



Panorama from Low Fell by Tom Chatterley.



CUMBERLAND FELL RUNNERS

NEWSLETTER- SUMMER 2016



What an amazing club we are! So many enthusiastic, talented and creative people achieving so much ! Read on to see what I mean – Enormous thanks to all our contributors and well done CFR.

DID YOU KNOW ?



Hannah Bradley (CFR) and J. Bednall (Buxton) at Castletown

*Club President Joss Naylor ran and cycled 30 miles from Caldbeck to Greendale for his 80th Birthday. He was joined by friends including some club runners-Fantastic achievement at 80 yrs old.

*Great pic of our [Hannah Bradley](#) in latest edition of Fellrunner! Well done to all the CFR runners vying for championship points this year, [Jo Dugdale](#), [Harry Greenbank](#), [Hannah Bradley](#), [Lindsay Buck](#). Go Team CFR! ([Col Rhodes](#) and [John Fletcher](#) also featured...)Anita Barker.



*CFR ladies achieve silver and bronze team medals for GB in World Masters Susa, Italy.(see article)

*Les Barker Completed his BG after superb preparation and execution.(see article)

*Paul Johnson ran Simon Booth's 'no cure always hope' ultra. It's 39 miles and 17, 000ft from the Swinside in Newlands .He raised money for MS,(see article)

*Paul Mason, Phil Archer and Graham Watson completed Borrowdale Fell race with good times.

*A good CFR contingent enjoyed bracing conditions sliding down Steel Fell

*In contrast John Fletcher was the solitary CFR vest at the Turner Landscape but enjoyed a misty run



*Duncan Potts and Mick Allen Completed the Lakeland 50.





* Jenny Jennings is aiming to complete 100k and raise £100 for Dementia Research. "My Mum had Dementia before she passed away last November. It slowly steals who you are away from yourself and your loved ones. Any research to understand, delay and prevent Dementia has got to be worth it, surely? Please help me reach my target :)

If you wish to support -" RUNNING-DOWN-DEMENTIA.EVERYDAYHERO.COM
Thanks, Jenny

*Ryan Crellin was 'fuelled on Fish and Chips' at the Killin Highland Games Hill Race.

*Andy and Hannah Bradley won their class in the Saunders this year. Steve and Ben Breeze also completed the course .

*John Perry completed the Lakesman Iron Man in just under 13 hrs- Tough stuff.



*Thanks to Peter and Heather Crompton who hosted a BBQ and a Curry night this Summer. Much appreciated and enjoyed.

* Lindsay Buck tops the podium in La Plagne the Alps in the La 6 Decouverte 2016. Strictly uphill !

* Lindsay in action again this time litter picking on Scafell.



Club runs every Tuesday 6.30.
See website www.c-f-r.org for venues.

All abilities welcome.

**CFR Hotties in action! July club run –Phew!!!*

*After club run grub at the Fish, Buttermere.

Apologies if I've missed anyone's achievement out .

You can find more news and information about our club on our website www.c-f-r.org.uk , Facebook –Cumberland Fell Runners (Junior and senior pages)



In this issue:

and Twitter.

Club Matters- remaining races, committee, minutes, 30 Anniversary etc
Juniors- Joe Dugale
World Masters Achievements
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Paul's 'no cure always hope ultra'.

Darren Holloway race report
CFR profiles
Race reports-Arnison Dash & Lingmell
Photo Quiz
Les's Bob Graham Success
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Remaining Championship Races are-Loweswater Show -Sunday 4th September
The Three Shires -Saturday 17th September

DONT FORGET –Show race Season- Ennerdale- Wed 31st Aug

Best 3 to count Loweswater -sun 4th September
Eskdale Show- Sat 24th September,
Buttermere Shepherds Meet- Sat 22nd October

Teams for IHMR and UK relays are being organised by Andy Bradley so please let him know if you would like to run.



Championship results can be found on club web site – www.c-f-r.org

Club Committee

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

Welcome to new senior member- Liz Waterhouse

Minutes from the last club meeting.

Next meeting September. Details will be on the web page. Always on a Tuesday after a run over Sale Fell. All members are welcome.

Presentation Night will be on Sat 26th November. Just waiting confirmation from the Shepherds Arms, Ennerdale. A similar format to last year.

We are looking at venues for the 30th anniversary of the club. This will be a sit down meal in a hotel, such as Hundith Hill or Workington Golf Club. The date will be sometime in January. If anyone knows of a good venue for 60-70 people, with reasonable prices, please let us know. We will also be inviting past club members to attend.

We are hoping to buy a new tent (which is easier to put up in a gale) for registration at races.

Jennie is ordering club T-shirts and basic hoodies for seniors. These are £9 a t-shirt and £20 for a hoody in blue with embroidered logo. A number of members have already put their order in. If you would like different kit, the company we are using is Artifax in Workington. They have our logo on their system and you can order anything from the catalogue (royal blue with white logo for our team colours). We hope to have a web link soon. Their basic products are not expensive but they do have a wide selection of technical wear if you prefer. I have just ordered basic cotton T-shirts and hoodies, though it seems to take a number of weeks to get the stock.

There has been a problem with new members buying club vests- taking months for an order from PB. Maybe the club should have a few in stock, or we have a more local supplier?

There has been some slippage with membership payments. This includes established members and new members, resulting in championship points being awarded to non-members. We do need to move with the times and have a web link to a paypal account or similar, as we recognise it is a hassle to pay subs at the moment. We need to make it easier for members to renew membership. Hopefully other club payments can soon be made like this.

For the 2017 club championship, points can only be awarded if members have actually joined the club, or renewed by the first race of the season. This will be made clear on the membership/renewal form. Hopefully this will give clarity to everyone.

If anyone would like to have a go at organising a fell race, Blake Fell is looking for a new RO. All paper work is in place, other members know what they are doing in support and are brilliant at it, so it's a good one to offer your name to...

Finally, please come along to members' meetings. They are not just for the committee, although they do ensure the club runs smoothly. We are eager for new ideas.

Jennie Chatterley -Club Secretary

Joe's 10th in the World



16 year old fell runner Joseph Dugdale from St Bees did himself and his country proud by finishing 10th in the International Mountain Running Youth Cup in the Czech Republic.

He was selected to run for England in the under 18 category after winning a tough selection race earlier in the year.

The International race was an uphill only event over a distance of 4.8k with an elevation gain of 580m. Joseph was competing against 75 other competitors from 16 countries. It was uphill all the way from the start over rough terrain in dusty hot conditions. The Turks and Italians dominated the first few positions with Joseph battling all race, strong consistent running kept him in the top ten until the finish, the result was even more impressive as he was at the bottom end of his age group.

Joe's had a great season of racing. He finished second by one point in the English championship, only missed the win due to missing the final race due to his prep for the International race. He's currently leading his own club championship with one race to run, he's also been getting personal best times all season on the track over both 1500m and 800m distance's. A massive talent and a future champion in the making.

