



# CUMBERLAND FELL RUNNERS

## AUTUMN NEWSLETTER- 2015



Next edition of the CFR newsletter –Big Thanks to all contributors, I'm receiving some interesting articles and photos –fantastic job all of you.

You can find more information about our club on our website [www.c-f-r.org.uk](http://www.c-f-r.org.uk)

Welcome to new senior member -Catherine Keevil

*Fabulous views from Melbreak during*

*Our gorgeous 'Indian Summer' .*

### In this Issue.

- Events and races coming up.
- Winter League
- World Masters 2015
- Barry Johnson's Birthday Bash
- The Relays –Claire Russell
- News from the Juniors.
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- Feature race- The BOFRA championships by Lindsay Buck.
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**DONT FORGET –CFR SENIOR PRESENTATION NIGHT**

The Presentation Night this year will be at





**The Shepherd's Arms,**

**Ennerdale Bridge**

**on Sat 21st November,**

**7 for 7:30pm**

Hot buffet-----Steak pie or Veg and bean casserole (coeliac/vegan)-----

Sticky toffee pudding---Tea or coffee

£13.50 (£7 children)      Payment to CFR, cheques to Jennie Chatterley or Nick Moore.

Please let the above know if you are going asp.

**Next Races are-**

**BUTTERMERE SHEPHERDS MEET –Saturday**  
**October 24<sup>th</sup>, Buttermere Village, 2pm**

**The last show race! Who will win the Series? It's a close call at the moment –**  
**view results at <http://www.c-f-r.org.uk> events- show series-results**

## **The Winter League Series**

Sale Fell----- 21st Nov -11am  
 Crag Fell----- 5th Dec  
 Pudding race---- 20th Dec -11am  
 Pica road race ----26th Dec -11am  
 Crummock round-----TBA  
 Jarrett Jaunt----- March  
 (Best 3 to count. )

### **The Show Race**

1, 2, 3 Go!

Up, Up, Up, Up, Up

Gasp, gasp, gasp, gasp, gasp!

Turn

Down, down, down, down, down

Ahhhhhhhhhhhhhh!

Finnish - Phew!

Ice cream.



**NEXT COMMITTEE MEETING- AGM after Crag Fell race on 5<sup>th</sup> Dec at**  
**Shepherd's Arms, Ennerdale – Please come and support your club.**

**Club Committee**

**Chairman:** Nick Moore

**Treasurer:** Kate Beaty

**Secretary:** Jennie Chatterley

**Membership Secretary:** Paul Jennings  
**Manager:** Neil Atkinson

**Press officer:** Paul Johnson

**Junior Team**

**Statistician:** Andy Bradley

**Newsletter Editor:** Dot Patton

## **Championship Results**

The final Championship results are on the website, open and category –Congratulations to all winners and those who completed 6 races. Go to the presentation night to receive your prize. (see above)

Junior championship results also on the Website –Well done to all our hardy juniors.

<http://c-f-r.org.uk>

## **World Masters - 12th Sept 2015**

It was a very wet early morning start down the motorway from Cockermouth on Saturday to Betws-y-Coed for this year's Masters race in North Wales. However, by lunch time the day had stopped raining and brightened up.

The event took place from a busy field with lots of Cambrians from CFR as well as other local clubs. The atmosphere was very friendly and welcoming.

Jim and I found Dot and Mike and their camper van, on a lovely picturesque campsite just in time for a cup of tea before the race.

Barry Johnson, Lindsay Buck and David Fell all went off in stages before Dot and I and they all finished really well. Barry got a gold medal in the British Over 70's team event.

The course was an interesting route through the forest on little tracks, very like Whinlatter, undulating (including two steep ascents) and boggy in places but pleasant running on the whole.

You will be happy to hear that my foot, which I broke in April, finished the day very slowly but unscathed and is now officially fit for purpose again!

Next year the event is being held in Italy and I hope CFR will again put up a large contingent of runners.

Jane Mottram."





## Barry's 75th Birthday Bash



I organized a week of activities to celebrate my 75th birthday, all to be based in Cumbria and involving sports that I have been involved in competitively for many years. I also wanted to include a sport which required learning a new skill.

