

Derwent AC Cockermouth Grand Prix Race Series 2005
Race 4: 'Setmurthy Snap' 6Km Road Race, Tuesday 9 August 2005

Overall Results for all finishers

Position	Name	Club	Category	Time
1.	B. Taylor	Ellenborough AC	Senior Men	19:45
2.	I. Butler	Keswick AC	Senior Men	20:02
3.	W. Jackson	Ellenborough AC	Junior Men U/20	20:04
4.	N. Cockbain	CFR	Senior Men	21:07
5.	G. Wood	Cumberland AC	Senior Men	21:12
6.	K. Kirkham	Blengdale AC	Junior Men U/16	21:34
7.	R. Mossop	Ellenborough AC	Senior Men	22:12
8.	C. Davis	Derwent AC	Senior Men	22:14
9.	L. Park	Ellenborough AC	Lady Junior U/16	22:14
10.	J. Winn	CFR	Veteran Men O/50	22:28
11.	J. Myatt	Keswick AC	Veteran Men O/45	22:39
12.	G. Mulgrew	Ellenborough AC	Senior Men	22:43
13.	C. Cripps	Blengdale AC	Senior Men	22:48
14.	L. Abel	Blengdale AC	Veteran Men O/40	22:52
15.	B. Rooney	Border Harriers & AC	Junior Men U/18	22:54
16.	M. Eddy	Derwent AC	Senior Men	22:58
17.	P. Daley	Derwent AC	Veteran Men O/45	23:00
18.	M. Finlay		Senior Men	23:05
19.	P. Cueto	Derwent AC	Senior Men	23:13
20.	S. Madine	Ellenborough AC	Junior Men U/18	23:14
21.	B. Hagan	CFR	Junior Men U/16	23:17
22.	S. Cavanagh	Cumberland AC	Veteran Men O/40	23:21
23.	T. Davis	Derwent AC	Veteran Men O/45	23:26
24.	K. Thompson	Derwent AC	Veteran Men O/50	23:28
25.	C. Neil	Cumberland AC	Senior Men	23:42
26.	S. Park	Ellenborough AC	Veteran Men O/40	23:47
27.	G. Lynch	Ellenborough AC	Senior Men	24:14
28.	H. Rooms	Ellenborough AC	Veteran Men O/40	24:20
29.	A. Adams	Derwent AC	Veteran Men O/45	24:31
30.	A. Woodcock	Derwent AC	Lady	24:42
31.	J. Neil Wylie	Tri Lakes AC	Veteran Men O/50	25:07
32.	R. Adams	Derwent AC	Lady Veteran O/40	25:13
33.	P. Percival-Smith	Kendal AC	Veteran Men O/45	25:22
34.	K. Bethwaite	Ellenborough AC	Senior Men	25:49
35.	H. McCulloch	CFR	Veteran Men O/45	25:55
36.	C. Thorley	Derwent AC	Veteran Men O/40	26:00
37.	M. Armstrong	Derwent AC	Lady Veteran O/45	26:37
38.	P. Wilson	Ellenborough AC	Senior Men	26:52
39.	P. Manning	Blengdale AC	Veteran Men O/50	26:57
40.	T. Shaw	Derwent AC	Veteran Men O/45	27:16
41.	D. Goodfellow		Senior Men	27:25
42.	R. Kirkham	Blengdale AC	Veteran Men O/40	27:25
43.	M. Graham	Derwent AC	Veteran Men O/55	27:35
44.	A. Trafford	Blengdale AC	Lady Veteran O/35	28:04
45.	D. McGee	CFR	Lady Junior U/18	28:07
46.	N. Hakeman	Dallam AC	Veteran Men O/60	29:10
47.	G. Cueto	Blengdale AC	Lady Veteran O/50	29:32
48.	V. Daley		Lady Veteran O/45	29:48
49.	D. Hackley	Derwent AC	Veteran Men O/60	30:12
50.	P. Curry	Road Runners Club	Wheelchair Junior Men	30:38

51.	M. Curry	Road Runners Club	Veteran Men O/45	30:38
52.	L. Buck	Blengdale AC	Lady Veteran O/40	30:59
53.	L. Stanger	Derwent AC	Lady	31:05
54.	A. Scott	Derwent AC	Lady	31:14
55.	A. Frankland	Derwent AC	Lady	32:29
56.	G. Harrington	Cumberland AC	Veteran Men O/55	33:27
57.	S. Denham-Smith	Keswick AC	Lady Veteran O/35	33:51
58.	S. Hammond	Eden Runners	Lady	34:15

[There were 58 entries and all finished].

'Setmurthy Snap' Race Report August 2005

A pleasantly warm sunny evening saw a good entry of 58 competitors for this popular road race held on the outskirts of Cockermouth. This was the last race in the Derwent AC Grand Prix 2005 series so for those competitors in with a chance of winning their overall category there was an added incentive.

The Men's race was a tightly fought three-way struggle between Brian Taylor and Wayne Jackson of Ellenborough AC and Ian Butler of Keswick AC. At the finish line, Brian had managed a clear lead from Ian and Wayne, winning in a time of 19:45, with Ian in 2nd place (20:02) and Wayne 3rd. Behind them, another group of three runners had a close race for 4th place, which went to Neil Cockbain of CFR (21:07) ahead of Gareth Wood of Cumberland AC (21:12) and the ever-improving Blengdale AC Junior runner Kevin Kirkham (21:34).