Name	Joseph Dugdale
How long have you been a member of CFR?	8 years
How did you begin fell running?	Which category do you run in ? Under 18 boys (as of 2017 season)
What is your favourite training route and why?	Because my mum thought I was good at running and she found out there was a club near where we lived.
Which is your favourite Fell race and why?	I don't think I have a favourite route because I enjoy all of the routes that we do. Although I prefer the open fell rather than the forestry trails.
Proudest running moment?	Turner uphill in the FRA junior championship because it is all uphill, which plays to my strengths.
Most embarrassing running moment?	Winning the trial race to run for England in May at Sedbergh.
Any ambitions?	Not sure of an exact moment but probably all of the cross country races where my boxers where longer than my shorts.
Fell Running Heros / Heroines ?	Qualify to represent GB for the 2017 worlds.
What motivates you most?	Firstly: Brian Secondly: Josh Naylor
What else do you like to do when not running?	The fear of Harry Greenbank beating me.
Favourite book /film?	I live to run.
	In to the wild



Joe running up Knockmurton at Ennerdale Show. He was third man home .

Podium Success for CFR ladies in World Masters in Italy !

Last weekend Cumberland Fell Runners ladies secured podium positions for GB at The World Masters Mountain Running Championships in Susa, amongst the beautiful Alps of Northern Italy.

Dot Patton and Jane Mottram won Silver medals for the GB team in the lady veteran 60+ category.

Finishing with times of 1hr 11 mins and 1hr 16 mins respectively, the GB team was completed by Ann-Marie Jones from Manchester and with her time of 54 mins the team was narrowly pipped to Gold by the host nation Italy.



Lindsay Buck was part of the GB Bronze medal team for the lady vet 55 category. Lindsay finished in 1.05 and then went on to run in the open race the next day, the same uphill course but 5km further!!

It was a tough 6.5km course with 2600 ft of relentless climbing in searing heat of temperatures up in the 30s. Luckily the support on route was amazing with plenty of water stations offering drinking water and wet sponges. Of course our own CFR support was fantastic with Jim Fairey on driving and camera duties, Jim Davis with camera and support refreshments (beer!) and Mike Patton on flags and water-freely thrown apparently (ask him!).

The World Masters is an amazing event, the atmosphere is vibrant and friendly and you meet runners all over the world. It is always held in a beautiful mountain area which makes a great opportunity for a holiday too. The race usually starts in the town centres, running through the streets allowing the locals to watch and cheer and then you hit the hill! Support on the way up is always dotted with spectators making a huge noise with encouragement (in various languages!) bells, whistles and flags.

We're all really delighted with our achievement. I've always wanted to stand on a podium to receive a prize. Our challenge is to keep running till we get on the top step and hear our own National anthem! (maybe in the 75s category!)

The next World Masters will be held in Slovenia in early September 2017 and it would be wonderful for Cumberland Fell Runners to be on the podium again.

Dot Patton.



CFR Club 30th Anniversary Reunion

As mentioned in the minutes we hope to hold a dinner in celebration of this anniversary.

Please let us know of any 'old' members you think might like to join us (with their contact details if possible).

Also I hope to produce a special newsletter with some memories of the past. So get thinking, then get writing and send me your memoirs! (A4 page limit please) Dot Patton 15 Caldecote Ave, Cumbria CA13 9EQ or e mail dotpatton123@hotmail.com tel01900826554



"How NOT to fell race"

1 Don't get stitches in your knee days before the race you've been training for all year.

2 Don't follow everyone else in mist without an eye on your own compass

3 Don't follow everyone else when you know the route & that's not it.

4 Don't run injured

5 Don't complain about getting slower than when you last did the race 15 yrs ago

6 Don't expect to run your best time the day of (or after) giving blood

7 Don't arrive at any race without full kit and a relevant map

8 Don't race on steep slippery ground in worn out shoes with holes in & no tread

9 Don't forget sunscreen

10 Don't forget to reccy, even short races offer plenty of scope for going wrong

11 Don't forget to enlist a long suffering friend/ family member to offer supplies and support in all weathers then moan all the way home about how badly you ran.

Also-

12. Don't when travelling to a foreign race stay in a hotel more than an hours travel from the event (& so miss the medal ceremony)

13. Don't promise your spouse a day together then abandon them for hours because the day after 6km & 800m climb a race of 11km & 1442m climb is even more appealing

14 Don't expect two days off & a few drops of lavender oil render legs fit to race again

15 Don't do as I do, everything just listed already this year!

Happy running & racing folks - Lindsay Buck.

Lindsay and Jim in Susa Italy for WMRC



CUMBERLAND FELL RUNNERS PROFILE.

Name	Peter Crompton
How long have you been a member of CFR?	Joined cfr probably around 1994. It would be nice to know exactly when.
How did you begin fell running?	Someone suggested I run the Coledale race. So I did. I enjoyed it and even discovered I was quite good at it. I remember chatting to people as I passed them. Someone told me you weren't supposed to do that as it cost seconds. I soon learned.
What is your favourite training route and why?	My favourite training route is Ling Fell, just because it's right outside our lounge window. It's a 45 minute loop from my front door. Or used to be!
Which is your favourite Fell race and why?	Favourite race is still the Coledale, because it was my first and like all horseshoes is a classic skyline route.
Proudest running moment?	Proudest moment was finishing the Cafod Grisedale and Gavin telling me that I had won the CFR championship.
Most embarrassing running moment?	Embarrassing. Mmmm? Could be an incident on my Bob Graham or it could be failing to blow up an inflatable doll at the cfr presentation night. Ask Kate Beaty?
Fell Running Heros / Heroines ?	Heroes. Irvine Block helped me in the early days, trying to stay on the heels of the likes of Ricky before he got good. Simon Booth is a phenomenon. Andy Bradley does a lot for our club as do so many other lovely people. They know who they are and we all thank them.
What motivates you most?	Motivation. Getting to the top of the next hill and enjoying the craic at the end
What else do you like to do when not running?	Other things I do? Anything outdoors ... From kayaking to paragliding.

MICK'S EVEREST SUMMIT SUCCESS_2016

MICK ALLEN ON EVEREST SUMMIT 8848M



At 5am (Nepalese time) on the 22nd May I finally reached the summit of Everest. 15 minutes ahead of the rest of my team, I stood alone at 8848m to watch the sunrise over the Himalayas.

I'd gone off like a rocket after finally conceding and use supplementary oxygen at around 8400m, shortly out of Camp 3 and below the NE ridge. I'd trained hard over the last year to prepare for an oxygen free ascent but I was exhausted from the efforts of my climb from Camp 2 (7650m) to Camp 3 (8300m) the day before our summit push and I was never going to recover.

It had taken 8 weeks of trekking and climbing in Tibet before reaching the top – hard work, lack of good food, lack of good sleep, drinking gritty water from the glacial ice, but it was all worth it! Amazingly I called home on my phone from the summit, I was tired but Maria's voice gave my strength. She sounded relieved that I had started using oxygen but it wasn't over yet – I still had to get down.

The descent is a blurred memory but somehow through my exhaustion and dehydration I arrived back at Camp 3 within 3 hours, it had taken me 9 hours to ascent to the summit. 4 of the 6 in our team had made the top. A short rest and I continued to Camp 2 and fell into my tent not waking till the next morning, choking for water and food.

