



## MICK ALLEN CFR MEMBER SUMMITS EVEREST! 22/05/16

A fantastic achievement from Mick . Congratulations from all our members! You can read his story on facebook and help Mick raise money for CFM Radio's Cash for Kids on <https://www.justgiving.com/Mick-Allen5>. *More in the next Newsletter.*



# CUMBERLAND FELL RUNNERS NEWSLETTER- SPRING 2016



Many members are telling us their stories and news, adding information, photographs and knowledge about our club so a big thank you again to all contributors. Keep them coming.

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Mick Allen

### Welcome to new senior members:

Phillip Jennings, Malcolm Sloan,  
Tim Irlam & John Revill

Note: if you are thinking of printing this newsletter select your pages or it will use all your colour ink!!

## Remaining Championship Races are-

TEBAY-(med) Wed 29<sup>th</sup> June

LOWESWATER SHOW (short) Sun 4<sup>th</sup> Sept.

LINGMEL (short) Saturday 23<sup>rd</sup> July

THE THREE SHIRES(long) Sat 17 Sept.

STEEL FELL (short) Wed 1<sup>st</sup> August

**Championship Results are on the website** <http://c-f-r.org.uk/content/main-championship-results> **and category results** <http://c-f-r.org.uk/content/2016-category-results>

**DONT FORGET** – Darren Holloway / Buttermere Horseshoe- Sat 25<sup>th</sup> June .

Included in the 'Lakeland classics' this year. Our club organise this race and we may have 100 competitors.. **Paul still needs marshalls CAN YOU HELP?** Contact Paul Jennings at [jenning.carrhouse@btinternet.com](mailto:jenning.carrhouse@btinternet.com).

## DIARY DATES

**World Mountain Running Masters in Susa Italy-August 27/28** <http://www.stellinarace.it/en>

A few members have already entered and booked flights-why not join us and run for GB!

**Presentation evening Saturday November 26<sup>th</sup> venue TBA Sale fell race same day 11am.**

**CFR club 30<sup>th</sup> Anniversary celebration** including invitations to former members.-watch this space for details and please pass on any former members names you think might like to be invited to the committee.

**Club Committee—next meeting 12<sup>th</sup> July 8pm Swan Inn, Cockermouth.**

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

**Membership Secretary:** Paul Jennings      **Press officer:** Paul Johnson      **Junior Team Manager:** Neil Atkinson

**Statistician:** Andy Bradley      **Newsletter Editor:** Dot Patton      **Winter League/ Press:** Jane Mottram

**Website administrator:** Paul Jennings [www.c-f-r.org.uk](http://www.c-f-r.org.uk)

**Discussed at the last meeting-** Socials, CFR hoodies & T shirts, Membership & points, Club flag, race Kit, Website photo gallery & communication.

## THE WINTER LEAGUE

**This winter's winners were Sandra Mason and Bobby Hagan.**

The winter league remains popular with all runners the idea behind it, was to add a bit of interest through the long winter months and I feel it still does that ,with 49 runners competing in the league this year, 10 of whom did 3 races!

This year I propose to keep the same format starting with Sale Fell in November ,Pica road race, Crag Fell The Christmas Pudding race in December, Crummock Round and Jarretts Jaunt

Best three to count.

*Sandra Mason receives her trophy from Jane*



Because the park runs are now popular with lots of runners, it was suggested you may like to send us your best Park Run time to include in the league this year

Results of the winners have always been a challenge and I don't think I have ever got it right first time!!

So I propose we don't present the trophies until our mathematician has verified the points scored and ultimate results

We might then need a small "Do" to present prizes! What are your thoughts?

As always if you have any suggestions for new races or some different ideas I would love to hear from you.

Jane Mottram.



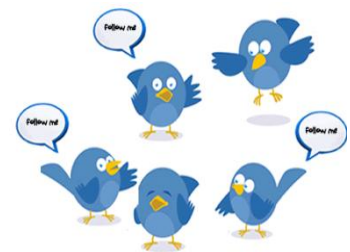
## **Cumberland Fell Runners are on Twitter!!**

March was the month when we, Cumberland Fell Runners, launched our official club Twitter presence, @cumberland\_fr, to complement our existing website, forum and Facebook pages.

Twitter is a free social networking microblogging service that allows users to broadcast short posts called "tweets". Twitter by default is public, unlike Facebook or LinkedIn, which require members to approve social connections, anyone can follow anyone on Twitter. This can make it really easy and efficient to publicise the club and its activities once it has developed a following. Tweets are limited to 140 characters, but can include photos, videos and links to our other social media accounts. This makes them really useful for sharing race results (or links to race results), reminders on events and races coming up, news from other Fell Running Clubs and other Fell Runners.

At time of writing this we have over 100 followers, including clubs like Helm Hill, Keswick AC, Derwent AC and Ellenborough AC and Fell Runners such as Ben Mounsey (who has over 1200 followers) and Ricky Lightfoot (who has over 4900 followers).

So why not join in? Go on twitter and sign up and make sure you follow @cumberland\_fr.  
Ryan Crellin (@ryan\_crellin)



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We try to be a very sociable and communicative club so there are several ways to receive news and information. Have a look at them all.

