



CUMBERLAND FELL RUNNERS



NEWSLETTER- WINTER 2015/16

Another packed edition of the CFR newsletter, including useful information about this year's races, an exclusive interview with 3 CFR celebrities, Junior News, Website update and much more....

Many Thanks to all contributors.

You can find more information about our club on our website www.c-f-r.org.uk

Also Facebook **CFR –Cumberland Fell Runners.**

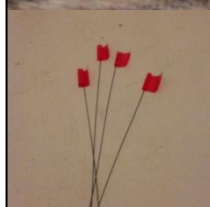
Welcome to new senior member- John Perry

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A big thanks to Jim Fairey for buying the new race flags, modelled by Sandra Mason at Blake Fell race. " I particularly like the superb marker flags, unobtrusive but clearly visible, a labour of love, thank you all"..Barry Johnson



Next Championship Races are- High Cup Nick –Dufton Sat 27th Feb (med)

& Jarrets Jaunt Sat March 5th. (short)

Next Winter League run – Crummock Round –Sunday Feb 21st 11am at Cinderdale car park.

DONT FORGET –CFR Membership subs are now due for 2016. The CFR fees remain the same as last year: Juniors are free, seniors are £15 or £25 for two people living at the same address. Optional UKA registration is an additional £13 per runner (note £1 increase from last year by UKA).

Social membership is £5 per member.

Further details, including Paul Jennings address, and the application form (please complete a new form if any details have changed in the past last year) are to be found on the CFR website. Account details for electronic transfer can be found on the application form.

NEXT COMMITTEE MEETING- Tuesday 8th March 8.00pm at The Swan, Cockermouth Club Committee

Chairman: Nick Moore **Treasurer:** Kate Beaty **Secretary:** Jennie Chatterley

Membership Secretary: Paul Jennings **Press officer:** Paul Johnson & Jane Mottram

Junior Team Manager: Neil Atkinson **Winter League coordinator :**Jane Mottram

Statistician: Andy Bradley **Newsletter Editor:** Dot Patton

Website administrator: Duncan Eastoe (System), Paul Jennings (Content) www.c-f-r-.org.uk

CFR Championship Races 2016

Month	Short	Medium	Long	Show Race Series
February		Saturday 27 th High Cup Nick		
March	Saturday 5 th Jarrett's Jaunt	Sunday 20 th Muncaster Luck		
April	Wednesday April 27 th Lord's Seat	Saturday the 9 th Coledale Horsehoe		
May		Saturday 14 th Fairfield Horseshoe	Sunday 29 th Helvellyn and the Dodds	
June		Wednesday the 29 th Tebay		Sunday the 26 th of June Arnison Dash
July	Saturday 23 rd Lingmell			
August	Wednesday 10 th Steel Fell			Wednesday 31 st Ennerdale Show
September	Sunday 4 th Lowseswater Show		Saturday 17 th Three Shires	Sunday 4 th Lowseswater Show Saturday 24 th Eskdale Show
October				Saturday 22 nd Buttermere Shepherds' Meet

Races chosen by Ann Cummings and Claire Russell.

Notes.

- We discussed the impact of the Ian Hodgson and British relay races in October, and decided not to include a race in October as it means a possible demand of four races in four weekends.
- We considered November, with the Dunnerdale in particular, but felt that it was getting too close to the presentation night.
- The implication of the above two is that the Championship is going to be over by September.
- We try to support local races, in particular ones put on by CFR members and club, especially those which perhaps expect low numbers. It has not been possible to support every race.
- We tried to include races that CFR members are likely to attend, in order to try to maximise the number of runners taking part in championship races.
- We discussed English/British Championship races, and whether to double up with CFR championship races. Concern was expressed that in previous years CFR members were unable to gain entry to some of the races because of the limit of entries and the speed at which the races fill up.
- There are a lot of FRA calendared races in the March to July period.
- We tried to include some races that we have not used for two or three or more years.
- We have tried to include some races that have not been in our championship before.
- We have managed not to have every race on a Saturday.
- We tried to keep the show races as local as possible, but were only able to double up one race between the main series and the show series.
- The show races are mostly towards the end of the year – which is when shows take place.

The championship is based upon your best six race scores, but you can only count four from one single distance.

The Cumberland Cup is awarded to the runner who has the most points, from those who have completed the most races.

The first CFR runner back will be awarded 100 points, second one back 99 and so on.

Juniors do not count in the main championship. They have their own series.

The show race series is best score from three races. Juniors can count in this series.

High Cup Nick

Saturday the 27th February 15 Km with 460 m of climb

An away day. Running in the Pennines – though still in Cumbria. Will take about an hour to get there from Cockermouth. We will sort travel sharing arrangements out nearer the time. Never been used in the CFR championships before. It is a B race, so quite a gentle introduction to the year. Nearly 15Km with only 450m of climb. <http://www.dufton.org.uk/High%20Cup%20Nick%20Actual%20Race%20Route%20V1.0.pdf>

Jarrett's Jaunt

Saturday the 5th of March 7.2 Km with 460 m of climb

Annual handicap race from Cleator taking in Flat Fell and Dent. A good opportunity to disagree with the handicapper.

Muncaster Luck

Sunday 20th March 15 Km with 620 m of climb

For those with long memories. This race used to be run years ago. If I remember correctly, it was traditionally run the day after the Ennerdale – quite a double up weekend. Was last organised in 2000 when Harry Jarrett won. (<http://www.cfra.co.uk/results/Muncaster2000.pdf>) . Not sure if it is the same course, but will be organised from Muncaster Castle. Chosen to support another new West Cumbrian race – which is in competition with a lot of races that weekend – we had to reject several other local races that we could have supported. Race route and map at <https://fellrace.org.uk/races/muncaster> . Suspect we might be going to new and unfrequented hills and moors.

Coledale Horseshoe Saturday 9th of April 14Km with 915 m of climb

Everyone's favourite race. Pre entry is a good idea. Hopefully we will get to race the full course this year, snow has meant a change of route for the last couple of times we have been there. A classic Lakeland route with lots of running and two big climbs. https://www.youtube.com/watch?v=mK_8sp_4OfU

Lord's Seat Wednesday the 27th April 8 Km with 430m of climb

An evening belt round the tracks of Whinlatter forest, with a section over the tops of Barf and Lord's Seat. We haven't used this race for a number of years now. A very fast short Race. Midges love this race.

Fairfield Horseshoe Saturday the 14th of May 14.5 Km with 910 m of climb

Another classic Lakeland race. Used many times before in our championship, everyone loves the last half mile.

Helvellyn and the Dodds Sunday the 29th of May 24 Km with 1335 m of climb

The longest race in our championship this year. Regarded as an achievable long race, it sets off from Threlkeld cricket club, goes to Helvellyn and back. Lots of running.

Arnison Dash Sunday the 26th of June 2.4 Km with 300 m of climb

A very short, fast, steep lung buster with a large crowd cheering you in. The first in the show race series – the day after our own Buttermere Race – so all fresh after a day of helping out.

