



# CUMBERLAND ATHLETIC CLUB NEWSLETTER

March 2023

Hello everyone,

Welcome to the March issue of the Cumberland AC newsletter. Thankfully, spring at last seems to have sprung. It is always good to finish a Thursday night training session, but it has been particularly good to be able to finally finish one in daylight for the first time this year. I am sure that being able to see the agony on each other's faces will enhance the feeling of solidarity we get from knowing we are all in the same painful yet rewarding boat for those few hours on a Thursday evening.

I hope you all enjoy swapping your leggings for short shorts, your waterproofs for t-shirts and your hats and gloves for sun-cream and sunglasses.

I also hope you enjoy this month's newsletter. Thank you to everyone who has contributed, and please continue to email me with anything you would like to include in next month's edition – [beverley104@hotmail.com](mailto:beverley104@hotmail.com).

Best wishes, Bev.

## Running joke

What do sprinters eat before a race?

Nothing, they fast.

## New members

We would like to wish a warm welcome to our new members.

Since January we have been joined by Ian Aaron Wilson, Karen Wilson, Joseph Parkes, Paul McKendrey, Mark Duncan, Paul Graham, Mike McAllister and Alan Ward.

We hope you enjoy training, racing and socialising with Cumberland AC.

If you are new to Cumberland AC and would like to introduce yourself in the Newsletter, please send a bit about yourself and a photo to [beverley104@hotmail.com](mailto:beverley104@hotmail.com)

## Championship races coming up

### April

2<sup>nd</sup> – **3 Village 10** – 10 miles (Main)

8<sup>th</sup> – **Isel Cross** – 5.5 miles (Multi-terrain)

23<sup>rd</sup> – **Brigham** – 10k (Main)

26<sup>th</sup> – **Round the Houses** – 4.5 miles (Short)

29<sup>th</sup> – **Lorton** – 10k (Main)

### May

20<sup>th</sup> – **Two Tops Dash** – 6 miles (Multi-terrain)

23<sup>rd</sup> – **Hay O' Trail** – 3.7 miles (Multi-terrain)

31<sup>st</sup> – **Castle Series, Carlisle** – 5k (Short)

TBC – **Barepot** – 5k (Short)

## Running Tracks

This month, Shane Brown has chosen five songs from his general running playlist that are all by "The" bands. He describes them all as "belters on a long run." Thank you, Shane!

Straight to Hell – The Clash

Mirror in the Bathroom – The Beat

Strawberry Letter 23 – The Brothers Johnson

Alone Again Or – The Damned

Fit but You Know It – The Streets

**Do you enjoy listening to music when you run?  
Send me your favourite five songs to run with  
and help other runners decide what to put on  
their running playlists.**

## Running totals

Total number of runners at the first ever  
ParkRun – 13

Total number of people who have finished a  
ParkRun – 2,806,722

## Cumberland ACe of the month – Ian Wilson

Ian has been nominated by Graham Hetherington, and is our first ever Cumberland ACe of the month.

Graham says, “nobody in the club can fail to have noticed the recent dramatic improvement in Ian’s performance, both in his training and in his race times. Over the last six months his total work ethic has changed and his self-motivation and self-belief are second to none. He thoroughly deserves to be nominated as ACe of the month and is an inspiration to club members both old and new.”

Ian has been a member of Cumberland AC for eight years and is now also one of our qualified run leaders. Since July last year he has changed his training plan to include circuit training and body conditioning, which have made him stronger and faster. As a result, he has achieved PBs at every distance he has raced since July.

Particularly impressive is the consistent improvement in his ParkRun times. In September last year Ian was fighting for the illusive ‘sub-20’ 5K. He achieved this in January and has since gone on to an incredible PB of 19:10 earlier this month.

Well done Ian – keep up the hard work!



If you would like to nominate a Cumberland ACe, send me a name and why you would like to nominate them. It could be for effort over a period of time, or for an impressive performance in one race or training session. Whatever you feel is worthy of praise, let me know – [beverley104@hotmail.com](mailto:beverley104@hotmail.com)

## Shoe and Kit Code for SportsShoes – Susan Cain



“I want a refund. They only shuffle.”

