

DERWENT AC 2014 ACTIVITIES

*A collection of Race
Reports from the
website*

Longtown 10 miles – Jude Clarkin

A well organised, friendly race in the small, quiet town of Longtown. Lovely scenic run with a few sneaky little hills for good measure and a very nice, fast, downhill section towards the end of the race for those competitive ones. Very enjoyable and a lovely route for my first 10 mile race. Club members that took place as well as myself; Hilary, Emma W, Pete, Howard and Coach Andy.

London Marathon – Emma Walker

Coach Andy, Howard Seal and Tony Davis all made it to London for the marathon this year. Andy is not far off completing 100 marathons, Tony was on his 13th and although Howard has run 12 marathons this was his first time in London. The rest of the Club was eagerly tracking them all online back in Cockerthorpe and everyone was on for their time targets at halfway. The hot weather and a few niggles took their toll towards the end of the race but some great times posted by all three:

Howard -3.09.56

Tony - 3.18.47

Andy - 4.34.37

Keswick Round the Houses – Hilary Royston-Bishop

The Keswick round the Houses 10k race was a mid-week event with a good turnout from several of the local clubs. It was my first year running it and I had heard rumours of hills, this turned out to be the case with one hill that just kept going! On the day it was a little overcast but not raining hard enough to put many off. We had an excellent turnout from DAC with entries from Debbie, Emma, myself, Phil, Andy P, Coach Andy, Jon, Paul and Rob. Debbie was our first woman finisher and Phil won it out of the men (despite them both having the lurgy). Overall, a very enjoyable race with a fab finish around the park with the finish line in sight. Would do this one again!

Keswick Half Marathon- Hilary Royston-Bishop

4th May 2014

The Keswick Half marathon was something that myself and Emma have been working towards with a few of our Sunday runs. Emma, Ian and I even did a practice run for the route a few weeks back, however, took a wrong turn (my fault!) and it turns out the corner we missed out had the biggest hill in it so that was an unpleasant surprise during the race! Despite that, DAC had a good race with turnout from Andy Pipes, George, Pete, Ian, Andy Nelson, Martin, Daniel and Coach Andy for the men and Viv, myself, Emma and Anna for the women. Viv took 3rd Woman in the race and well done to Sam (running for Keswick AC) who took 3rd Man for the race.

Latrigg Fell Race- Pete Walker

14th May 2014

Latrigg? That should be easy, it's only about 2.5 miles or so, how bad could it be?!

Starting on a nice patch of grass in the shadow of the fells... what a lovely spot to start a race. A few of us are a bit tired from the previous days' race at Moorclose but this should be fun and championship points are up for grabs... That's the end of the dream! The reality? An ass-kicking fast start to see who can get to the bottom of hell-hill first, followed by a slow lung bursting leg burning climb. I say climb as I am sure I had to use my hands on more than one occasion, holding onto the thought of a fast enjoyable descent kept us all going I am sure, oh no! It gets worse, it was a drop off

the top of a mountain with as much control as an out of control bambi on ice! How do fell runners make it look so easy?! Respect!

The descent ruined my legs or what was left to ruin, I finally made it back to the park and the finish couldn't come quick enough. On the positive side, didn't Derwent AC do well! Nick and Tony took their age groups, Andy proved how strong he can be on the hills, and the rest of us felt proud to have completed a classic fell race. Well done also to Sam Stead another great run. Let's do it again next year, when we have forgotten how blooming hard a race it was!

Edinburgh marathon festival- Anna Blackburn 25th May 2014

As I had been a relay team member in 2012 on the memorable occasion when Derwent AC took 1st and 3rd prizes, in 2014 I offered to stand down from the teams, should there be too many volunteers, and said I'd enter the half marathon instead. Sadly I was not aware at the time that the half began at 8 am.

Things could have been worse, we could have been travelling from Cockermonth, but instead we were all staying again at my friend Jo's house near Stirling. Only an hour from central Edinburgh, but on the Sunday morning, in the rain, the traffic was terrible. Ian and I could not get near the starting area and I had to jump out of the car and jog a mile or so to the starting pens. So it was fortunate that Ian had offered to drive; I would never have managed to park and get myself there in time even though I had been up at 5.30. However, as I stood in the loo queue with 10,000 other people, clad in a purple bin bag (thanks Allerdale BC for providing the right colour), but with no gloves, coat, or other equipment, I really wasn't sure I wanted to be there.

