

**Keswick Athletic Club** promote four road running races each year.  
All of them over scenic challenging courses  
and held in a traditional Athletic Club spirit

*Keswick*

**athletic Club**  
2009

**32nd Keswick / Buttermere 34K**

Sunday 15th February 2009 Starting at 11.00am  
Venue – Keswick Cricket Pavilion – changing, showers & refreshments  
Restricted to experienced Athletic Club members, minimum age 20yrs  
Enter on race day £5.00 Approx 80 runners  
A tough 34 Km route from Keswick Moot Hall via Borrowdale, Honister Pass,  
Buttermere, Newlands Pass, to finish at Keswick Cricket Pavilion.  
Way-marked and with drink stations every 5Km.  
Records – Steve Littler, Wesham RR. 2H:03:13 (2008)  
Ann Bland, Kendal AC. 2H:34:40 (1988)



**Keswick “Round The Houses”**

Wednesday 15th April 2009 Starting at 7.30pm  
Venue – Keswick Cricket Pavilion – changing, showers & refreshments  
Enter on race day £4.00 Club – or £6.00 unattached – min age 16yrs  
An evening 5.3 mile race through the streets of Keswick town. Approx 120 runners  
Records Ken Stuart, Keswick AC. (1989) & David Swanston, Border Harr. (1994) 26:22  
Laura Park, Ellenborough RC. (2008) 29:40



**Newlands Valley Round**

Wednesday 22nd July 2009 - (Formerly the “Swinside Six”) - Details to be established.

**50th Derwentwater Ten**

Sunday 1st November 2009 Starting at 12.00 noon  
Venue – Keswick School, Crosthwaite – changing, showers & refreshments  
£7.00 Club – or £9.00 unattached – Plus £2.00 after 27th Oct. or entry on race day.  
Min. age 16yrs Approx 500 runners Please enclose S.A.E. with entry.  
A spectacular ten mile clockwise circuit around Lake Derwentwater.  
Prize value £3000 Winner £200 + £200 to break record time 49.15  
Records – Ken Stuart, Keswick AC. (1986) 49:15  
Lorna Irving, Edinburgh (1986) 56:59



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Further details from Alan Ritchie – Tel. 01228 513 200  
132 Scotby Road, Scotby, Carlisle CA4 8BJ  
or use entry form below (Cheques payable to Keswick AC)  
Also log-on to Club web site [www.keswick-ac.org.uk](http://www.keswick-ac.org.uk)



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RACE \_\_\_\_\_ 2009

NAME \_\_\_\_\_

CATEGORY Male or Female \_\_\_ Age on race day \_\_\_ Date of Birth \_\_\_\_\_

CLUB NAME or UNATTACHED \_\_\_\_\_

England Athletics Membership No. \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMERGENCY CONTACT Tel. No. on race day \_\_\_\_\_

I declare that I enter at my own risk and the organisers will not be held liable  
for any loss, damage or injury caused by my participation

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_