Two days after standing on the summit of Everest I was safely back at Base Camp with my teammates and our Sherpa team. We enjoyed celebratory beers and 5 days later I was back in the UK and glad to see Maria, my 3 Sons and Bess dog. I suffered minor frostbite on toes and fingers but all has healed well.

The experience was amazing, great memories, great photos and new friends. And although I did not maintain a vegan diet throughout I kept pretty close to it, as well as getting pretty close without oxygen. I have no plans to try from the South side...yet!



SPORTING THE FAMOUS CFR BUFF ABOVE THE NORTH COL AT 7500

The main goal of the summit was achieved and I'm very happy with that.

I managed to raise over £7000 for CFM's Cash 4 Kids along the way so a massive thanks to all those who donated. The support I received from family and friends was great – those words of encouragement on facebook certainly helped.

I underestimated how much Everest took out of me and have paid the price with injuries since returning home - having run a couple of Ultra-races a wee bit too soon.

But the legs will be back up the fells soon enough as I focus on my next challenge in January 2017. The Spine Race – 268 miles over the Pennine Way!



No Cure Always Hope Ultra By Paul Johnson

The No Cure Always Hope Ultra is, quite simply, just a good day out for a good cause. Created by Simon Booth in 2015 the 39 mile/17, 000ft route weaves together the three 10in10 charity walking routes. The 10in10 walking challenge was created by Simon's brother and sister-in-law, Duncan and Yvonne, in response to Duncan's diagnosis of MS in 2010. Since 2010 nearly £240, 000 has been raised by the 10in10 challenges. The ultra route was designed as an offshoot to the annual walking challenge in an attempt to broaden the appeal and raise greater awareness of MS. It can be undertaken at anytime of the year.

I completed the challenge on Friday 22nd July 2016. It was probably the single most enjoyable day out on the fells I have had in many years. I enjoyed the route (a combination of familiarity and not quite so familiar), the solitude, the distance, the mixture of terrain, the route finding and the accessible level of challenge. That it required no support and could be done whenever I liked also appealed to me. Above all this, I appreciated the Always Hope aspect of the run and the importance of this for our daily lives.

I completed the run in 10hrs 55mins and raised £475 for the 10in10 MS Society. I will put £30 in the MS Society pot for any CFR runner who takes on this challenge and beats my time. Maybe it could be on your list for a 2017 summer challenge, or even a winter challenge?

The route is as follows with further details being found at:

www.10in10.org.uk/event-information/no-cure-always-hope-ultra-run/



Starts at Swinside Inn, up Causey Pike, over Sail, Crag Hill, Wandope and Whiteless Pike, before descending into Buttermere. Up onto the next range visiting Dodd, Red Pike, High Stile. High Crag, Seat, Haystacks, Grey Knotts, Brandreth, Green Gable, Seathwaite Fell, Allen Crag, Glaramara and Thorneythwaite Fell before a descent into Rosthwaite. Next is a climb up to Castle Crag, Maiden Moor, High Spy, Dale Head, Hindscarth, Robinson, Snockrigg and Newlands Hause, before arriving back at the Swinside Inn.

Can i thank all those who contributed money to my efforts. It was appreciated by all and gratefully received by MS Society.

"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for."

Darren Holloway Memorial Race report- Paul Jennings

The Darren Holloway is run in memory of a popular fell runner who died four years ago, reviving the classic, but very challenging, Buttermere Horseshoe race. Starting from Loweswater village hall, the race enters Buttermere valley at Lanthwaite Green and then traverses nearly all of the major tops in a giant circuit of the valley, including Whiteside, Hopegill Head, Grasmoor, Whiteless Pike, Dale Head, High Stile and finishing with a leg sapping climb up Mellbreak before returning to the village hall to complete the race. At over 22 miles and 8,000 foot of ascent for many this would be a very long day's walk, however it took local fell runner Simon Booth just 4 hours 18 minutes to complete the round and win the race for the third time in four years. First lady home was Jasmin Paris from Scottish club Carnethy, even though she had would have had tired legs from a record breaking (men's and women's record that

is!) run of 24 Scottish Munros the previous weekend. As always the race was well marshalled by volunteers from local club Cumberland Fell Runners, Darren's old club of Pennine Fell Runners and other clubs, with runners travelling from all over the country to complete the challenging race.

Some messages Paul received after the race.

Photo by Tom Chatterley

I just wanted to say thanks to you, and everyone who helped out putting on the Buttermere Horseshoe race. It is a great route and the hassle free organisation made taking part a pleasure, it was almost turn up and off you go. The hospitality afterwards was lovely. As a member of Pennine, although never having known Darren, I know this race means a great deal to a lot of people and I hope it may continue for a long time. I did some marshalling last year and hope to be able to offer my service again in the future.



Thanks for a superb race at the weekend - really well organised and thoroughly enjoyable (except the climb up Melbreak!!)

I'm not one for posting things on the forum but I thought I drop a quick email to you and all that were involved in the race at the weekend. Can you please pass on the thanks. The marshals, all that helped park us, get us registered and hand the numbers out.

What a fantastic race, and it was so well organised it was untrue. From arriving to departing it was great. You even seemed to arrange the weather too.

The route, pffft, what a brute, tough as granite. Without doubt the toughest race I have done. The first half I was familiar so knew what was coming. But the journey back from Honister, well I was blagging it and I had no idea what was in store. It took some real mental strength to get up and down them lumps. I was honoured to run for a little while with Jasmin Paris who was so chatty on the way round, she soon shot off on the way down Scale Force.. I couldn't speak too much due to the effort I was putting in but she told me she had to be there due to the fact it is a memorial race.

Then we were treated to some of the most delightful soup and baking in the fell running calendar, which is going some. More choice than you could ever want and absolutely loads of it. Even though this is the toughest race I have done. I will be back next year for the supply of post race fuel. Anyways, enough blather from me.

I certainly won't be forgetting the race, and its namesake (and the cakes) anytime soon.

Thanks for organising the race, and thanks to all those smiling marshals who gave up their day to help. So many cakes if only my stomach would allow it post race! I had a great time.

Just wanted to say thanks to you for my late entry and to all involved in the organisation of today's race; the course is as good as it gets, the organisation spot on and the post race food mouth watering! What a day.

Thanks for a great race today. I enjoyed everything about it:

- The (short) course
- The organisation
- The weather
- The sportsident
- The friendly marshals
- The scran at the end

The cheerfulness of the women providing food




Photo by Tom Chatterley


The ambience that you all created

A really good day out. Please pass my thanks on to all concerned.