On the **Monday** before my actual birthday (Saturday August 8th) I planned to cycle 120 road miles. The day was wet and windy. About twenty of us left Eaglesfield at 8.00 a.m. We cycled over Whinlatter, Newlands and Honister in very cold conditions. A brew in Keswick was followed by Troutbeck Moor, Patterdale and Kirkstone pass. Some of us were blown off our bikes on the descent into Ambleside via the Struggle and arrived a very tired group of riders.

The return ride over Dunmail to Keswick and around Bassenthwaite Lake and return home amounted to 100 miles - a few miles fewer than I intended because of the weather.

**Day two** should have been rock climbing on Great Gable with the Needle and Needle Ridge to the summit. Again the weather was against us so we chose to do an alternative rock climb on the sheltered Shepherds Crag in Borrowdale. Little Chamonix was exhilarating if somewhat scary because of high winds.

I had a recovery day on **Wednesday** with improving weather.

**Thursday** was to see a double activity day. First, I did a single skull row up and back the full length of Derwentwater from Derwentwater Marina. This was my new skill. Following six months of fairly intensive coached training I was a little apprehensive



in the event of unstable conditions but by now super weather and a quiet lake made the 8K row a real pleasure. Two hours later I and five more friends swam to each of the five main islands of Derwentwater, about a 3K non stop circuit.

**Friday** was a planned rest day.

**Saturday**, which was my actual birthday, was a repeat of the Lakes Mountain Triathlon, last done about 20 years ago.

Ten swimmers started with a delightful 8.00 a.m. swim in Crummock of one mile, in warm and placid water. More people joined me for the bike section of the triathlon which was a ride via Hopebeck, Whinlatter, Grange in Borrowdale and up to Seathaithe for the transition to fell running. Our route onto Scafell Pike was via Taylor Ghyll, the Corridor Route with the return by Esk Hause and Grains Ghyll. We then cycled back over Honister to Buttermere and Crummock with a pint to finish in the Kirkstile.

It was a great week with lots of mates for company, including Tri Lakeland and CFR friends. Thank you to everyone who helped or joined me.

My year included a European triathlon age group gold in Geneva, 8th in the Chicago Worlds and a 6th place in the Wales World Mountain Running Championships plus a gold as a member of the winning age group team.

Susa next year anyone?

Barry

#### Ian Hodgson Relay 2015

This year we had two teams at the Ian Hodgson relay: open men and mixed. Andy Bradley again took on the mammoth job of selecting and organising the teams and due to last minute team changes, (adding an extra level of stress!), ran as well.

For a change, the weather was dry with good visibility. The last few years have been pretty horrible with rain, wind and low cloud and for me, it was the first time I have run leg 3 and been able to see more than 25m ahead.





14 tired runners at the sports field in Patterdale after the Ian Hodgson Relays. Mike Harrison and Andrew Graham were still running the last leg when this photo was taken. Well done to everyone taking part. Photo thanks to Nick Moore

The teams were as follows: **Ian Hodgson**

Leg	Mixed	Open
1	Anne Cummings Ange Jackson	Colin Rhodes Matthew Proctor
2	Andrew Bradley Hannah Bradley	Phil Archer Jim Francis
3	Claire Russell Jennie Chatterley	Neil Sideway Peter Crompton
4	Mike Harrison Andrew Graham	Mario Yeomans Andy Wrigley

Everyone made it to Patterdale in time for numbers, dibbers and coasters to be handed out (much to Andy's relief!) before the teams set off.

Filling in at the last moment and making his first appearance in the race (plenty more to come I'm sure as he is still at school), Matthew Proctor set a cracking pace for Colin to keep up with. In fact he suggested they up their pace and sprint the last bit of their leg to which Colin replied "I already am!!"

Anne and Ange made a good start for the mixed team, handing over the dibber at Hartside to the family pairing of Andy and daughter Hannah (who'd made the journey back from uni at Sheffield especially for the race).

