in the darkest, bleakest, most desperate places I have ever been – Featherbed moss, Swains Head and Bleaklow.



The weather had become very cold and the wind was picking up. Fatigue was starting to set in and we were all struggling to eat fast enough. This is also the trickiest navigation you can find – no paths, no people, no features – one move without your compass and you might as well walk to Sheffield – winging it is not an option here. We soldiered on and became very focussed on pacing out our distances on the direction of our bearings. The frozen ground made the bogs much easier

than anticipated and we began to look forward to the daylight.

There was one thing about this whole journey that will remain with me forever and that is what happened next. As we were making our way to Bleaklow Stones we realised that we could finally turn our head torches off as the night fell away. Standing at the checkpoint at Bleaklow stones we turned to see an incredible sunrise that made you feel like you were in on a secret that no one else knows. Seeing this beautiful site together as a team gave us a much welcome boost to find the illusive pennine way and get ourselves to Snake Pass.

Arriving at Snake Pass we were thought we were seeing things, Sheffield University students dressed in women's underwear! We didn't care what we were seeing, these people had the first hot drink we had seen for 10 hours. Who could also forget Mandy's huge grin waiting for us to cheer us on. Having ended our recce here I think we must have programmed ourselves to forget that we still had a long way to go (basically the Edale skyline) so it came as a bit of a shock as we headed towards Kinder Scout.

Kinder Scout was an extremely beautiful site on this crisp winters morning but my word did it go on! We had in the back of our minds that some teams go wrong here so we had to keep our eyes on the ball. Once we had got to Jacobs ladder at the top of the Edale valley we knew that we just had to hang on in there to make it round.

After 12 hours 19 minutes and thirty five seconds of running and one very fast descent from Hollins cross we finally found ourselves running the short road section back to Edale. We were clapped and cheered on by Mandy, then cheered by the crowd as they watched us run past the turning to the finish! We did it – Keswick AC Ladies conquer the Peak District.

I have to say a huge thank you to the amazing team of Julie Carter, Sarah Bailey and Jo Gillyon. Thank you for such an amazing and memorable journey through some of the most desperate fells I have ever been to. On reflection it was one of the strangest races I have ever done and I questioned several times why on earth I agreed to do it. However I look back with hugely fond memories of a crazy night out on the fells with some wonderful people, thank you. We all must also say a huge thank you to our team manager Mandy Glanville for the driving, the smiles, the support and the hairdressing. To everyone else, I highly recommend the race, it will test your physical and mental strength to the limit, you will enjoy some fantastic time with your friends and you will appreciate our very own Lakeland fells far more!

Forthcoming Cross Country fixtures

Date	Location	League
Oct 12th	Maryport - Netherhall	Cumbria League
Nov 9th * TBC	Carlisle - Sheepmount	Cumbria League
Nov 30th	Penrith - Frenchfields School	Cumbria League
Dec 7th	Keswick - Fitz Park (incorporates Cumbria AA Vets Championship)	Cumbria League
Jan 4th	Cockermouth	Cumbria AA County Champs
Oct 26th	Burnley - Townley Park	Mid Lancs League
Nov 23rd	Liverpool - Sefton Park	Mid Lancs League
Dec 14th	Hyndburn - Wilson Playing Fields	Mid Lancs League
Jan 11th	Barrow-in-Furness - Thorncliffe	Mid Lancs League
Feb 8th	Lancaster University	Mid Lancs League
Mar 1st	Kendal - Crooklands More details >>>	Mid Lancs League
Jan 25th	More details >>>	Northern Championships