For anyone wanting a new pair of shoes or piece of kit, please get in touch with me at [susandavidcain@yahoo.co.uk](mailto:susandavidcain@yahoo.co.uk) and I will give you the Sportsshoes code, which gives 10% off all orders over £50 on their whole range (\*Excluding Brooks products) and free standard shipping, worth £4.99. I get the code at the beginning of each month, so be prepared and ask for it before you spot the bargain. <http://sportsshoes.com/>

## Introducing our club's Social Welfare Officers, by Stuart Buchanan



**Andrea Challenger**



**Stuart Buchanan**



**Vicky Gee**



**Shaun Cavanagh**

Hi everyone! I just want to highlight the presence of our club's Social Welfare Officers, Shaun Cavanagh, Vicky Gee, Andrea Challenger and myself. Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

One of the hardest things to do is reach out for help, but I can tell you with all honesty that there is absolutely no shame in doing so. I, myself have done it on more than one occasion and I am so pleased I did!

As Social Welfare Officers we are all here for you. We cannot wave a magic wand but what we can do is be both a non-judgemental listening ear, and a "signpost" for professional help if that is what is required. Having said that, people who have reached out in this way will always tell you what an amazing feeling of relief you can get, simply by just unloading everything. Although the phrase, "A problem shared is a problem halved" is a bit of a cliché these days, it still holds much weight in my opinion.

I would like to emphasise, if you decide to reach out, our Welfare Officers will act with total discretion, be completely non-judgemental and everything shared will be in the utmost confidence.

Thank you for reading and let's all be there for each other in these difficult times. ❤️

## Reminiscences – Ballycotton ‘10’ March 2002, by Craig Kershaw.

I was sitting in the Netherhall school gymnasium at the “on-the-day” entries desk, for the 2023 Netherhall ‘10’ race when one of our members mentioned that we had a “pre-entry” from a gentleman from Cork in Ireland.

Immediately, my interest was piqued due to my having spent most of the year 1980 living and working about 12 miles south of Cork city in my capacity as an engineering draughtsman responsible for designing piping systems at the Pfizer (few people knew their name prior to the Covid-19 pandemic) chemical plant at Shanbally Cross, near to Ringaskiddy, on the western side of the sea inlet leading to both Cork Harbour and Cobh Harbour. In the days before modern airline travel, passenger ships travelling to America from Britain would sail from Southampton over to Cobh for refuelling before the 6/7 day crossing to New York. For those who prefer sailing it is still possible to make the trip by sea!

By chance, and as we finished the Netherhall ‘10’ prize presentation, the gentleman concerned, John Walshe, approached me to congratulate and thank our club for a “well organised and friendly race” – John’s words. Before leaving, John gave me his email address and, during the following week, we exchanged a number of email messages.

Although a member of a traditional athletics club John (acting as race director) led a team of fellow running enthusiasts (Ballycotton Running Promotions) that staged variously, the Ballycotton ‘10’ mile road race, a summer 5-mile series and a number of other events in County Cork on the eastern side of the sea inlet to the two harbours.

The year 2002 was the 25<sup>th</sup> anniversary of the race, sponsored by Nike, and which had been voted second best 10-mile event by *‘Runner’s World’* magazine. That year the entry limit was raised to 2,200 which was reached within the first week!... fortunately, amongst them were eight Cumberland AC runners.

Steven Holliday, Victor (Vic) Kilgore, John Lewis, Keith and Sheila McVeigh, Victor (Vic) Smith, Stephen (Stevie) Watson and myself, (Craig Kershaw) flew across to Ireland and signed in at the Jurys hotel in Cork. The first incident on the trip involved a swim in the hotel pool. This pool had an underwater opening in the outside wall enabling swimmers to dive down, pass through the opening and surface in the outside pool. Unfortunately, Keith managed to give his head a severe whack against the opening which didn’t bode well for the race the next day.