Nick kindly provided the taxi service up to the top of the Kirkstone Pass for the leg 3 runners (and back down for the leg 2 runners). Phil and Jim kept up the pace on the longer leg 2, passing on to Neil and Peter on leg 3 for the open team. Jennie and I set off up Red Screes with the novelty of being able to see where we were going. We managed to avoid the worst of the rough ground descending to the last changeover at Hartsop Hall. All team members thankfully avoided any accidents/limb breaks as has happened in the past on this leg!! Unfortunately we missed Mike and Andrew at the changeover as they had just been set off on the mass start.

We got a lift back to Patterdale with Ange and Ann, met up with everyone else and cheered in the leg 4 runners. As usual, the excellent post-race food was provided by volunteers from Patterdale school. We didn't win any prizes this year, but it is still a great day out taking part in a prestigious fell running event competing against some of the best runners and teams in the country.

Final results: open men – 35<sup>th</sup> mixed – 65<sup>th</sup>

#### British Fell Relays

This year they were held down in Lancashire with the organising club being Clayton le Moors. The running was over and around Pendle Hill from the village of Barley. Again Andy Bradley was chief organiser and managed to get places for two teams (despite limits to teams and categories, but that's another story!): open men and vet ladies (otherwise known as young men and old ladies – not a bad mix!!)

*The men preparing for the Relay or just shopping!*  
Photo (and comment) thanks to Paul Johnson



## British

Leg	Ladies over 40	Open
1	Angela White	Phil Archer
2	Claire Russell Kate Beaty	Andy Beaty Mario Yeomans
3 The Navigation leg	Melanie Bradley Anne Cummings	Rob Stein Paul Johnson
4	Jennie Chatterley	Mick Allen



Ann Cummings on the Navigation leg

All team members met on the bridge in the middle of the village after an early start from Cumbria and Andy did the usual handing out of numbers, maps etc etc. Top tip: remember which pocket you put your number in and zip it up if necessary – I didn't, and lost it less than two minutes afterwards. Luckily someone found it and I was reunited with it before my leg started – I didn't dare tell Andy until later on!!

Phil and Angela made good starts for both teams on leg 1 disappearing off on a 'mystery' route that wasn't available for reccyng beforehand. They duly appeared a short time later descending the slope into the changeover field. Mario and Andy set off at a sprint on leg 2 for the young men and Kate and I a short time later. I thoroughly enjoyed the route: a real mix of terrain, most of it very runnable with a couple of steep climbs to keep the hardcore fell runners happy. Kate decided to put on a spurt at the bottom of the steepest climb and the tactic worked as we went past quite a few pairs (lightweights!).

We handed over to Mel and Ann (who were very relaxed about their leg and didn't notice we had arrived back!!) and followed in the footsteps of Rob and Paul who had already set off. Leg 3 was the navigation leg (although we had to do a fair bit of navigating on our leg too), and they only got their maps after leaving the changeover field.

Rob and Paul made quick work of their leg handing over to Mick to bring the men's team home. This was just a warm up for Mick as he was running in the Ennerdale Ultra the next day. By this time someone had worked out that the ladies were in fourth place – not helping Jennie's pre-race nerves for the final leg. Jennie worked hard and there was a tense wait while more teams finished and we tried to work out if we were still fourth or, as someone else suggested, we had actually moved up to third. It was a little tricky to calculate as there had been a mass start for leg 4 so not that obvious what the team order was. Andy was convinced we had moved up to third so we realised we'd better get our post-race chilli down us quickly and stay for the prize giving.

**With much relief we found we were indeed third lady vet team and were presented with a big British Athletics bronze medal and a bottle of wine each.** Not bad for a team with an average age of over 50! A fantastic end to a cracking day out.

Final results: open men – 63<sup>rd</sup> lady vet– 116th (over 40 -3rd) By Claire Russell

## JUNIORS

LOWERSWATER SHOW- Cumberland Fell Runners Race Report

The 7<sup>th</sup> race of the Cumberland fell runners junior championship was held recently at Loweswater show. The weather was perfect for the young runners who all set off from the show field cheered on by a large crowd. The course took them across the road and into fields with a gentler gradient than the majority of the championship races, this just meant they all ran faster! All the races had a good following with a combination of club runners and kids just visiting the show.

CFR Results



Under 8's – It was a photo finish between Ben Wrigley and Jack Oliver with Ben just getting it at the line.

