



CUMBERLAND ATHLETIC CLUB NEWSLETTER

July 2023

Hello everyone,

Cumberland AC has done itself proud again this month, with two fantastic events in the form of the Whitehaven Harbourside 5K and the third in the Workington 5K series. For me, the former was mostly enjoyable, as such a different kind of 5K race, because of the hill. The latter was probably the hardest fought, and closest race I have ever run. This made the whole thing horribly tense, but pushed me to achieve a 5K pb, so given that I did survive the ordeal, it was probably worth it in the end.

It has been said before, but I do not think it can be overstated; thanks to the organisers and marshals who make these events possible. When racing, I often feel guilty for not acknowledging the marshals, sometimes not even being able to make eye-contact. But every last bit of encouragement is appreciated and your efforts make the world a better place.

Best wishes, Bev.

Running joke

What is a runner's favourite meal?

Fast food.

Any contributions?

Running Tracks - Do you enjoy listening to music when you run? Send me five songs you run with and help other runners decide what to put on their playlists.

New member biographies - If you are new to Cumberland AC and would like to introduce yourself in the Newsletter, please send me a few words and a photo.

Cumberland ACe - 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.

Championship races coming up

August

2nd – **Netherhall** - 10k (Open)

6th – **Workington Festival of Running** – 5k (Short)

28th - **Barrow Fell - Keswick Show** - 6.5k (Multi-terrain)

September

3rd – **Loweswater Show** – 4.2k (Multi-terrain)

6th – **Carlisle Castle Series** – 5k (short)

24th – **Keswick Half Marathon** (Open)

Shoe and kit code for SportShoes.com – a message from Susan Cain

For anyone wanting a new pair of shoes or piece of kit, please get in touch with me at susandavidcain@yahoo.co.uk and I will give you the SportsShoes code, which gives 10% off all orders over £50 on their whole range 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.



Running totals (according to the International Institute for Race Medicine's 2019 State of Running report)

0.5 – Percentage of the Republic of Ireland's population who run races

0.2 – Percentage of UK's population who run races

0.1 – Percentage of USA's population who run races

Spotlight on.....Jordan Kelly



When did you join?

I joined in May 2017, just after I got married actually.

Why did you choose CAC?

I had been doing quite a bit of running on my own and entered the Keswick Half Marathon to see how I would get on. Stu Bu (work in the same department, killed a cat together (ask him)) saw me running and had a crack with me afterwards to see if it was something I fancied. Next thing I know it, I am dancing (or warming up?) with a load of other runners behind Curwen Castle.

Why did you start running?

I started running as a way of building my fitness for playing football, however over the last couple of years I have come to realise that playing football and running a lot go hand in hand.

Favourite distance?

Has to be 5K. Anyone who knows me will know that I prefer the faster stuff, and this is the one for me. Plus, it's over quick and then it's time for cake.

Least favourite distance?

10 Miles. Isn't it just an awkward distance? I mean you have a 10K that is balls out and a half marathon that can be a bit steadier; why throw a 10 mile in there?! Too many times have I went for it at 10K pace and failed miserably.

What race would you like to do?

I would like to have a go at the Lisburn Half Marathon in Northern Ireland – not a big one but my dad grew up there so it would be good to go over and give it a go.

What is your favourite post-race food/drink?

Shake, all day! Everyone needs to have a try of this:-

- 2 scoops of Kendal Mint Co Recovery Powder
- 200ml milk
- 2 big scoops, or more if you wish, of the cheapest vanilla ice cream you can find
- Blend up and there you have it!!

What is your favourite session?

Can't remember what it was called but we have done it on the cricket pitch before. 400m effort > 200m jog > 200m effort > 400m recovery. Either that or lots and lots of 200's.

Middle of race, you feel like giving up – what keeps you going?

I am sure it gives people a bit of a fright on occasion but if I am really starting to feel it during a race I tend to shout at myself and try to get my head back into it!