Picture, if you will, the surreal vision of a number of people, in the middle of a very cold month of March, floating on their backs in an outside swimming pool with a gentle flurry of snowflakes falling down on them!

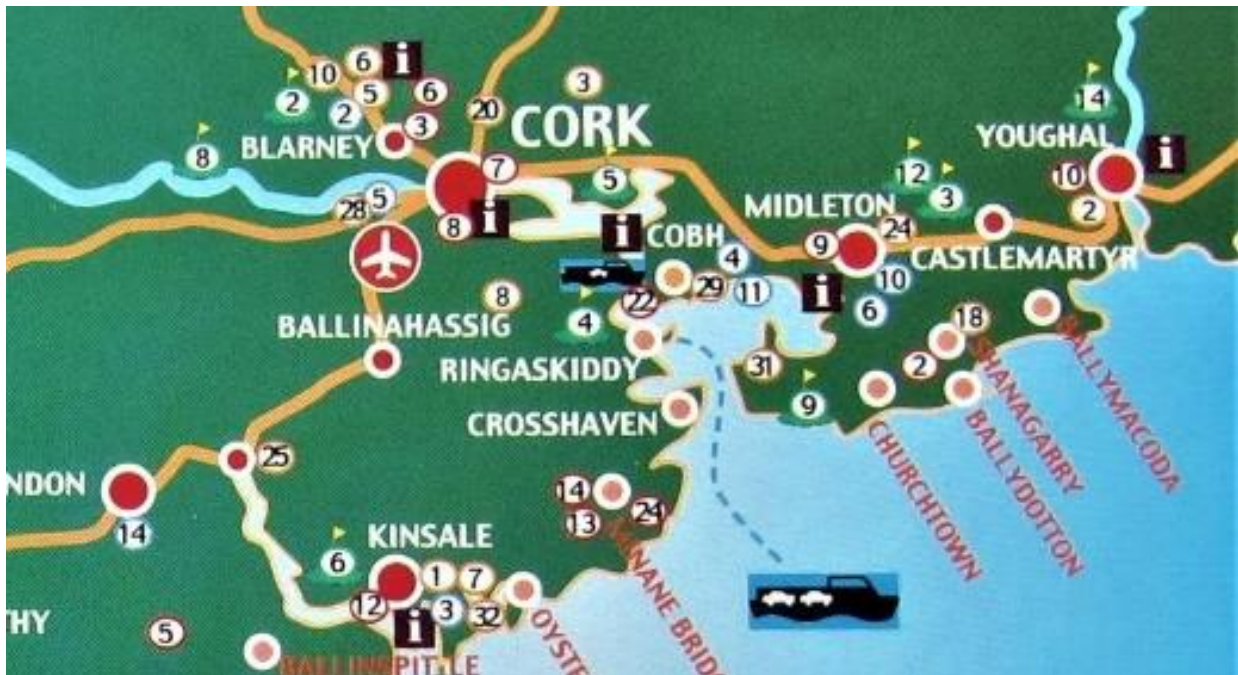
Race day dawned and, after breakfast and with Keith having recovered, we set off to Ballycotton and the race. The day was still cold, an icy wind blowing, and, during the race, we experienced bright sunshine, driving rain and flurries of snow! My personal highlight.... I beat Sheila however, to this day, she still maintains that she let me beat her because she couldn’t bear me sulking for the rest of the weekend!

The post-race liquid refreshments, back at the hotel, must have been considerable because I have very little memory of the trip home except for teasing Stevie (whilst sat in the airport lounge) that we would be travelling in the much smaller, twin propellor, aircraft parked on the tarmac - not the jet passenger aircraft nearby. Stevie was a little concerned by this and I, eventually, was very surprised when we were, in fact, led aboard said plane!

The Ballycotton 10 was first run in March 1978 with a field of just 31 runners. Sadly, after 40 successful years the final race took place in 2017 with a magnificent entry of 4,100 athletes. After much deliberation the organising committee had reached the decision that road traffic conditions, plus the difficulties of managing such large numbers of entrants i.e., registration, marshalling etc. etc., forced them to call an end to this very popular race. A similar situation now facing some local, Cumbrian races!