I was still in the unpleasant portaloos when the starting gun went, but emerged in time to join the back of the "elite clubs" category where I was meant to be. Don't laugh, I really was allocated to that starting pen.

As it was raining heavily, and on the seafront we had to contend with a headwind, I decided that I had no chance of a PB, maybe might manage 1 hr 50 at best, but would be content, if not happy, to get round in under 2 hours. I'm not used to such big races and it was a bit odd to be surrounded by total strangers with more total strangers lining the route and not a familiar face anywhere. Not really encouraging. Then, at about 9 miles I spotted in front what was surely a Keswick vest. OK, we usually see Keswick as rivals, but on this occasion I was keen to catch up, in both senses of the phrase, and hurried forward to say "hi" - it was Siobhan Brewer and as we are acquainted we passed the time of day briefly. That cheered me up a bit and at mile 10 I realised that actually I was on course for a decent time.

I ran the finishing straight to see the official clock showing 1 hr 48 and after deduction of "toilet time" my official chip time was 1 hr 46 11 secs, nearly 5 minutes off my PB over the distance; I was thrilled! Suddenly the rain did not matter and it had all been worthwhile. I had time for a nice hot shower and dry clothes before finding a place on the road to cheer on the club's second leg relay boys (Steve and Tony, who ignored us) and Debbie, who waved back. Ian and I then took up places right by the finish to cheer in the true elite marathon racers, and shortly afterwards the club's glory leg relay runners, Hilary, Emma and Jude who all finished very close together - I hope they heard us yelling! The relay teams managed to finish 4th, 5th and 8th out of 524 teams that entered.

Here's hoping for better weather next time we go to Edinburgh, the rest of the trip was great fun - may there be many more social events like it!

Gosforth 10- Tony Davies

11th June

Three Derwent AC members turned out for this year's Gosforth 10, Tom, Viv and myself. Although we hadn't see the sun all day, as it was eclipsed by volume 4 of the "Steve Hackley Book of Excuses not to Run", it did make an appearance in time for the race. So on a bright sunny evening we gather for this year's running of what is always a friendly local race.

Now as many of you may know the club has been searching for shorts in the correct club colours, which is gold. As it turns out the range of colours in men's shorts is extremely limit, however Tom had identified some that appeared to fit the bill. One slight problem, they were ladies shorts. We weren't to be put off though, I mean how different could they be? On delivery a second problem became apparent, the yellow colour in the picture on the internet was rather different for the ultra hi vis orange that is quite aptly named 'Atomic Mango'. On the other hand the silky soft gusset material made male shorts seem like they were woven from brambles, so with a 'O what the hell' attitude Tom and myself decided to give them a go.

To say these shorts turned a few heads is an understatement, I certainly got a few stares from people. Although they could have just been looking at my legs (which apparently aren't the best in the club). At one point Viv was even considering covering up her club vest so that she wouldn't be associated with us. Anyway with Tom and myself proudly sporting our Atomic Mango, ladies shorts the race got under way.

Due to the profile of the course the first 3 or 4 miles are fast and it was at some point during these that I could see a considerable distance down the course. Away in the distance I could just make out runners as small dark shapes, except for one small but highly visible spot of, yes you've guessed it, 'Atomic Mango'. After 4 miles the Cumbrian undulations kicked in and I found I was having to work quite hard, which did take my mind off of the potential radiation burns that other people who ran too close to Tom or myself might receive. As it happens no one got too close to Tom who went on to take second place in 57:21 a couple of minutes behind Russell Maddams. I was caught at about mile seven by a young lad, after which we worked off of each other until the last stretch to the finish where I managed to get away and clocked just over my target time of 65 min. I was happy enough with that though as I was full of cold and had for once, had not seen the back of Lucy Stobbart go by at the half way point and disappear into the distance. Viv managed to duck under 70mins to take 2nd lady behind Lucy and she also picked up one of the vets prizes. So well done to the old girl for that.