Tebay Wednesday the 29th of June 13 Km with 910 m of climb

Another trip away from our usual stomping ground. Have tried to get this in the championship before – but it was cancelled. A lovely grassy course, with a killer climb on the way home. Pie, peas and beer afterwards.

Lingmell Saturday the 23rd of July 7.2 Km with 760 m of climb

Suspect that there may not be quite as many people at this one as there were last year.
<https://www.youtube.com/watch?v=GGIc2aPhFDI>

Starts from the pub at Wasdale Head as part of the rescue team fund raising, a long run out, a huge climb up the nose of Lingmell. Turn round come back, the run in is longer than the run out.

Steel Fell Wednesday the 10th of August 5Km with 400 m of climb

An evening race – no entry fee. No prizes. Classic short course. Never used it before.

Taster..... <https://www.youtube.com/watch?v=7E0dXCGuo2g>

<https://www.youtube.com/watch?v=4KVyodziap0> spot the CFR vest.....

Ennerdale Show Wednesday the 31st of August 3 Km with 200 m of climb

An afternoon race, big crowds, nice to support traditional show fell race. Increasing in popularity.

Loweswater Show Sunday the 4th of September 4.2 Km with 300 m of climb

Huge crowds to cheer you back. Long run out across the fields. Very steep and rough climb to the turning point. Legs like Jelly after the descent and then the long run back....Beer tent calls. Doubling up in both the main championship and the show race series – looks good with 30 CFR vests on the start line.

The Three Shires

Saturday the 17th of September

20 Km with 1200 m of climb

The second of the long races, but again quite achievable – although navigation can be an issue in mist. Bit of a drive, but worth it for a classic race. <https://www.youtube.com/watch?v=98j4wy2ZYXs>

Eskdale Show

Saturday the 24th of September

short

Part of the show race series. Trying to support the show as it tries to re-establish the fell race. We suspect there is a new venue and race course. Further details may possibly arrive later. Web site suggests a beer tent.

Buttermere Shepherds' Meet

Saturday the 22nd of October

2.75 Km with 300 m of climb -Last of the

show race series, a grassy charge up and down Whiteless Breast. Another cheap race. Becoming established, as we try to support the traditional Shepherds' meet. There will be sheep to admire, and a pub nearby.

Thanks to Andy Bradley for the above very useful Information.

MUNCASTER LUCK

Below is an e- mail I received from John Heneghan, the organiser of THE MUNCASTER LUCK. Please note the request for information on past races.

Hi Dot,

Thanks for getting in touch, and it is good to hear you have chosen it as a club champs race. The best source of information for the race is muncaster.fellrace.org.uk although I am aware there are one or two minor errors on the map, mainly around the raven Crag checkpoint. the map is not definitive as I still need to confirm one or two aspects of the route and the lines between checkpoints are mostly straight line on the map, but there is quite a bit of route choice, particularly between Raven Crag and the Pepper Pot. I will let you know as soon as this is finalised.

The route is generally faithful to the historic race route, although there is a slight change to the start point to remove the need to cross the A595 and also to the descent from the Pepper Pot and run back to the castle, again to minimise the amount of road crossings and running on the road.

Would it be possible for you to include a request for anyone who ran the race historically to forward on any information/results they may have from previous editions, as it would be good to try and establish an archive of this information. Thanks,

John

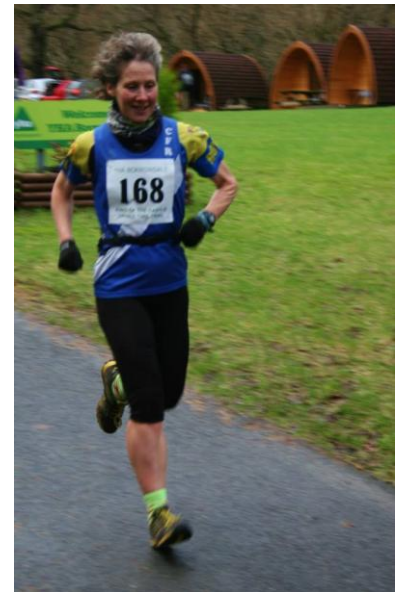
Checkpoints

- [Start](#) SD 099 967
- [Hooker Crag](#) SD 112 983
- [Silver Howe](#) SD 132 992
- [Water Crag](#) SD 154 973
- [Raven Crag](#) SD 129 964
- [The Pepper Pot](#) SD 120 954
- [Finish](#) SD 103 963



Looking forward to CFR's running in 2016 x10 !

1. There is an interesting range of club championship races which include Lingmell.
The floods have had a large impact recently and all local mountain rescue teams have been very busy helping. Cockermouth and Wasdale teams include CFR members. All the money from Lingmell will go to Wasdale mountain rescue.
2. Muncaster Luck is a new/old race to look forward to. Memories from the mists of time recall lots of runnable bits, full of interest.
3. The show race series is fun and offers different days out. Patterdale and Buttermere are enjoyable races in beautiful places and involve real local events.
4. There's a chance to train with club members, socialise and learn a lot OR train alone and enjoy the social side of racing.
King of the castle race/ Borrowdale
5. Training hard on your weak points is often advocated but sometimes it's more fun to play to your strengths. Try races that suit!
6. Having goals for the year is a good first step, they can be modified if things go better or worse than planned or if life gets in the way.
7. Enjoy being fit and healthy enough to run on the hills.
8. If you don't already, consider giving blood, there is always a need for new donors.
9. Wear the blue and white vest with pride, you'll get support on the hills and be following in some illustrious footsteps.
10. Enjoy the variety of terrain, distances, age groups, the challenge of navigation and the odd warm sunny days (to cherish).
Happy running to everyone in 2016. Thanks to all who make the races possible. *Lindsay Buck*



Christmas Pudding Race 2015

Senior race

The sixth CFR Xmas Pudding Race was run in appalling conditions with the course drenched in hail and rain just before the start.

Despite this the race had another record entry of 117 runners from all parts of the county. No new records were set, probably because of the amount of water, mud and gale force winds which dominated the conditions.

Many runners entered in festive mood with Xmas costumes. CFR donated £150 from the race proceeds to Cockermouth Mountain Rescue.