First in Veteran's 40 – 49 Category was John Myatt from Keswick AC (22:39) ahead of Larry Abel from Blengdale AC (22:52) and Derwent AC runner Peter Daley (23:00). However, ahead of all of these three was the 1st Super Veteran Jackie Winn of CFR (22:28) who was a brilliant 10th overall. Jackie is one of Britain's top fell runners in the Super Veteran category and in this race showed he is a speedy road runner as well. Second Super Veteran was Keith Thompson of Derwent AC (23:28) with J. Neil Wylie 3rd (25:07).

Junior runner Laura Park from Ellenborough AC had one of the outstanding performances of the evening, winning the overall Ladies race (22:14) well ahead of the Derwent AC runners Amanda Woodcock, 2nd in 24:42 and Rebecca Adams (25:13). Second Junior Lady was Debbie McGee from Cleator Moor competing for CFR. First Lady Super Veteran was Margaret Armstrong from Derwent AC in a time of 26:37.

A special mention must go to Mick and Phil Curry of the Road Runners Club, who took part in the event while on holiday in the Lake District. They are always welcome competitors in the 'Setmurthy Snap', an event they have taken part in a number of times. Phil and Mick went round the course together and got the biggest cheer of the evening when they finished! Phil was the 1st Wheelchair competitor to finish and Mick 14th in the Veteran Men's category. Well done to both these fine lads!

As it was a warm evening, a couple of the male competitors removed their running vests while taking part in the event. The event was audited by a Cumbria AA official, who asked that the competitors be warned that this contravened the Athletic Association rules and that a warning had to be given. It has been written in this report to show that the point has been noted. Competitors taking part in future races are asked to ensure they wear appropriate clothing throughout the event. Finally, thanks to all who helped make the event such an enjoyable one for everyone.

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Separate Ladies Results

Position	Name	Club	Category	Time
1.	L. Park	Ellenborough AC	Lady Junior U/16	22:14
2.	A. Woodcock	Derwent AC	Lady	24:42
3.	R. Adams	Derwent AC	Lady Veteran O/40	25:13
4.	M. Armstrong	Derwent AC	Lady Veteran O/45	26:37
5.	A. Strafford	Blengdale AC	Lady Veteran O/35	28:04
6.	D. McGee	CFR	Lady Junior U/18	28:07
7.	G. Cueto	Blengdale AC	Lady Veteran O/50	29:32
8.	V. Daley		Lady Veteran O/45	29:48
9.	L. Buck	Blengdale AC	Lady Veteran O/40	30:59
10.	L. Stanger	Derwent AC	Lady	31:05
11.	A. Scott	Derwent AC	Lady	31:14
12.	A. Frankland	Derwent AC	Lady	32:29
13.	S. Denham-Smith	Keswick AC	Lady Veteran O/35	33:51
14.	S. Hammond	Eden Runners	Lady	34:15

Separate Junior Men's Results

Position	Name	Club	Category	Time
1.	W. Jackson	Ellenborough AC	Junior Men U/20	20:04
2.	K. Kirkham	Blengdale AC	Junior Men U/16	21:34
3.	B. Rooney	Border Harriers & AC	Junior Men U/18	22:54
4.	S. Madine	Ellenborough AC	Junior Men U/18	23:14
5.	B. Hagan	CFR	Junior Men U/16	23:17

Separate Wheelchair Result

Position	Name	Club	Category	Time
1.	P. Curry	Road Runners Club	Wheelchair Junior Men	30:38

Separate Results for Veterans (40 – 49)

Position	Name	Club	Category	Time
1.	J. Myatt	Keswick AC	Veteran Men O/45	22:39
2.	L. Abel	Blengdale AC	Veteran Men O/40	22:52
3.	P. Daley	Derwent AC	Veteran Men O/45	23:00
4.	S. Cavanagh	Cumberland AC	Veteran Men O/40	23:21
5.	T. Davis	Derwent AC	Veteran Men O/45	23:26
6.	S. Park	Ellenborough AC	Veteran Men O/40	23:47
7.	H. Rooms	Ellenborough AC	Veteran Men O/40	24:20
8.	A. Adams	Derwent AC	Veteran Men O/45	24:31
9.	P. Percival-Smith	Kendal AC	Veteran Men O/45	25:22
10.	H. McCulloch	CFR	Veteran Men O/45	25:55
11.	C. Thorley	Derwent AC	Veteran Men O/40	26:00
12.	T. Shaw	Derwent AC	Veteran Men O/45	27:16
13.	R. Kirkham	Blengdale AC	Veteran Men O/40	27:25
14.	M. Curry	Road Runners Club	Veteran Men O/45	30:38

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Separate Results for Veterans (50 – 59)

Position	Name	Club	Category	Time
1.	J. Winn	CFR	Veteran Men O/50	22:28
2.	K. Thompson	Derwent AC	Veteran Men O/50	23:28
3.	J. Neil Wylie	Tri Lakes AC	Veteran Men O/50	25:07
4.	P. Manning	Blengdale AC	Veteran Men O/50	26:57
5.	M. Graham	Derwent AC	Veteran Men O/55	27:35
6.	N. Hakeman	Dallam AC	Veteran Men O/60	29:10
7.	D. Hackley	Derwent AC	Veteran Men O/60	30:12
8.	G. Harrington	Cumberland AC	Veteran Men O/55	33:27