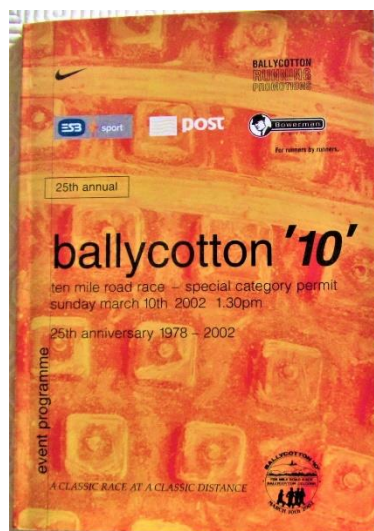


Ballycotton (misprinted on this map as Ballydotton) is shown in the bottom right-hand corner with my former place of work across the inlet near Ringaskiddy.



This excellent handbook (pictured below) produced for the 2002 race was sent to all pre-entered runners and had to be produced, at registration in an old Ballycotton barn, as proof of pre-entry and to obtain one's running number. It contained 71 pages of adverts and information including a welcome message from Dave Scott, Sports Marketing Manager (Running) for the race sponsors Nike; a welcome from the race organisers, Ballycotton Running Promotions; a precis of the first 24 years of the event and a roll of honour of previous winners. Included also, was a page of physiotherapy advice on preventing running injuries, a history of the old town of *Ballycoteitin* as the village was known up until the 14<sup>th</sup> century and 16 pages listing the 2,218 entrants for this year's race.

Sadly, the booklet contained also, a number of memorial tributes to both former participants and several local, notable characters associated in some way with the race.



All in all, our trip was an excellent and very memorable weekend away!

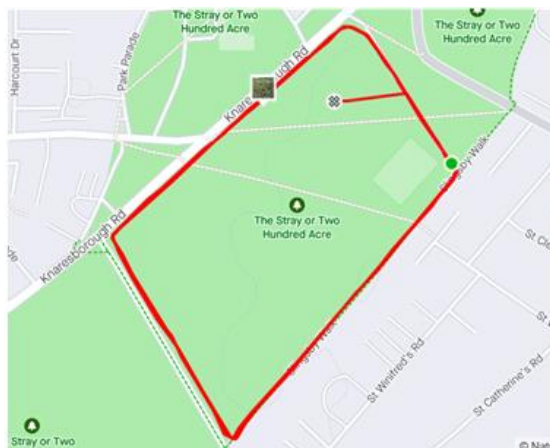
## Siobhan Gascoigne's review of Harrogate ParkRun

Don't run on the crocuses!!! Well, that is something I haven't heard in the pre-run talk before!! Apparently the local council are likely to stop the run if the crocuses get crushed and rightly so as they did look really pretty.

I was in Harrogate on a little weekend break away so of course had to look for a local parkrun. I discovered that this one was less than a mile away from the Premier Inn we were staying at so there was a first. I was able to walk to my first parkrun and not use the car! The run is held on an area called "The Stray" a grassy parkland with roads running through at various points. The parkrun goes round one of the bigger areas and is 3 times round a rectangular course – not the most exciting of routes and very flat. Two sides are on tarmac paths, one side along a mud track with some tricky tree roots that could trip you up if you missed them and the final side across grass. The crocuses are growing on the last two sides and are relatively easy to avoid!

There was a talk for first timers in Harrogate and then the normal pre-run talk, both were informative and quite brief. There didn't appear to be any loo close by and we weren't told of anywhere to meet for a coffee afterwards. If you did arrive in a car there is quite a lot of roadside parking nearby. There were some lovely marshalls, one on each corner who were all very nice and cheered everyone on their way. There were also 2 or 3 pacers out on the course.

All in all, a good spot to run my 199<sup>th</sup> parkrun



## "Quote Runquote"

Who said what? Match the famous runner to the correct quote.

