



Ambleside AC Newsletter

November 2018

In Brief

September and October saw Ambleside AC really place itself on the map, hosting The Three Shires, Langdale and The UKA Hill Running Relays, not forgetting Chris Hodgson's huge involvement organizing the HB Relay in between all of that. As always, an awesome effort put in by a lot of people to make stuff happen. Heady days flying high in the blue and green with good times ahead.

Happy running.

Ed



Junior News

Final scores on the doors from the juniors' club champs. Well done to all of you. You are always inspiring, fun and an absolute privilege to run with. Enjoy your December rest ready to hit the track in January!

[illegible][illegible]

U13 girls dob. 2006 or 2007	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
Emma Duxbury	10	8	12	12	x	12	12	9	12	9		70
Joss Evans	x	9	10	x	x	x	10	12	10	8		59
Hester Metcalfe	x	x	9	x	x	x	9	10	dnf	12		40
Tilly Nicholls	x	12	x	x	x	x	x	x	x	x		12
Jessica Edmondson	12	x	x	x	x	x	x	x	x	x		12
Hannah Nicholson	x	10	x	x	x	x	x	x	x	x		10
Leah Darbyshire	x	x	x	x	x	x	x	x	x	10		10

[illegible]

U15 girls dob. 2004 or 2005	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
Sophie Rylance	12	12	12	12	10	12	10	12		12		72
Holly Dobson	x	10	10	10	12	x	12	x		10		64
Isabel Corfield	10	8	x	x	9	10	8	x		9		54
Maesie Evans	x	9	dnf	x	x	x	9	10	12	8		48

U15 boys dob. 2004 or 2005	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
James Bowen	x	x	10	dnf	10	10	x	12	12	12		66
Charlie Allmond	x	12	12	12	12	x	12	x	x	x		60
Harry Bowen	x	x	9	10	9	x	x	10	10	10		58
William Durkin	x	10	7	9	8	x	x	x	x	8		42
Joe Ligema	10	9	8	x	x	x	x	x	x	x		27
Cameron Coates	12	x	x	x	x	x	x	x	x	x		12
James Thornley	x	x	x	x	x	x	x	x	x	9		9

U11 girls dob. 2008 or 2009	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
Ellen Dickson	12	9	12	12	12	x	12	12	x	x		72
Ruby Duxbury	9	10	x	x	x	x	10	7	12	12		60
Tess Evans	x	12	9	x	x	x	9	10	10	8		58
Alaana Coates	10	7	8	x	x	x	8	8	x	7		48
Seren Green	x	6	7	x	x	x	7	9	x	10		39
Daisy Lees	x	12	6	x	x	x	x	x	x	x		18
Kitty Higson	x	5	10	x	x	x	x	x	x	x		15
Holly J	x	x	x	x	x	x	x	x	x	9		9
Sarah Dixon	x	8	x	x	x	x	x	x	x	x		8
Scarlett Evans	x	x	5	x	x	x	x	x	x	x		5

U11 boys dob. 2008 or 2009	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
Harvey Shaw	9	10	12	12	12	12	12	12	12	12		72
James Graham	6	8	x	10	10	10	8	8	x	x		54
Matti Ligema	12	12	10	x	x	x	10	9	x	x		53
Jude Evans	7	7	8	x	x	9	9	7	x	x		47
Roan Saunders	x	x	9	x	9	8	6	6	x	9		47
Tom Ashworth	10	x	x	x	x	x	7	10	10	10		47
Zeke Sumner	6	x	7	x	8	x	5	5	x	7		38
William Hargreaves	4	5	6	x	x	x	3	4	x	x		22
Evan Gore	x	9	4	x	x	x	4	x	x	x		17
Bobby Wilkin	5	6	x	x	x	x	x	x	x	x		11
Charlie Scott	x	x	5	x	x	x	x	x	x	x		5
Alfie Almond	x	x	x	x	x	x	x	x	x	8		8

