

# LOSTOCK NEWS

August, 1998 Volume 1, Issue 6

"This is Lostock and we go whole heartedly into anything!"

## Lostock hits the Lakes

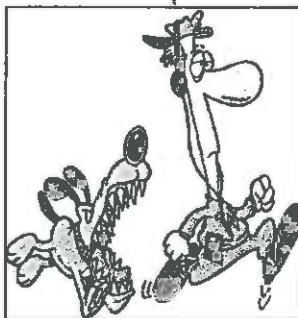
### Jubilee-ation For Wes

The final Jubilee event brought forward a few surprises. On a warm and blustery evening 7 Lostock runners donned on their vests to complete the hard 4 mile course. First home, causing somewhat of a stir, was young Wes. He had an absolute blinder, managing to finish the tough hilly course in only 23 minutes and 43 seconds. Wes had only 27 people in front of him. What's happening. it must have been a close run thing as Stewart said he was catching Wes at the end and finished 33rd in 23 minutes and 59 seconds showing that Lostock has got some excellent runners in its ranks. The next finisher a Robin Hurst, who you've probably all forgot. He managed 93rd in 27:48, just keeping Norman at bay by 20 sec. Norman came in 99th in 28:08. Heather

seems to have gone from strength to strength every time she has run and this was no exception, finishing 141st in 31:26. Gill who has changed age category recently, HAPPY 45th GILL (how she kept that quiet I don't know), finished 158th in 32:40 to complete all 4 races in the series. The final Lostock runner who also completed the series was Idris Evans, 162nd in 33:57. Well done to all!

A record turn out for Lostock, but no race in sight! What could be the allure? There are hills, a lake and beautiful countryside - its holiday weekend!

Lostock certainly know how to party



and this weekend was no different. The magical duo of Heather and Geoff showed what wonderful hosts they

can be. The Barbecue which I attended was great. The sports entertainment was provided in the form of a game of rounders. Not a usual idea but no matter this is

Lostock and we go whole heartedly into anything. I have no idea who actually won as noone seemed to keep score and everyone seemed to cheat as much as possible! The appeals were loud and frantic, the fun was just the same. By the end no one even cared who won.

For the rest of the evening we gathered round the dying embers to sing our hearts away. I apologise now for my musical ability or lack of it should I say. Next year song sheets will be made readily available so more musical talent can be displayed.

Robin Hurst

The day started rather dull so we delayed the decision whether we should go to Great Gable or not until 10.30am. By this time good

This months delights are a mixture of the bizarre and the unreal. Over the summer a lot of amazing things have happened and they are all contained, somewhere, in here.

If you want to write an article please feel free to do so. At least you don't have to my rantings and ravings all the time!!

Enjoy!!

Lostock News - What have we got for you?

Lostock hits the Lakes cont...  
The standings so far  
"Peak Performance" - just one of our Race reports  
Events happening soon

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## Lestock hits the Lakes cont.....

weather was coming in from the north west. So twenty of the group along with four dogs drove up to Honister Y.H.A. the route to Great Gable was to be via Grey Knotts, Brandreth, Green Gable, Windy Gap on to the summit. It must have looked like the tribe of Israel going up Grey Knotts, but with entertainment provided by Howard Smith's dogs chasing a ball on the steep slopes and a couple of dog fights, in what seemed no time at all, we were climbing over the style on the Parish boundary fence to the summit of Grey Knotts. By this time the weather was perfect, and most of the hard work done. It is just a gentle stroll from Grey Knotts to Brandreth, nut with the teenage lads going on in front and the teenage girls chatting and loitering behind (Ed - never!!) we had to regroup on Brandreth and again on Green Gable. When on Grey Knotts we had a splendid view of the steep high crags of its Northern flanks become a reality. On dropping down to Windy Gap we had a good view of Sty Head Tarn, a favourite camp spot for the more adventurous just at the foot of Aaron Slack. From Windy Gap it is just a short steep stoney climb to the summit of Great Gable, a mountain favoured by many, for its magnificent views and its steep precipitous sides. It looks every bit a mountain. the mountaineering club fell and rock donated a War Memorial to all the people who loved the fells and lost their lives in the First World War. It is placed in the summit rock.