Prize results

Juniors 14-18 Race Winner	Female		Male	
	Name	Club	Name	Club
	Lauren Cooley	Tri-Lakes	Oliver Gajdowski	Ambleside Club
SENOIRS Race Winner	Jo Gillian	Keswick AC	Mark Walsh	Ellenborough
Open	Rachel Mellor	Keswick AC	Paul Coon	Derwent AC
V40	Debbie Walker	Derwent AC	Martin Varey	Tri-Lakes
V45	Tracy Park	CFR	Andrew Young	u/a
V50	Alison Whitehurst	u/a	Andy Bradley	CFR
V55	Sandra Mason	CFR	Tony Davis	Derwent AC
V60	Rachel Tickner	Bodyfit	Nick Lancaster	Derwent AC
V65			Terry Lowden	u/a
V70			Dave Morgan	CFR

Junior Race

It was a small but select group of youngsters that took part in this year's race, braving hailstorms, thunder, lightning and a stream flowing down the main track at the start and finish. There was a real mix of seasoned competitors and those having a go at their first race. Andy and Mark set the course and Kath had a crash course in race registration, in particular the complexities of working out junior age groups (not an easy task, believe me!). As there were not many runners it was decided to start them all off together. The distance was 2.7k (as measured by Andy), with the first half uphill to the turn-around loop in the trees followed by a long downhill run to the finish. Ambleside twins James and Harry Bowen set a storming pace and were first and second respectively. Emily Swarbrick running for Broughton was first girl and fourth overall. Not far behind, and the first CFR runner back, was Ishbelle Greenbank who had a great run and was first under ten girl. First under fourteen boy, David Roger running for Ellenborough, must be mentioned for his festive hair-do. There were some amazing sprint finishes: Ben Wrigley (CFR) and Troy Paterson, and a very strong run from Jess Autie (CFR). All runners were rewarded with chocolate, kindly donated by the CFR seniors.

Two of the older CFR juniors (Harry Greenbank and Matthew Procter), ran in the senior race and rumour has it they did very well!

Overall results (in separate age groups):

Under 8 girls

Name	Club	Time	Position
Olivia Swarbrick	Broughton	11.49	1

Under 8 boys

Name	Club	Time	Position
Ben Wrigley	CFR	13.07	1
Troy Paterson	Unattached	13.14	2

Under 10 girls

Name	Club	Time	Position
Ishbelle Greenbank	CFR	11.21	1
Jess Autie	CFR	14.56	2
Pippa Newby	CFR	15.46	3
Holly Paterson	Unattached	19.03	4

Under 10 boys

Name	Club	Time	Position
James Bowen	Ambleside	9.12	1
Harry Bowen	Ambleside	9.28	2
Evan Mills	Keighley and Craven	10.28	3

Under 12 girls

Name	Club	Time	Position
Emily Swarbrick	Broughton	10.37	1

Clare Roger	Ellenborough	14.01	2
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Under 14 boys

Name	Club	Time	Position
David Roger	Ellenborough	11.45	1

The Junior Races this year are:

[Blake's Heaven](#) 23rd Jan [Jarret's Jaunt](#) 5th Mar [Tod Crag](#) 16th Apr [Flat Fell](#) 30th Apr
[Latterbarrow Loop](#) 18th May [Turner Uphill](#) 11th Jun [Langdale Gala](#) 3rd Jul [Eskdale Show](#) 24th Sept

Our CFR juniors are an amazing bunch of lively kids! They are hardy, cheerful, keen and always ready to train hard and have a laugh. Here they are training on the summit of Dent during in the snow, nothing will stop them getting out!



They train every Saturday morning at 10.30 from Nannycatch gate, Wath Brow and you can contact Neil Atkinson on 019467 25142 for further details.

Training is adapted to suit all ages and abilities as they start at 5yrs old. They are well looked after by caring, qualified adults. Please pass on this info to anyone with children who may enjoy our club.

One of the best ways for kids to enjoy the fells is with kids of their own age. I always found my 3 boys galloped to the top when friends came along and complained constantly when only with mum and dad! (brothers don't count). At

club training and events they can have fun, competition and friendship. It also helps them grow to appreciate and respect our 'great outdoors'.

Below the juniors proudly display their awards at the CFR Junior Presentation eve.



And now for a Fantastic achievement which took tremendous effort and excellent team work.....

A Winter Bob Graham.



Three faces of a Successful winter Bob Graham- Concentration , Exhaustion, Elation!!!

Mick Allen,

Paul Johnson

Mario Yeomans.

CFR NEWSLETTER – Exclusive Interview!

1. Who's crazy idea was this?

PAUL -Definitely not mine. Even stupid dogs wouldn't have gone out in that weather. It must have been Mario's or Mick's!

MARIO - John Brockbank in 1985/6 probably. Unless one of his mates put him up to it. Doubt it even occurred to Bob, otherwise he would've done it!

Our attempt? PJ all the way.

MICK -Paul can definitely be blamed for this. I overheard Paul talking about it to another runner whilst out on our Tuesday CFR meet. I immediately told Paul that I'd be up for supporting him as long as the date tied in with my work pattern. I know Paul did a quick summer round last year and guess he wanted to strike of a winter round in the same year – not many people have done that. Following the cancellation of our first planned W BGR date (5th/6th Dec) due to the horrendous December floods it was Paul's idea to dedicate our BG to raising monies to those affected in Cumbria. So far we have raised £1400.00. We decided to re-schedule our attempt for after Christmas

2. Describe the whole experience in 3 words!!

PAUL - Awful, beautiful, hard-blimin'-work.

MARIO -

- *training*
- *preparation*
- *timshel (a Hebrew word, approximately meaning "you have a choice" - after the Mumford & Sons song with the same name, it was a very fitting song for the experience - I even found myself singing it on leg 5!*

MICK -Exhilarating, Hideous, Humbling

3. How did you train for such an epic venture?

PAUL - I tried to maintain the work I had done for the summer round although I wasn't as strong for the winter round as I was for the summer round. This was mainly due to having tapered for an early December attempt. The December storms made any long days out difficult and, of course, family duties over Christmas halted any significant running.

MARIO - *A mixture of strength/power work and long runs out. I found the strength work invaluable in ensuring my connective tissues could stand the constant pounding. I'm talking specifically about slow, eccentric exercises such as calf lowers and weighted squats as well as interval sessions. This was particularly important for me as I've been injured three times this past season and wasn't certain everything had fully recovered.*

The long runs out were useful for a number of reasons; fitness obviously, gear testing and nutrition experimentation, acclimatisation.

Ultra distances, especially in Winter, require some important decisions to be made about gear/clothing e.g. layers that will keep you warm for long periods in sub-zero conditions, dry easily for the long haul, a bag that fits snugly enough to remain comfortable over long periods. You need to spend a lot of time training with the gear you'll use to make sure it will do what it needs to on the day.

See what your body can personally tolerate nutritionally. This was a particular unknown to me, since I had never run more than about 9 hours in one go so was uncertain how my body would react to the intake of different kinds of foods after that time on my feet.

Training over long distances in awful conditions; it really does acclimatise your body so when it comes to the day, you can handle it mentally. That double Pagan's Breakfast this year; perfect example!

MICK-Due to working on an oil platform for 3 weeks out of 6 training for me is somewhat different to other fellrunners. When I home I do a lot of hillwork mixed with speed work on local trails above my village of Great Broughton. You cannot beat time on the fells and out in all weathers certainly make you 'fellhard' as Billy Bland would say. When offshore its circuit training, Strength and conditioning with weights and gruelling long run on the treadmill. Anything between 10km to 60km with varying elevation – About 6 hours is the most my mind can handle! Exactly two week before the BG attempt I ran a fast Marathon on the treadmill (Christmas Day) and then started to taper down.