Catherine Spurden getting some encouragement for Rob at Wasdale

Training Programme - October

Date	Session
Tue 1 Oct	30 mins of 400m reps. In pairs. Crosthwaite Church road. + Ladies downhill running coaching session - starting 6:15 from the Spooney Green lane/Briar Rigg junction. Route on Latrigg.
Wed 2 Oct	Ladies Social Session Mixed abilities, all welcome, meet 6:30pm meeting at the Cenotaph, Penrith Road, Keswick.
Thu 3 Oct	Pete's Parlauf - Out & back in pairs. Prompt start at 6:15. Please turn up by 6:00 so pairings can be made + warm up. Round Latrigg Route, but via Brundholme road, not railway. Last of the summer parlaufs.
Sun 6 Oct	Ian Hodgson Relays Details >>> Supporters & helpers with logistics always needed.
Tue 8 Oct	16 (or more) 45sec hill reps. 45sec recovery. Up Latrigg & beyond. May need head torches. Studs/trail shoes.
Wed 9 Oct	Ladies Social Session Mixed abilities, all welcome, meet 6:30pm meeting at the Cenotaph, Penrith Road, Keswick.
Thu 10 Oct	5K time trial. Flat road. Meet Portinscale road end for first-off at 6:20, faster runners 6:25. Reflective gear.
Sat 12 Oct	Cumbria X-C League race. Maryport, Netherhall School. Enter on day. Junior & senior races. Juns from 12:00, Seniors 13:10pm. Club vests.
Tue 15 Oct	2 min hill reps 90sec recovery. Road up, Trail down. Gale Road to Latrigg summit. Might need head torches...s Social Session Mixed abilities, all welcome, meet 6:30pm meeting at the Cenotaph, Penrith Road, Keswick.
Wed 16 Oct	Ladies Social Session Mixed abilities, all welcome, meet 6:30pm meeting at the Cenotaph, Penrith Road, Keswick.
Thu 17 Oct	Up Latrigg time trial. Studs a good idea + headtorches.
Sun 20 Oct	British Fell Relay Champs. Details >>>
Tue 22 Oct	2 (or 3) x 1 mile, on road. Pool to Rawnsley route. Reflective gear.
Wed 23 Oct	Ladies Social Session Mixed abilities, all welcome, meet 6:30pm meeting at the Cenotaph, Penrith Road, Keswick.
Thu 24 Oct	Fartlek over Walla via Cat Ghyll. Studs a good idea + headtorches.
Sat 26 Oct	Mid-Lancs X-C League race, Burnley. Details via link on X-C Races page >>>
Tue 29 Oct	Round Town time trial. First off 6:15 prompt. Faster runners self-handicap. Route >>> NB if you've not done this route before, check it out, easy to get lost.
Wed 30 Oct	Ladies Social Session Mixed abilities, all welcome, meet 6:30pm meeting at the Cenotaph, Penrith Road, Keswick.
Thu 31 Oct	30 mins of 200m reps in teams of 3. Crosthwaite Church road.
Mon 4 Nov	Circuit Training Starts. Keswick School Sports Hall. 6pm prompt. Club members only (England Athletics insurance cover) Membership forms & online registration available on this website. NB: £2 per session to cover rising costs of hire. Indoor non-marking footwear please.

Keswick Ladies on the Fells

There's no I in team!

In the past, reces have always been a bit of a chore for me for a number of reasons. I've never been very confident with a map, often forget how to use my compass appropriately and don't have any confidence that I will successfully get round a route, never mind finding the right lines and faint trods. If the weather turns out to be less than inviting, many a recce has been abandoned or not even started. Quite often it's been a case of 'well I'll just follow everybody else on race day and hope that I will get round in one piece'.

Since joining Keswick however I have discovered the joy of reces with the Keswick ladies. Such a lovely group of ladies who are a real pleasure to be out on the fells with. Lesley is so good at organising us all, and providing an opportunity for all abilities to come out and enjoy the fells. It doesn't matter how fast or slow people are - as long as you come with the attitude that we may be out for some time, as routes can range from 2 miles to 20 miles. There's plenty of discussion over which trod looks the most appealing, or where there's a good short cut, but this is all part of the fun. And of course, beyond all the race and running talk, there's a lot of chatter and conversation. I'd like to share a few reces I've been a part of this year, and I think I can honestly say I've enjoyed every single one!

Blisco (5 miles) – A beautiful evening the Wednesday before Blisco race weekend. Lyn showed us a brilliant route off the top. This recce was well worth it, as Keswick ladies picked up a lot of championship points by going the right way on race day!

Howtown (14 miles) – Met Lesley and Chris for this one. We were out five and half hours for this one. It was a lovely day, great conversation and Lesley's homemade fruity flapjack and watermelon when we got back to the car was a welcome treat.

Loweswater (2.5 miles) – Anja, Lesley and myself (with Carl – I know he's not a lady but he's been injured and we felt sorry for him) ran across one field and then yomped up the horrible

Jenn Mattison

scree and heather, before coming back down the same way. I was totally put off doing the race due to the rough descent but bravely stepped out on race day and it wasn't as bad as I'd remembered.

Ian Hodgson part one (7.5 miles) – Recce of leg 2 with Jo and Cat. Thick mist and driving wind and rain near the end of the route. Not a great way to see where on earth Catherine and I will be going on 4th October, but Jo and Cat's positive mood and excellent navigation skills seemed to make it feel easy.

Ian Hodgson part two – Went back to recce leg 2 with Catherine. Without Jo and Cat's direction, it felt a lot harder to stride out and be confident with knowing the route. Thankfully the weather was better and we can only hope that all goes well on relay day and we do Keswick ladies proud (eek pressure!). We then enjoyed a brew back at mine.

Three Shires (14 miles) – Glorious sunshine and lots of laughs with Vic, Catherine and Lesley. Lesley had a good eye and we found lots of trods. We had lemon muffins back at the car and enjoyed a cuppa at The Sticklebarn pub in Langdale afterwards. I'm not even planning on doing this race but thought it would be time on my feet ready for Edale Skyline and it was a good excuse to have a day out on the fells with wonderful company!