**Website:** All club events (club runs, club races, championship races and some others of note), news, championship tables, results, general information (committee members, application form) and forum (most discussion is on the closed Facebook page)

**Open Club Facebook page:** Main news items (may also appear on Website)

**Closed Facebook group:** General discussion, members photos, informal club events

**Closed Junior Facebook group:** Equivalent page for juniors

**Twitter:** Short items of news from the club and wider Fellrunning community. With signposts to news, information, results and up & coming races

**Strava :** Cfr group.-training timings, challenges and other data to compare with others.

**Newsletter:** reports & articles of interest, sent electronically (or by post).

## The Relays October 2016



The club will apply for two entries for the Ian Hodgson Relays, on Sunday October the 2<sup>nd</sup>. For those who have not come across this day out, the website gives plenty of information - <http://hbmr.org.uk/>. Which can be broadly summarised as follows; four leg relay starting and finishing at Patterdale, to be run in pairs. The leg lengths vary with winning times from 35 to 70 minutes. Transport around the valley is a challenge, but we have a system. The event base has a food tent and a beer tent. We have nominally entered a Mixed team and an Open Team. This means we need 16 people to run. Please let me know if you are interested. If we can get teams sorted a bit earlier than normal, perhaps we could even go and look at the legs. This is one of the highlights of the year for many fell runners.

Last year's British relays was also a tremendous day out. Buoyed up by our Medal winning successes and determined to undo a slight mishap from the year before we are looking to go to them again. They are out of the county, but passports are not required. This year Westerlands are organising, based somewhere near Loch Lomond. The date is Saturday the 15<sup>th</sup> October. Teams of six for this one with two individual legs, one longer pairs leg and a pairs navigation leg. Loch Lomond is less than three hours away. Last year we were only allowed two teams. Details have yet to be published. Full details are still to be published.

If you are interested in taking part then please put your name forward and I will try to accommodate as many people as I can. Contact me at [andyandmel@btinternet.com](mailto:andyandmel@btinternet.com) or on the new website which will have a forum post for both of the relay races.

Remember it is traditional to commit to these races and then in the week before become ill, injured, go to a wedding that you didn't know about and we love changing the teams at the last minute.

Andrew Bradley

## JUNIORS

### CFR Juniors – Perspiration and Inspiration

We have some great senior runners in CFR but the youngsters embody the future. Irvine Block and Sean Rush were in charge when I joined CFR and Bob Riley in his tenure started the regular training sessions that are still going strong. I've been lucky enough to join a Saturday session to see behind the scenes.

**Where** – Nannycatch Gate, 10:30 am Saturdays.



**Who** – Coaches and helpers: Neil Atkinson, Brian Thompson, Mike Simpson, Colin Rhodes, Mark Newby, Andy Wrigley, Fiona Graham, Steve Brannon, Clare Russell and Sarah Rhodes. Supportive parents and the all important junior athletes – ages from 5 to under 17's.

**Cost** – £1 per youngster per session, but families pay no more than £2 for any number of siblings.

**How many?** – An impressive 25 young athletes out.

**How** – On the 7<sup>th</sup> May training was on Flat Fell. A warm up of high knees, side to sides, kick your bum, karaoke, strides and sprints. A marked route on the fell for interval loops of ranging distances.

Zig-zags downhill – this with a speed and agility that is amazing followed by sprinting steeply uphill – equally impressive (and repeat!).

Relay teams of up and down hill including quick thinking using different distances.

**Vibe** – A supportive, friendly training environment in a beautiful place with an abundance of effort and talent on show. Expert advice from top quality coaches. It also looked really good fun!

**Where will it lead?** – An enjoyable future in fell running. Joseph Dugdale was 4<sup>th</sup> and Harry Greenbank 10<sup>th</sup> in the English Championships last year but fell running is about enjoyment at all levels. The sport is a challenging one and to compete and complete races is a real achievement in itself. It is also a sport where application and enjoyment can bring unexpected rewards if you just stick at it.

The CFR Juniors, coaches and parents are a hugely impressive section of the club. Well done, keep going and thank you for letting us join you on a Saturday morning – and be mightily impressed!

Lindsay & Jim @ Denton Hill



## **JUNIOR CHAMPIONSHIP REPORTS**

### **Hawswick English Junior Championship Race, Yorkshire, 7/5/16**

Hawswick, in the Yorkshire Dales, was the venue for the second race in the 2016 English Junior Fell Running Championship and 7 CFR Juniors travelled over to compete.

In the U16 race Joseph Dugdale from St Bees had another excellent run to come in 2<sup>nd</sup>. He is currently tied for first place in the championship with Joe Hudson of Keighley and Craven, both having 96 points. Harry Greenbank finished 10<sup>th</sup> on the day and stands 9<sup>th</sup> overall with 78 points.

In the girls U14 race Mia Easthope ran fantastically well to finish 4<sup>th</sup>, missing out on 3<sup>rd</sup> by one second and just behind Briona Holt of Clayton le Moors - last year's champion. Mia currently stands in 4<sup>th</sup> place on 91 points.

The U12 girls race saw Emily Swarbrick come in 6<sup>th</sup> (and 5<sup>th</sup> overall in the championship on 88 points) and Ishbelle Greenbank 12<sup>th</sup> on the day (and 13<sup>th</sup> in the championship on 65 points).