4. What was your worst moment? And a time during the run you felt good?

PAUL- Most of leg 5, particularly the road section. I hadn't eaten properly since Wasdale and was really struggling with the wet and cold. The support from The Honister Crew was invaluable at this point. There were two moments when I felt good: 1. Eating Jim Francis's Michelin Star ham, cheese and pickle sandwiches on Scafell – that was truly beautiful; 2. clambering around Steeple with the tops covered in snow. I was feeling relatively ok and enjoying the adventure. It was one of those mountain moments which I will always remember: that 5 second glance up, gulping in the scenery and being all-consumed by the beauty and power of the mountains.

MARIO-Worst moment: Great Gable ascent. I was empty physically and mentally and very tired. In my head I also thought that we were moving so slowly that we must be losing huge amounts of time and we were already behind at Wasdale. If I'd have been thinking more objectively, I'd have realised that the timings deliberately slow down towards the end to take account of tiredness i.e. it's fully expected that you get slower towards the end.

Best moment: Looking down over night-time Keswick on the Skiddaw ascent was a great feeling of setting out on something big with a couple of mates. Secondly, the head-torch lights and whooping at Honister as we descended from Grey Knotts was very special. I'd felt all the way around that there was huge support from the club and that just confirmed it. I knew we would make it then.

MICK-There were a few but I'd say coming up to Bowfell and then down to Ore Gap. I was so cold because going was so slow, there was at least a foot of snow in places and picking through the rocky terrain was murder...so hard to keep concentrating on where your feet were going. I still don't know how any of us (BG'ers and supporters) did not turn an ankle of worst.

I have to say I felt good over legs 1 and 2 and then again over Dalehead (must have been the soup from Honister)

5.A.winter BG means winter conditions. We know you had rain, snow, mist, wind and darkness, what was the hardest to cope with?

PAUL- Definitely the wind from Mick and Mario!

Next hardest to cope with was the wind and rain on leg 5. Because I couldn't eat very well I was finding it difficult to generate heat – the wind and rain just sapped me.

MARIO - Deep snow on Bowfell and Esk was tough going, but the pacers were ahead of us stomping out footsteps to make our path easier; must have been exhausting for them as it was deep, fresh powder; thanks lads!

The wind from Bowfell to Scafell was pretty harsh too, but I have to plug some gear here; that Paramo Enduro jacket I've got is unbelievable; waterproof, incredibly breathable, quick drying, warm, pockets where you need them - I honestly never really felt the elements were getting to me because of that jacket. For Winter conditions, get one; you won't regret it!

MICK - The snow was tough but actually was better, in places, than running on scree especially up Lower man over to Dollywagon. Darkness through Legs 1 and 2 were okay but it was hard to deal with, mentally, when the darkness came around again...at about Red Pike. The driving hail coming off Great Gable was especially horrible, by that point my right knee was giving me some real problems on the descents and ibuprofen had long since stopped been effective – this meant I had to make a decision to either descend facing the hail (so as to trail my bad knee) or have back to hail and put weight onto my knee...I choose to face the hail.



Leaving Wasdale



Moot Hall -finish

6. You were on schedule most of the way and you all came in together, how did this work out?

PAUL - We have all entered fell-running from walking, climbing type backgrounds. I think this has given us a mountain sense of how to look after one another and how to move safely together. We also knew each other's strengths and weaknesses so felt confident in allowing individuals to push on or fall behind knowing they would catch up on the next climb or descent.

MARIO - I think this is our greatest victory; to complete as a team. We were always destined to have our individual ups and downs, which meant we always had to move at the pace of the slowest member. If we'd have run individually we would have been able to make up time when we were feeling better again; not so on our round. On the other hand, however, certainly for me anyway, during a low period I felt compelled to continue at Mick and Paul's pace anyway and grind it out, precisely because I would have been putting the whole effort in serious jeopardy had I fallen behind too much or had to bug out altogether.

We were always checking on each other, even if it was little looks over both shoulders to make sure we were all keeping up; very often it was unspoken support between us - I certainly felt we were looking after each other.

MICK - We were all keeping a track and I was taking laps between peaks on my Suunto watch which really helped. I think having quicker stops at Threlkheld and Dunmail work well and kept us on track. By Wasdale we were about 15

mins down because we went around Foxes Tarn to Sca fell towards the end. Into leg 4 it felt great to hit each peak on schedule but I was so demoralized when we started to hit them behind schedule...this was the mental battle. Very glad we worked a 40 minute buffer into the schedule which worked out well in the end. We talked about the possibility of being split up on our BG, but only briefly. Plan was to stay on schedule but if anyone of us dropped too far behind they would be left – fortunately this never happened, personally I'm very proud of the fact that we stuck together. There were times when each of our pace dropped off, I for one was very slow on the descents on Leg 4 and found myself well behind the guys coming off of Pillar, luckily for me I was strong on ascents throughout so would always catch up on the climbs.

7. Paul, how does this compare to your summer BG? Mario and Mick this was your first BG, why Winter?

PAUL- I struck lucky on the summer round. The weather was good and I had a very strong set of available supporters. It wasn't easy but all I had to do was put one foot in front of the other. I guess for the winter round I was looking to up the stakes and see how I would cope with harsh conditions. The effort involved in the winter round was considerable and, although the summer round was not easy and is in itself a significant challenge, the winter round became a tough battle between me, the mountain and the clock. From a statistical point of view, the splits from each round are below:

Leg	Summer Splits	Winter Splits
Leg 1	3hrs 38 mins (rest 7 mins)	3hrs 51mins (10 mins)
Leg 2	4: 02 (8)	4: 35 (10)
Leg 3	5: 21 (12)	6: 20 (10)
Leg 4	3: 34 mins (4)	5: 04 mins (7)
Leg 5	2:19	3:10

MARIO- *In truth I was never going to attempt it unless it was very benign Winter conditions; that was always the original plan. That soon went out the window with the initial attempt and realising there were precious few other opportunities to do it together in Winter, so we just had to go when we were all available at the same time, irrespective of the conditions!*

The real driving force behind the Winter idea though, was Paul. I will both curse and thank him for the rest of time.

MICK- I always had the intention of running my own BG in the summer but it was always a case of what fit in with my work and family. I'd run/recce'd all the sections several times although mostly in daylight. I've run 20 of so Ultra's to date and completed the Lakeland 100 in just over 26 hours so I was pretty confident in doing a summer BG in under 24. With this in mind did I really want to tackle something I was 99% sure I could do?, that to me is not a challenge...I hope that did not come off as arrogant?

When Paul mentioned the date for his BG (Dec 5th/6th Dec) I knew I would be home and it wasn't long before I asked Paul if he would mind if I ran the whole thing with him and Mario. After some vetting from Paul as to my endurance running CV Paul and Mario were happy for me to tag along – although I'm still pretty sure they wanted me for my watch more than anything else...lol

8. What was your favourite 'running' food?

PAUL- Jim Francis's ham, cheese and pickle sandwiches. Followed closely by Les Barker's cashew nuts. Definitely not nakd bars, gels, shot bloks, rice pudding, jelly babies, jelly beans, snickers, jam sandwiches.....

