



## Media Release

21 September 2009

---

### **Keswick Commonwealth event a huge success**

The Commonwealth Mountain and Ultra Distance Championships held 17-20 September in Keswick proved to be a huge success. Crowds of spectators saw athletes from 14 nations compete in three separate disciplines - mountain races, a 100km road race and a 24-hour race. Conditions proved to be perfect for athletes and spectators alike, with glorious sunshine showcasing the English Lake District at its very best.

Many personal bests were broken, and a new Commonwealth Record was achieved with Australia's Martin Fryer covering 255.9 kilometres (159 miles) in the men's 24 hour race. In a surprise result, Kenyan athlete Wilson Chemweno won the men's Uphill race title beating the favourite, world champion Jonathan Wyatt from New Zealand, then went on to achieve the double by also winning the Up and Down race. All this in his first-ever mountain championship – an incredible talent discovered.

The 100km men's race was won convincingly by England's Jez Bragg in 7:04:01 followed home by Matt Giles and Matt Lynas for an England 1,2,3. Women's 100km winner was Jackie Fairweather from Australia in 7:41:23, a huge 22 minutes clear of England's Emma Gooderham in second.

The 24-hour race saw an Australian 1,2 with Martin Fryer and Jo Blake ahead of Wales' John Pares. Winner of the women's race was England's Sharon Gayter with 226.4km, ahead of Vicky Skelton also from England and Australia's Susannah Harvey Jamieson in third.

The mountain races took place in perfect conditions. The Uphill-only race took athletes to the top of Skiddaw (931m, 3054ft) with Kenya's Wilson Chemweno finishing 40 seconds ahead of Jonathan Wyatt (NZ), and Kris Swanson (Canada) in third. The women's winner was Anna Frost (NZ) with England's Katie Ingram and Rebecca Robinson close behind.

In the Up and Down mountain race over Latrigg was Wilson Chemweno's race again followed home by Adam Grice and Billy Burns from England. Women's winners were Katie Ingram and Sara Turnstall from England and Pamela Bundotich from Kenya – another great result, given this was also Pamela's first-ever mountain event!

So it's thanks to all who made the Commonwealth Mountain and Ultra Distance Championships such a huge success – volunteers, sponsors, spectators but most of all the athletes who gave their all and created such a spellbinding event. As Peter Mearns, Executive Director of Marketing and Communications at headline sponsor Northwest Development Agency put it, "This was a truly international event featuring world-class athletes competing on our doorstep, bringing important benefits to Cumbria. Such a high-profile event promotes Cumbria and the Lake District around the world as a true sports destination."

FULL RACE RESULTS AT [www.cumbriacommonwealthchampionships.org](http://www.cumbriacommonwealthchampionships.org)

Ends

**Media Contact:**

Clive Allen, Ascent Marketing Communications  
01539 739995 [clive@ascentmarketing.co.uk](mailto:clive@ascentmarketing.co.uk)

**Images:** please credit images as per file names. More images available.



Principle sponsor of the event, the NWDA leads the economic development and regeneration of England's Northwest and is responsible for:

- Supporting business growth and encouraging investment
- Matching skills provision to employer needs
- Creating the conditions for economic growth
- Connecting the region through effective transport and communication infrastructure
- Promoting the region's outstanding quality of life

As part of its work to support these objectives, the NWDA works with partners to secure world-class events, which are distinctive and capable of attracting large numbers of visitors from outside the region and which significantly enhance the profile of the region.

[www.nwda.co.uk](http://www.nwda.co.uk)

**COMMONWEALTH 100 KM CHAMPIONSHIPS - MEN - 19 SEP 09**

<b>Position</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Time</b>
1	38	Jez Bragg	ENG	M	07:04:01
2	39	Matt Giles	ENG	M	07:05:28
3	40	Matthew Lynas	ENG	M	07:09:52
4	27	Terence Bell	AUS	M	07:16:56
5	25	Tim Cochrane	AUS	M	07:20:49
6	36	Grant Jeans	SCO	M	07:24:05
7	24	Martin Lukes	NZL	M	07:28:02
8	41	Allen Smalls	ENG	M	07:28:19
9	28	Brendan Davies	AUS	M	07:31:15
10	30	Darren Froese	CAN	M	07:32:33
11	43	Iain Ridgeway	WAL	M	07:40:50
12	35	Andrew Rankin	SCO	M	07:49:06
13	37	Dominic Croft	ENG	M	07:49:15
14	26	Michael Baldock	AUS	M	07:51:07
15	29	Darin Bentley	CAN	M	07:57:03
16	31	Hassan Lotfi-Pour	CAN	M	08:03:05
17	34	Paul Hart	SCO	M	08:04:45
18	32	Thierry Asselin	CAN	M	08:16:28
19	23	Graeme Butcher	NZL	M	08:51:50

**TEAM RESULT**

1	ENG	1,2,3	21:19:21
2	AUS	4.,5,9	22:09:00
3	SCO	6,12,17	23:17:56
4	CAN	10,15,16	23:32:41

**COMMONWEALTH 100 KM CHAMPIONSHIPS - WOMEN - 19 SEP 09**

<b>Position</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Time</b>
1	73	Jackie Fairweather	AUS	L	07:41:23
2	82	Emma Gooderham	ENG	L	08:04:09
3	79	Lucy Colquhoun	SCO	L	08:19:45
4	84	Angie Sadler	ENG	L	08:32:56
5	83	Heather Foundling-	ENG	L	08:43:18
6	77	Lisa Leskien	CAN	L	08:50:19
7	81	Gail Murdoch	SCO	L	08:56:20
8	74	Caroline Pivetta	AUS	L	09:04:02
9	80	Isobel Knox	SCO	L	09:21:37
10	76	Laurie McGrath	CAN	L	09:40:45
11	78	Sandra Bowers	SCO	L	10:22:06
12	75	Lise Gagne	CAN	L	11:25:27

