

Derwent AC Cockermouth 'Grand Prix Race Series' Y2K4
Race 2: 'Derwent Hilly 10' (10 Km / 6.214 Miles) Road Race Wednesday 26.05.2004
NoEAA Permit: 6713. Certificate of Course Accuracy:01/038

Ascent / descent of the course: 153 metres / 502 feet. **Start time** – 7.00 pm

Course: Undulating circular course from between Cockermouth & Bassenthwaite Lake. Almost 2/3 of the uphill ascent (97 metres) comes in one climb between 3.8 and 5.4 kilometres.

Conditions: Sunny, some cloud, warm with no wind.

Overall Results for all finishers

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	S. Angus	Border Harriers	Senior Men	34:27
2	D. Morris	CFR	Senior Men	34:36
3	G. Dean	Border Harriers	Senior Men	36:49
4	P. Curtis	Blengdale AC	Senior Men	37:25
5	P. Jackson	Cumberland AC	Senior Men	37:28
6	J. Harris	CFR	Veteran Men O/45	37:58
7	K. Kirkham	Blengdale AC	Junior Men U/17	38:28
8	A. Graham	Border Harriers	Veteran Men O/40	39:02
9	D. Atkinson	Blengdale AC	Senior Men	39:12
10	L. Abel	Blengdale AC	Senior Men	39:31
11	R. Abrey	Dagenham 88 Runners	Senior Men	40:20
12	P. Daley	Derwent AC	Veteran Men O/45	40:21
13	A. Davis	Derwent AC	Veteran Men O/40	40:34
14	R. Grey	Cumberland AC	Veteran Men O/50	40:40
15	T. Walker	Derwent AC	Lady Veteran O/35	40:45
16	S. Sharp	CFR	Veteran Men O/55	40:58
17	K. Thompson	Derwent AC	Veteran Men O/50	41:03
18	K. Murdoch	Derwent AC	Senior Lady	41:13
19	B. Mitchinson	CFR	Senior Men	41:14
20	J. Neil Wylie	Tri Lakes AC	Veteran Men O/40	41:16
21	I. Royston		Veteran Men O/40	42:20
22	M. Kenwright	Blengdale AC	Senior Men	42:34
23	K. Wilson	Kinross Road Runners	Veteran Men O/40	43:08
24	D. Dobbie	Derwent AC	Veteran Men O/40	43:52
25	N. French	Seaton AC	Junior Men U/17	44:32
26	C. Davis	Derwent AC	Junior Men U/20	44:33
27	D. Henderson		Veteran Men O/40	44:50
28	B. Hagan	CFR	Junior Men U/17	45:03
29	H. Bamwell		Lady Veteran O/35	45:05
30	A. Kay	100 Marathon Club	Veteran Men O/55	45:14
31	M. Graham	Derwent AC	Veteran Men O/55	45:22
32	R. Wilson		Senior Lady	45:28
33	C. Thorley	Derwent AC	Veteran Men O/40	45:30
34	J. Jones	Derwent AC	Lady Veteran O/45	46:15
35	A. Fletcher	Blengdale AC	Veteran Men O/40	46:46
36	A. Calder	Cumberland AC	Veteran Men O/55	48:47
37	T. Shaw	Derwent AC	Veteran Men O/40	48:48
38	D. Goodfellow		Senior Men	50:41
39	C. Spivey	Kinross Road Runners	Senior Men	51:07
40	S. Templeman		Junior Men U/20	51:26
41	J. Windsor		Veteran Men O/50	52:38
42	L. Buck	Blengdale AC	Lady Veteran O/40	52:45
43	R. Kirkham	Blengdale AC	Senior Men	54:22
44	R. Pickles		Veteran Men O/60	54:52
45	T. Erlston		Senior Lady	57:30
46	G. Harrington	Cumberland AC	Veteran Men O/55	61:26
47	J. Watson	Blengdale AC	Senior Lady	61:40