CFR Profiles

Name	Ryan Crellin	
How long have you been a member of CFR? Which category do you run in ?	2 Years MSen (Slow)	
How did you begin fell running?	Needed to find some exercise that I could find in round work and babies. But hated running on the roads so naturally drifted towards the fells.	
What is your favourite training route and why?	Blake Fell and Gavel. It's close to home and I'm lazy.	
Which is your favourite Fell race and why?	Not done any twice yet, but Coledale is a great middle distance race and I also (not sure why) really enjoyed Helvellyn and the Dodds	
Proudest running moment?	Not sure if I have one yet.	
Most embarrassing running moment?	Everytime I run uphill	
Any ambitions?	Next years is run one of the Lakeland Classics, Ennerdale or our very own Buttermere Horseshoe, Big Daz.	
Fell Running Heros / Heroines ?	Loads to mention and they are all CFR members. Our 3 Mid-Winter BGers, Paul Johnson, Mario Yeomans and Mick Allen, and Endomorph BGER, Les Barker. Their efforts were all amazing this year. I also think its amazing that Bill Williamson has been involved in most recent notable BG performances, Jasmine Paris, Jim Mann, Ricky Lightfoot to name a few.	
What motivates you most?	Exploring new routes and races, and seeing myself improve.	
What else do you like to do when not running?	Buying trainers to run in!	
Favourite book /film?	Psychovertical - Andy Kirkpatrick (Book) The Blues Brothers (Film)	

Name	KATE APPS	
How long have you been a member of CFR? Which category do you run in?	9 years I've just joined the V40 club!	
How did you begin fell running?	I've always run, but after a elbow tendon injury from climbing I got more into running on the fells near Glossop, Derbyshire and the rest is history!	
What is your favourite training route and why?	It has to be up Whin Rigg from home, although I don't do it as much as I used too!	
Which is your favourite Fell race and why?	Wasdale without a doubt	
Proudest running moment?	Completing my BG in 2010	
Most embarrassing running moment?	Crossing the finishing line in mid air after slipping on some wet cobbles – even worse as the race organiser had warned us that this could happen!	
Any ambitions?	Too many to list really - Keep running well into older age, the Joss Naylor, complete in the vets at English and British Champs, race on the continent and America.....	
Fell Running Heros / Heroines ?	Jasmin Paris, Nicky Spinks, Emelie Forsberg....	
What motivates you most?	Trying to get faster after having children	
What else do you like to do when not running?	Look after my family	
Favourite book /film?	Lord of the Rings book... not the films!	

ULLSWATER COUNTRY FAIR ARNISON DASH 3 km/300 m Sunday, 26 June 2016

RACE REPORT

The Arnison Dash fell race is held as part of the Ullswater Country Fair. Like many fell races it is a friendly, low key race in a fantastic setting, overlooked by Arnison Crag and Birkhouse Moor. And as with many fell races, it has its own quirky bits. This year our biggest problem was how to negotiate getting round the burger van, which was blocking the race route exit from the show field, without leaving studmarks on visitors' burgers. We managed thanks to the marshalling skills of Dave and Shirley Hodgson.

Once out of the field, the 34 runners had the fell to themselves. The Arnison Dash combines all that quintessential about fell running: lovely grassy slopes; some rocky sections; some steep bits where you get the opportunity to get mud under your finger nails; and a proper precipitous descent. And conditions were good underfoot as there had been no proper rain in the Lakes for weeks. And on the day the sun shone until the last runner had finished and then it started to rain.

Thank you to everyone who took part. This race attracts a lovely mix of fell runners; runners who have never done a fell race before; and runners who support us just about every year. And as requested, just about everyone finished with a smile on their face.

Thank you also to Vanessa Schaeppers, Ally Hodgson, Rachael Moseley (and friend), Catherine Moseley for helping with registration, finish line and results; to Dave and Shirley Hodgson for acting as our "burger van marshalls"; to Lindsay Buck's partner for manning the gates; to Phil Brown for being our "man at the top"; and to Catstycam Outdoor Shop in Glenridding who sponsor the prizes. See you next year! Christine Kenyon.

Ladies O50 Lindsay Buck CFR 24:43 Ladies O60 Jane Mottram CFR 29:02

Lingmell Dash 23 July 2016

A small but select band of 49 runners assembled at the Wasdale Head Inn on Saturday for the fifteenth running of the 4.5 mile 2500ft Lingmell Dash Fell Race raising funds for the Wasdale Mountain Rescue Team. This race combines fast flat running on the valley floor with a lung bursting climb to the summit where race organiser Tim Brooks (Wasdale MRT member) was sitting waiting for the runners ahead of the plummeting drop back to the finish.



Pic missing (David Atkinson and Andrew Wriggley)

At 1400 the runners assembled on the road to be set off with the sound of a rescue flair by one of the WMRT Members. First to turn at the summit and first back was rising junior star Josh Boyle (Ronhill Cambuslang) in 49.56 over six minutes outside Simon Baileys 2015 British Championship record of 43.03. Ravenglass based John Hennegan of Pudsey & Bramley (50.13) followed in second place with Ted Ferguson of Borrowdale (53.04) in third. and first MU21

For the ladies, Wharfedale's Kirsty Hall continued her fine return to form after a year out through injury taking the honours in 57.48 ahead of Cumberland Fell Runners Eskdale based Kate Apps (65.12) also returning to racing after the birth of her second child. Third was Keswick runner Jo Gillyon (65.20)

Other local runners featured strongly and with Cumberland Fell Runners including the race in their championship the club added 13 runners to the field. First counter in fourth was Rob Stiein (53.23) followed home by, Andy Wrigley (57.08 1st MV45), Peter Crompton (60.00 1st MV50), Mike Harrison (64.03), Kate Apps, Dave Atkinson (67.13), Paul Mason (69.40), Rob Over (73.17), Graham Watson (74.51), Lindsay Buck (75.44 1st LV55), Anita Barker (75.48 1st LV45), Dot Patton (89.08 1st LV60) and Jane Mottram (94.35 2nd LV60)

Wasdale Mountain Rescue Team members Chris Cripps V40 (71.59), Peter Bains M60 (81.06) and Richard Harrison M60 (82.24), all finished strongly with out incident.

Cumberland Fell Runners took both Ladies and Mens team prizes with three to count in both categories.

All funds raised from this race go directly to the Wasdale Mountain Rescue Team and at the prize giving ceremony thanks went to all the runners, Lindsay Buck and Jim Davis for coordinating the entries and prizes, Cath Birbeck and John Fletcher for time keeping and local businesses Lingmell House B&B, and The Wasdale Head Inn for supporting the race.

PHOTO QUIZ- Thanks to Jim Fairey.



1

1. Name this iconic Lakes summit



2

2. What is the name of this bridge (and where is it?)



3

3. Which race goes up and back down this fell?

(Answers on the last page)

Jim receives a bottle of wine as thanks for providing the photo quiz each newsletter.



Over the Radar - The Endomorph BG Attempt-By Les Barker

This is my best recollection of events leading up to my recent Bob Graham Round (BGR) attempt. It'll be interesting to see how accurate they were and what I missed.

