



Keswick to Barrow 40 miles Walk/Run

The Lake District, Saturday 7th May 2011



The Keswick to Barrow 40m Walk was devised in the Sixties when President Kennedy stated that all American servicemen should be able to march 50 miles in a day. Sailors based in Barrow in Furness organised an event and proved him right.

Over the years it has evolved. It is a mere 40 miles now and the vast majority of competitors are not military and they walk a bit, run a bit. The winner this year ran all 40 miles in 4 hours 30, the 1st lady 5 hours 20.

Lesser mortals like me (injured Achilles) walked the whole distance in 12 hours. Jill ran 10 miles, walked the rest in a similar time. The military origins remain in that, everybody has to enter as part of a team (6 to 12 people).

Most teams organise a support vehicle to provide food, drink, changes of clothing along the way & blister plasters. Progress is monitored by checking-in at monitoring stations along the way. A lanyard with electronic chip is provided.

The route is through the most beautiful parts of the Lake District, always along roads & tracks, but usually along tiny back lanes away from traffic.

Jill & I went this year as part of a works team. We stayed overnight on Friday in Ulverston, a very lively market town near Barrow and ate a Last Supper (team meal in the hotel). However we had to go to bed

early because our early morning call was set for 3:30 am. On a pitch black, rainy race morning at 4:00 am we caught the Organisers' bus (laughing called the Happy Bus) to the start of the race.

We arrived at the start just as the dawn was breaking. A procession of buses & support vehicles dropped people off at a layby just south of Keswick. We checked in at the Start with 2,800 others and immediately started walking through woods on the far side of lake Thirlmere. The 1st part of the route is a Water Board road on the far side of the lake. This lake is a reservoir & most people & activities are banned. Consequently the lake is untouched & beautiful. On the far side of the lake the Fells were lost in the gloom.

At the end of Thirlmere there is a short section of up-hill main road. There were very few cars at that unearthly time of morning. Most of the vehicles were Support vehicles heading for the Dunmail Rise layby. Fortunately it is a huge layby, big enough to accommodate hundreds of Support vehicles each set up with a camping stove, frying bacon & egg. We could smell the 1st stop a mile before we got there!

A little more main road, then an up & down farm road into Grasmere. The sun came out, the morning warmed up, we had beautiful views over the Fells & fields.

Then was the most sublime route for any run I've ever been on. Grasmere village, Grasmere lake, then up the 25% red bank hill, down over the shoulder of Loughrigg Fell into Elterwater. In the sunshine flanked by orange & yellow azaleas it was absolutely gorgeous. The only problem was that the Britannia Inn in Elterwater, a well known Fell-walkers' pub was only open for coffee not for beer. If we had timed it half an hour later (10:00am) we could have had a pint.

Unfortunately we had only covered 1/3 the distance at this point. No wonder we were still feeling good. We had a cup of tea & a snack from our Support car at Monk's Coniston, then trudged off on the far side

of Coniston water, past Brantwood, John Ruskin's house. The Rhododendrons there were 40 ft tall and covered in flowers. On the far side of the lake we could see the Old Man of Coniston in the background.

We followed Coniston lake and the river Leven along gently undulating roads with no particular difficulty except the sheer distance (25m) was giving us blisters on our feet.

We changed our shoes, changed our socks, put plasters on, but we went on in pain.

At this point the route rises steeply over the dreaded Kirkby Fell. The rain came down again, this time accompanied by high winds. The field had dramatically thinned out here, there were no spectators on this exposed hillside and the only company we had were the giant windmills on the top of the Fell.

We were glad to come off the Fell onto the coastal strip, where the sun was shining and our spirits rose albeit with blistered aching feet.

We walked into Dalton where the whole town was in festive mood. Every sitting-out place in pubs and cafes was occupied by spectators all encouraging us (& offering to buy us a pint). But at 37 miles you cannot afford to stop, because you'll never get going again.

We limped the remaining 3 miles into Barrow to BAE Systems Social club where we were welcomed wildly by the assembled masses who had obviously been drinking all day long & had avoided doing the run. The playing fields were all set out with marquees & Bouncy castles. The whole town seemed to be there & we felt pleased to be part of it.