Favourite route?

Carlisle Tri 10K. I do actually have other routes that I prefer but I have run a 10k PB 4 / 5 times on this route, so it's got to be that one!

Best running memory?

I am going to be greedy here as I have two.

- 1) My first half marathon, the Great Cumbria Run in 2015. I had been training hard for this with my best friend Adam as he was a very good runner and I was keen to see how I would get on. However, a few days before the race Adam was involved in a serious car accident which left him and his daughter hospitalised for months. Completing the distance on its own was hard enough, but with all of that going on and knowing he had trained me for it made me determined to smash it for them.
- 2) This one I wasn't running - seeing Kim run her first half marathon during lockdown. I had seen how much time and effort she had put in to getting up to the distance, and to see her achieve it was amazing.

What do you see in your running future?

Less and less space in my house due to accidentally buying 'another' pair of running trainers....
In all seriousness I can see a Sub 3 Marathon.

Who is your hero or heroine?

I am a massive Liverpool fan, so it's always been Steven Gerrard.

Tell us something we don't know about you.

I was once ranked in the top 1% of all players in the world on FIFA online Seasons

If you would like to have the spotlight shone on you, let me know and I will email you the questionnaire. Email me – beverley104@hotmail.com, or contact me on Facebook Messenger.

Race Gifts and Goody Bags – the good, the bad and the bizarre.

Who doesn't love being given a medal when they finish a race? I do. I like looking at the design and I like wearing them on the way home. I also like a 'Finisher' t-shirt and these are mostly what I now wear for training.

Earlier this month, Liz Sandelands got in touch to suggest a newsletter item for which we need your help. We want to know about the most bizarre post-race gifts, goody bag items or prizes you have been given. For me, I think it has to be the bottle of windscreen wash and ice-scraper we were given the year Lambfoot Loop was sponsored by Goodfellows Tyres. What are yours? Please send any contributions to beverley104@hotmail.com, or via Facebook Messenger.

Lovely Loweswater – Only Coughing, no Coffin, by Shaun Cavanagh

Following a few hefty showers, during the day, and a not so optimistic forecast, the third in the planned series of five 'summer runs' took place in excellent running conditions, on Tuesday 11th July. It was fantastic to see a big gathering of club members turn out, and especially good to see both new faces and old (but still young!) amongst the crowd.

The skies had cleared to reveal the scenic vistas we know so well of this lovely route and, with greetings made and route instructions revised, we began our circuit of Loweswater Coffin trail. Although so called, a little bit of prior research revealed that only the lower part of this is actually a corpse road. It begins at St. Bartholomew's church, Loweswater, and exits on the Lamplugh Road. There are numerous ancient Corpse roads in Cumbria, previously used to convey deceased relatives to the 'Mother Church.' These were the only churches granted with licences to intern the deceased; and, it seems, they were few and far between; the one we would use, was one small section on the way to St Begas Church, St. Bees!



Starting from the gate above Fang's Brow (GR: 105226 – OS map OL4) and (What 3 Words: drips.paddlers.hindered), we began the runnable, but still testing, first uphill section along a stony trail. A number of gates enabled plenty of mustering points and photo opportunities: a key element of any social event.

Continuing our way (upwards), stony ground gave way to a mix of stones and softer underfoot terrain. The craic was good throughout, which was fortunate, given that there were a number of false summits on the way to the first main group photo opportunity.

Once we encountered this traditional pause, we remembered we don't live in such a bad part of the world. Carina, Gillian and Peter were the recorders of our club member's going feral, and then this brief interlude, before reverting to type.



Fewer records preceded the next sections when a short but gruesome climb to a mustering point led into a lovely long downhill section. Prior instruction forewarned of the dangers of passing walkers at speed and potentially knocking them down the slope. Why this triggered such merriment can only be attributed to road runners with altitude sickness!