- 1) "Athletics is not so much about the legs. It is about the heart and mind."
- 2) "Believe me, the reward is not so great without the struggle."
- 3) "Don't dream of winning, train for it."
- 4) "There are better starters than me, but I'm a strong finisher."
- 5) "For an athlete, the biggest pressure comes from within. You know what you want to do and what you are capable of."



Usain Bolt



Eliud Kipchoge



Dame Kelly Holmes



Sir Mo Farrah



Paula Radcliffe



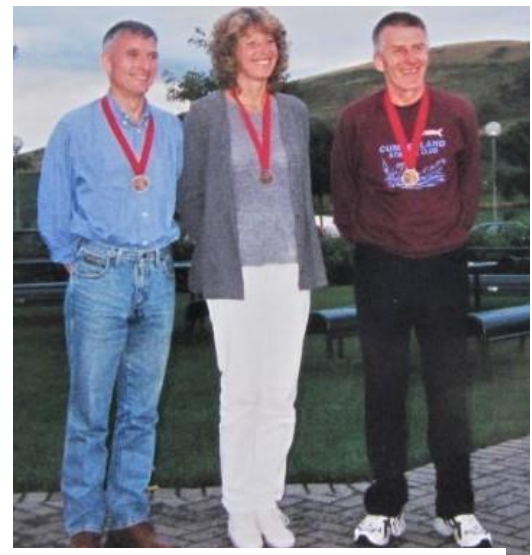
## Netherhall 10 – Why we run in memory of Malcolm McDougall, by Beverley Smith

In February, thirty-eight members of Cumberland AC ran in the ever-popular Malcolm McDougall Memorial Race. Many, many other members organised and marshalled another hugely successful event. It is my favourite race of the year because, living in Maryport, I often use the route as a training run and find that rather than breeding contempt, familiarity in this case gives me an advantage. I know every turn, every mile marker and every hill – both the ups and downs. But each time I compete in the race itself, I feel there is something, or someone, I do not know enough about, and that is Malcolm McDougall, the man the race is named after. I decided to find out a little more about Malcolm, or 'Father Mac' as he was affectionately known, and it gives me great pleasure to be able to share what I have discovered.



Malcolm Newton McDougall was born in Keswick in 1938. He was married to Ann and they had three children; Ian, Allison and Andrea. Both Ian and Andrea are current Cumberland AC members. Malcolm, having lived in Workington and Seaton, settled in Broughton Moor and was a central figure of his village community, running his own business, the Standing Stones Garage. Despite working long hours, he always found time for training; prior to taking up running, he had been into boxing, fell-walking and cycling. A member of Derwent Valley Wheelers, he won many trophies for time trials over the years. His interest in mountaineering saw him leading parties from Seaton Scouts in mountain expeditions. He was a proud and well-respected Scout leader and a plaque in his memory was added by the Scouts to the existing memorial on Dodd Fell.

In the 1980s, Malcolm began running. A friend, Alan Thompson had told Malcolm about the excellent atmosphere at the Great North Run, and Malcolm's son Ian was a runner who had already joined Cumberland AC. Malcolm became a member in 1986 of what was then a small running club based at Workington Zebras' Rugby Ground. Malcolm soon became a prominent member of the club, who could often be seen proudly wearing his Cumberland AC sweatshirt. He became the club chairman in 1993 and one of his roles was to compere the annual club presentation night along with fellow CAC member and friend Mike Litt. These evenings were always a huge success and another friend of Malcolm's, Patricia Parker told me they were a very funny double act, who she used to call 'Mike and the Mechanic.'



Malcolm, right, in his Cumberland AC sweatshirt

Mike calls Malcolm's love of running "legendary" and describes how he used to turn up to club nights on a Tuesday evening in his boiler suit and work shoes after a hard shift at his garage, but that after a quick change he was ready to go. Shaun Cavanagh, who became firm friends with Malcolm when he joined the club in 1990, remembers how, armed with an "indomitably competitive spirit" Malcolm turned his full attention to the task of "running hard". He said "I remember Tuesday nights being a quite ferocious affair; each section of the winter route was basically a footrace and Mac never gave an inch whether blasting uphill, sprinting alternate lampposts, or finishing with the murderous 'crocodile sprints.'" However, this competitive side to his nature, which undoubtedly helped him towards the achievements he enjoyed, was measured by a desire for the club to be friendly and inclusive. Patricia remembers what a lovely man he

was and how he encouraged everyone. She said “he was always interested in how your running was going. In the days when there weren’t many ladies in the club, he always made you feel welcome and would offer advice and encouragement for you to get the best out of your running”.