We were given drink & food vouchers at the finish. We concentrated on the drink because the kitchen was up 2 flights of steps, & we never quite made it?

Thanks to all sponsors. A cheque for £200 was sent to K2B to be split amongst their 200 local charities & 150 national ones. Full details on www.keswick2barrow.co.uk

Parkrun Braunstone

Saturday, 25th June 2011 - 9.00am

Parkrun is a free, weekly, timed 5km run. They take place in parks all over the country, with the nearest one being at Braunstone Park. They take place at 9am every Saturday morning, and are open to runners of all abilities. You don't need to enter in advance, you just register once and can then choose to turn up whenever you like!

A number of our members have already taken part...with Mike Stiff and Phoenix Hoyle now Parkrun regulars. It is a great initiative that encourages people of all ages and fitness levels to test themselves. And because it is nearby and early in the morning, you are back home with the best part of your Saturday available to you.

To support this initiative, we are hoping to arrange a mass participation from Wigston Phoenix members. The date we have chosen for this is Saturday 25th June. Hopefully you will enjoy it, and will go back regularly for more!

If you want to run, go to the Parkrun website to register. Print off your barcode, bring it with you on the 25th, run 5Km and they will do the rest for you. You will be emailed your result, and as you do more events stats will be collated to show your progression.

Bring your family along to support, to volunteer as a helper on the day, or even to run.

To register, or to find out more, go to the Parkrun website

<http://www.parkrun.org.uk/braunstone/home>



Spot the Wigston Phoenix runner! Photo courtesy of Parkrun Braunstone website.

If you have any questions that the website doesn't answer, speak to Mark Thompson, Mike Stiff or Phoenix Hoyle who will hopefully be able to help!

The next nearest events are in Coventry, and at Conkers. Alternatively if you are going away for a weekend and fancy a workout, check to see if there is one nearby...your barcode can be used at any of them.

Also, if you have some free time on a Saturday morning, but don't want to run, volunteer helpers are always needed – check the website for more details.

We look forward to seeing as many of you as possible on 25th June.

Mark Thompson



Wigston Phoenix group shot at the 2011 Norman Bennett 3 mile Track Handicap.

2011 Summer Pub Runs Fixtures

The date for the June Pub Run has been amended from the 16th to the 9th.

Current details are as follows:

Thurs 9th June The Whitehouse, Scraftoft

Thurs 14th July The Staff of Life, Mowsley
(venue to be confirmed)

Thurs 11th Aug The Old Black Horse, Houghton on the Hill

Thurs 8th Sep The Red Lion, Huncote

Meet at 6.45pm, ready to run at 7pm. Steady run for approximately 50 minutes, ready to eat at 8.30-8.45pm.

Chairman's Message

This was meant to be a quick and easy message from your new Chairman, but it has proved harder than I thought it would, so these are my first views. With the summer evening races coming up, with good weather hopefully, then why not take part in these events. The more people that run the better the chances of the club doing well and the more social the event becomes. If you have any ideas as to what you would like the club to do over the next year (races/training/ events/nights out etc) please see me and we will discuss what can be done.

Remember to run safely.

Website

We are in the process of updating the pages of the website and to make it more dynamic. Mark Thompson has taken over as Website Editor from Colin Baxter and is currently assisted by Mick Jordan and Mike Stiff with the regular input of race results, fixtures and social events. We will also implement latest news updates and add more photos to the site.

It would therefore be helpful for another volunteer to help spread the responsibility and time commitment to maintain a website that the club can be proud of. If you can offer your time and help on a regular basis please speak to either Mark or Mick in the first instance.

Facebook

Colin Baxter has started a Facebook page for Wigston Phoenix as there are a few club members on Facebook. Help is required for the administration for adding photos or information. If anyone is interested please contact Colin.

If you want to have a look go to:

<http://www.facebook.com/pages/Wigston-Phoenix-Running-Club/198706643498989>

or just search for **Wigston Phoenix Running Club**



news in brief

New Members

Welcome to **Michael Smith** and **Becky Nixon** who joined the club recently. Welcome back to **Alison Castleman** and **John Lamb** who have rejoined the club. We also welcome the transfer of **Kirsty Walker** from second claim to first claim.