In reality, of course, the Loweswater Coffin Trail is so do-able as to be considered family friendly. Whilst some of the climbs referred to are testing, no relatively new runner need avoid going around the full route. Walking is not illegal!



Following opportunity to get up a bit of speed at last, the group all arrived intact at High Nook Beck; and no walkers were harmed in the making of this descent. Once regathered, warnings were issued of potentially boggy ground and then a tricky path down to High Nook Farm. It followed that wet feet were, by and large, just a distant memory of past events and, more importantly, so was a previous sprained ankle. And onward we ran, on the Corpse Road proper, to Lovely Loweswater.

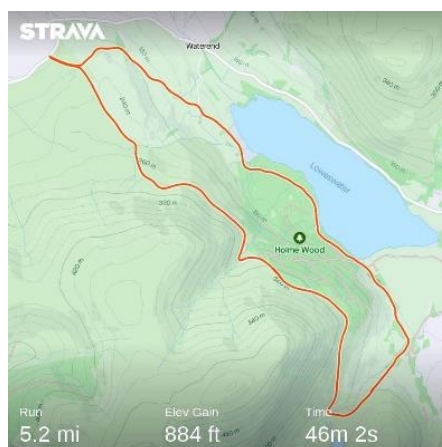
Respect for privacy prevented photographing the couple enjoying the beautiful scenery in front of their stunning dwelling. Sitting together with two glasses of white wine, they drank in the serenity of their surroundings. Then we turned up!!

This was one of two gate-crashes we made on the night, assuming you exclude Scott's gymnastics over the 5 or 6 barred variety. Whether it was something to do with the lovely evening conditions, our high spirits, or a mixture of both, each occasion resulted in good humour with all concerned. Our assault on the Bothy party, was the second of the two, which afforded us opportunity for a complete team photo when the matriarch of the party kindly offered her media services.



Nearing the final quarter of our route, the next phase revealed our traverse through the Woodland. Despite hours of light remaining, time was getting on and precluded a visit to a nearby waterfall. For future reference, Phil and Steve described the route. From the little Bothy, an alternative path leads off into the Woodland, by taking a left turn briefly off this path, the waterfall can be located.

In any season, Loweswater woodland is a joy for the nature lover, walker and seeker of peace alike. But all good things come to an end, and so did our brief flirtation with easy, level running. Along a rough lonning we emerged at the first of several homesteads; each separated by fields, and stiff climbs on good paths. We were tired; but through effort and not disenchantment.



Enchanting can be the only way to describe this route.

Happy Running, Shaun.

Hamsterley Forest Parkrun, by Karen Cowperthwaite

Located in you guessed it Hamsterley Forest which is about 30 min drive from Barnard Castle. There are a few entrances to the forest but the one to use is the main entrance off Bedburn Road.

There is ample car parking which you pay for on leaving. Make sure you get the discount code from the Parkrun team. With this parking is £2.00 up to 11am giving you time to visit the cafe. Toilets are beside the car park.

The first half of the route is on forest track setting off flat (the only flat part) then mostly climbing until approx half way. The climb is not as bad as Whinlatter! I managed to run it all.

The second half is on what I would call forest paths so stones, roots, mud etc with undulation in places.

The course is well marshaled, and signposted with arrows. It does need to be as there are numerous off shoots from the course route.

It is quite a small Parkrun (80th) with 45 runners and walkers on our visit. Everyone was friendly and the run director explained the course to the first timers and the hazards on the route. There was the usual shout out for tourists and celebrations.

We both really enjoyed the route especially the part on the forest tracks. It was up and down with a lot of twists and turns. They do recommend trail shoes, which I agree with, which most were wearing. You could probably get away with road shoes if very dry.

I set off at a relatively easy pace, bracing myself for the climb. On the way out there is a very short out and back section where runners need to keep to the left. This was the only place I saw Mark.

On reaching the top of the climb you then take a narrow path downhill. It was good to start to stretch out the legs at this point.