U17 Girls dob. 2002 or 2003	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
Chloe Rylance	12	12	12	12	12	12	12	x	x	12		72

U17 Boys dob. 2002 or 2003	Whitestones	Track races	Todd Crag	Blackho	Malham	Clougha Pike	Uphill race	Downhill race	Orton Fair	One Mile Dash	Arnside Knott	Points total (best 6 to count)
Daniel Sanderson	x	12	12	x	12	x	12	x	x	x		48
Ben Edmondson	12	x	x	x	x	x	x	x	x	x		12
Harry Sanderson	x	10	x	x	x	x	x	x	x	x		10

Senior Club Champs 2018

Many thanks to Jim for the last few years' hard work breathing new life into the club champs and devising a series of champs races that has been hugely popular. Jim will be standing down from organising this next year so if you fancy taking it on, make yourself known at the AGM.

Any questions? Ask Jim: jim_tyson@hotmail.com



AGM 2018

AGM: Badger Bar 8pm, Tuesday 4th December

The Tuesday night runs will run from the lane at Rydal. Bring a head torch for some fell and trail fun. People are most welcome to still meet at the Rugby Club and run from there but it will not be open for showers/kit storage!

Committee Positions: Re-election & Vacant Positions

As part of the AGM, to which *everyone* is encouraged to attend, there are opportunities to be elected onto the committee. In particular there are *three* positions being vacated: Chairman, Treasurer and Membership Secretary.

The current committee members will be re-elected unless they wish to stand down or Club Secretary Paul Knowles has been informed of anyone interested in a position. You can inform Paul Knowles of your interest or put your hand up on the night. If there is more than one nomination for a post then there will be a vote among those present.

The current committee:

Chairman (Ben Abdelnoor - standing down)

Secretary (Paul Knowles)

Treasurer (Roger Bell - standing down)

Membership Secretary (Roger Bell - standing down)

Social Media Secretary (Jim Tyson)

Social Secretary (Helen Holcroft)

Mens Captain (Jack Wright)

Ladies Captain (Lou Roberts).

Please contact Paul Knowles (pmk333@btinternet.com) for further details or to put yourself forward for a position.

AGM: Badger Bar 8pm, Tuesday 4th December

Thanks,

Ben Abdelnoor

Club Chairman

Chairman's Corner: The Last shall be First (Matthew 20:16)

When the Club newsletter was resurrected by Michelle a year or so ago I thought, as Chairman, an opportunity had arisen for me to contribute a witty, thoughtful, little piece each month.

Then I realised I had very little – some would say nothing at all - of interest to say. So this last monthly write-up will also be my first...

The time has come to hand over the reins of being Chairman to someone else. If I'm honest, it's not been an onerous task, one with few responsibilities and not a lot of work involved. Having taken on this position and involved myself with as many aspects of the Club as possible I've come to realise what a smashing club Ambleside is. Actually, I already knew this. We have so many fantastic and interesting members with so much love for the sport and it's given me a real sense of pride to be involved in Ambleside AC over the years.

Truth be told I only put myself forward for Chair as I'd seen my predecessor, Simon Stainer, Chair the AGM and I thought it looked like fun.

So, in true Selwyn-style, I'm going to be really brief and get to the point... I'll also have the second verse of *The Chicken Song* to deliver at the end of this piece.

Memories

I think I first ran with the Club on a Sunday morning run back in 2003. Barry & Jane Laycock kindly offered to pick me up at 9.30am from Ambleside Youth Hostel where I was working. The intercom went and I replied that I'd be down in a minute. Barry's succinct reply? "It's now 9.30am. We're not waiting." Nice welcome. I've tried to be on time for any AAC related activity since.

I officially joined the Club in 2005, just as the men's team were on the wane; great. John Atkinson, Dan Golding, Nick Sharp, Jon Deegan and Simon Stainer had all done their time and were off cycling, starting families or - in Simon's case – building a 16-bedroom mansion on Kendal Green.