Under 10's – Alex Rhodes romped away with the victory with Harry Penn getting a well deserved second. Fayth Bowness ran a great race against the boys to take the girls win.

Under 12's – George Sidaway ran well to take the win in the under 12 boys race with James Penn taking a great second place. Skyler Bowes continued her winning streak with Lizzie Rhodes in second and Zara Newby in third.

Under 16's – The under 16's decided to run with the adults and beat the majority of them, both lads had fantastic runs with Joseph Dugdale winning (4<sup>th</sup> overall) and Matthew Proctor second and 16<sup>th</sup> overall, great talent for the future.

CFR juniors train every Saturday morning at Nannycatch gate near Wathbrow, details are on the CFR website.



Combined under 8 / 10 race



Jack Oliver and  
James Penn  
giving it  
everything!





## ALSO note

***CUMBRIA XC  
SERIES 2015***

*Derwent AC*  
*Keswick AAC*

***Ellenborough AC***  
***Carlisle Aspatria AC***

## *Eden Runners*

## ***Cumberland Fell Runners***

Under UKA rules - Permit Nos 2015111-4

October 10<sup>th</sup> Cockermouth (Just Past School - on Embleton Road))

November 7<sup>th</sup> Penrith - (Hunter Hall Frenchfields - follow signs from road to Alston)

November 22<sup>nd</sup> (Sunday) Cockermouth (Just Past School - on Embleton Road)  
(Incorporating **Cumbria Vets Champs (tbc)** - separate entry reqd)

December 6<sup>th</sup> (Sunday) Carlisle - (Sheepmount - behind Castle)

December 12<sup>th</sup> Keswick (Fitz Park)  
(Incorporating **Cumbria Vets Champs** - separate entry reqd)

All meetings start 12 noon (senior race 1310 approx)

Events   u11 B&G approx 1500m  
            u13 B&G    2300m  
            u15 B&G    3000m  
            u17 M&W 4000m  
            SM/SL      8000m

Age groups are as at midnight Aug 31<sup>st</sup> 2015

Distances may vary - The Senior race at Penrith is 6400m

All courses suitable for spikes

U17/Senior and some u15 races are handicaps (a 3 pack system applies)

u11 should be 8 on day

Entry on day only - £3 per race or £10 for all five. u/a levy is applicable (£2 per series)

Club Membership not necessary   suitable for beginners and all abilities

Prizes determined on best of 3 races

Medal to all Juniors who complete 3 races.

Medals Presentation at Cumbria XC Champs at Crooklands on Jan 9<sup>th</sup>

**CLUB VESTS** must be worn

Further details Noel Hakeman 01434 321385 email [noelglendue@gmail.com](mailto:noelglendue@gmail.com)

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A big congratulations to **Lindsay Buck** who came first in the Lady V50 category in the **2015 BOFRA** championships. She ran 12 of the 16 races -pretty impressive!

I asked her to tell us about this championship competition and her experiences -

### **BRITISH OPEN FELL RUNNING ASSOCIATION (BOFRA)**

BOFRA races involve cash prizes that in days gone by would see the recipients banned from amateur competition (e.g. FRA races). The division is well explained in Richard Askwith's book 'Feet in the Clouds'. Thankfully we can now run wherever we want and as the two codes offer different things they complement each other. The race rules are very similar. BOFRA races have juniors as a key part, their races run ahead of the seniors. Routes are short, usually flagged and often part of local shows, galas and shepherd's meets- traditional local events. Members complete eight of 16 races to qualify for the championship, non members are welcome and entry is often free after you've paid entry to the showfield.

Highlights of 2015 for me-included...

**May 16<sup>th</sup> - Sedburgh Gala** 2.6 miles 1,200ft. Friendly village event, Jim can reccy route then have a pint-a change from fell support in remote places in rain!

**May 31<sup>st</sup> -Coniston Gullies** 1 mile 900ft. Steep and rough, the youngsters nail the descent -I don't!

**June 7<sup>th</sup> -Kettlewell** 1.5 mile 6000ft. Glorious Dales. Youngsters cheer on seniors (mainly 'come on Dad')

**June 14<sup>th</sup> - Hawkeswick Dash** 1.2 miles 600ft. Next week nextdoor dale. Jim happily drives long distances for short races if he likes his car!