In places I found I was running on my own and it was nice and peaceful. On passing the Gruffalo you know you are close to the finish where the route starts to flatten out a bit before crossing a bridge and the grassy run to the funnel.

Mark finished 7th and I finished 24th but 4th out of 17 female runners. We took the opportunity to visit the cafe where you can get a cuppa and bacon butty deal for £5 on showing your barcode.



Review of Millom Sea Wall 7.2 Mile Race, by Susan Cain

How easy to find: Checking out google maps, it said that it would take 1:25 from our house to the Ski Bar at Haverigg; it said it was 41 miles. The race was starting at 10:40 and, because of the road closures, we picked Scott up at 7:30; we wanted to allow plenty of time to get there because of the detour and the possibilities of getting stuck behind tractors, etc. We found the caravan park quite easily (thanks to Satnav) but then had a tour of the caravans trying to find the Ski Bar where registration and the start was. We eventually found it and got parked up and were the first competitors to arrive.

Pre-run briefing: The race organiser did a very detailed, funny and, if this was your first race, frightening outline of the course; he got everyone listening and laughing.

Course: PB potential: Definitely, as I've never done a 7.2m race before.

Laps: This is a one lap course but there is a strange little loop that you do before you go onto the sea wall.

Hills: There is a huge hill at about 2 miles which rises by 40m and then there is the corresponding steep downhill. There is also a short, very steep hill on a gravel path in the strange little loop.

Scenic: We went off into the mountains, I think. There were also the coastal views as we were running on the sea wall.

Hazards: There were a couple of road crossings which were marshalled. Running on the sea wall against the wind (or should I say gale) was hard work as you had to concentrate to both stay on your feet and avoid the huge potholes. On the finishing straight there was a considerable amount of geese muck to avoid!

Marshals: The marshals were very good, giving encouragement and keeping people safe at the road crossings. There was one point where I was a bit unsure of the way but I noticed a Millom runner up ahead and followed him.

Finish area: There was a finishing gantry and a man on the mike calling out names of the people finishing, which made you feel a bit special. There was a buff for everyone finishing. There was a winner's podium which Cumberland AC made good use of: Bev Smith – first lady; Peter Milligan – third male; and, Cumberland AC - first team of five (Peter Milligan, Ian Wilson, Bev Smith, Michael Sandelands and Scott Liddell).

Post-run tea, coffee, cake. There was a bar area where you could buy tea/coffee and food.



Workington Festival of Running – a message from Sheila McVeigh

Workington Festival of Running takes place on Sunday 6th August. The event this year has been moved to the Reds Football Stadium, primarily due to the ridiculous cost last year of road closures. To avoid these for future years we needed to make changes to all the race routes but needed the support of the football club to use their facilities as a base for the event.

The FOR is a joint event between CAC and Workington Town Council, with planning starting early in the year once WTC have approved funding. We have been fully supported this year by Les Byers from the Reds, who has attended all our meetings, conducted site visits and is totally on board with the event. Interesting fact is that his brother Andy was one of the original members of CAC.



The new courses have been measured by Richard Brooke, who recently qualified as a UKA course measurer. We are extremely thankful to him for doing this.

Most of you will know that this event needs CAC member's help. Not only do we need you to run if you can, we need you to run and marshal if you can!! Therefore, if you are running the 10K we need you to help marshal the 1K and the 5K runs. If you are running the 5K we need you to help with the 10K. I have sent an email to you all about this so thank you in advance if you are able to help.

If you have children running the 1K this will be starting from the Cricket Club car park, out onto Black Path towards the football stadium and then around the football field to the finish. This race starts at 11:30am so please have numbers collected by 11:00am and make your way to the start. There will be a fun warm up for the children at the Cricket Club. Adults accompanying their children do not need to enter or wear a number, unless you particularly want a medal.