There were 47 starters, all of whom finished the race. 39 were Men and 8 Ladies

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Separate Ladies Results

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	T. Walker	Derwent AC	Lady Veteran O/35	40:45
2	K. Murdoch	Derwent AC	Senior Lady	41:13
3	H. Bamwell		Lady Veteran O/40	45:05
4	R. Wilson		Senior Lady	45:28
5	J. Jones	Derwent AC	Lady Veteran O/45	46:15
6	L. Buck	Blengdale AC	Lady Veteran O/40	52:45
7	T. Erlston		Senior Lady	57:30
8	J. Watson	Blengdale AC	Senior Lady	61:40

Separate Junior Men's Results (Under 20)

1	K. Kirkham	Blengdale AC	Junior Men U/17	38:28
2	N. French	Seaton AC	Junior Men U/17	44:32
3	C. Davis	Derwent AC	Junior Men U/20	44:33
4	B. Hagan	CFR	Junior Men U/17	45:03
5	S. Templeman		Junior Men U/20	51:26

Separate Veteran Men's Results (40 – 49)

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	J. Harris	CFR	Veteran Men O/45	37:58
2	A. Graham	Border Harriers	Veteran Men O/40	39:02
3	P. Daley	Derwent AC	Veteran Men O/45	40:21
4	A. Davis	Derwent AC	Veteran Men O/40	40:34
5	J. Neil Wylie	Tri Lakes AC	Veteran Men O/40	41:16
6	I. Royston		Veteran Men O/40	42:20
7	K. Wilson	Kinross Road Runners	Veteran Men O/40	43:08
8	D. Dobbie	Derwent AC	Veteran Men O/40	43:52
9	D. Henderson		Veteran Men O/40	44:50
10	A. Fletcher	Blengdale AC	Veteran Men O/40	46:46
11	T. Shaw	Derwent AC	Veteran Men O/40	48:48

Separate Super Veteran Men's Results (50 +)

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	R. Grey	Cumberland AC	Veteran Men O/50	40:40
2	S. Sharp	CFR	Veteran Men O/55	40:58
3	K. Thompson	Derwent AC	Veteran Men O/50	41:03
4	A. Kay	100 Marathon Club	Veteran Men O/55	45:14
5	M. Graham	Derwent AC	Veteran Men O/55	45:22
6	J. Windsor		Veteran Men O/50	52:38
7	R. Pickles		Veteran Men O/60	54:52
8	G. Harrington	Cumberland AC	Veteran Men O/55	61:26

Race Report

This year's Derwent Hilly 10 Km Road Race took part on a warm sunny evening, with good views of the Western Lakeland fells. In the Senior Men's race there was a close race between Steve Angus of Border Harriers (34:27) and Des Morris of CFR (34:36), with the result in doubt almost until the finish was in sight. Gary Dean of Border Harriers finished in 3rd place (36:49), with Paul Jackson of Cumberland AC (37:25) just out-sprinting the steadily improving Paul Curtis of Blengdale AC for 4th place. First Veteran (Over 40) was Jed Harris of CFR in 6th overall (37:58) with the 1st Junior Man Kevin Kirkham finishing 7th overall (38:28). Second Junior was Neil French from Whitehaven competing for Seaton AC (44:32) narrowly pipping Chris Davis (44:33).

First Derwent AC runner overall was Peter Daley (12th overall in 40:21) with recent London Marathon finisher Tony Davis 13th overall (40:34). Roger Grey of Cumberland AC won the Super Veteran Over 50 category (40:40) ahead of CFR runner Steven Sharp (40:58) and Keith Thompson of Derwent AC (41:03). Derwent AC runners filled the first two places in the Ladies category, with Tracy Walker 1st (40:45) and Kirsty Murdoch 2nd. (41:13). Third Lady was Helena Bramwell from Carlisle (45:05). Jen Watson (Blengdale AC) showed she is on the way back to full fitness after a serious injury just over a year ago, finishing 8th Lady overall.

As well as competitors from local running clubs, there were several competitors who ran in the event as part of their holidays in the Lake District. As this is a very hilly course, even for Cumbria, hopefully everyone enjoyed the challenge of completing the course!