**June 21<sup>st</sup> Helm Hill** 3.3 miles 900ft. Runnable grass above Kendal, day after Buckden Pike. Its enjoyable exploring new areas even in our backyard and meeting new friends.

**July Kirby Gala** 4.3 miles 1,300ft. Back in Cumbria again for more runnable grass. Wonderful views towards Black Combe and delicious cake in the village hall.

Also in July are **Alva** in Scotland and **Ambleside Sports**. We missed them as sadly mum was ill. She was a very proud Scot so I look forward to Alva next year in her memory.







**Aug 2<sup>nd</sup> Farleton Knott** 4.5 miles 1,500ft The big lump next to junction 36 of the M6. Limestone run out with steep scree down and up in the middle.

**Aug 8<sup>th</sup> -Arncliffe Gala** 1.9 miles 450ft Delightful day out. Jim's best pint of the Summer (Tim Taylor's Boltmaker) Tommy Sedgewick presented the prizes -a legend.

**Aug 31<sup>st</sup> Reeth** 2 miles 800ft Big Dales show day after Grassmere sports, two days after Patterdale Dog Day, very grassy, long run out.

**Sept 2<sup>nd</sup> Mucker Show** 1.5 miles 650ft Charming village. River on race route, the day after Gosforth 10k -five very short races in five days -a treat!

**Sept 13<sup>th</sup> Burnsall** 1.5 mile 800ft Day after World Master's . Great to see Barry J (team Gold) Dot, Jane and Dave Fell in Betws-y-Coed. Legs a bit sore.



**October 10<sup>th</sup> Kirkfell** 2.5 miles 2,400ft Last championship race and a classic from Wasdale show. Quite steep. Mario was 6<sup>th</sup>, Ryan Parker 23<sup>rd</sup>, Will Jones 9<sup>th</sup> in under 14s . Matthew Proctor 4<sup>th</sup> in under 17s wished us luck , a nice gesture. This CFR contingent was boosted by having the president Joss -a legend also on the showfield. I enjoyed my favourite race on my favourite fell as a finale to the BOFRA season . Roll on next year.

Lindsay

( photos by Mike McKenzie and Christopher Warner and Jim Davis.)

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## Why do you run?



To me this question is backwards as why if you are able wouldn't you? My reasons are many, some will be the same as others some different. Running keeps me sane (most of the time), it is a time to just be, enjoy the company of others, explore, go fast or go slow

but it should always be fun.

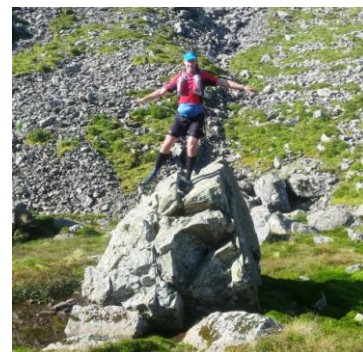
Earlier this year I was on top of my game and ready to race the Lakeland Fifty but things didn't go to plan and my body failed me after about 25 miles. The heat and still air got me but I reminded myself why I was there: yes a fast time would be good, but to finish and to enjoy it was more important. After 3 hours or so at the Ambleside checkpoint recuperating and enjoying watching others come in and go out again, chatting with some whilst others were in the "zone", I carried on to finish the race with my girlfriend Susie. Maybe it was slower than if things had gone to plan but we enjoyed the end of the race together and most importantly still had fun.

### *Planks !*



Back in February I took part in a friendly challenge called Run until you drop which had fun mini challenges every day; October is round two but a personal challenge this time and adding some of my own fun ideas to keep it fresh. To make it harder the 3x3000 ultra and Ennerdale 50k races are in October... It is the 21<sup>st</sup> of October as this is written and I am getting ready for run two of the day; it is starting to get tough now. This is when it is important to remember why you run, to keep enjoying but additionally it is really useful mental strength training. So keep the enjoyment and get out there as the dark night draw in, enjoy the stars, embrace the hills and have fun.

