



CUMBERLAND ATHLETIC CLUB NEWSLETTER

June 2023

Hello everyone,

June has been another busy month for Cumberland AC. It seemed that the weather was kind for the St Bees summer run. The photos I have seen would certainly suggest a good time was had by all.

The weather was a little different for the Moorclose handicap run on Tuesday night, but it is hard to complain too much about running in the rain, when there were people who volunteered to stand in the rain to organise and keep the rest of us safe. Thank you.

The races are keeping us on our toes, including the second in the Workington 5k Series. Well done Shane. This was, again, expertly planned and executed and it was good to see another good turnout.

Good luck to everyone running in Millom and Kirkbride at the weekend.

Best wishes, Bev.

Running joke

Why did the snowman have to end his running career?

He just couldn't warm up.

New members

We would like to wish a warm welcome to our new members John McGibbon and James Banks.

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 few words and a photo to beverley104@hotmail.com

Championship races coming up

July

2nd – **Millom Sea Wall** – 7 miles (Open)

2nd – **Kirkbride Festival of Running** – 10k (Short)

4th – **Lambfoot Loop** – 10k (Open)

18th – **Whitehaven Harbourside** – 5k (Short)

August

2nd – **Netherhall** - 10k (Open)

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

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

Running Tracks

This month Brenda Elliott has shared with us some of her favourite running tracks. Brenda says "they are my feel-good songs and they make me push on."

Brenda's running playlist includes: -

Orchestral Manoeuvres in the dark - Enola Gay

Ava Max - So am I

Blondie - One way or another

Lady Gaga - The edge of glory

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.

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

Average age for 5K runners - 40

Average age for 10K runners - 39

Average age for half-marathon runners - 39

Average age for marathon runners - 40

Cumberland ACe of the Month – Mike Robinson

Dan Wilson has nominated Mike as the Cumberland ACe this month. Dan says:-

“Quite a few of you won’t know Mike as he doesn’t get down to training or social runs, but he’s a regular at races (road and multi-terrain). When I first started running with Mike just over a year ago, I was slightly quicker than him, but he was pushing me hard in races. His commitment and diligent approach to training has seen him improve massively and I struggle to even get close to him now. Over this time, he’s set new PBs at pretty much every distance and has completed some epic adventures out on the Cumbrian fells, including the Abraham’s Tea Round and Great Gifts Round. I’ve nominated Mike this month because a lot of his training was focussed on preparing him for the Marathon du Mont Blanc this weekend, which looked as incredible as you might expect. It’s a really tough race but the training paid off and Mike smashed it.”

Congratulations Mike – it is great to read about your achievements and to hear that your training is paying off.



New member profile – John McGibbon

One of our new members, John McGibbon has sent a few words of introduction. John, I am sure everyone will look out for you at training and races and hope you continue to enjoy your return to competition. John says: -



“Some of you may already know me from races or Parkruns in West Cumbria. I've been a runner for quite some time, but stepped back from competing in races a few years ago following a diagnosis of a degenerative neurological disease.

Recently with the support of my daughter's partner in Whitehaven, I've started doing some West Cumbrian races and joined CAC because of the positive feedback I've heard about the club. Hopefully, I'll continue to enjoy running and take part in as many local races as I can.

I'm sure I'll get to know many more of you soon.”

Journey Into the Ultra World, by Tracey Kennett



I never thought I would ever do another marathon after London 2019 then along came Gary Mckee! After being inspired by him last year I managed another four marathons, and then I started thinking I wonder if I could do an Ultra? Fast forward a couple of months and after a couple of gin and tonics (drink is always at the centre of my questionable life choices, ha ha) I was goaded by Chris Young to enter. What the hell, I can do this I thought. The best bit was Chris who was supposed to be doing the 100km had double booked so had to defer. I decided it was okay because Nick Inns was doing it from St Bees Triers, so I still had someone doing it. We arranged a recce at the beginning of April and then he messaged to say after a long chat with his wife he decided to defer as he was plagued with an injury.

What was I thinking? I couldn't do an ultra. I sat with my finger on the cancel button all week. Then re-enter Gary Mckee. Over the Easter weekend I went out to support Chris Young and Gary was there. I told him, I can't do this. Clearly I'd picked the wrong person to complain to after what he had achieved. He took one look at me and said "Trace, have a word with yourself." I gave the head a shake and cracked on with my training. I'd followed a 16-week plan from Runners World which fit in well with the days that I usually ran on. I mixed it up with lots of walking on the fells as well.

As the day got closer the panic got worse. I normally tackle everything head on at 100 miles an hour and know that no matter what I'll get there in the end. But for the first time I really thought I've bitten off more than I can chew. No matter what anyone said I thought I wasn't going to be able to do it. On the Tuesday the GPX file of the route landed on my app. Total ascent 4,590 feet. I had a full-on meltdown at work and I'm not going to lie, there were tears. I then had some excellent advice from some very special friends and I gave my head a wobble. I'd get round, there was no question.