In the U10 girls race Olivia Swarbrick was 7<sup>th</sup> and in the boys race Ben Wrigley was 13<sup>th</sup>, both youngsters having impressive races.

Brian Thompson

#### English Junior Championship Race: Todd Crag, Ambleside 16/4/16

14 CFR Juniors travelled over to Ambleside for the first race in this year's English Junior Championship.

Joseph Dugdale led on the climb in the U16 boy's race but couldn't quite hold onto it around the tarn on the tops. He rallied well to keep in touching distance of the lead for a credible 2<sup>nd</sup> place. His team mate, Harry Greenbank came in close behind in 12<sup>th</sup> place.

In the U14 girls race Mia Easthope ran well to come in 5<sup>th</sup>, despite being held up at some stiles by boys from the earlier race. In the boys U14 race Will Jones came in 25<sup>th</sup> and Harry Sidaway 40<sup>th</sup>.

In the U12 girls race Emily Swarbrick had another good run to finish 6<sup>th</sup> with Katie Russell 21st and Ishbelle Greenbank 23<sup>rd</sup>. George Sidaway finished a respectable 12<sup>th</sup> for the boys.

In the U10 girls race Faith Bowness and Olivia Swarbrick battled each other for most of the course with Faith finally pushing through to finish 9<sup>th</sup> with Olivia hot on her heels in 11<sup>th</sup> place. Jessica Autie had a good run for the girls coming in 26<sup>th</sup>.

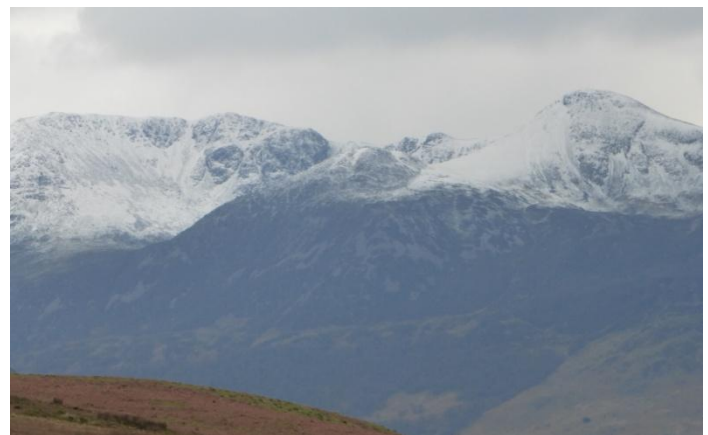
In the boys U8 race, the ever improving Ben Wrigley finished 4<sup>th</sup> and Nathan Kemp, in his first year on the fells, came in close behind in 10<sup>th</sup> position.

Brian Thompson

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



1. Name this well known lakeland ridge (edge)



2. Name these 2 summits on a well known CFR race

#### **Quiz –Thanks to Stephen Sharp**

##### **WHAT'S THAT PLACE**

1. Money
2. Ironed a can?
3. Joan's better half?
4. Water holes.
5. Scarlet automobile.
6. Royal Bird's Ocean.
7. Pit top
8. Not an old fort. ?
9. Send people here.
10. Milk givers



3 . Name this sandstone tower

## FEATURE RACE TEBAY

### THE STORY SO FAR

Tebay fell race started in early eighties it was the idea of MR IAN GRANT who lived in the village he planned and walked the route, it was run by the recreation ground committee for the first few years, Then in 1987 Tebay club offered a free drink on return and also purchased a trophy for the winner, In the first year there were about 30 runners now you can expect to see up to a 100 runners. We then joined the F,R,A we also had a championship race in 2009 and hope to have a championship race in 2017 which will be the 30th anniversary of it being run from Tebay club. The fell race has now become one of the Howgill five. Local people help with marshalling, check-points, registration and time-checks. Before the presentation at Tebay club the runners can have a shower a refreshing beer and food is provided to purchase. Any money raised from the fell race is donated to local organisations like the mountain rescue etc

By GARY MURPHY (garymurphy2408@btinternet.com)

*Photos of Blease Fell and its summit cairn.*



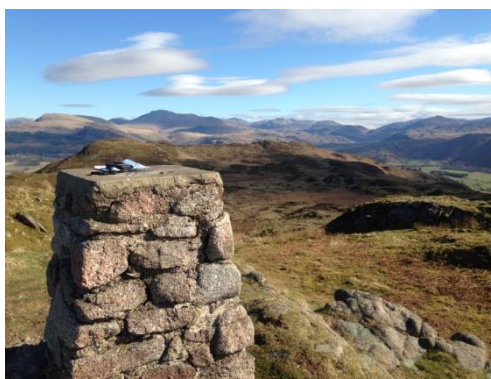
### RACE REPORT --**Muncaster Luck 2016 – BM, 16km, 620m**

This was the first running of the Muncaster Luck race since 2000, and gave many competitors their first experience running on the low fells south of the Esk. There were some changes to the historic race route, partly to minimise running on the busy A595, and also to avoid the thick gorse and brambles that have grown up below the Pepper Pot, but the intention was to remain as faithful to the original race as possible. Thankfully glorious weather made navigation relatively straightforward.