Rock Balancing



Howard

## **Top Tips from Sam Ayers**

Apologies for missing your summer newsletter... I've been busy doing a Level 4 course on Exercise Prescription for Obesity, Diabetes Mellitus and Metabolic Syndrome. I passed with flying colours which is good news. However, the better news is that none of you should ever need anyone with that specialism because with all the running you do; your weight should be pretty optimal and you're minimising your chances of developing Type II Diabetes and Metabolic Syndrome by exercising. So well done and keep at it!



# Descending:

Last time we looked at getting up hill; now's the time for coming back down. Descending can be great in that gravity is now on our side. However with good technique we can make it work for us even more and on all terrain: fell, trail and road.

I'm going to start with an easy decline. Imagine a shallow gradient on a smooth/even trail or through parkland, or gently descending road. Somewhere it's easy to run and really pick up your pace.

## Imagine the following:

After thoroughly warming up finish at the **top** of a long gentle slope. Run down that slope gradually increasing your speed. What does it feel like? Fast, flowing and efficient with the miles clipping along? Hopefully! Or does it feel more heavy footed and uncoordinated? Do people pass you on a descent after you've whipped them to the top of a hill? Is your footfall silent or very loud?

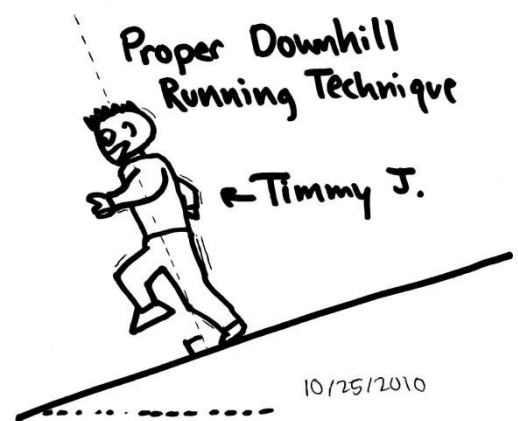
To improve our descending we need to be aware of the following:

(Note this list isn't exhaustive)

- 1) **Body position:** As with all running we want to aim to be **running tall** all the time. Tall from the crown of your head. If you're not sure what this should feel like, gently pull your own hair from the crown of your head (close to that 'whirl' of hair). As you gently pull, you should feel your spine lengthen and your weight transfer toward the balls of your feet. Depending on your usual posture, you may also feel your stomach muscles pull in slightly and your tail bone tuck under a little. This is the posture you're aiming for when you're running.
- 2) **Body angle:** When we run on a flat surface, we should be fairly upright but with a very slight forward lean. Not sure? Try running on the flat and lean backwards - you'll slow down. Go perfectly upright and you'll be pretty fast, lean forward slightly (but staying tall at the same time) and you'll go ever so slightly faster. Lean too far forward and you'll slow again. Lean forward from your ankles – not from your hips, i.e. don't let your bottom stick out!

As the angle of the slope increases i.e. gets steeper, your forward lean should match it so that you **remain**

**perpendicular** to the slope i.e. at roughly 90° to it. (See cartoon on the right.)



- 3) **Stride length:** In an ideal world, our stride length should remain the same as when we're on the flat. Most of us don't have an optimal stride for our leg length. (We're restricted by tight muscles or old injuries or took up running later in life rather than as a child). However whatever your 'best' stride is, try to keep it for as long as possible on a descent. Imagine the gentle gradient again. Keep tall, forward lean to match the gradient and optimise your stride length. You may find that you're able to lengthen it slightly whilst maintaining better form.

4) **Foot plant:** This is often where we see the effect of people leaning back on a descent or not being confident. **Ideally**, we should land on the balls of our feet with our hips directly over our feet. Think where the spikes are in cross country or track shoes. That's where we're landing. If you heel strike on descent, several things will happen:

- a) You'll be **slower**. This is because your body position is behind your foot. You've then got to get your body forward so your hips are over your foot before you can drive off for your next stride. Getting from behind your foot to over it wastes time and energy at every single stride. Think how much energy this is over a race that is an hour's duration.
- b) By planting on your heel, you place far more impact and jarring through your ankles, knees and hips. This ultimately **increases the risk of injury**. The heavier you are, the greater the impact.