MARIO- *I'm not sure favourite is the right word. On the hill I survived mainly on Nakd bars, but after the first few hours it's difficult to want to eat anything at all. Nakd bars dissolve easily in your mouth though; you can almost drink them. Cheese and onion crisps at stops were awesome and rice pudding was a top recommendation from Mick.*

But then shortly after Bowfell came Jim Francis with his dogs. Just as I was licking my lips at the prospect of Collie stew, Jim mentioned he'd brought some ham, cheese and pickle sandwiches. I hadn't realised until the words came out of his mouth, how much I needed something savoury - my stomach was beside itself!. Thanks Jim.

MICK-I've experimented with all types of foods on Ultra over the last couple of years and found that I function well on nakd bars and the odd chia charge bars. We were all pretty regimented about ensuring we ate regularly. At least one of us would call out every 30 minutes 'food!' while on the hill...and we would proceed to get something down. After Wasdale think all of us were sick of eating them damn bars. Food at the road stops was consumed in a flurry, for me it was rice pudding, salty crisps and warm soup, which really hits the spot. Honestly there is no substitute for warm grub on long runs. Best of all had to be the homemade Buckwheat balls given to me by my wife Maria at Honister which most likely kick me the boost over Dale Head.

9. What do the supporters do that help the most.

PAUL- They remain focused and organised. Knowing they are competent mountain runners who can get themselves out of trouble is a huge benefit. I always appreciate supporters who keep a watchful but distant eye on things. Being there with a cup of tea, a smile or a clap makes a huge difference.

MARIO- *Knowing when to talk and when to let you concentrate. Steep descents are tough when you're that tired; you really need to concentrate. But when you're just slogging away, there's nothing like Col Rhodes chirpy voice going off for hours on end to distract you from the pain. Cheers Col!*

Obviously everything else supporters do to help is invaluable too; just trusting that someone will be there at the appointed time. It's really important you can depend on them.

MICK-I would say just having someone there who is fresher than you and can set pace is the best thing. We navigated ourselves through Leg 1 and 2 as we were pretty fresh but having our supporter take over the rest of the nav to the end was invaluable – this meant we could knuckle down and push and concentrate on eating and drink on the move. Towards the end it was great to have someone nattering in my ear, even if I didn't say much back!

10. Any tips for future Winter GB ers?

PAUL- Train at all hours of the day; get used to the dark and train in harsh conditions. Get used to running tired. Know the route the best you can. Have your rucksack organised so you know exactly where everything is. Listen to people's advice. Seek constructive criticism, avoid negative criticism. Be prepared to suffer. Buy the best kit you can afford. And, in the words of Mike Harrison, 'prepare, prepare, prepare!'

MARIO- *Don't just run the BG route on long training runs, you'll get bored of it. Run with friends and a variety of routes. It'll also reduce erosion on the BG route.*

Wear the gear you'll be running in in training and become slick at using it.

Prepare, prepare, prepare (PJ's mantra!) - even down to which socks you're going to wear on each leg. No point wearing SealSkinz on leg 1 if you're going through the Caldew anyway!

MICK-Get plenty of support – there are the one who'll get you around. Whether road supporters or on the hill...you are only as strong as your support team.

11. Anything else you want to tell us?

PAUL- I was pleased but not particularly surprised that we all stayed together. It was always our intention to stay together and help each other through the highs and lows. I think what I am most proud of is best summed up by Apsley Cherry-Garrard:

"We did not forget the Please and Thank You, which means much in such circumstances, and all the little links with decent civilisation which we could still keep going. I'll swear there was a grace about us when we staggered in. And we kept our tempers – even with God."

And finally, to Mick and Mario:

"As we began to gather our gear together to pack up for the last time, Bill said quietly, 'I want to thank you two for what you have done. I couldn't have found two better companions – and what is more I never shall.'"
(Apsley Cherry-Garrard, *The Worst Journey in the World*)

MARIO- Prepare for post-BG. Make sure there's someone to look after you; have important things next to your bed; bottles of water, protein shakes, phone and chargers, painkillers, crutches!

I personally found it to be an amazing, and very emotional, experience, all the more enriched for it having been such a significant CFR club effort with so many people involved. It feels so much more meaningful than if I'd attempted alone, so thank-you all for your involvement and I'm very much looking forward to helping out with future CFR attempts!

MICK-It was hard work pushing for that long but I'm very proud to stand next to Paul and Mario and say we did it as a team. From a physically point I put the Winter BG difficult right up there with my bottled oxygen free summit day (approx. 16 hours) of Cho Oyu 8201m in 2013 but from a mental point I'd say it's the hardest thing I've done to date. I really had to dig deep to push myself through those last hours. I hope this experience will carry me through my next challenge as I plan to summit Everest later this year, also with the use of supplementary oxygen.

Winter BG: Thanks

The Winter Round would not have been successful had it not been for the selfless and wonderful support of the following:

Colin Rhodes for driving us to the start, providing Leg 1 and Leg 3 road support, and running with us on Leg 4; for his wonderful sense of humour on Leg 4; for his organisation and efforts at each road support; for cleaning our kit at the end. To Sarah Rhodes and children for their support at Wasdale, Honister and at the end; for their photos and positivity. I'm sure they had the loudest whoops and claps!

Les Barker for his moral support in the run up to the day; for his PR skills; for his cashew nuts; for his infectious enthusiasm; for Being Les.

John Parkin from Bingley AC for helping us on Leg1; for carrying a water bottle or two; for the chat and banter.

Scott White for driving up from Cambridge and expertly guiding us round Leg 3.

Phil Archer and Rob Stein for being solid on Leg 3; to Madeleine Jones for giving Phil and Rob lifts to Thirlmere. To Jim Francis for **those** sandwiches on Esk Hause.

Owen Mills for his mammoth efforts at hauling our gear to Dunmail and setting up camp to provide us with a brew and food.

Bill Williamson for his expertise on Leg 4. He is the main man to have on this leg. To Graham Ansell for pacing us round Leg 4. To Jeff-not-Jeff-but-Steve for helping out with the Leg 4 logistics; for meeting us on Gable and for the jelly babies. To Jean Williamson and Jenny Stein for their road support in ferrying runners around.

Maria, Reuben and Oliver Allen for their road support at Honister and their organisation and efforts – that soup was good; for seeing us off at the start and for being there at the end. Mike Harrison for knowing those lines off Robinson; to Ange Jackson for the reeves and the leg 5 road support. To Sandra Mason for turning out and running Leg 5 with us; for her banter and chat. To Paul Mason for the road support and the loan of his gloves. To Jennie Chatterley for providing Leg 5 support and helping sort our rucksacks out. To Tom Chatterley for providing road support and for his photos. To Dot Patton for being there on the road section and guiding us along. To Mike Patton for road support.