Malcom was a great story-teller. Craig Kershaw, who took over from Malcom as Chairman of the club in 1998 recalls how Malcom always had a story to tell, and would tell them even whilst running. Craig remembers how his training runs were usually spent trying to catch up with Malcolm, but “on the occasions I was able to run alongside Mac, as he got into a story, he would slowly start to lean closer until he was almost on my shoulder and I thought he was vying for a lift!” Shaun remembers how it was over a shandy after training on Tuesday nights that Malcolm used to share his stories. One included a bet he had taken to ride his fixed wheel cycle to the top of Newlands pass. Of course, given his competitive nature, he won his bet, but not before busting four or five spokes on the rear wheel! Despite his penchant for story-telling, Malcolm’s friends also remember him as an equally good listener. Mike says he had time for everyone and would always offer sound advice. Craig echoes this sentiment, saying he was always ready to help fellow club members. It is not hard to see why he won the ‘club personality’ award on a regular basis.

Malcolm’s commitment to his training meant he was able to enjoy considerable success when it came to racing. He kept meticulous training logs for all his competitions, including club championships and his marathons. Sheila McVeigh remembers him as a runner with great endurance, who along with a group of fellow runners completed the Coast to Coast in seven days. In fact, Sheila recalls how he was able to produce excellent times at all race distances. Some of his 10Ks were below the 40-minute mark and his 10 mile times were easily sub-70 minutes; Sheila thinks his pb was around 63 minutes. Shaun remembers himself, Ian and Malcolm all achieving pbs at the Brampton to Carlisle race in the mid-1990s, with Ian recording a brilliant 56 minutes. Shaun also has fond memories of many ‘out of county’ trips with Malcolm, when a couple of car loads of Cumberland AC members would turn up to races including Garstang 10K, Myerscough Country Canter and the Windmill Half Marathon, as well as the annual outings to the Great North Run and the London Marathon.



Malcolm was an accomplished marathon runner. He completed the London Marathon on ten occasions, achieving times such as 3:18 in 1996 and 3:12 in 1997. Mike believes his best time was 3:10 and Sheila recalls that most of his marathon times fell between 3:20 and 3:05. According to Sheila, Malcolm’s strategy when approaching a marathon was to have a finishing time in mind if everything went to plan on the day. He would also have considered a ‘slow finishing time’ for if it didn’t go well, as well as a fastest finishing time for if it went ‘out of this world’. Sheila also remembers how he would include the 32 mile Workington to Keswick run as part of his marathon training. He would arrange for his wife Ann to pick him up at Buttermere at 20 miles, but more often than not he would just continue on to the finish. Malcolm continued to run throughout his life, until his untimely death on 2nd April, 2001. He was in full training for and due to run the London Marathon later that month.





One of Malcolm's greatest achievements as a runner was completing the Bob Graham Round. The Bob Graham Round involves climbing 42 Lakeland peaks and covering some 66 miles, in less than 24 hours. This gave Malcolm a huge sense of satisfaction and made his family, friends, and fellow runners incredibly proud. It came during a busy year for the McDougall family – both Ian and Andrea got married and Malcolm's grandson Jonathan was born. Yet, as Shaun puts it, in preparation for the event Malcolm typically left no stone unturned. Former club member Steve Lunt partnered Malcolm on his training runs and coupled with Malcolm's existing intimate knowledge of the fells, they were able to determine and test all the favoured running lines. At 6:30pm on 4<sup>th</sup>