5) **Use your head!** Look ahead and **plan** where you're going to plant your feet. Most of you will do this automatically if you've been running for years. However, it's worth pointing out and is something that often needs to be taught to youngsters or to novice fell/trail runners. As with driving; when we first learn, we tend to concentrate very much on the immediate view, i.e. beneath our feet (or just beyond the bonnet). As we become more experienced we look and plan further ahead and can react more readily to obstacles. This is a skill that can be taught and improved upon.

6) **Steeper/rougher slopes:** As a slope gets steeper or rougher, descending gets a little more challenging. However, pretty much everything should stay the same with the exception of your stride length. Stride length will have to decrease on steeper rougher stuff but your **cadence** should remain the same. Elite athletes of any endurance running discipline have pretty much the same cadence. This is roughly 90 foot strikes per minute i.e. every time your right foot hits the floor is 'one strike'. Interestingly, this is also the optimal cadence for endurance cyclists too. Less fit runners tend to have a slower cadence. **Aim to optimise your cadence whether going uphill, downhill or on the flat.**

Remember: Downhill running isn't a 'rest' from the effort of running uphill. In a race; if you've great downhill technique you'll be able to put in just as much effort as running uphill.

**Road running?** Not many road runners can descend well and will be beaten on a hilly or undulating course by less fit runners who can descend. I use the techniques above to my advantage when road running – you can do the same.

**So what next?** This is the important bit and something that a surprisingly few people do. **In order to improve your descending you need to practice and train.**

- What's wrong with doing downhill reps as well as uphill reps?
- Why not practice technique work on rough descents? Repeatedly over the same stretch of ground for a few reps before moving to a different section.



- Or what about using Kenyan Hills – a fabulous training technique for both uphill and downhill.
- Consider a 'visualisation' training session i.e. visualise yourself descending in better form. Do this enough and it will transfer to your real running

#### Credits:

- 1) Running technique photo from [Trail Finder Blogspot](#). Worth reading
- 2) Spikes photo from [Start Fitness](#) and feature Adidas XCS Cross Country Running Spikes

Want to improve your running? Join us:

CFR Club members Tracy Park, Jennie Chatterley and Graham Watson attend regularly as well as Tri-Lakeland, WCOC and Keswick AC members. Let our training compliment your club training.

[Monday 6.00-7.15pm:](#) Advanced: Off road in the summer and from the Lakes Home Centre, Cockermouth in the winter. Speed, agility and technique work.

[Monday 7.30-8.30pm:](#) Coaching for all abilities: Lakes Home Centre: Speed and agility work

[Tuesday 9.30-10.30am:](#) Coaching for all abilities: Lakes Home Centre: Speed and agility work

[Thursday 6.00-7.00pm:](#) Muster Run: Sub 30 min 5K or faster, Lakes Home Centre

[Thursday 7.15-8.15pm:](#) Coaching for all abilities: Lakes Home Centre: Speed and agility work

All details here: [www.bodyfitpersonaltraining.co.uk](http://www.bodyfitpersonaltraining.co.uk)

Other classes available include [Core Stability](#) and [Metafit](#). These will complement your running and help keep you injury free.

All details here: [www.bodyfitpersonaltraining.co.uk](http://www.bodyfitpersonaltraining.co.uk)

Sam Ayers: [sam.ayers@tiscali.co.uk](mailto:sam.ayers@tiscali.co.uk)

01900 825 974

L3 Endurance Coach , England Athletics National Coach Development Programme Mentee

## Tuesday Club Runs

Members meet every Tuesday at 6.30 at various venues. Run lasts for approx 1.1/2 hrs all abilities catered for. Find venue at [www.c-f-r.org.uk](http://www.c-f-r.org.uk)



Above -Beautiful evening on Low Fell Thackwaite

Left- sunset on Gavel

Photos thanks to- Anita Barker

# 'BAGGING'

It can be quite lonely in the Scottish Southern Uplands, but on one day I met two guys who told me they were running 5 Donald's that day then later a little old lady who was aiming for 3 Grahams before heading back to Perth that night. I wasn't sure what these were as I couldn't see any hills with the name Donald or Graham on my map! So I decided to do some research. To my utter amazement there were endless lists of mountains with various criteria. I knew of the Wainwrights and Monros but not all these!! Have you ?