A number of finishers commented on their surprise at how much tougher the race was than the course profile would suggest, especially the bog before the Pepper Pot. I did try my best to flag the easiest route from Raven Crag to the finish, and hopefully as the race becomes re-established some favoured lines will develop.

Huge thanks must go to Muncaster Castle for their support, and in particular Ewan Frost-Pennington. Also, special thanks to all the marshals who assisted at checkpoints and the river and road crossings. Finally thanks to Walsh Sports and Hydrock for support with the prizes. See you all in 2017!

John Henegan.



### **The spirit of Phil Davidson lives on-Latterbarrow Loop Report.**

The Phil Davidson River-man and River-belle trophies were named after the brother-in-law of ex-CFR member Irving Block, after Phil died following a collision with a minibus whilst out walking. The trophies were provided to the Latterbarrow Race for the first male and female to the river – or so I thought. Re-reading an email Irving had sent to me about the trophies he said “Phil had a wicked sense of humour and how he would have loved the very idea of lads and lasses tearing down off Swarth Fell and thrashing across the river Calder to win trophies, in his memory!!” So the trophy should be won for the first to ‘thrash across it!’.

This was particularly relevant this year, as normally the River-man and River-belle trophies tend to be awarded to the same people that win the race overall. This year, the spirit of Phil Davidson took hold of Rob Morris and sent him flying down the hill to the river ahead of eventual winner Chris Steele, Rob then paid the price and (in his words) ‘died going uphill’ finishing in a still credible 7<sup>th</sup> place, but nearly 7 minutes behind Chris – however he gained the prize of the River-man trophy. The ladies was even closer with Jenn Mattinson getting to the river first, a fraction ahead of Hannah Bradley, however Jenn slipped allowing Hannah to cross first. This caused dissent at the prizing giving when Jenn (rightly it turns out) refused the trophy and insisted that Hannah was awarded it! Jenn when on to win the ladies race with Hannah just being pipped to second place by Jo Gillyon.

The race itself went without a hitch with good runs from Mike Robinson (1<sup>st</sup> V40), Andy Bradley (1<sup>st</sup> V50) and Nick Lancaster (1<sup>st</sup> V60) all placing in the top 10, despite a good turnout from the under 40s (over a third of the entrants). For the ladies, Tracy Park (1<sup>st</sup> LV40) and Mel Bradley (1<sup>st</sup> LV50) also raced well but need to keep on training to keep the youngsters at bay, like Bramble Park who took the opportunity to clear her head of exam pressures and had a great run as the only U18 to compete this year.

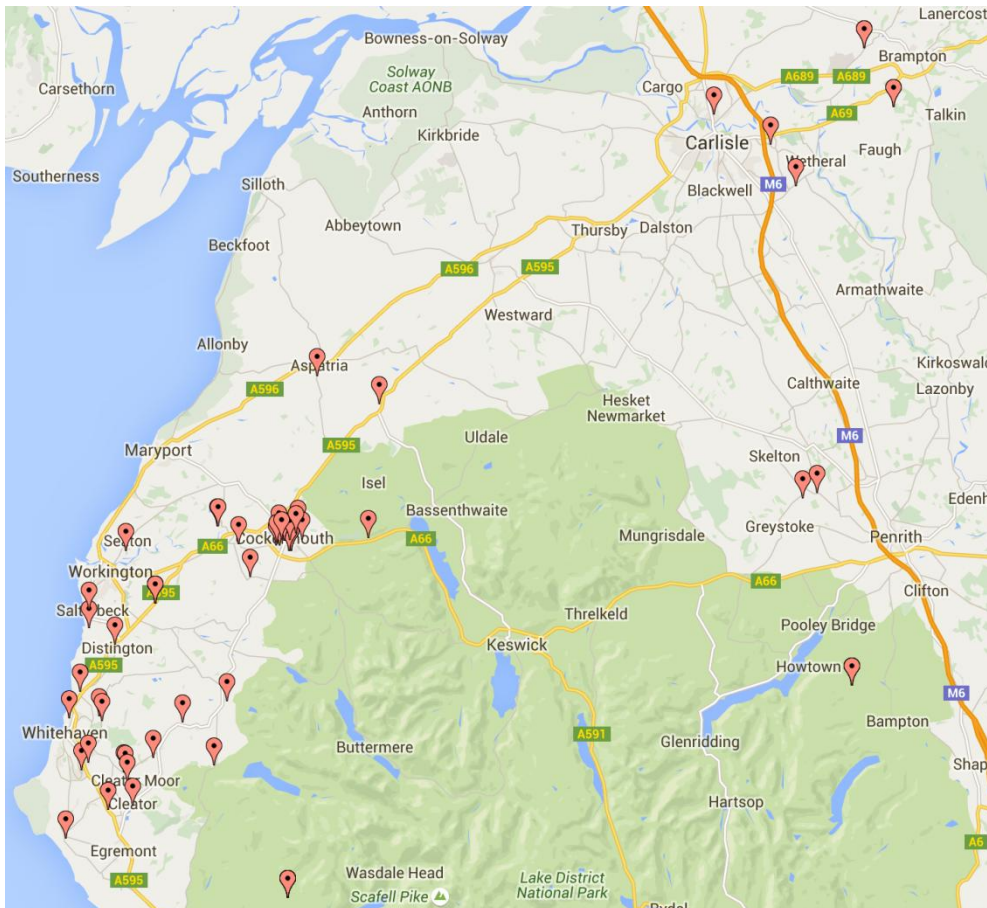
As always, a big thanks to the marshals and helpers without whom the race can’t go ahead – Mario, Sandra, Paul, Phil, Les, Tom, Jennie, Anna, Ann, Col, Jenny and Philip.