We are all extremely grateful for everyone's efforts and enthusiasm. We apologise profusely if we have missed anyone off this list. It quite literally would not have happened without you all!

Paul, Mick and Mario

Honorary Life Members Harry Jarrett and Barry Johnson

Harry and Barry have been with CFR from the beginning.

Harry was always at the sharp end of races and won National titles in most age categories that he competed at. However he was always very keen on promoting the club and was one of the main organisers when it came to the FRA relays in which we often had 4 teams travelling in coaches staying overnight before the event. He also rallied the troops to compete in the English and British champs races again often a weekend away leading to many English and British team medals. (Vet male British one year.) Harry was the first CFR Club secretary and has also been chairman. He was the lead organiser of the CFR presentation night during the earlier days. It was a big affair with a waiting list for tickets and a lively night with dance/comic performance by Harry and friends (everyone was younger then). The morning of the Do Harry also



put on the Joe Long race just to make his life harder. Harry also organised the trips to the World masters, always managing to get great accomodation. Then there is always the Jarret Jaunt, Crag fell, and many other handicapped races that he organised.



Barry has always been a great spokesman for the club and organised many races and events. He was the leading light in getting the FRA relays to Ennerdale a few years ago and organised various sponsorships to help it along. Barry also organised weekend training camps for the club. One was at Glenridding Youth Hostel complete with guest speakers and varied runs and excercises including a bleep test on top of a mine tip. Barry also assisted with Joss's many achievements throughout the years and gave advice to other club members with their challenges. He continues to rack up national and International titles and his epic 75th birthday challenge is something for everyone to ponder on when feeling a bit lazy.

Andy Beaty .

. The CFR race cards 2016 are out !

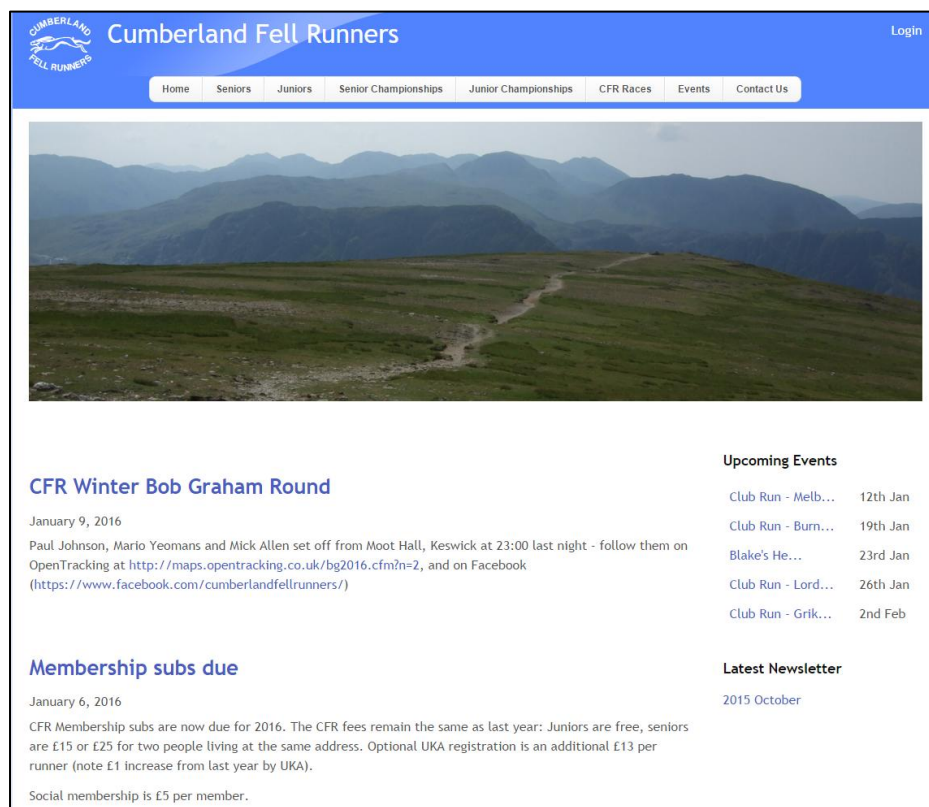
Ask a committee member for yours and please take a few to give to any interested people.

We can use them to advertise our club



The New CFR website

As you may have already noticed we have a new website!



Firstly I'd like to say a BIG thank you to Duncan Eastoe who developed and managed the previous website and has provided me with tons of support in developing this new one and getting it live.

This is a very short guide on what we can now do with the website, and a request for feedback.

Firstly you will see that it has the same web address as the old one, which no longer exists.



Mobile Friendly

One advantage is the move to a 'responsive theme' which means it still looks fairly good on a tablet or phone; this is how it looks on my phone

If you scroll down far enough you'll get to upcoming events & the link to the newsletter. It should all be a good size to read though. I'm not sure all of the pages work well on a phone – let me know if any are really bad.

Many editors

I would like to share the ability to update this site – especially with news items on the front page (with some good pictures – just look at the orienteering site – www.wcoc.co.uk – for some ideas as they use the same software as we have), and someone to manage the junior's information. This is all possible – so if you are interested please let me know as I would need to set you up, and provide some basic information on what to do.

The forum is back!!

Problems with the previous website meant that we removed the forum, however this is back. With the use of Facebook it has been suggested that the forum is used for structured discussions such as getting teams together for

relays, and possibly car sharing. You will need to create an account (click on Login and then Create new account button. I'll need to approve the accounts first (members only to start with – we can debate this on the forum).

CUMBERLAND
FELL RUNNERS

Cumberland Fell Runners

My account Log out

HomeSeniorsJuniorsSenior ChampionshipsJunior ChampionshipsCFR RacesEventsContact UsForum

Forums

Add new Forum topic

Forum	Topics	Posts	Last post
General discussion Somewhere to have more structured general discussions than Facebook	0	0	n/a
Race Organisation This is the section for organising relay teams and car sharing for races	0	0	n/a

ArchivesLinksNewsletter Archive

There is no limit but we'll have to see which is best discussed where. Like the previous forum you can receive notifications when a new post is made. Which brings me onto...

Notifications

It is possible to get notifications for any content that is added to the site, and to select which type of content you are interested in

Click on My Account, then Notification settings and a page showing your options will appear. Notifications will be emailed once a day (as long as there is some new content) – this can be changed (but for everyone at the same time I think) if requested.

Requests!

Feedback – any ideas for improvements, niggles, bugs, questions or anything else please let me know. Either email me (jennings.carrhouse@btinternet.com) or fill in the contact us form on the site (goes to the same place at the moment!) we could even start a thread on the forum!

A volunteer to maintain the Junior section – I'm sure lots more could be put on here, the limit is your imagination (and my coding ability).

Volunteers to add news onto the site – just to post successes (e.g. Winter Bob Graham's, other challenges, good race results, county selections for the juniors, etc) I'll need to provide slightly more access than the standard level.