The weekend arrived and I was actually getting excited. I registered on the Friday night and on the Saturday morning drove to the finish at Lakeside and got the shuttle bus to the start at Kendal. I missed my wave time of 7 o'clock but dropped into the 7.30am one. I was off. I listened to all the advice of a friend, I was lubed up everywhere, even inside my socks, I was plastered in suncream, I had my kit stripped to the essentials and I was to run really slow. It hit 29 degrees that day and the climbs were tough in the heat but I absolutely loved every minute. I actually felt liberated. This wasn't like usual running, there was lots of walking, some running, lots of eating and I had some great company on the way. I finished in 8 hours 53 minute and 54 seconds and was 33rd out of 354 people.

I was once told that the fear and anxiety of doing something are always worse than the task itself and that is good advice. I'm pleased I had good people around me that made me believe in myself.



Moorclose parkrun revisited – CAC 2nd Handicap run, by Shaun Cavanagh



The 2nd of the 5 planned handicap runs was held on Tuesday 27th June, based at the site of the old Moorclose sports centre. Upon mustering in a nearby carpark, it became clear that there was much to ponder on the wisdom of turning up. One key theme emerged and can be identified thus: 'thez nee such thing ez bad weather, just bad cleyarse.' Yes, there was no getting away from the fact that it was wet; very wet.

However, despite plentiful precipitation, and an exciting new 5k race the day after, 15 keen members turned up for a *refreshing* run. The tricky party for each, was of course waiting about for individual start times; suffice it to say, everyone kept Keith happy by warming up!

As the name would suggest, the 2nd handicap follows the route of the old Workington parkrun route, which offers members a reasonably accurate 5k test. As such, Susan's handicapping magic was cast in reasonably straightforward fashion; and this meant that at least a couple of members regretted their current sparkling parkrun form.

On a route that offers a fairly unhindered opportunity to run hard, there were some tremendous efforts on view to warm the hearts of the bedraggled marshals. The latter offered their support in numbers, and each played their own part in creating a small but cheerful, closed club event.

The objective of creating an enjoyable club run was expressed in the preparatory instructions, as well as at the pre-run brief. So, it was especially good to see club life working when friends are drawn back in from absences due to work, injury or illness.

The three event winners on the day included one erstwhile absentee Kevin, then Helen and also Kate; the winners in life were the rest of those taking part.



Here are the results and the list of wet, very wet, marshals:

Results

Handicap			Time	Actual	Predicted
3.00	Kevin	Vickers	31.20	28.20	29.45
11.00	Martyn	Minchella	31.40	20.40	21.31
7.00	Helen	Sparks	31.46	24.46	25.35
Scratch	Liz	Sandelands	32.00	32.00	33.05
6.30	Karen	Cowperthwaite	32.11	25.41	26.11
4.00	Karen	McLean	32.14	28.14	28.45
9.30	Caron	White	32.14	22.44	23.18
13.00	Gareth	Cavanagh	32.17	19.17	19.33
10.30	Scott	Liddell	32.19	21.49	22.06
5.30	Stuart	Buchanan	32.29	26.59	27.03
11.00	Billy	Stobbart	32.30	21.30	21.49
6.30	Elisa	Trainor	32.59	26.29	26.01
11.00	Michael	Sandelands	33.01	22.01	21.58
12.30	Bev	Smith	33.08	20.38	20.11
7.30	Laura	Wylie	33.15	25.45	25.26
12.00	Paul	McKendrey	33.49	21.49	
6.30	Tracey	Kennett	34.15	27.45	26.23
6.00	Kate	Pearson	34.34	28.34	26.55

Thank you to all the wonderfully, wet marshals, timers, recorders and handicapper

Stephen Atherton	Halfway marshal/ Outside worker who laughs in the face of bad weather
Tony Briscoe	Timer/ Joker/ Keith confuser
David Cain	Encourager/ Joker/ Marathon prophet
Susan Cain	Handicapper/ Register(er)/ Recorder/ Keep things righter
Shaun Cavanagh	Shouter
Brenda Elliott	Marshal/ Hi Viz traffic cone
Paula Jackson	Marshal/ decider on further progression or not
Ian McDougall	Marshall/ good job you know the route
Keith McVeigh	Timer/ Distractor with tales of weird space and reality stuff
Sheila McVeigh	Recorder/ Chief of staff and anything else requiring chief(ing)

Well done everyone. Did I mention it was raining?

Happy Running

Shaun Cavanagh

Happy 10th Birthday to Workington Parkrun!

Workington Parkrun celebrated its 10th Anniversary on Saturday 24th June. Congratulations to all those involved in making this event a success week in, week out for all those years. In that time, the event will have changed so many lives in big ways or small, but all for the better. Parkrun can be such different things to different people. A chance to run 5k as fast as you can or a chance to run 5k at whatever speed you like. A chance to see friends or a chance to make new ones. A chance to eat cake knowing you have earned it. A reason to get out of bed on Saturday morning.

But something about Parkrun I think is so important, and we must not take for granted, is its consistency. The same thing happens at the same time, in pretty much the same way every Saturday. So, for those of us who don't make it every week, we can still turn up when we are able to and it will be there for us. This only happens because there is a core group of individuals who commit to making sure it happens all the time. That has been happening in Workington now for 10 years. How wonderful. On behalf of the 5411 people who have finished Workington Parkrun over the years, thank you so much to Shaun Cavanagh and the team for everything you do. I hope you celebrated by eating lots of cake.



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