A few of us made this short excursion down to Westmoorland Cairn which is situated on the very edge of Westmoorland Crag, and looks down Great Hell Gate and the top of Great Napes. This is a magnificent view point with its aerial of the fields and lake of Wasdale. The route back to Honister Pass was by Moses Trod the old pack horse path. Thanks to Heather and Jeff for organising such a great weekend.

Leo Pollard



As can be seen these two so called runners kept up the Lestock tradition by posing all the time they were away in Borrowdale.

### TEAM LEADER:

Heather Smith

### CAMPERS ROLL CALL:

Jeff, Helen, Joseph, Elliot Smith; Stuart, Christine, Thomas, Dean Jones; Robert, Jackie, Dale, Rebecca, Joseph Charlton; Howard, Diane, Jennie, Kathryn, Bethany Smith; Paul, Elaine, Robert, Gwen Garstang; James, Lucy Blackledge; Laura Meadows; Leo, Freda Pollard; Robert, Diane, Joel, Debbie, Robert Green; Alan, Wesley Jones; Neil, Richard Sale; John Smith; Gary, Kath Gibbs; I'm only here for the barbecue Robin Hurst.

A grand total of 42, Age group ranging from 3 months - 64 years.

Most people arrived on Friday at sometime and we all managed to camp together in a quiet!!!! corner of the field, leaving a large gap in the centre to barbecue and play rounders and sit drinking and chatting.

Saturday morning the weather was a bit

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unsettled but we decided to go on the planned walks and we were all kitted up and off for about 10.30am. One walk went over to Watendleth and the other went over Grey Knotts, Brandreth, Green Gable, Great Gable, the sun came out and everybody had a good time.

Afterwards lots of brave people went swimming and paddling in the local river. We all had a barbeque and then played a massive game of rounders, the girls winning easily (Ed - really!!), better luck next time boys. We had a campfire until about 11pm with a sing song, then some departed to the pub and others chatted until bed.

Sunday morning was overcast and rainy so most people packed up and made there way home. It was a most enjoyable camping weekend it must happen again sometime. Thank you to Heather for all her hard work organising it.

Thank you, Heather

Diane Green

## OTHER RESULTS *no reports though!*

Due to holidays there were a few races which took place and no report has been compiled so we'll be really boring and just place the results below:

### Jubilee Race 3 Horwich 8th July

39th	Stewart Jones	24:05
51st	Wesley Jones	24:49
83rd	Norman Copeland	26:41
105th	Dave Rogerson	28:16
111th	John Smith	28:51
122nd	Alan Jones	29:38
129th	Heather Smith	30:18
131st	Gary Gibbs	30:26
133rd	Ken Workman	30:36
142nd	Gill Caldwell	31:44
158th	Idris Evans	34:43

Other Results continues on page 5

## Lostock Athlete compared to International Failure

### BIRCHWOOD 10K Sunday 23rd August 1998.

I remember Sunday 23rd August 1998 for several outstanding reasons. The European Championships, viewed from an armchair in warm and dry conditions, gave me much pleasure. Gold medal performances always stand out but I took great satisfaction in the achievement of the women's 4 x 400m bronze medal relay team. (Aston Villa also won live on Sky TV !)

Spare a thought for those underperformers though. Daniel Kipketer, now running for Denmark, was thought to be invincible, but after a bout of malaria during the winter, finished in last place with a personal worst.

Talking about PW's, a certain young Lostock AC runner failed to live up to expectations in the Birchwood 10K on the same day. No malaria, no partying the night before, he had no excuses in finishing **last** male Lostock runner. He was even outsprinted to the tape by super super vet, Ken Workman. I fib not, I saw it with my own eyes. According to age-graded performance, Robin achieved 63% of the WAVA standard time, whereas Wes achieved 75.5%. Young Jones was first club member home in a terrific time of 35:44 despite appalling conditions. Norman strengthened his stranglehold on the super vets trophy with a 40:45 followed by John, the chairperson, in 42:26 . Ken the sprinter achieved 42:46 and Robin 42:47 . Heather Smith 47:12 ran well in the Cumbrian type weather, to chalk up ten more points for the ladies championship. Two old men, Alan And John, were seen (running) jogging backwards. Funny how despite injury they always make it to the pub !