Summer 2006. Ian Cousins asks "can you ride the last 4 miles of my BG attempt with your bike lights on at about 8pm on Saturday night. I had no idea what it all meant at the time. It turned out it was some sort of run that elite fell runners did that lasted a whole day!!! I found that unbelievable, but Ian was one of those blokes who excelled at all sports and always ran well for CFR. I knew him through a love of mountain bikes. I was doing endurance cycling at the time. I recall waking through the early hours of the morning 6 hours after Ian started his BG with the rain and wind lashing against the window and thinking that there was no way he was still going. News came through in the morning that he was still going. That blew my mind away. I had no concept that he was probably on Helvellyn Ridge at the time in conditions 10 times worse than I could see as I looked out of the warm and dry bedroom window.

Later that day, Ian made it to Newlands Church where I met him. Unbelievable. He had been running all night and all day! Someone had set up a chair for him to sit in to allow a shoe change. While changing his shoes, in an attempt to lighten the atmosphere I remember pretending to kiss his feet. Ian claims I did and I may have.

I concluded the BGR was inhuman and reserved for the elite.

Winter 2014 - I had spent the past 8 years watching from afar at local Fell Running legends attempting a BG. I'd even taken up Fell Running temporarily while Anita, the real fell runner in the family, was having our 3rd child in 2013. I'd been encouraged by Andrew and Mel Bradley to join CFR club runs on a Tuesday night. CFR welcomed me in and they became a wonderful community of people that I could escape to. It was the sort of escapism that we all need, but this time it was an escapism that everyone at home seemed to approve of!!!! All my previous hobbies had been distractions from necessary DIY and urgent parenting.

Nev – My faithful training partner. I think he made every session

Summer 2015 - By now I got the impression that a BG was a very special thing to fell running people whom I respected. I'd seen Paul Johnson allow me to support leg 5 of his summer attempt. This time I felt involved. I recce'd the route in case Paul was unable to know which way to go. The sense of responsibility was set to "serious". I could not be the one who would be known for Paul missing the cut-off time, getting lost, or getting injured, or anything at all in those 3 hours he would be with us. On the day Bill Williamson took care of navigating after doing the honours on leg 4 and carrying on to do leg 5 too. I tried to chat too much to Paul as we climbed up to Dale Head and realised there was more to supporting than met the eye. Paul seemed in distress, but in no great need of help, so I hovered about and chipped in the odd comment when needed. In the last hour of the leg, a scraggy old packet of salted cashew nuts that I pulled out of my pocket was just what Paul needed. His face lit up and he seemed to speed up. I felt a real sense of "being part of the BG thing" for a moment. I may have saved a few seconds on Paul's round!!! I made a positive contribution. What a feeling.



January 2015: After the euphoria of the unprecedented successful triple mid-winter round by Paul Johnson, Mario Yeomans and Mick Allen, it signalled an end to BG fever within CFR. "There's nobody doing it next year, that's a shame" said Tracy Park. I wondered if I could do it? I had managed 5 hour fell races and 12 hour cycle rides. Hmmm? I mentioned it to Paul Johnson some days later and he was then egging me on to have a go too. Within hours Paul Johnson was the unofficial coach, but I said I would have to spend a month ramping up the

First training session on Skiddaw January 2016. Can I take the training?



training to see if the body responded to it and I would need to get the family on-side. I discussed it with Anita. 4 sessions a week for 6 months was the plan.

I spent a month of running up hills and it was going well. A chance encounter with Sir Peter Strong Lonscale Fell sealed my fate at the end of that trial month. Peter said if I decided to do the BG he'd be my rope man on Broad Stand. That was it. It my mind was made up. That was too good an offer to refuse and it was the heartfelt genuine offer of unconditional help that is part of the BGR magic.

I decided training with friends was going to get me through it and help me gain knowledge needed on the day. A Facebook group "Endomorph BG Attempt" was created to keep everyone informed and to remove the noise from the CFR group and from non-running Facebook friends.

I loved the freedom of the routine training sessions. Many great runs in all weathers were done. Bad weather was never an excuse. I practiced eating, trying different equipment and clothing. Being able to navigate over all parts of the route was important to me.

The first BGR date of 8/9th July was set as it was before the school holidays and the maximum time to train. It was later cancelled as the weather was going to be too awful and the following Friday 15th July 2300hrs the weather was adequate. The forecast was awful for leg 1 with gale force winds coming in from the west, but then it would be dry by leg 2 with a 30mph max westerly wind over The later part of leg 3. Weather watching became an essential art and we watched many attempts fail through lack of local conditions.

15th July 2230hrs

Leg 1: Planned time 3:56mins. Support - Ian Cousins (navigating), Paul Arts and Peter Crompton



A small crowd had gathered at the Moot Hall. I remember Steve and Alison Whitehurst, Tim Mosedale, Rod, Clare and Sarah Welford, Paul Johnson, Mario Yeomans.

No more thinking to do, time to get on with it. Let the story unfold. I decided there was no way of knowing what would happen, so don't worry about it. All mental and physical energy was required to propel me 66 miles and up 27000ft of climbing (and back down

again). I had served my time learning the route and I had done the training which was over 700 horizontal miles and 200,000 feet of climbing over the past 7 months with Team Endomorph. There was a great team of support ready to support me over the next 24 hours that read like the who's who of Northern Fell Running. The plan was to stick to the 23:38hr schedule until at least Wasdale. 10 minutes was schedule for every pit stop. Minimise pit stop times. Keep moving, as sitting still is losing time. I had to eat 15000 calories of food (120 calories every 30 mins) and drink 19 litres of fluid (750 mls every hour).

Anita was doing all the road support which equates to 120 miles of driving with little sleep over 24 hours. No mean feat. As ever, she was organised.

I met Ian, Paul and Pete in the drizzle at the Moot Hall.



Fell running legend and ex-CFR runner, Nina Walkingshaw had popped over to join in for a jog up Skiddaw with her training partner Mike. Pete and Ian had successfully completed their own rounds and knew what it all meant. Paul was reliable and organised. Another contender, Mark Turner, and his Team were assembling too at the Moot Hall.

I cast my mind back to 2006 at that first glimmer of BG Magic and then ran through all the Rounds I'd watched and supported. It was a pleasant build up in my head. The countdown to 2300hrs, 15th July 2016 started. The official watch was the one I had on my wrist. As it got to the final 10 seconds, I felt the need to shake Mark Turner's hand and wish him good luck. He looked like a proper fell runner and very strong. He would have to give up in 12 hours' time on Leg 3 after being unable to keep food down.

I tapped the green door on the stroke of 2300hrs. The cheers went silent for a moment and Keswick went into slow motion. I thought of my mum in her hospital bed and I could see her forced smile wishing me well and I knew she would be thinking "be careful". I would do my best. The silence was broken as I mentally came back to The Moot Hall. The cheers of everyone was heart-warming and a wave of love washed us eastwards on the diverted route to Summit no.1 – Skiddaw.

Soon, we were off the tarmac and onto Spooney Green Lane and we started climbing. I was the fittest I'd ever been. The urge to run was strong after 3 weeks of semi-rest (tapering), but the support team made sure I walked. The saying goes "10 minutes faster on Leg 1 is 30 minutes slower on Leg 5". The conversation was varied. I'd not seen Ian or Nina for years and it was a great chance to catch up. Paul and Pete were poised with the job of 30 minute feeding.