+++++



Everest Challenge by Mick Allen

In April 2016, I will set out to climb to the summit of Mt. Everest (8848 meters) without the use of supplementary Oxygen and aim to raise money for local disadvantaged and disabled children in Cumbria and SW Scotland.

In 2013 I successfully summited Cho Oyu (8201m) without Oxygen and guess that's where my O2 free Everest idea was first borne although my first ideas of



climbing Everest were back in 2006 when camped above the Khumbu while climbing Pumori.

I will be climbing via the North Col in Tibet, following in the foot steps of Mallory and Irvine, and will take somewhere between 8 - 10 weeks. I leave UK April 2016 and plan to return June just in time for the Ennerdale fell race

As I mentioned, I am supporting local charity, CFM Radio's Cash for Kids who help sick, disabled and underprivileged children right across Cumbria and SW Scotland. My target reflects the height of Mt. Everest in meters and is only fitting for this challenge!

Follow my facebook page for upgrades leading up to and the expedition itself;

<https://www.justgiving.com/Mick-Allen5>

<https://www.facebook.com/mickoneverest/?ref=hl>

Tuesday Evening Club Runs.



Pie Night at the Kirkstile.

At the Top of Melbreak

We're about half way through our winter torch light runs and there have perhaps been fewer moonlit starry nights than we would have liked. The wind and the rain in your face, barely able to stand at times, does though add a sense of adventure and it's good to share the moment with other like-minded people (fools?). We even had the chance to run in the snow last Tuesday, providing some good strength training. Tuesday nights are a good way of getting in some worthwhile training. The faster runners can do hill reps if they choose, while the slower runners do their best, but being with others does encourage you to push that little bit harder than when you are on your own. There are too the occasional socials to look forward to after – the pie and chips at



the Kirkstile last week, mulled wine and mince pies just before Christmas, or sometimes just a well-earned drink. So, as part of your new year resolution to do more training, and it's not too late yet, why don't you come out and join us – check the website for the week's venue.

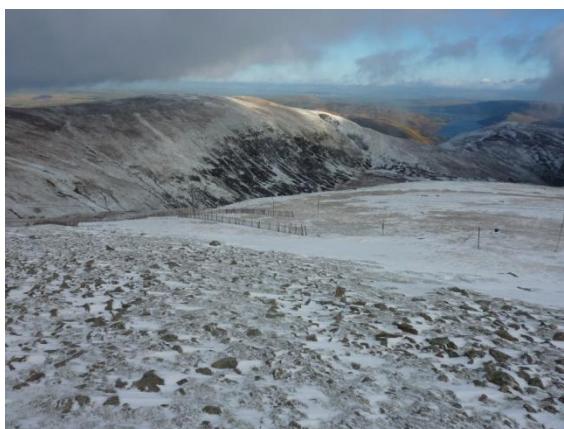
Ann Cummings.

PHOTO QUIZ- Thanks to Jim Fairey.

1. Which mountain is this?



2. Which Lake District Ridge is this?



3. Which Lake District lake is this?

Quiz –WHAT'S THAT PLACE--- Thanks to Stephen Sharp

All the answers to the clues below are the names of towns and cities in the UK

1. Feed a furnace.
2. People's weight.
3. Inter.
4. Delicious duck.
5. Ernie's comic partner.
6. Salts or Downs.
7. Dark puddle.
8. Monk's car.
9. Dr. Foster's destination.
10. Fruity cake.

Answers to both quizzes on the last page.

MEMBERS OUT AND ABOUT



Dedicated runner Anita Barker kept running London Style!!

Steve Watson at 75yrs completed his 100th Park Run at the weekend.

Still going strong.

Photo taken at World Masters in Austria.



Pagan's Breakfast after a double run of **Coledale Horseshoe**. (Another of Paul Johnson's ideas)

The Pagan's Breakfast was Saturday 19th December and the following people went:

Pagan's Breakfast Round 1 - 5.15am start: Paul Johnson, Mario Yeomans, Phil Archer (and Les Barker and Nev came for a 5.15am start and did his own thing).

Pagan's Breakfast Round 2 - 7.30am start: Paul Johnson, Mario Yeomans, Mike Harrison (and Les Barker and Nev went to Whinlatter)



New member Catherine Keevil ran the Askham Trail race 10 Miles of gorgeous snow.(+new recruit?)



Les Barker is training hard for an 'Endomorph BG attempt'. See on facebook his training schedule to join and support his training.



I ran the Tongariro Crossing in New Zealand. Amazing volcanic scenery very different from own loved boggy fells!Dot

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

WHO's WHO?

By request, to help us recognise club members there will be a gallery of members each newsletter.
Starting with the Committee...

Chair Person –Nick Moore



Junior Team Manager –Neil Atkinson



Jennie Chatterley- Secretary



**Membership Secretary and
Website Administrator –Paul Jennings**



Newsletter Editor –Dot Patton



Treasurer –Kate Beaty and husband Andy.