Lyn, Anja, Nicky, Rachel, Jenn, Sarah & Sue on the Blisco recce (Lesley took the photo)

Lowther Trail Race

Clive Beauvais

Lowther Trail Race. Sunday August 11th. This very well organised event deserved better than the small entry of just 77 runners. Perhaps a lot were put off by the distance – 13 miles- and the course being described as “testing”. To us “southern softies” nearly all the Cumbrian races are “testing”, and this was certainly no exception! We were somewhat lulled into a false sense of security by the gentle down-hill start, but the normal order was soon restored as we turned out of the Lowther grounds to start the long up-hill slog. The course was everything we had been led to expect, including a lengthy stretch of strength-sapping bog. Border’s James Douglas ran out a fairly comfortable winner. Being a 68 minute half-marathoner, his

winning time of 84.12 gives a good indication of the nature of the course. Keswick were not only well represented, but featured highly among the prize winners. Steve Angus was 1st V40, finishing 4th overall (96.23), with Toby Cushion just a few strides behind in 5th (96.35). Adrian Bacon was 19th (110.44). Helen Horne took the FV40 award, 38th overall (122.26), Clive Beauvais, 42nd overall(126.18) was 1st V60, John Horne was 49th(129.12), and Patric Gilchrist, 55th overall(132.58) was 2nd V60. Sue Ashley took the FV60 award, 61st overall(139.31). Worthy of mention were the engraved glass mugs given out to the prize winners. A really good memento of a tough but rewarding race.

Hardmoors 60

Neil Ford

Neil Ford, 12 hours 2 minutes and 20 seconds; 14th out of 91 finishers and about 150 starters. 4th male V40.

just over 7 hours for the second half. As always with ultras and fell races, I have already blocked out most of the horrors I went through on what was an otherwise beautiful day. Afterwards, I worked out that my mistake was down to eating and drinking with the regularity that I would in a training run of this length, when I’d usually run at 4-5 miles an hour and take in the scenery. Ultra racing requires more like 6-7 miles an hour on this kind of ground, so the outcome was inevitable. I will try to put this one down to experience and come back again next year. I’m hoping to do the Hardmoors 110 next year but will have to organise my food like a military operation if I’m to get round.

The Hardmoors 60 mostly follows the route of the Cleveland Way on the North York Moors, from Guisborough to Filey, via Saltburn, Whitby and Scarborough. This was my big race of the year. The one I had prepared everything else around and the one I tapered down for properly. However, I give myself 10 out of 10 for effort but 2 out of 10 for execution. I spent so much mental energy working out how to shave seconds off my time that I forgot about the things that chop hours off. After 20 miles I was feeling good and in 4th place but simply forgot to eat and drink enough. By the time I realised that I was in trouble, it was already difficult to eat because my mouth was so dry. A lack of liquid and calories reduced my IQ by about 50 points and I made a string of stupid navigational mistakes, which is quite impressive when you consider that the path more or less follows the coastline on high cliffs.

It would’ve been a real schoolboy era, if schoolboys were allowed to run ultras, which thankfully they are not. I still managed to run the first half of the course in 5 hours but took

My own performance aside, I can heartily recommend the Hardmoors series to anyone. They are well organised by Jon Steele and his team, who can offer plenty of advice, provide food and water on the course; and all at a reasonable price, unlike the private companies who put price tags in excess of £100 on similar races. The atmosphere of camaraderie at these ultras is also great, with fellow runners helping each other out, including with navigation and a round of applause at the finish line, no matter what your time.

Pippa & Russell Interview

Sarah Bennett

Pippa and Russell Maddams have always been a real inspiration but this year they took on an extra challenge with the birth of their first child, Alice. I grill them about how they manage to juggle family life and their very successful running careers, running while pregnant and their ambitions for the future now there are 3 of them in tow.

Question	Their Answers
Age, height?	Pippa - 39 years 5 foot 4inch Russell - 40
Day job?	Pippa - full time mum and help run family business Russell - Development officer, Active Cumbria
How long have you been in Keswick AC?	Both - since 1999 so 14 years
Where do you live?	Greystoke
How did you meet?	Pippa - Russell tried to impress me playing badminton in his running Lycras.... needless to say I put a hasty stop to his fashion Russell - Met playing badminton when I was studying at Newton Rigg
What have been your greatest running achievements to date?	Pippa - 3 times British and English Fell Champion, World Long Distance champion, Snowdon winner, Keswick AC fell champion, running 21 odd minutes with Alice in the buggy on a Park run!! Russell - Breaking 2 hours 30 mark for London Marathon, running for England and finishing 3 rd in Edinburgh half marathon.
When was Alice born?	31st January 2013 by emergency caesarean section at Carlisle, lots of tests and injections and needles kept appearing!
Did you stop running while pregnant?	Pippa - I stopped running when my pelvic floor was beginning to get sore after very light jogs along the Keswick railway line. It was about 27 weeks I think, after that I kept walking and swimming and biking. Pregnant runners need to listen to their own bodies and there should be no pressure to run during this period. There's a whole array of things and hormones going on that affect your physical body and emotional being so just do what your instincts tell you. You also have to run in quiet locations and be prepared for the fact you may need to, or think you need to, have a wee every 5 seconds!!