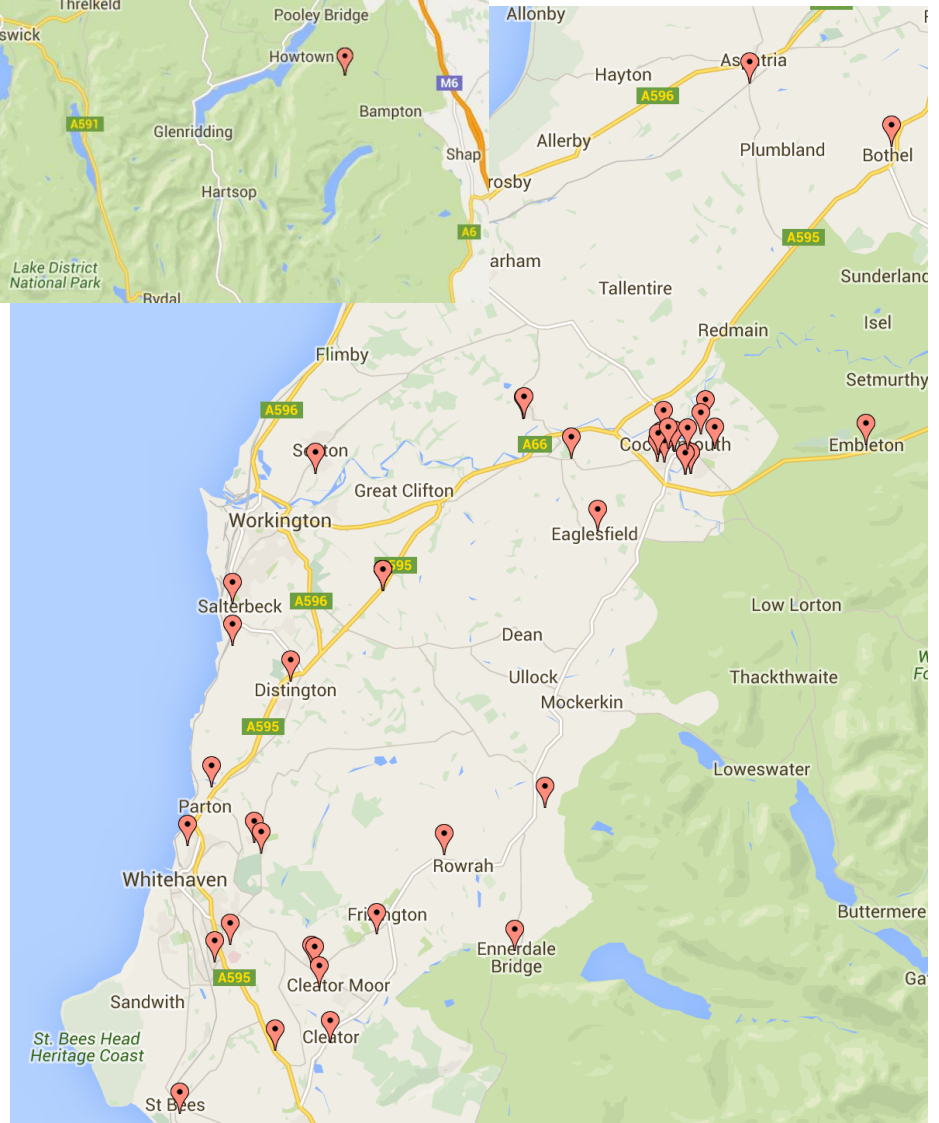
Hannah Bradley receiving the River-belle Trophy

## Where do our members Live?

CFR members travel all over the Cumbria to race and train so I thought it might be interesting to see where our members live. I asked Mario (computer genius) if he could help to illustrate this. He devised the following maps. It shows we have quite a following from Carlisle in the north to St Bees in the south. Also there are a few members who live off the map. The sub-committee who chose the championship races and club runs always bear this in mind, ensuring a wide spread of races throughout the county. It also proves we are a pretty keen lot willing to travel quite far to run. Well done everyone.




Thank You Mario



By request a new section- Members Profiles -so we can get to know about each other.