The next waypoint was Lattrigg Car Park. As we approached I could see lights. Probably some couple having a quiet moment. Closer still and I could see flashing lights and hear music and then someone in a white suit. This could be kinky or some sort of Ku Klux Klan event. The theme tune to Rocky came into earshot and the white suited individual turned out to be Paul Johnson dressed as a rhinestoned Elvis. He also had a battery powered glitter ball on the go. I was high on life anyway and this was sensory overload. Paul jogged with us for 10 minutes, until the memorial stone



and wished us well. He was then due to dash to Threlkeld support Mark Thomas on Leg 2. Mario was filming. It was great to see them both as we had trained for many miles recently in all weathers.

As the path turned super steep, the wind picked up and the rain intensified. The windproof jackets came out and I took an opportunity to eat and drink early. The target was 120 calories every half hour and 750ml of water per hour.

The food for each leg looked like the above. The first food down was always bananas (90 calories) as they don't travel well and were there to keep cramp at bay. Next was the PBJ (Peanut Butter and Jam sarnie) in the easy to open foil wrap. This had been the main food of training runs. They are a whopping 500 calories and so cheap to make at 25p. To get this energy from gels would cost a fiver. Strangely by the end of leg 1 I'd gone off the crusts and by leg 3 I couldn't stand the thought of them. I'd marked items with the number of calories when trying to sort food bags out if you are wondering what the numbers mean. I'd calculated that I'd only need my goretex shell as it was 18°C in Keswick at the start. Trekking poles were being used.

We talked of bracing ourselves for the summit soon and it did not disappoint when it came. The rain was being fired into our faces like bullets. As per weather forecast, we were getting picked up off our feet, but by crouching low we could make progress. Nina and Mark turned back as planned a little earlier. I felt for Nina's lack of weight. It must have been difficult.

Skiddaw's featureless moonscape is notoriously difficult to navigate along. It wasn't the location of the faked moon landings for no reason. We were bang on the planned 86 minutes as we approached the summit, but the final few yards in near zero visibility, with the sound of flapping goretex almost deafening me was difficult. I noticed the wind on one side of my face and then the other. I cursed myself at not paying more attention on recces. It is easy to have fun on these recces and you don't learn. The night recce we did was so bright with moonlight and I let others lead the way.

Lesson no.1: Stop enjoying recces, pay attention or else you don't learn!

I quickly turned the navigation function on my watch and waited for GPS to help. Ian was calm and he had declared before we started he's not done the leg since 2006, but I was so cocky, I thought all my recces would have filled in any gaps.

It took 9 minutes to find the summit. Well done Ian, I should have backed you up earlier.

Ian navigated perfectly to Great Calva. It passed so quickly that I thought it was further to the summit and carried on past the summit, thinking we were on the similar looking "fence corner" nearby. Ian's preferred line differed from mine to get us down to the river.

Lesson 2: Discuss your route beforehand. You've no time or energy to debate it on the day.

The heather was deeper than when Ian did his round. It was strength sapping. This was a low point as I knew there was an easy line a few yards away, but I didn't have the confidence to mention it more than once. This could have been an easier route, but unfortunately wasn't. We linked arms to cross the swollen River Caldew. The long drag up Mungrisdale Common in the persistent drizzle gave me lots of time to get some proper food down. Beans or tomato soup? The Heinz cans are handy. They have a ring pull. I had practice eating them out of a can successfully during training runs. Something I'd recommend. Fruit cocktail from a can was a disaster and tends to avalanche out of the can and end up all over you. I opted for soup and it slipped down easily. Good advice from Pete to put my

feet in the horizontal foot holes in the trod to save my achilles tendons. The talking was a nice distraction. Flawless navigating to Blencathra summit where I took over navigating as planned. It was still raining and it had got more misty. My normal 22 minute route down the east side of Hall's Fell didn't look possible in these conditions. The mist meant that I couldn't see far enough down the grassy drop off the ridge to be sure I was in the right place. I had recce'd in the dark and in the mist, but this was worse. Ian had a route down the west side of the ridge. It wasn't one I'd done before. I chose to follow Ian's route, rather than the alternative route down Doddick that I perceived was much slower from previous recces. We took 34 minutes getting down. I was slow down the slippery rocks. My lack of confidence with my route had lost us 12 more minutes. I knew I'd lost 9 minutes on Skiddaw and more in the Heather (capital H on purpose for that heather) off Great Calva. There were so many positives I had to remember. I was feeling strong and 99% of the navigation on the leg had been flawless. Paul and Peter had kept a steady flow of food down me. Was ok mentally and physically. Ian gave me a pep talk as we came into Threlkeld. It worried me as I thought I couldn't be going too badly. The whole team had suffered the worst of conditions and I was glad to be finished Leg 1. It is never a glamorous leg as it is normally done at night, with boggy ground, river crossings, and rocky descents.

It was great to see Anita ready with a cup of tea and buttery ham buns at Threlkeld Cricket Club car park. I found out I was 36 minutes down on the 23:38hr schedule.

At end of Leg 1 Planned time 3:56hrs, actual 4:32hr – 36 minutes down on 23:38hrs schedule, so Expected Time for Round (ETR) 24:14hrs

I promised Anita I would make up time and I was feeling strong. I apologised for a quick stop and I was off within a minute after picking up my warmer Paramo Quito jacket. I left the Leg 2 support team picking up equipment from the leg 1 team. I would recommend future contenders to pit stop on the road to Clough Head to save the 100m deviation.

Leg 2: Support Team Mario Yeomans (navigating) and Duncan Potts.

I'd put 10 minutes in the schedule at each pit stop so 7 minutes was made up here.

ETR 24:07hrs. After half a mile Mario and Duncan caught me up. Duncan had my dry bag full of emergency kit under his arm. He said he'd put it in the bag on the climb up Clough Head, but I wondered for a moment as his pack looked pretty full. There was an optimistic sense that dawn would be appearing soon. My head torch was removed half way up Clough Head and the extra weight passed to Mario. I noticed the extra kit wasn't going into Duncan's bag. It would stay there for the whole of the leg. It looked so funny. At the summit of Clough Head we had made up 8 minutes and we moved off quickly.

ETR 23:59hrs. By Sticks Pass the sunlight was streaming through the clouds and Mario took some photos of the shafts of light spearing Ullswater. I'd lost 11 minutes on The Dodds

I was feeling a little tired as the body clock was wondering what was going on. Mario fished out some paracetamol with caffeine out of his bag as he'd had a long night and offered me one. I had discussed at length the ethics of taking any "drugs" and where the line was drawn. I had hoped to not need anything other than the food I'd packed, but I'd had a general ok from everyone around me that paracetamol, caffeine and ibuprofen was acceptable. I made the call to take some of Mario's pills. I felt a slight sense of failure. Thinking of the words "if it feels like cheating, it probably is". I decided not to think about the ethics anymore and focus on the job in hand. I did feel it helped and they we're taken until Honister.

The tiredness went away and after Raise. I insisted on doing the actual summit of Helvellyn, rather than the trig point that is often visited 100m away. We had not made any time upon this leg. I gave myself a good talking to and stepped up a gear.