# Drug Scandal Deepens

**Pendleton Fell Race  
Saturday 29th August**

After his widely acclaimed failure Robin had a lot to prove (worry about). New shoes at the ready the pressure was on. On a tough 5 mile 1500ft climb course, he confounded his critics to flow through the field and finish just 3 minutes behind Wes Jones. Wes finished 58th, with excuses of illness, I don't believe even Robin gave excuse (Ed - he didn't have any that's why!), in a time of 43:38. As commented on previously he was followed in by Robin, 82nd 46:47. The two other runners battled it out for the whole distance, to-ing and fro-ing from start to finish. There always has to be a winner and John Smith comfortably strolled in 30 seconds in front of a knackered Alan Jones, 131st 51:21 and 134th 51:53 respectively. Rumours of drugs were quickly brought after a turn around of a full minute in a week. Surely not.

**Lostock Fell Race  
Wednesday 2nd September**

Game on Rob and Wes, Rob even brought the trophy as he was a little worried he wouldn't be taking it home. The two front runners kept close together for most of the way, this probably being because Wes just tailed Rob not being prepared to do any of the front running (Ed - boo! hiss!), and Rob slowing down. Anyway just before the Pike Rob made what was a decisive move and came home 55 seconds in front of Wes to take the accolade and trophy back home for another year. Next in was Robin, who has been a revelation since his pathetic performance at Birchwood. He managed to beat Arnold Melling for the first time in his life - a shock result. Although there was only 3 seconds in it the freak results caused calls for testing to be reintroduced in to Lostock. Could it be there is just too much blood in Robin's alcohol system at the moment - time will tell. Next in was a Horwich runner, Ian Smith, battling to beat off the challenge of Keith. Two consoli-

# Odds and Sods

John Garnsey

Idris Evans is gearing up for the **Horwich 10** on Sunday 20th September @ 11.00am. He has already been around the course in training - that horrible hill Brazely will have no fears for him. Entry forms available from John.

Thanks to **Belmont Sports** for assisting the club with the prizes for the **Lostock fell race** last Wednesday (don't tell Neil). They will also be providing the vouchers for the **Lostock 6 in February (Sunday 28th)**. Give him your support next time you are purchasing a new pair of shoes - Robin and Wes have.

Don't forget to sign up for the **South East Lancs. Cross Country League**. See John with your money as soon as possible (£2 adults and £1 for juniors)

ated runs from Colin and Norman who finished 7th and 8th respectively. Colin's secret training seems to be paying off, or Norman was injured. Roadrunner Ken, with guidance from behind, managed to hold off Leo, then there was a large group who finished within two minutes of each other. Nick, Mark, Leanne (1st Female), Alan, Gill and Diane all trailing in after one another. The 3 girls closed the field with Carole, Christine and Slaphead coming in close together. Dave and John started late but completed the course, whereas Kevin and Dave started late and who knows where they ended up??

Thanks to every one who turned up and made the event the successful and enjoyable event it was. (If you're bothered about your time don't ask Robin he's still in shock!)

# Other Results Cont...

14th Alan Jones 58:40; 15th Gill Caldwell 59:06; 16th Diane Green 61:27; 17th Carole Boardman 64:44; 18th Christine Smith 65:40; 19th John Garnsey 65:40; 20th Dave Rogerson 76:09; 21st John Smith 76:09; Kevin and Dave LOST SOMEWHERE!!

## Leyland 10m Leyland 12th July

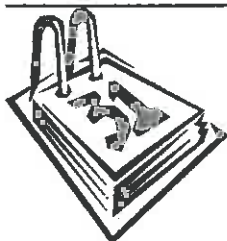
46th	Wesley Jones	1:04:39
118th	Ken Workman	1:13:20
163rd	Alan Jones	1:16:29
221st	Gill Caldwell	1:24:51

## Turnslack 25th July

Thus far all we know is that only Neil ran it. No results have been produced as yet, but Neil says he won it easily!