## Cumberland Fell Runner's Profile

<p style="text-align: center;"><b>Lindsay Buck</b></p> <p><small>*Thanks to Steve Wilson for the great pictures from Middle Fell 2016</small></p>	
<p>How long have you been a member of CFR?</p>	<p>I joined soon after my first fell race in 1997.</p>
<p>Can you tell us about your family and work?</p>	<p>I have two brothers and one sister – all are very sporty (running and football). Hugely supportive parents over the years. Jobs include horses (15 years), nanny, Sellafield for 11 years now retired and very happy.</p>
<p>What was your first fell race and how was it?</p>	<p>The Long Kinniside – 9 miles and 3000ft. part of Cleator Moore sports. Very hot day, road shoes, no kit requirement in those days – a brilliant experience.</p>
<p>Where do you train? What is your favourite training route and why?</p>	<p>The Wasdale Valley – bike up, Scafell Pike and back home (Bike &amp; Pike). The front of Kirk Fell. Whin Rigg and Seatallen to walk to in winter from home in Gosforth. Glorious scenery and plenty of climb.</p>
<p>Which is your favourite Fell race and why?</p>	<p>Kirk Fell – local show race in October. Very steep and on my favourite fell.</p>
<p>Proudest running moment?</p>	<p>Every time I've finished a race! The World Masters and stair runs have done me well. Last year's BOFRA LV50 championship.</p>
<p>Most embarrassing running moment?</p>	<p>Getting lost on Blackcombe – the up and back race from Bootle show and having to run back on the road from Silecroft - ouch.</p>
<p>Any ambitions?</p>	<p>To stay sound and keep running and racing, encourage everyone else to do the same.</p>
<p>Fell Running Hero's / Heroines ?</p>	<p>Joss, the juniors, anyone who gives it a go. All the race organisers/marshals/helpers. Jim for all the support and help over many years.</p>
<p>What motivates you most?</p>	<p>Being outside on the fells, the sociable side of racing and being part of a traditional rural sport.</p>
<p>What else do you like to do when not running?</p>	<p>Cycling, lots of walking, foreign travel and art galleries.</p>
<p>Favourite book, film?</p>	<p>Endless books, films not so much. (Out of the books – biographies, history, art, allsorts).</p>



## HELP SECTION

### Running advice from Sam Ayres.

## INJURY PREVENTION

Of course prevention is always better than cure. **Jo Gillyon** has worked as a sports massage therapist in Keswick for four years now and is often asked by people what they can do themselves to keep injury at bay or to manage niggles. **Sam Ayres** works as a running and fitness coach. The information below is a brief introduction to the key ideas involved with injury prevention.

## Stretching....

For most of you stretching should and will be part of your running routine. At the end of a run finish by at least stretching off the main leg muscles. As with all stretches, there are many different ways of doing them. Those shown are just one version. Ideally do stretches as soon as you've finished your run. They can then be repeated at home if needed. At home, do seated and lying versions of the same stretches.



1. **Calves** (x2 – bent and straight calf stretches).  
Dipping the heel off a step / kerb gives a really deep stretch.
  - a. Photo on the left, shows the bent legged calf stretch for the soleus muscle. The leg **nearest** the camera is being stretched.
  - b. Photo on the right shows the straight legged stretch for the gastrocnemius muscle. The leg **furthest** from the camera is being stretched



2. **Hamstrings** (back of thigh, photo on left). Make sure your knee is soft (slight bend) and rest your foot on something at a comfortable height for you. The further you lean from the waist (chest up and back straight), the deeper the stretch.

The exact location of this stretch can be manipulated by any of the following:

- Bending or straightening the knee more/less
- Internally or externally rotating the leg



3. **Quads** (front of thigh, photo on right). Rest your foot directly behind on something at a comfortable height. The more flexible you are the closer to your bum you will be able to get your foot. Think about staying tall and ease your hips forward as you draw your foot closer to your bum.

4. **Glutes** (outer hip). Cross one leg over the other and lean forward at the waist, keeping your back straight and chest up (don't slump!). The leg nearest the camera is being stretched.

Hold each stretch for approximately 20-30 seconds on each muscle, so we are talking less than 5 minutes. Everyone should be able to do this.

- If you feel particularly tight in one muscle group, go back to that stretch repeated throughout the next few days.
- We've only included a few stretches – others that you might want to do are adductors (between the legs/groin area), front of foot/shin, chest (to help open out the chest and allow for a more effective arm drive)...



## What else....?

For all sorts of reasons muscles can need a little extra help sometimes. And there are certain things you can do to try and iron out niggles before they turn into something more chronic.

So what can you do to help?

### Cross-Train...

A strong muscular system is the best way to support your joints, so well done, as a runner you will be building this. Try and cross train, do another activity such as cycling, swimming, an exercise class....anything really. This will help build strength everywhere and it will make you a stronger runner.

### Build your core...

Think of your core as your foundations. A strong core will support everything else more effectively. Core-stability classes, pilates and yoga classes all focus on the core muscles. Sam Ayers of Bodyfit offers core classes. Contact her on 01900 825974 or see [www.bodyfitpersonaltraining.co.uk](http://www.bodyfitpersonaltraining.co.uk)

### Eliminate weaknesses....

If you have a “weakness”, for example have an old traumatic injury (break or rupture) or a weaker side, do additional strength work on the weak side. The more “even” you are the more the stresses of not just running, but everyday life will be equally distributed and less likely to overstress the same weakness until injury prevails.

### Self help with self release or rolling

Use balls! Use a hard ball such as hockey or cricket ball for hamstrings and quads. Tennis balls for calves and lower backs, between shoulders. Roll your feet on a ball; keep the underside of the foot nice and soft and flexible. Feet are often neglected and they are put through an enormous amount of stress every day. To access the muscles they need to be soft, so get in a position where the muscle is fully relaxed.