I loved coming out on Sunday morning Club runs, weekend reccies, Tuesday night training and representing the Club at races. Over the years I've seen a fair few changes, with so many faces coming and going. The Club is currently in the best shape I have seen it in in a long time, particular the mens' team and its younger talent. I think when I was under 30 there were only one or two others in their 20s regularly competing.

Current State of Ambleside AC

I am immensely proud of our Club and its constituent parts. I've loved being a part of the successful mens' team, ably led by Captain Jack Wright. He follows a string of great leaders who have gone before him: Dan Duxbury, Todd Oates, Ian Barnes and (ahem!) my good self. I think in part we have the ladies to thank for inspiring us to get our act together: Lou, Astrid, Hazel and Jane, among others, have all played a big part in the ladies team success over recent years.

The next generation of talent, the juniors, are truly inspirational. Again, it's been people like Eleanor, Niki Rylance, Mike Troup, Kate Ayres, Michelle and Paula Bowen among others who have really brought that group on. I speak to so many parents who say their kids love it and their younger kids can't wait to be old enough to join.

And then there's the races our Club puts on; there is no other Club in the country that puts on a better spread of races, and the support our members give to those race organisers is impressive.

A football reference...

There's a Millwall FC chant that was doing the rounds in the 1990s: "No one likes us, we don't care!" sung to the tune of Rod Stewart's 'We are Sailing'. Whilst the GPS saga was going on I often found myself singing it whilst on my bike rides to work. I sometimes felt that applied, to some degree, to our dear Club.

The people that *really* mattered, those who understood fell running, were in our camp. The rest, well to be honest, the rest might not have liked us, but I didn't care. And I loved it; I was proud to be an Ambleside member, proud of our Club for standing up and speaking out. I was disappointed in Keswick AC and Helm Hill, but that made me more proud to belong to Ambleside.

You only have to take a look at the recent Langdale Horseshoe and British Relays events to know that we *are* loved by the real fellrunners. Langdale was a race, like Great Lakes in 2014 and Edale in 2007, that if you were there you knew that *this* was what makes fell running.

I'm writing this on the back of the recent British Relays event at Grasmere and I think I've waxed lyrical about this already, so I'll not touch further upon it other than to say it was another fine example of how our Club pull together to put on a great event, one which I reckon involved literally thousands of man-hours to organise. What happened on the day was only a small part of the organisational process. To crown it with such great success in three categories really was the icing on the cake. The cherry on the cake was, of course, Keswick's leg 3 pairing doing a tour of the Vale of Rydal!

Have I mentioned?

I think I've made it abundantly clear that I think our Club is great and that comes from hard work and effort from many, many people at the Club. But it's not just that: we've done well this year at the Hodgsons and British Relays and done well in the Championships over the last few years. It's not just because we've proven over the years that we can put on some great races both large and small. There's a reason 200-plus have turned up for Loughrigg, that folk love coming to Wansfell and Blisco, that Langdale and Three Shires have become Classic races and will continue to be popular. Not simply because we've put on one of the best British Relay events in recent history. It's not just because we have a thriving juniors section, and a strong generation of younger senior runners coming through, both men and women. Or that we're leading the way in our demands to ban GPS in races, which has far, far more support than social media will have you believe. It's not only due to the fact we have a strong community of local runners who meet for training, get out together to reccie, socialise after races and training, enjoying each other's company and having a great time.

This all comes down to the old saying of *you get out what you put in*. So many of us put a huge amount of time and effort into making it all happen. It won't happen, we won't get the success stories and respect, the gratitude and appreciation, if we don't put in the work to organise races, events, committee meetings, junior and seniors training.

Can I please ask everyone to look at what they are putting back into the Club and see whether they could offer to do a little more? Have you marshalled this year at a race? Have you offered to help in any way? If you're turning up to race for the Club, representing our team and enjoying the huge amount we offer, you need to be thinking about putting something back into the Club.