Notts 10

Congratulations to **Julie Lamb** who won the bronze medal in the Midlands 10 mile road running championships as part of the Notts 10 at Holme Pierrepont. Conditions were the windiest since records began for the race and Julie finished in a time 68.55.

Fireworks

Rosie & Neil Carter are expecting their first child with a given due date of the 5th November. We wish them the very best over the next few months.

Membership Update

For 2011 the Membership Fee has been agreed by the Committee to be kept at £18 with a 50% concessionary rate. This is now payable via Mel Prusek, Membership Secretary and members are asked to renew immediately. It is also possible to pay via internet banking, please contact Mick Jordan for further details if you wish to pay by this method. Two-thirds of members have now paid up so final reminders will be sent out in June.

2011 Winter League Awards

Congratulations to the following who have achieved individual awards for the 2011 Winter League sponsored by Leicester Running Shop

Mark Powell	2nd Senior Man
Neil Carter	6th Senior Man
Mike Stiff	1st Vet Male 50

The presentation of the Winter League awards will take place after the Hungarton 7 race on the 6th July.

Congratulations

Congratulations to Les Chesterton who turned 60 last week and last Saturday set a Braunstone Parkrun record of 19.50 for the 60 - 64 age category.

Not to be left out at Braunstone...

Checking through the records, Mike Stiff also holds the 50 - 54 age category record with 18.15, which he set in March this year, *well done*.

Newsletter contacts

colinandalex@sky.com

michaeljordan22@virginmedia.com

Mike.Stiff@alliance-leicester.co.uk

2011 fixtures & club dates

JUNE 2011

Tue 7th	Banbury 5, East Mids Grand Prix 5 (7.45 pm)
Sat 11th	Wollaton Park 10K & Fun Run (10.00 am)
Sun 12th	Swithland 6, LRRL Summer League 2 (10.30 am)
Sun 12th	Long Eaton 5 (10.00 am)
Sun 12th	Corn Dolly Challenge 6.75 & Fun Run (10.00 am)
Tue 14th	Harborough 5, East Mids Grand Prix 6 (7.45 pm)
Fri 17th	Calder Valley Midsummer Madness 3 Day Fell Race Series
-Sun 19th	
Sat 18th	TLC in the Park 6K, Abbey Park (10.00 am)
Sat 18th	Breedon on the Hill 6.5K multi-terrain (3.00 pm)
Sat 18th	Glooston 10K (6.00 pm)
Sun 19th	Wicksteed Midsummer 10K (11.30 am)
Sun 19th	Stathern Festival 10K (11.00 am)
Tue 21st	Rothley 10K (7.15 pm)
Tue 21st	Weedon 10K, East Mids Grand Prix 7 (7.45 pm)
Fri 24th	Heanor 5 miles, Shipley Hall (7.30 pm)
Sun 26th	Mansfield Half Marathon & Fun Run (10.00 am)

JULY 2011

Tue 5th	Milton Keynes 10K, East Mids Grand Prix 8 (7.45 pm)
Wed 6th	Hungarton 7, LRRL Summer League 3 (7.15 pm)
Thu 7th	Whissendine 6, Oakham (7.30 pm)
Fri 8th	Beacon Hill Trail Run 5 miles (7.30 pm)
Wed 13th	Watermead Challenge 5mile race (7.00 pm)
Fri 15th	Rainbows 100 Lap Challenge, Saffron Lane Stadium (7 pm)
Sun 17th	Milton Keynes Half Marathon (10.00 am)
Fri 29th	Heanor 5 miles, Shipley Hall (7.30 pm)
Sun 31st	Wellingborough 5 (10.30 am)

AUGUST 2011

Wed 3rd	Huncote Joy Cann 5 (7.30 pm)
Fri 5th	Blisworth 5, Northants (7.30 pm)
Sun 14th	Newark Half Marathon (10.30 am)
Sun 15th	Hermitage 10K, Whitwick (11.00 am)
Sun 28th	Moulton 10K, Northants (11.00 am)

SEPTEMBER 2011

Sun 4th	John Fraser 10, Countesthorpe, LRRL Summer League 5 (10.30 am)
Sun 18th	Round Leicester Relay (8.15 am)