If lying on your back make sure you bend your knees. A general rule of thumb is you are aiming for the “squashy” part of the muscle. Stay away from tendons and bone. Tendons connect muscles to bone and can be found at the end or edge of the muscle. Tendon tissue is thick and fibrous, good examples which are easy to palpate are the Achilles (back of the heel, connects calves to heel bone) and hamstrings (behind each side of the knee).

**Self-massage** is a great way to get into calves (which can be tricky to get into with a ball). Sit with your leg bent and ankle resting on the opposite knee then use your thumbs to get into the muscle and work on areas that feel tight.

If you have an acute injury, i.e. something that has just occurred, it's worth seeking advice from a sports massage therapist or physiotherapist for immediate advice. Don't just 'run through it'. This is rarely the right thing to do!

### Recovery....

Yes, this means rest! Our body needs recovery time to build strength from training. Never increase more than 10% a week (intensity or distance) and don't be afraid to have a day off if you feel you need it. This 10% rule is quite arbitrary but is a good rule of thumb, particularly if you're relatively new to training. If training regularly, aim to have an easier week every 4<sup>th</sup> or 5<sup>th</sup> week. Cut down your mileage **and** intensity by about 50%.

### Diet...

A balanced diet with plenty of protein. The body doesn't store protein and your muscles need it to repair and build strength! Diet is a huge subject but suffice it to say that if you're not eating healthily, your body won't be able to perform well and you're more likely to become ill and/or injured.

And remember to stay hydrated. How do you know? When urinating, your urine should be a light straw colour and not smelly. If it's darker – keep sipping water regularly until you're fully hydrated. After a long hard race, this could take 24 hours or more.

### Jo Gillyon (IPTI)

Advanced Sports Massage, Barclays Bank Chambers, Keswick, 07946 438541 [jogillyon3@gmail.com](mailto:jogillyon3@gmail.com)

**Sam Ayers**, 01900 825974, [www.bodyfitpersonaltraining.co.uk](http://www.bodyfitpersonaltraining.co.uk)

### ***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](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



## **Thank You**

Thanks to CFR for the article in the Newsletter. As it says, I was one of the original members when the club started back in 1986. Over the next 25 years I remained on the committee as well as competing regularly for the club with quite a lot of success. Throughout those years I would organise trips to various races. These included 9 world masters 2 in Italy 2 in Austria, Poland, Croatia, Germany Switzerland and The Czech Republic and then trips to British & English Championship Races and some that club members showed interest in. These included 6 times to Northern Ireland 3 trips to the Isle of Arran, 1 to Jura for the 3 Paps race, 1 to Fort William for the Ben Nevis and 1 to Lock Lomand for the Ben Lomand and then many more low key races and relay events. I count myself extremely lucky that we had a lot of success as a club in most of these races. But for me it wasn't just the racing success I enjoyed but the trips to all these fantastic places with lots of like minded fantastic friendly people. These trips were like family holidays with a great deal of enjoyment. So I have been to many top places but more importantly made many top friends. CFR made this possible. So although there was a great deal of work organising these events there was a massive amount of pleasure CFR has been a big part of my life over the years so this life membership means a great deal. So many thanks again to CFR for nominating me.

Harry Jarrett

### A THANK YOU

As many of you will know, in June 2015 I was diagnosed with cancer, and had to swap fell running for all sorts of new experiences, some less pleasant than others. I would like to take this opportunity to thank the CFR members who were so supportive with cards, cakes, flowers, offers of help and general good wishes. In particular: Lindsay and Jim; and Jennie and the CFR ladies (and honorary ladies) who

made the effort to meet me in coffee shops from time to time. I hope to see you all on the fells again soon.

Ana Blackburn.

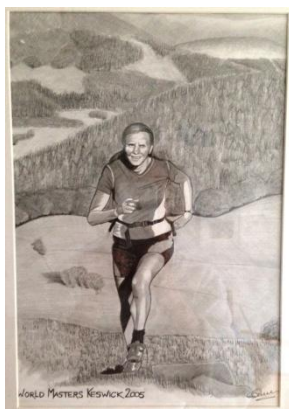
Recently at The Coledale Horseshoe Race CFR ladies had their Photo taken with **Mira Rai** of team Salomon. Mira came from village family in Nepal, became a Maoist soldier and invited onto the Salomon Team . She now campaigns for Nepalese women.



**LINKS TO SOME WEBSITES WITH MORE INFORMATION ABOUT MIRA.**

[www.miraraiilm.com](http://www.miraraiilm.com)

<http://trailrunningnepal.org/nepali-runners/mira-anurag-rai/>



### **GIFT IDEAS**

If you are looking for a present for someone John McNamee draws fantastic portraits . This is drawn from a photo.

Check out his facebook page

<https://www.facebook.com/Premier-Portraits-by-John-McNamee>

**Or maybe a framed photograph.?**

**There are some fantastic photographs by Stephen Wilson on his website**

<http://www.granddayoutphotography.co.uk/>

**Check them out.**

## LIFESTYLE SECTION !

A big thank you to Andy Beaty who has shared the secret of his running prowess!