Another lift as we descended to Grisedale Tarn. Elvis Johnson had again come to visit in his full Elvis kit. I was starting to feel better and this was a further lift. We ran to the west of Grisedale Tarn, so bags could be dropped off for the "out and back" to Fairfield. A further 3 minutes were gained by the time we summited Fairfield. I shouted out loud, time to start taking a few risks and I took a straight line down on the screes on the descent where I could. It felt great. I couldn't risk a major injury, but I had to make up time. We were moving quicker now. I ensured the poles were digging in harder as we turned upwards again and the summit of Seat Sandal. I needed to knock some minutes off.

ETR 24:09 at Seat Sandal summit. We were gaining time. There were a few whoops of joy as we started to descend and the legs were working well. The bracken was high and the trod well worn. The Inov8 Rocclites weren't ideal for these conditions. I used every horizontal foot placing as Pete Crompton had advised and the heels were digging in hard. Mario and Duncan lead the way. I fell a few times in the mud.



Duncan paused to look behind for me at the stile at just before Dunmail Raise. I had too much momentum and had to push him out of the way with a quick "sorry mate". 8 minutes was gained on the schedule on that descent I was buzzing as I looked at my watch.

Leg 2: Planned time 4:32hrs, actual 4:26hrs, ETR 24:01hrs

Pit stop at Dunmail. It was great to pause for a cup of tea and I was aware of a lot of new faces. Andrew Graham and Colin Rhodes were ready and waiting. Andrew's son Samuel was going to do the first part of leg 3 with Alison and Steve Whitehurst. What a treat.

Afterwards Paul Johnson admitted that he thought I looked defeated at Dunmail. I was focussed and still feeling in the game as nothing was hurting. I'd been eating all my food and drinking all my drink.

Only 2 minutes was taken at the pit stop, so we gained 8 minutes.

ETR:23:53hrs – 9hrs 3 minutes elapsed time so far.

Leg 3. Planned time 6:17hrs. Support Team: Andrew Graham (navigating), Colin Rhodes and Samuel Graham. Steven and Alison Whitehurst going as far as High Raise.

A quick changeover in 2minutes.

ETR at Steel Fell 23:52hrs. Alison and Steve were only doing the first bit and seeing how far they would get as Steve had a stag do to Chris Cookson's secret stag do with the Cockermouth Mountain Rescue Team. They had all been told to bring a fold up chair and a bus would pick them up. The conversation was about where they might be going. Steve eventually correctly worked out it would be Cartmel Races.

Andrew took me up his favoured route to do High Raise before my usual Sergeant Man first. I'd never done it this way. I felt myself running while others beside me were walking just as fast, so I conserved energy by walking quickly. The watch was given an hours charge to ensure it would keep going for the full 24 hours as per the test runs. Steve and Alison turned back at High Raise. Every event like this is a pleasant distraction. Samuel, at only 15, was committed to carry on. I had no hesitation in agreeing to this when Andrew asked. Samuel had been getting to the summits first and logging times and looking very strong. Colin Rhodes was doing a perfect job feeding me and taking care of my mind. Like the previous legs every bit of care was taken to unwrap food or to open the drink bottle. It is this level of care that really helps. I took my eye off the clock and got confused by the alternative and unfamiliar route. We lost 10 minutes over the next 4 peaks.

ETR at Thunacar Knotts 24:02hrs. A further 4 minute were lost to the top of Rosset Pike, the notional half way point. Andrew had a plan to take my poles off me going down all but the steepest of hills. This change did the trick. I was running more freely and the pace picked up. Over the next 2 hours with a bit of verbal encouragement, we reached Scafell Pike. We'd made up an amazing 22 minutes.

ETR at Scafell Pike 23:44hrs. Broad Stand was the only part of the round that I had not recce'd. As I looked across, Broad Stand looked huge and was still a little damp. I was in safe hands with Sir Peter Strong and his Team doing "The Ropes" so it was a case of blind faith for those few minutes. It must be ok as I'd not heard any concerns and I'd never heard of anyone dying. So statistically I'm ok. Many things in my life are like that. As we reached the stretcher box at Mickledore, I could swear I could hear the theme tune from Rocky "da, da da darrrr..... da da darrrr.....". The next thing I could hear was the loud roar of "c'mon Les.... Keep it going". It was a great surprise. Unexpectedly George Armstrong was waiting at the bottom. George had encouraged me into endurance events by betting me a tenner I'd not do the Fred Whitton cycle challenge in 2003. That transformed me from casual rider to focussed training machine.

Andrew had run ahead and was already scampering up the scary looking rocks. I took a moment to enjoy the sit down and chat with George as I put my harness on and socks over my fell shoes for more grip. I became aware of how selfishly unaware I was of Colin and Samuel. They were just getting on quietly with the support tasks.

Right.... Time to start the climb. There was some grip on the wet off camber rocks. It didn't seem enough as I hoisted myself up. Blind faith time. The feet held and I was soon up the dangerous bit and out of the harness and socks. Andrew guided me upwards as he waited for others. Now alone I found there were a few more times as I scrambled vertically up that I felt out of my depth but good old "blind faith" did the trick. We somehow lost 7 minutes by Scafell summit. We zig-zagged down through Scafell's rocks towards Wasdale. I felt well. I indulged myself with a quick look at the view. Out of nowhere came a huge stumble and I crashed down on my left forearm causing a huge cracking sound in my shoulder. "It's broken" I thought and I awaited the hot searing pain as I dared to move. I was on my feet. It was only a mild burning feeling, so I started to wonder if I could finish with a hairline crack. I signalled to Colin that I was ok and gave him the poles. I held my left wing close to my chest and supported it with my right arm. A couple of paracetamol + a stiff upper lip and I was moving well again. I turned to Colin who was hanging back with me. "You're going to enjoy this bit. It is as close as you'll get to flying". We were soon into the Red Chute a scree strewn valley. We were whooping and hollering. The shoulder pain was now classed as a mild sprain as I skied down to Wasdale. Off the scree and onto the grass. Paul Cornforth suddenly overtook me flat out and we exchanged a quick pleasantry. I looked back to see Rob Jebb close behind. I knew he'd set off 6 hours after me, so this meant it was close to record pace. I shouted "Good luck with the record Rob" as we made eye contact. I didn't notice a reply. He's a nice guy, so I assumed he had other things on his mind. I enjoyed watching him free-falling to the river. What a treat.

As planned, my Roclites were full of scree, but it wasn't too sharp to need immediate attention. My Mudclaw 300s and a replacement pair of Woolie Boolie merino wool socks were awaiting me at Wasdale. This was my first of 2 planned clothing changes.

There was a great welcome at Wasdale. I remember Jane Hunter, Sarah Rhodes and Bill Williamson being there. Another lovely surprise. Bill had cracked ribs from the stormy Wasdale Fell Race the previous weekend otherwise he would have been lending a hand as he so often selflessly does. A quick glance at the clock showed that we had planned leg 3 in 6:17hrs and had done it in exactly 6:17hrs!! I felt fine and feeling like I'm in with a realistic chance now.