**Winter League & press -
Jane Mottram**



Statistician –Andy Bradley



Press Officer- Paul Johnson



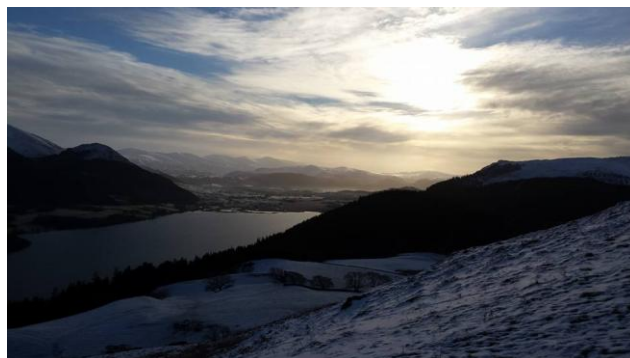
Members Photo Gallery



Skiddaw from Longside Edge -Jane Mottram

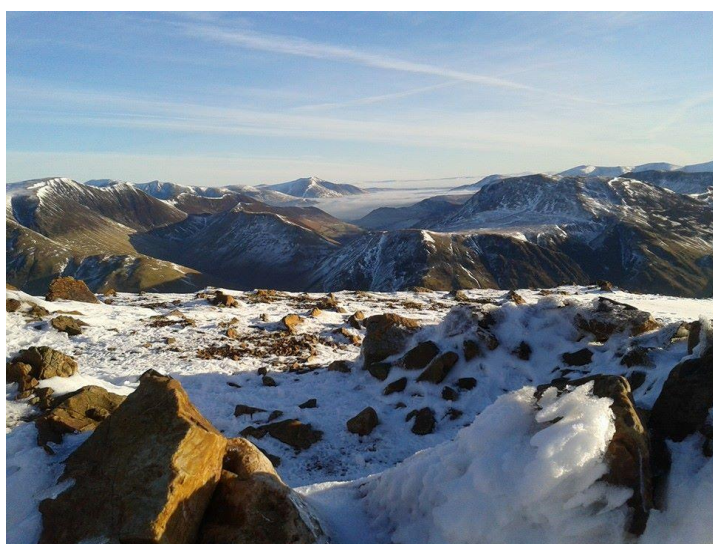


A run in the Whinlatter woods- Tom Chatterley

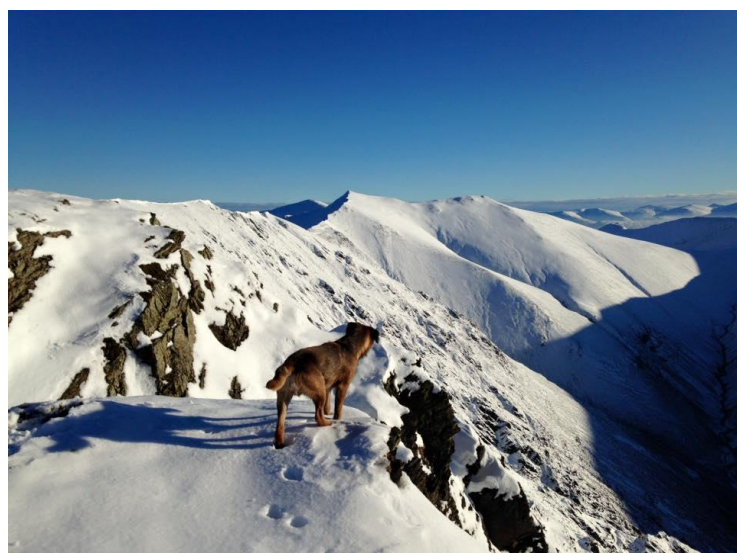


Early morning Bassenthwaite from Sale Fell, - Nick Moore

Sale Fell summit 16/01/16 3 very intelligent dogs- Dot Patton



Summit of Somewhere –Paul Johnson



Max surveys Whiteless Ridge –Jennie Chatterley

And if you want to see some action video clips visit CFR facebook page to see those taken by **Les Barker**.
Thanks Les.

BLAKE FELL REPORT

99 runners signed on at Lamplugh Green for the 2016 running of the Blake's Heaven Fell Race, which is traditionally the first race of the year in West Cumbria. Normally a local's race, interestingly, this year the race attracted a lot more runners from further afield. The weather was poor with a wetting drizzle and cloud on the top of Blake Fell. Recent snow melt and heavy rain made for very wet and boggy conditions both on the tops and fell flanks.

Sam Tosh from Rossendale Harriers took an early lead controlling of the race from the front and gradually pulling away from the local fast men. However, he took a poor line off the top of Owsen Fell, the final top on the route, and whilst this didn't affect the overall results, it lost him some valuable seconds, as he finished in great style just 43 seconds off the course record. Rhys Findlay-Robinson (Dark Peak) and Carl Bell (Keswick AC) came home in second and third places, respectively. The women's race was dominated by Hannah Horsburgh from Keswick AC who came home in a very creditable 8th place. Second was Katy Moore, also from Keswick AC, and third place went to Sally Fawcett (Dark Peak).

Rob Stein was the first runner home from the host club CFR (Cumberland Fell Runners) in 12th place, and Claire Russell came home first of the CFR ladies in 43rd place. The other local club, Ellenborough, again dominated amongst the high finishers, with 5 runners coming home in the top 20.

In the MU23 category, Tommy Buckle, aged 18, running for Leeds Bradford Triathlon, was the first home in 19th place followed in 25th place by CFR's Matt Procter with Tom Partington (U/A) in 70th place. Tom Chatterley.



Dave Morgan –still going strong

Blake's Heaven Fell Race

23rd January 2016

Results

Position	Name	Club	Category	Time
Top 10				
1	Sam Tosh	Rossendale Harriers	MSEN	32.17
2	Rhys Findlay-Robinson	Dark Peak	MSEN	32.56
3	Carl Bell	Keswick AC	MSEN	33.37
4	Will Veitch	Borrowdale	MSEN	35.04
5	Phil Winskill	Keswick AC	MSEN	35.15
6	Calum Tinnion	Ellenborough	MSEN	35.46
7	Paul Neild	Bowland AC	M40	37.01
8	Hannah Horsburgh	Keswick AC	WSEN	37.05
9	Scott Keough	Ellenborough	M40	37.38
10	Chris Lister	Ellenborough	MSEN	37.47
Ladies Top 10 (Race Position)				
1 (8)	Hannah Horsburgh	Keswick AC	WSEN	37.05
2 (21)	Katy Moore	Keswick AC	WSEN	40.54
3 (31)	Sally Fawcett	Dark Peak	WSEN	42.45
4 (35)	Lucy Stobbart	Cumberland AC	WSEN	43.38
5 (37)	Heather Catherine Marshall	U/A	WSEN	44.10
6 (41)	Sophie Noon	Derwent AC	WSEN	44.38

7 (43)	Claire Russell	CFR	W40	45.01
8 (51)	Natalie Hawkrigg	Northern Fells	W40	46.47
9 (53)	Esther Sands	U/A	WSEN	47.20
10 (56)	Rachel Findlay-Robinson	Keswick AC	WSEN	47.56
Male Veterans by Age Category				
7	Paul Neild	Bowland AC	M40	37.01
15	Adam Jackson	Keswick AC	M45	39.47
27	Pez Bullen	Keswick AC	M50	42.27
28	Andy Beaty	CFR	M55	41.00
32	Jackie Winn	Ellenborough	M60	42.58
85	Phil Cotterill	U/A	M65	55.00
97	David Morgan	CFR	M70	66.25
Ladies Veterans by Age Category				
43	Claire Russell	CFR	W40	45.01
71	Tracy Park	CFR	W45	50.44
61	Jackie Casey	Black Combe	W55	48.34
98	Jane Mottram	CFR	W60	66.25
Youngest Runners				
19	Tommy Buckle	Leeds Bradford Triathlon	MU23 (18)	40.21
25	Matt Procter	CFR	MU23 (16)	42.21
70	Tom Partington	U/A	MU23	48.45

Running With Sam Ayres.



Want to improve your running? Join us:

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

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

Sam Ayers: sam.ayers@tiscali.co.uk 01900 825 974

Quite a few CFR members go to these classes and they certainly help you improve your running!

The running classes deliver the dreaded speed work we all need to get faster and Sam and Rachael certainly push you to your limit , yelling encouragement and instructions all the time. You always finish feeling absolutely 'done in'!

**The all important technique coaching is informative and helpful.
The warm up activities and cool down stretching really valuable.
Why not give them a go?**

Photo Quiz Answers

1. Ben Nevis
2. Sharp Edge
3. Ullswater

Quiz Answers

1. Stoke.
2. Folkstone
3. Bury
4. Aylesbury
5. Morecambe
6. Epsom
7. Blackpool
8. Abbotsford
9. Gloucester
10. Dundee

Next newsletter :Spring issue
due out the end of May .Please
send contributions , articles ,
news, photos etc to me by May
20th dotpatton123@hotmail.com