# CARAMEL CAKE



### SERVES 8

175g butter, softened  
100g light muscovado sugar  
200g canned caramel  
1 x 9g sachet vanilla paste  
or 1 tsp vanilla extract  
2 large eggs  
175g plain flour  
100g ground almonds  
2 tsp baking powder  
½ tsp ground cinnamon  
pinch of ground cloves  
pinch of ground ginger  
chocolate curls, grated  
chocolate or glittery  
chocolate stars, to decorate

### Caramel Buttercream:

45g butter, softened  
100g canned caramel  
300g icing sugar  
pinch of cinnamon  
1–2 tbsp milk

- ✳ Preheat the oven to 200°C/fan 180°C/gas mark 6. Grease and line two 18cm round sandwich tins.
- ✳ Beat the butter, sugar and caramel using a wooden spoon or electric mixer until light and fluffy, then add the vanilla paste or extract. Add the eggs one at a time, beating well after each addition, and adding a tablespoon of the flour with the final egg to help prevent curdling.
- ✳ Add the rest of the flour, almonds, baking powder and spices and continue beating until thoroughly combined. Divide the mixture between the tins, spreading it evenly.
- ✳ Bake the sponges for 25–35 minutes or until a skewer inserted into each centre comes out clean and the tops are springy to the touch. Leave to cool in the tins for a few minutes then turn out on to a wire rack to cool completely.
- ✳ Meanwhile, make the buttercream. Beat the butter and caramel until creamy, then sift in the icing sugar and cinnamon and beat until smooth. Add the milk, a little at a time, until the mixture has a spreading consistency.
- ✳ To assemble the cake, spread a layer of buttercream over one of the cooled sponges, then top with the other sponge and cover the top of the cake with the remaining buttercream. Decorate with chocolate curls, grated chocolate, or Nelly's preference – glittery chocolate stars!

# MEMBERS OUT AND ABOUT



Paul Jennings celebrates his 50<sup>th</sup> Birthday with 50 at 50 Cumbrian style.



All home safe after a sunny Fairfield race.



What a turn out for the first fell race of the Championships- High Cup Nick.



The Bradley (Von Trap) family at Latterbarrow.  
Hannah won the River Belle too.



Angela Jackson wins Bronze at the British Orienteering Relays



Social Member Mike Patton gets Silver at World Masters Hockey champs.

Please let me know of any more member's news

# WHOS WHO GALLERY —Some of the Tuesday Night Runners



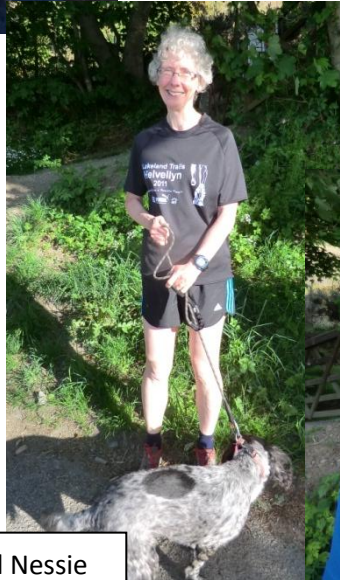
Peter Crompton, Ryan Crellin & Rob Stein.



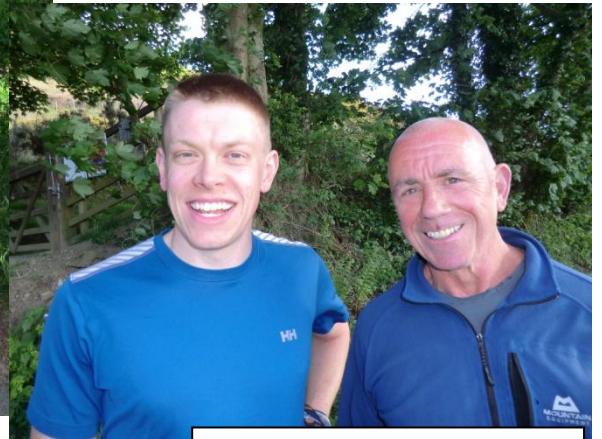
Steve Breeze



Tracy Park



Ann Cummings and Nessie



New members Tim Irlam and  
Malcolm Sloane.



Mel Bradley.



Lord's seat recce —by Anita Barker



Mike Harrison

CFR Club runs every **Tuesday Night**  
**at 6.30 .**

Find the venue on CFR website  
Gentle and high fells, all abilities  
catered for.

Everyone welcome

# MEMBERS PHOTO GALLERY



**Crummock Water –Tom Chatterley**



*Les's BG training seems to be going well!*

## **Photo Quiz Answers**

1. Swirral Edge, Helvellyn
2. High Stile and Red Pike
3. The Old Man of Hoy, Orkney

## **Quiz Answers**

- |               |               |
|---------------|---------------|
| 1. Dollar.    | 6. Swansea.   |
| 2. Prestatyn. | 7. Minehead.  |
| 3. Derby.     | 8. Newcastle. |
| 4. Wells.     | 9. Coventry.  |
| 5. Redcar.    | 10. Cowes     |



*Head stands on Dale Head!*



*Isobel Johnson reflects the freedom of fell running, whilst James trains with his frisby.  
One is never too young to start!*