July 1997, together with another club member Stephen Holliday, Malcolm set off. Despite the best laid plans and meticulous preparation, an element of drama was added to the event, as when he reached Honister at the end of leg three, Malcolm was 30 minutes behind schedule. At this point he made a courageous decision – he continued running without having a break. As Shaun puts it, he had “a change of shoes and an eyeballs out sprint” which saw him arrive at Keswick's Moot Hall to complete his round in 23 hours and 49 minutes. Mike Litt, who ran with him on the first leg, points out that at the time, this was the fastest time by someone over 50, and Malcolm was 59! What a great triumph and display of so many elements that we should all aspire to as runners – commitment to training, strength, endurance, determination and courage in the face of adversity.



Malcolm, third from left in his white CAC t-shirt, running up to Moot Hall as he completed his Bob Graham Round.

I initially contacted Malcolm's daughter Andrea with some questions about Malcolm when I had the idea to put this article together. (Incidentally, it was Andrea who encouraged me to join Cumberland AC almost six years ago). Andrea gave me the names of some past and present club members who would have known her Dad. It was so clear from their responses that Malcolm was hugely popular, and highly thought of by those who knew him. Indeed, Mike points out that a testament to Malcolm's popularity was that there was standing room only at his funeral. The phrase “lovely man” was a common theme, and Patricia described him as always being in a good mood, with a big smile on his face. She added that she felt honoured to have known him, and this seems to be a sentiment shared by others too. He is certainly greatly missed, and Shaun recalls how his sudden, tragic death sent a shock wave through the club. To me, Cumberland AC is a running club that encourages effort in training and racing and promotes intense yet ultimately friendly competition, whilst being incredibly inclusive and sociable. This seems to be the ethos Malcolm was striving for all those years ago. The Netherhall 10 was a race Malcolm had been involved in organising each year. Soon after Malcolm died the race became the Malcolm McDougall Memorial Race, and over twenty years later remains a fitting tribute to a Cumberland AC legend whose character and example laid the foundations for what we love so much about our club today.

## Let's Get Lyrical – Running songs answers

In last month's newsletter I challenged you to see how many songs related to running you could work out from a line of their lyrics. Here are the lines, and the answers.

- 1) White man came across the sea, he brought us pain and misery, he killed our tribes, he killed our creed, he took our game for his own need. **Iron Maiden – Run to the Hills**
- 2) I've seen all the frowns on the faces of the clowns, and the downs that they take just to be free. **Run for home - Lindisfarne**
- 3) And if I only could, I'd make a deal with God and I'd get him to swap our places. **Running Up That Hill – Kate Bush**
- 4) Everybody's out on the run tonight, but there's no place left to hide. **Born to Run – Bruce Springsteen**
- 5) I'm walkin' in the rain, tears are fallin' and I feel the pain, wishin' you were here by me, to end this misery. **Runaway – Del Shannon**
- 6) Everyone is talking about me, it makes me feel so sad. Hey, hey, hey. **Keep on Running – The Spencer Davis Group**
- 7) Run fast for your mother run fast for your father, run for your children for your sisters and brothers. **Dog Days are Over – Florence + the Machine**
- 8) Ain't runnin' from myself no more, together we'll win it all. **Runnin' (Lose It All) - Beyoncé**
- 9) Caught like a wildfire out of control, 'til there was nothing left to burn and nothing left to prove. **Against the Wind – Bob Seger**
- 10) In sixty-five I was seventeen and running up 101, I don't know where I'm running now, I'm just running on. **Running on Empty – Jackson Browne**

*Workington Cricket Club is a non-profit club. They open each Saturday for tea and coffee after ParkRun. They have also been the venue for our summer BBQ, Boxing Day run, Christmas handicap, summer effort training sessions and the Learn2Run. A great venue to consider if you have an event coming up.*



### Workington Cricket Club

#### Function Room Ground and Facilities Available to hire

Great venue for family celebrations, birthdays  
weddings parties, retirements, also funeral wakes,  
Presentation nights, Charity nights etc.  
Centrally located with full kitchen facilities if required.

Telephone our Facility Manager  
07732 741296