There are ..

**The Monros, Murdos , Marilyn's,  
Corbetts, Carns, Clems,  
Donalds, Dillons, Deweys,  
Hewetts, Hardys and Historic County Tops.**

**The Birketts, Binnions, Buxton and Lewis's,  
Fours, Furths ,Fellrangers,  
Singes, Simpsons, Mosses  
Y Pedwaraus, Y Pellennigs and Yemans,**

**Also the Wainwrights, Wrights, Welsh 3000s,  
HuMPs and TUMPs,  
And the Haswell Smiths island Summits.**

Enough?

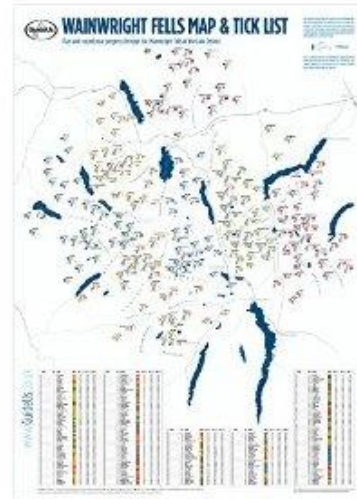
Well how about

**All the above with 'Tops' and 'Subs' and 'Twin Peaks'  
or even...  
'the Graham top on a Monros'.**

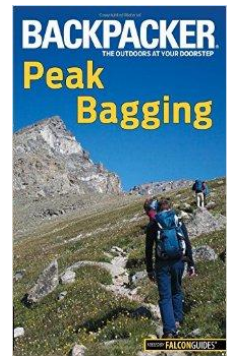
**And that's just in Great Britain.**

It seems as though you only have to write a guide book to invent a list after your name. I bet there are more lists to be invented but I can't see what's not covered yet. Perhaps 'The Stupid Dogs' or 'Crazy Hares'?

Now I'm one for a challenge- as long as it doesn't become obsessive. There are some very impressive achievements in this area, Steven Birkenshaw for one. I think it gives you a goal and keeps you out there when times are tough. So if you want to know what all these lists involve here are a couple of websites with loads of information. You can even be a real geek and log your progress on them and see who else is hooked <http://www.hill-bagging.co.uk> <http://www.haroldstreet.org.uk> By Dot Patton



You can tick lists,  
books and even  
an app.





## **PHOTO QUIZ- Thanks to Jim Fairey.**

1. Where would you have seen this on September 25<sup>th</sup> 2015



## **Quiz –Thanks to Stephen Sharp**

1. Which quadruple-time dance combining long and short steps in the tempo slow-quick-quick-slow is named after a New York vaudeville performer?

2. Bombay, London & Plymouth are types of which spirit?

3. In which country's embassy did Julian Assange seek asylum?

4. What colour is the gemstone jet?

5. What were the three shapes of windows on playschool?

6. What does a somnambulist do?

7. What in the UK connects the Banks of England, Scotland and Ireland, the Royal Bank of Scotland and the Clydesdale, Ulster, First Trust and Northern Banks?

8. In 1898 Frederick Jane produced the first issue of a guide to what, which is still produced to this day?

9. What is this called, "Never odd or even".

10. The grated rind of a lemon or other citrus fruit is known as what?

2. Where and what event would you have seen this feature on September 8<sup>th</sup>?



3. Name these 4 summits (left to right)

**Answers to both quizzes on the last page.**



# MEMBERS OUT AND ABOUT



Claire attacks the river

Club members at Dale Head Show race.

Photos thanks to Les Barker.



What is Glenda saying to Nick?



New CFR club vest ?

Please let me know of any more member's news.

## **Photo Quiz Answers**

Photo 1 Answer ; Corn How Farm, Loweswater    Photo 2 Answer; Cockermouth, Tour of Britain Stage 3

Photo 3; Answer;        Pt Walker, Grand Jorasses

Dent du Geant

Mt Blanc

Aiguille de Gouter

## **Quiz Answers**

1. The foxtrot    2. Gi    3. Ecuador
4. Black    5 Round, square and arched    6. Sleepwalk    7. They issue banknotes in the UK
8. Fighting ships    9. A palindrome    10. Zest