## Lostock Club Fell Race

1st Robert Green 37:45; 2nd Wes Jones 38:40; 3rd Robin Hurst 42:08; 4th Arnold Melling 42:11; 5th Ian Smith 43:34; 6th Keith Whalley 45:08; 7th Colin Haldcroft 47:43; 8th Norman Copeland 49:17; 9th Ken Workman 53:42; 10th Leo Pollard 54:25; 11th Nick Hurst 58:15; 12th Mark Smith 58:29; 13th Leanne Jones 58:35;



## Dates for your Diary

### Forth Coming Races:

19th	September	3 Shires Fell Race
20th	September	Horwich 10m Road Race
3rd	October	Middleton X Country
25th	October	Burnden 10k Road Race
1st	November	Through The Villages 8½m Road Race
7th	November	Rochdale X Country
14th	November	Tour of Pendle 17m Fell Race
21st	November	Salford H X Country
13th	December	Dave Staff Fell Race

Another fell race will be added to the championship as the Shepherd Skyline clashes with the Rochdale X Country.

The pairs competition was won by Leo and Robin.

## Peak Performance

Robert Green completed his second win of the season when he won the County Tops. This was after his badly advertised victory in the "Nuts in May" Fell race. Congratulations to Rob!

## Another Free T-Shirt For Lostock Runners

### Aggies Staircase 1998

*A short but hard race this one - the fact you got a T-Shirt was the only saving grace. 50 yards into the race you hit the first hill and carried on climbing on a runnable course until you got to the top.*

*It was a nice settled and dry evening which meant there was the chance of a good time and result being achieved. The first Lostock runner to finish, just missing out on a top 50 finish was Neil Sale. His strength just held off the challenge of Robin. They finished 51st in 35:20 and 61st in 36:16 respectively. Although not a club race the temptation of a free T-shirt enticed four Lostock runners in.*

*Norman cruised in 112th in a time of 41:20 willing to admit it wasn't a good time but he still received the same reward as everyone else. This laid back attitude allowed John Garnsey to be hot on the heels of Norman finishing just 16 places and 2 minutes behind. (128th in 43:46).*

*This is a great little race and has prepared us all well for the Dave Staff Race in December as it is nearly the same course - you just start a little further away from the climb. Oh by the way you get a T-shirt for finishing that one as well. Why buy your clothes when you can win them??*

## Standings So Far

With only seven races left in the championships (4 fell, 3 road) only two things have been decided and that's the ladies road race championships; Heather and Gill have completed the required races to collect their respective age groups. The men's is a little more complicated - a lot now depends on whether people will reach the required number of races. If so Stewart should take the road championship, but a recurring injury may have put pay to that. In the vets Norman only has to complete 2 more races to comfortably take the super vets road championship. The fell is nearly sorted, this depends on whether Neil

		Number of Races	Road Points	Fell Points	Overall
Gary	Gibbs	4	24	8	32
Robin	Hurst	12	55	54	75
Stewart	Jones	5	49	0	40
Wesley	Jones	8	48	30	69
Dave	Rogerson	3	25	0	25
Neil	Sale	5	0	49	40

Norman	Copeland	10	60	39	79
Idris	Evans	4	30	0	30
John	Garnsey	8	23	40	56
Alan	Jones	12	50	53	74
John	Smith	9	36	47	74
Kenneth	Workman	5	41	0	34

Heather	Smith	9	60	30	70
Gillian	Caldwell	6	60	0	40
Diane	Green	1	9	0	9

attends the 3 Shires, Tour of Pendle and one other. In the super vets the title is still up for grabs with John Smith and Alan Jones locked in a gripping battle, after Norman conceded the fell running title. As for the overall championship it's just too close to call and only the last few races will give us any idea of who will take those particular titles. A final word about the number of races completed, although no trophy is given for this it's nice to see people participating in so many races. At the moment no one can split Alan and Robin and barring any injuries they are on to compete 19 out of the 24 races - we shall see. A quick mention for Norman and Heater who have competed in 10 and 9 races respectively. Well done to everyone

who has represented Lostock AC in any race this season, it's great to see - definitely a case of the more the merrier. Finally on this subject congratulations to all those who turned up for the third Jubilee race it's the first time this year we've had over ten runners in one event. Hopefully we'll reach double figures in other races before the end of the season. Good running and good luck in the final races and off course the cross country races soon to be coming your way.

That's all folks!  
Hope you enjoyed it.