The bar will be open throughout the day for you to buy food and drinks and there is face painting and ice cream for the children. David Cain is our compere for the day keeping you informed on the runners as they enter the stadium and there will be music whenever he has a quiet moment!

I hope you all have this date in your diary and can support in any way you can. Workington Town Council are really keen for us to build on this event to include a half and full marathon and relay teams. We will be meeting to discuss ideas for this at the end of August. If any of you would like to be involved in these discussions, please just let me know and I will keep you in the loop. It is a long time since Workington had a half-marathon so this would be something big for the town and the club if we can get it off the ground.

All we want now is for some good weather (but maybe not quite as hot as last year).

Thanks for reading.

Sheila

No such thing as strangers to Cumberland AC, by Tracey Kennett

On a wet Tuesday night, the team met to start setting up the Whitehaven Harbour 5K. As we meandered down the harbour putting the signs up, a gentleman said, "Can I ask what's happening tonight?" I said, "It's the Harbourside 5K race," and he said "Can I join in?" I said "Of course. There are entries on the night and I can show you where." He asked what time it started, but when I told him 7 o'clock he said "Oh that's no good because I've booked a table at the Vagabond for 7 o'clock."

We carried on chatting. He had sailed into Whitehaven harbour last week and was from Lytham St Annes. He had done the Whitehaven parkrun and on the Friday he was sailing into Maryport and doing the Maryport parkrun. I introduced him to Shaun and said it would be lovely to see him at Workington parkrun. Unfortunately, he said there is nowhere for him to dock at Workington. I told him there was a train station in Whitehaven by Tesco and that if ever he fancied a change of scenery that would get him to Workington. We said our goodbyes and I said it had been lovely talking to him.

An hour later at registration I had a tap on my shoulder. There stood the man in his running gear. He said he had changed his booking at the Vagabond to 8 o'clock. His wife had gone back to the boat to read her book, although she was going to come and watch him finish. He said "I reckon I can get it done and have time for a quick shower before dinner!"

The Big 4-0 for Elisa!

The Whitehaven Harbour 5K was special for another reason. The race fell on Cumberland AC member Elisa Trainor's 40th Birthday. Elisa enjoyed celebrating the occasion by taking part in the race; her first as a Vet 40. Happy Birthday Elisa!



In Praise of Strength Training, by Shaun Cavanagh

- It Freshens the mind – It's something different and offers alternative goal setting
 - It makes you strong – Captain Obvious, eat your heart out
 - It helps to Prevent injury – Weak core muscles equal a countdown to a bad back (Didn't I once know it)
 - Advantages of a Strong Core – See 3 of them below
1. Improved form – Improved speed
 2. Improved power – Improved speed
 3. Improved Stride Length – Improved speed
- Better posture – Helps avoid insidious injuries caused by Slumping, Sagging, Shuffling

I know this is preaching to the converted, so it's brilliant to see so many club members engaging with advice that the coaches have been banging on about for so long. Whether you attend a gym, a private class, or workout at home, strength training aids specific running outcomes and broader functional activities.

If you don't currently engage in strength training, consider doing so; it's not the scary prospect that the gym junkies on Facebook adverts may lead you to believe. 10 mins out of your day spent mobilising your limbs and then building the time you can hold a plank, is 10 minutes more than you would otherwise have done. This can lead to further development.

A confession: so many suggestions of strength training kept me (and I think many others) semi-sane during lockdown. I have the following people to thank for setting a trend that continues to this day: David Cain, Gary Byers, and Keith McVeigh. I tried all their suggestions which were communicated by the club magazine, CAC TV, or Direct message. For anyone wishing to know what these activities entailed, feel free to contact me – I still use them.

Lately, I attend a regular strength training session each week, and I've become so enthused in the 18 months of setting and reaching new goals, that I'm looking ahead to the day I turn 60, to see what I can do in a challenge I've yet to determine.

Just a few thoughts – Happy Running

Shaun

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