See you out on the hill.

Ben Abdelnoor
Club Chairman

Wansfell Race: help needed please

The 27th December marks the annual festive mince pie attrition that is Wansfell. Compared to the relays, it doesn't need much help to make it happen but even a wee race like this it still needs about 20 of us to run it smoothly and to keep the hot tea and cakes flowing. Let me know which job you fancy and it's yours!

Here are the jobs available. No experience necessary just the usual Ambleside enthusiasm ☺

Any questions, contact Michelle: 07956 040211 mcrowley@ghyllside.cumbria.sch.uk

Role and Number of bods required	Time needed Outline of duties!	Kit
Summit Marshals 3	On summit soon after 12.00 Record positions Take photos!	Shelter Recording sheets/clipboard Hi viz Food First aid kit Radio
½ way marshals at bridge 2	In position by 12.00 Direct slower runners esp up/down route Contact summit/base Advise excessively slow “runners” (walkers) to turn back if weather conditions puts summit marshalls at risk	Hi viz Food First aid kit Shelter
Fell gate marshals 2	In position by 12.00 “reverse” the gate Hold gate open and ensure it is left as found	Hi viz
Cattle grid marshal 1	In position by 12.00 Warn traffic of presence of runners in road	Hi viz
½ way up Stock Ghyll Lane (for start only) marshal Then to come up and direct runners L into finish 1	In position by 12.00 Be prepared to hold traffic pulling out of cul-de-sacs just while race gets up to the cattle grid	Hi viz
Registration 3	Ready to start taking money/forms at 10.30 Reg closes at 11.40. Must be strict on this to allow time to get to start by 11.50 for 12.00 start	Notice about bringing kit to reg for checking Numbers Forms Pins Labels Coloured pens Weather forecast Kit requirements list + Amb AC Golden Rules Maps
Kit Check (done before registration) 3	Start at 10.30 Don't allow runners to enter without the right kit: <ul style="list-style-type: none"> • w/proof jacket with hood • w/proof trousers • hat _ gloves • Map, comp whistle • “food” If conditions are very mild, I may relax some of kit required on the day. We'll display a list of what's needed at registration	Pens to mark “x” on number when checked Hardcore attitude: no kit, no race!
Kitchen 2		Tea, coffee, sugar, milk, polystyrene cups Flapjack/mince pies
Timing/Finish 2	Up at Kelsick 12.00 2 Recording numbers and finish position as priority 2 Extra helpers to record times against finish position	Stopwatch and timer Results sheets/clipboard
Sweeper 1	Ready to roll with race at 12.00!	Mobile phone/radio to contact Michelle + summit Picnic blanket + buckets of patience☺
Baking As many of you as want to ☺		

Who to send your information to

For the Newsletter

We need:

- Updates and pleas for help from race organisers
- Info about social events
- Captains' updates
- Minutes from committee meetings
- Juniors updates- so the old gits know who's snapping at their heels!
- Club Champs updates
- Relay 2018 updates
- Articles written by you!
- Race reports either from the Race Organiser or a runner
- Pictures to go with any of the above
- Items for sale (running related!)
- Cartoons...Jim T:-)
- Banter and general mickey taking that we're renowned for!

SEND YOUR INFO AS A WORD DOCUMENT TO:

mcrowley@ghyllside.cumbria.sch.uk

For the Website

Send your information to one of these people who regularly update that section of the website:

News section (including social stuff and trips away)- Neil Talbott neiltalbott4@hotmail.com

AAC Races pages - Dan Duxbury danmunro2014@gmail.com

Training pages - Michelle Foxwell mcrowley@ghyllside.cumbria.sch.uk

Club Champs pages - Jim Tyson jim_tyson@hotmail.com

Junior pages - Eleanor Knowles eleanorknowles333@btinternet.com

'Articles' for the 'blog' section - Neil Talbott neiltalbott4@hotmail.com