continued overleaf

Pippa & Russell Interview

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Question	Richard's answer
<p>How long after having Alice did you start training?</p>	<p>To be honest I really did not put any pressure to start training again, Alice and family life is the priority and I didn't expect to be running before 6 months. I got a lot of advice from other runners and mothers so decided not to start too soon as there's too many things that can go wrong. Having a caesarean was not something I had thought about. I am not sure I really thought about the birth in detail as it's all a bit of an unknown quantity and I went through the whole pregnancy and birth with a 'go with the flow' attitude- there's no knowing what will happen or how you will react. The first few days and weeks I could do little at all but walk. Day 1 was about 5 metres and I could not push the buggy until about 2 weeks. Every day I set myself a target of getting further on a walk and the pushing the buggy. I was thrilled to be able to walk pushing the buggy for 20 minutes! Gradually strength built up but with little sleep and recovering from an operation I decided not to worry about the running. I started cycling slowly and remember feeling the pulling on the abs area, ouch. Then after about 3 months I started to jog on the flat. This progressed to increasing pace and distance although rarely over 45 minutes worth. When I got asked to run for England at Snowdon it gave me a real focus and I thought how insane it would be, I crammed a great deal of quality training in to the 2 weeks I was given before the race! I had no idea how it would be on the day so I just got stuck in and decided to see how I felt on the summit as to whether I would just get the train back down and have a cuppa on the summit cafe..... needless to say I should have done the latter as the descent was too much in hindsight and the race was too long and torturous but hey, you only live once! The bit I find hard is that they cut though my abs so I have lost a wee bit of coordination and the ability to be able to throw myself down a hill - it will all come back in time though so I am not too worried.</p>
<p>How has it all affected your training?</p>	<p>Pippa - Alice has been a pleasure Russell - Yeah have training schedule, run a lot less mileage and fit sessions around commitments which means being very flexible and often training late at night but also make the most of lunch break which is a real bonus. Also Alice is a very chilled out child most of the time so rarely kicks off when Mum and Dad drag her along to races and training.</p>
<p>Have you set yourself any running goals for the near future?</p>	<p>Pippa - Grasmere Sports was my initial goal and I managed a few wee jaunts before that so.... I am just working on getting fit again and find its best not to plan as it can all go 'baby up' very quickly! Russell - Oh yes you got to have goals firstly to become a good veteran running and hopefully compete for British Vets at the Marathon before the wheels come off.</p> <p style="text-align: right;"><i>continued overleaf</i></p>

Pippa & Russell Interview

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Question	Richard's answer
<p>Russell - How do you feel about entering the V40 category?</p>	<p>British Veteran Running is of a high standard and I don't think that trend is set to change so it will present me with plenty of challenges in the future hopefully in the Veteran cross championships if I get selected. Also fancy I still have a good marathon in me but not for a few years as want to enjoy seeing Alice grow up without committing too many Sunday mornings to my running.</p>
<p>Pippa - do you feel having Alice will make you a stronger runner?</p>	<p>Some people say giving birth increases your stamina and pain threshold! It's had a effect but I still can't work out if its good or bad! I treat it like a new beginning and I have lots of new challenges to go for that I couldn't train for when I was fell running over the past few years. It's interesting to gauge the lung capacity situation - I think all the Skiddaw walks paid off leading up to the birth as my climbing hasn't been affected. I still think most of the pain threshold stuff is about what's going on upstairs in the head-basically if it doesn't hurt you are not running hard enough..... and when it's hurting, push a bit more.... Generally I think most new parents just feel more tired and stiffen up with all the awkward standing, sitting, feeding etc positions that come in to the equation- I imagine in 16 years time we will have cracked it though.</p>
<p>Does Alice show any running potential already?</p>	<p>Pippa - Alice wants to walk but can't yet crawl, the future looks promising! Alice is a great co-pilot in the Park runs, she chatters on the way around, loves looking at the other runners and we can even time breakfast now so she does not get bumpy buggy sickness! Russell - Yeah Alice likes the sand pit down at the track.</p>

Dobo's Gallery

- a few Keswick finishers at Round Latrigg from Paul Dobson's excellent website www.fellrunner.net



pacemaker

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