Braunstone Parkrun 5K. 21.05.11

5	Paul Hood	18.07
7	Mike Stiff	18.30
27	Phoenix Hoyle	20.48
59	Mark Thompson	22.57

Notts 10. 22.05.11

30	Andy Peet	1.02.58
38	Tom Drake	1.04.48
55	Julie Lamb	1.08.55

Desford Quarter Marathon, 6.55 miles. 22.05.11

2	Mark Powell	34.07	204	Phoenix Hoyle	49.02
17	Alex Webster	38.32	211	Jon Hunt	49.23
32	Rob Pullen	39.37	229	Maxine Powell	50.19
42	Rob Nurse	40.21	235	Dean Hassall	50.32
60	Mike Stiff	41.41	280	Mark Thompson	53.16
88	Pete Morgan	43.33	347	Dave Muddimer	58.39
91	Clive Jones	43.39	357	Heidi Rose	60.45
93	Craig Baker	43.54	362	Carole Priestley	61.01
100	Bill Cowie	44.14	387	Yvonne Dunmore	63.56
196	John Mason	48.43			

results // april - may 11

London Marathon. 17.04.11

21431	Michael Smith	4.50.5
-------	---------------	--------

Livingston Relays - Individuals 24.04.11

Men

2	Mark Powell	14.57	Men Leg 1
4	Alex Webster	16.46	Men Leg 3
8	Andy Peet	17.36	Men Leg 4
13	Mike Stiff	18.15	Men Leg 2
5	Rob Gregory	18.33	Vet A Leg 2
5	Clive Jones	18.52	Vet A Leg 4
5	Craig Baker	19.09	Vet A Leg 1
4	Les Chesterton	19.41	Vet A Leg 3
9	John Mason	20.49	Vet B Leg 1
7	Dave Wilmot	20.58	Vet B Leg 2
6	Ian Fraser	21.16	Vet B Leg 3
10	Malc Merrifield	22.22	Vet B Leg 4

Women

3	Julie Lamb	19.22	Women A Leg 2
7	Maxine Powell	21.03	Women A Leg 1
7	Tania Brandon	21.49	Women A Leg 3
13	Jo Howell	23.15	Women B Leg 2
16	Jo Steane	25.05	Women B Leg 1
14	Carole Priestley	26.16	Women B Leg 3

Braunstone Parkrun 5K. 30.04.11

2	Martin Hulbert	17.34	40	Phoenix Hoyle	21.59
6	Paul Hood	18.09	52	Mark Thompson	23.02
8	Mike Stiff	18.42	66	Julie Cornes	23.52
15	Clive Jones	19.14			

Woodhouse May Day Challenge, 13.5 miles XC. 02.05.11

14	Mike Stiff	1.35.25	203	Jill Walton	2.42.24
38	Rob Gregory	1.46.29	204	Karen Rogers	2.44.12
42	Les Chesterton	1.47.23	205	Bina Sargeant	2.44.14
43	Craig Baker	1.47.24			
44	Andy Peet	1.47.25			
174	Ron Walton	2.21.46			

Silverstone 10K. 04.05.11

46	Tom Drake	36.51
----	-----------	-------

Braunstone Parkrun 5K. 07.05.11

6	Mike Stiff	18.27
16	Tom Phipps	20.22
31	Maxine Powell	21.32

Hinckley Half Marathon. 08.05.11

1	Mark Powell	1.11.03	100	Pete Morgan	1.34.33
20	Alex Webster	1.21.58	193	Rob Burgin	1.40.19
28	Andy Peet	1.24.07	359	Phoenix Hoyle	1.48.33
42	Rob Nurse	1.27.33	468	Dean Hassall	1.53.54
96	Colin Baxter	1.34.01			

Shakespeare Half Marathon. 08.05.11

824	Sandra Long	2.00.57
890	Carole Priestley	2.02.54

Braunstone Parkrun 5K. 14.05.11

14	Pete Morgan	18.48
16	Andy Peet	18.55
17	Mike Stiff	18.58
28	Tom Phipps	19.57
38	Phoenix Hoyle	21.09
78	Mark Thompson	23.15

Wymeswold Waddle 5 miler. 15.05.11

14	Mike Stiff	30.42
67	Maxine Powell	36.30