**TEAM RESULT**

1	ENG	2,4,5	25:20:23
2	SCO	3,7,9	26:37:42
3	CAN	6,10,12	29:56:31

**COMMONWEALTH CHAMPIONSHIPS UP AND DOWN HILL RACE - MEN - 20 SEP 09**

<b>Position</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Time</b>
1	43	K Wilson Chemweno	KEN	M	00:47:55
2	27	Adam Grice	ENG	M	00:48:12
3	26	Billy Burns	ENG	M	00:49:00
4	24	Simon Bailey	ENG	M	00:49:06
5	2	James Coubrough	NZL	M	00:49:07
6	11	Kris Swanson	CAN	M	00:49:26
7	25	John Brown	ENG	M	00:49:44
8	16	Joseph Symonds	SCO	M	00:49:47
9	20	Lloyd Taggart	IOM	M	00:50:09
10	44	Jason Loutitt	CAN	M	00:50:18
11	31	Tim Davies	WAL	M	00:50:26
12	33	Rob Samuel	WAL	M	00:50:39
13	5	Michael Banks	NZL	M	00:50:46
14	3	Dougal Thorburn	NZL	M	00:50:52
15	29	Matthew Whitfield	ENG	M	00:51:00
16	15	Robbie Simpson	SCO	M	00:51:08
17	9	John Winsbury	AUS	M	00:51:12
18	32	Richard Roberts	WAL	M	00:51:24
19	4	Aaron Jackson	NZL	M	00:51:33
20	10	Edward McCarthy	CAN	M	00:51:47
21	12	Alastair Anthony	SCO	M	00:52:11
22	35	Jorge Thomas	WAL	M	00:52:12
23	6	Michael Wakelin	NZL	M	00:52:38
24	8	Stephen Brown	AUS	M	00:53:03
25	14	Simon Peachey	SCO	M	00:53:28
26	28	Nick Swinburn	ENG	M	00:53:36
27	21	Andy Cannell	IOM	M	00:54:14
28	22	Nigel Armstrong	IOM	M	00:54:46
29	42	Andrew Niblock	N I	M	00:55:53
30	23	Richard Jaimeson	IOM	M	00:55:57
31	39	Stephen Cunningham	N I	M	00:56:00
32	18	Simon Skillicorn	IOM	M	00:56:11
33	34	Matthew Roberts	WAL	M	00:56:54
34	17	Neil Wilkinson	SCO	M	00:57:10
35	41	Gary Bailey	N I	M	00:57:56
36	40	Jonny Steede	N I	M	00:58:41

**TEAM RESULT**

1	England	2,3,4	9 pts
2	New Zealand	5,13,14	32 pts
3	Canada	6,10,20	36 pts
4	Wales	11,12,18	41 pts
5	Scotland	8,16,21	45 pts
6	Isle of Man	9,27,28	64 pts
7	Northern Ireland	29,31,35	95 pts

**COMMONWEALTH UPHILL ONLY CHAMPIONSHIPS - WOMEN - 18 SEP 09**

<b>Position</b>	<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Time</b>
1	53	Anna Frost	NZL	L	00:48:06
2	66	Katie Ingram	ENG	L	00:48:43
3	68	Rebecca Robinson	ENG	L	00:49:12
4	83	Pamela Bundotich	KEN	L	00:49:37
5	70	Victoria Wilkinson	ENG	L	00:49:50
6	65	Kate Goodhead	ENG	L	00:51:05
7	61	Angela Mudge	SCO	L	00:51:20
8	63	Clare Whitehead	SCO	L	00:51:54
9	54	Jessamy Hosking	AUS	L	00:52:38
10	69	Nicola Sykes	ENG	L	00:53:14
11	64	Sula Young	SCO	L	00:53:26
12	50	Lara Phillips	NZL	L	00:53:50
13	60	Fiona Maxwell	SCO	L	00:54:10
14	52	Sarah Biss	NZL	L	00:54:19
15	67	Clare Mckittrick	ENG	L	00:55:20
16	58	Syl Corbett	CAN	L	00:55:35
17	56	Hubertien Wichers	AUS	L	00:55:42
18	62	Sue Ridley	SCO	L	00:56:01
19	74	Gina Paletta	WAL	L	00:56:28
20	55	Kate Seibold-Crosbie	AUS	L	00:56:59
21	57	June Petrie	AUS	L	00:57:14
22	76	Andrea Rowlands	WAL	L	00:57:33
23	59	Claire Gordon	SCO	L	00:57:41
24	71	Anna Bartlett	WAL	L	00:58:36
25	82	Kerry Iveston	N I	L	01:00:01
26	81	Cathy McCourt	N I	L	01:00:30
27	72	Angela Jones	WAL	L	01:03:06
28	79	Tish McCann	N I	L	01:08:00

**TEAM RESULT**

1	ENG	2,3,5	10 pts
2	SCO	7,8,11	26 pts
3	NZL	1,12,14	27 pts
4	AUS	9,17,20	46 pts
5	WAL	19,22,24	65 pts
6	NI	25,26,28	79 pts