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Marathon Man – John Wise

John Wise, a farmer from the Tarns near Mawbray has been running the Abbeystown Road Race for many years now as a member of Wigton Road Runners.

Last year among the races he ran was the London marathon in which out of 28,000 runners he came in the first 1,500 with a time of 3hrs 6min, no mean feat. His training included Buttermere (22 miles) running over Honister & Newlands passes, Dearham (10 miles), Haweswater half marathon, and Dentdale (14 miles).

In October 2004 he ran the Dublin Marathon with a time of 3hrs 9min. Also during the summer he completed two Fell Races which he thoroughly enjoyed.

This has given him the taste to enter the Saunders Mountain Marathon in July 2005.

This consists of a two day race in which the competitors have also to carry their tent, food, cooking equipment etc.

On April 24th 2005 John has already been to run at the Lochaber Marathon at Fort



John Wise running in the Abbeystown Road Race

William a distance of 26.2 miles coming 42nd with a time of 3hrs 10m 13sec out of 357 runners. He hopes in the future to run below the 3 hours barrier.

The next event on

5th June is Abbeystown Road Race, which is celebrating its 20th year, in which he hopes to compete again, hopefully improving his time of 70 minutes over the 10 mile run.

Poems

Poem by M. Tate

*Take it gently as you go along
lifes way*

*Smile and say 'Hello' to all you
meet along the road*

Life is for living and forgiving

*Our dear lord is always
watching over us*

*So take it gently as you go
along lifes way.*

Poem by M. Tate

*Things turn out best for people
who make the best of the way
things turn out.*

Poem by: Oliver Neilly (Age 10)
from Silloth Primary School

The Shark Poem

*Neither wings nor feathers
have I
But I have fins to make me
streamlined
And I can
Crush, crunch, chew.*

*Neither axes nor swords have I
But I eat with my razor sharp
teeth
And I can
Crush, crunch, chew.*

*Neither trunk nor horns have I
But I will sense blood from far
away
And I can
Crush, crunch, chew.*

*Neither legs nor arms have I
But I have gills to breath
carefully
And I can
Crush, crunch, chew.*

*I master every movement
For I eat, smell, swim
And I will
Crush, crunch, chew you.*



Stellar Bee
by
Reece Edmondson
aged almost 6
from
Holme St. Cuthbert School

The Chuckle Brothers



Silloths Chuckle Brothers finally get to meet the real ones

Silloths' own Chuckle Brothers met the real thing one Sunday night at the Sands Centre, Carlisle.

Best mates Ross Jefferson and Grant Lettice were over the moon when after a brilliant two hour show at the Sands they got to meet and obtain autographs from the popular TV stars.

Both Ross and Grant were stuck for words, (this was a first for both of them).

The Chuckle Brothers - Barry and Paul are on a country wide tour and were brilliant.

Grant and Ross laughed all the way through the show and getting to meet them was a great way to end a night they will never forget.



James Bee
by
Jessica Swan
aged
almost 6
from
Holm Cultram
Abbey School

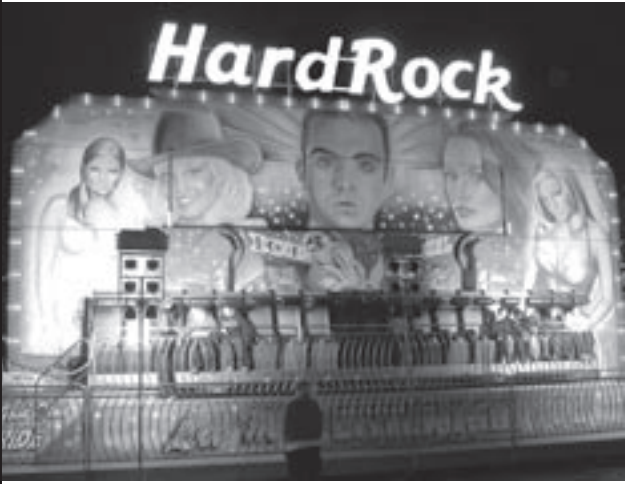
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Fletcher's Fun Fair



Variety of Rides for all ages

The Fun Fair will be at the Christmas Lights switching-on ceremony in Silloth on Friday 26th November

The Switch-On is at 6pm