ETR 23:53hrs at Wasdale. Elapsed time 15:20hrs.

As my backside slumped into the chair the shoes were coming off like a formula 1 pitstop, quick towel rub, then socks and shoes on. I was aware of a lot of people helping. Sorry if I didn't say thank you at the time.

6 minutes pit stop and I was off.

Leg 4, Planned time 5:12hrs. Support team Rob Stein (navigator) and Steven Breeze. John Fletcher, Debs & Chris Cripps would come with us to Green Gable.

ETR at leaving Wasdale 23:49hrs.

Up Yewbarrow I could feel the sun getting hot on my head. I resolved to risk a bit of sunburn and I promptly forgot about it until showering the sink with frazzled skin the next morning as I rubbed my sore head.



Yewbarrow felt easy. I was honoured to be joined by some great local knowledge in Chris, Debs and John, who were coming as far as Green Gable. Rob and Steve were a safe pair of hands. We made up 6 minutes on Yewbarrow and I felt unbeatable. All the familiar twists and turns passed underfoot with pinpoint accuracy and I started to enjoy quick glances at the views. Eating and drinking was fine and there was only a minor sore shoulder and a bloodstained forearm. Heart rate was low and we were moving fast enough.

Steeple has always felt special. That sneaky out and back to the amazing view is always memorable. I was feeling like I could start to push hard now and was straight lining the zig-zags up and down.

Rob was cracking the whip and I was asking for more reminders to hurry up. He read out a Facebook post from Andy Bradley to say he'd spent 3 euros on holiday to get Wi-Fi to check the tracker. It was great to know Andy was watching. He has done so much to encourage me to run on the fells.

Great Gable was always going to be the point at which I would allow myself to believe I could do it. At the summit a quick check of the watch.

ETR at Great Gable 23:44hrs. Near enough. We're looking good. No issues to report. Sorry if this is sounding boring and going to plan. Chris, Debs and John said goodbye as we reached Windy Gap. Just as they left we could see Paul "Elvis" Johnson coming to meet us coming off Green Gable to meet us.

A further boost to morale. We were on the home straight. Further Facebook updates revealed that Andy Bradley felt he was getting value for money. How we laughed.

The run down into Honister at dusk was electric. I could hear Rod Welford's cowbell and the cheers. Paul had run ahead with my order for the support Teams and Anita. It was "Ditch everything. Gels and water only. I'll have paracetamol and caffeine tablet and a cup of tea please." 7 minutes made up over the whole leg, which gave a comfortable cushion. I was feeling so good, I set myself a challenge to break 23:30hrs.

ETR 23:42hrs arriving at Honister

I indulged myself in 4 minutes of rest at another perfect pit stop. Everything was good. I got up and set off with



the leg 5 crew apart from Mr Neville Barker (our dog), who had been flawless in all the training runs and missed his moment of glory playing in the quarry at this crucial moment. I'll let you off fella.

Leg 5 Planned Time 3:01hrs

ETR 23:36hrs leaving Honister. Support Team Claire Russell (navigating), Jake Smith, Amanda Graham & Jack the Dog, Paul and Sandra Mason, Tracy Park and Jenny Chatterley.

Let's see what I can do. I was strong up to Dalehead, knocking 3 minutes off the schedule and probably foolishly sprinted the scheduled 21 minutes to Hindscarth in 15 minutes leaving all the pacers behind me wondering what was going on. Push push push. Robinson soon followed and a moment for a quick photo.

ETR at Robinson 23:25. Claire navigated with precision down the grassy descent from Robinson in the fading light. Nearly there. We hit the tarmac. 4.85 miles to go. A quick hug from Anita and Sid at the carpark after Newlands Church. I was set for a fairly uneventful run in now. How wrong could I be?

At Stair Village Hall we met Andy Beaty on his motorbike. At the Swinside Pub Scooby Doo in a CFR vest and a glitter ball joined us. It was Paul Johnson again. What a laugh. Mario and Duncan were with him. Jake played motivational music on his phone. I was swept along on a wave of Euphoria. I'll put together a compilation of videos sometime soon.



Dot and Jane joined us at Portinscale. That made 14 of us! Time for the second planned kit change of the day. On with the club colours for the final mile. The pace grew and grew. The orange glow of the Keswick street lights were now upon me. I could see the Moot Hall ahead. Time to try to sprint.

Passers-by started to clap as something great must be happening at 22:20hrs on a Saturday night if 14 people are running up the High Street. The cheers grew louder and louder. We had made up a further 10 minutes on the leg.



A tap on the Green Door of the Moot Hall and the watch confirmed 23:26hrs. Job done. Thank you everyone! I looked around and there was a sea of happy faces.

I had heard that the record for drinking was 3 pints after at BG. I felt I could easily break that. For once in my life I could hold a record for something! Me and Sid headed down to the back bar of Wetherspoons as planned.





running support

The first pint was sliding down well when the barmaid asked us to leave as Sid was too young! He was surrounded by all of us, but it wasn't enough for her. Sadly we had to leave and head for home.

What a journey over the past 7 months.

I set out 3 goals at the start which were achieved.

- a) The Round in under 24 hour
- b) Not upset the family
- c) Not permanently injure myself

The only injuries apart from the scuffed left forearm and sore shoulder from the fall on Scafell was one "half-pea" sized blister on my middle left toe beside the nail(?) and the ends of both nipples as the plasters must have come off early on. The next day I felt fine with the only stiffness in my arms from using the poles.

The family were committed to my training plan which really helped. I hope I've shown that a moderate athlete with determination and help from friends can achieve something great. I had to have everything going my way, so the planning was important. It would have only taken a few missed turns or some food disagreeing with me. So many people played a part in it all. I hope I have told the story accurately. There will be side stories to add I'm sure. I've had strangers walk up to me to shake my hand and congratulate me. I wasn't expecting that. I'll be having a do for all that helped in September or October. I hope this inspires someone in some small way. If I can do it, then surely you can! I'm happy to help where I can. Helping others is a big part of the BGR and a good principal for life in general.

Les Barker



Quiz answers- 1- Great Gable 2-Navvies Bridge, Workington 3- Arnison Dash



Metafit doesn't use any equipment other than your body weight for resistance. It comprises of a complete range of exercises some of which you'll be very familiar with such as squats, single leg squat thrusts (aka mountain climbers) lunges, press-ups and plank, combined with other less familiar but very challenging exercises, such as [commando crawl](#) or pop-ups (which is like a surfer's move as they spring up onto their surfboard.)

Jane Mottram: I attended a session taken by Sam's colleague; Rachel Mellor.



Class members were there for a whole variety of reasons and their ages ranged from 18-50+ but juniors (age 13+) also attend and Sam has some 60+ regular members at her other MetaFit classes. The exercises, although challenging can be adapted to suit all abilities from dedicated athlete to anyone new to exercise. (Sam: **However, this type of exercise isn't suitable for people with heart-conditions, disc-prolapses or pregnant women.** Stick with lower impact exercise such as swimming and biking instead).

I interviewed them to find out why they attended what they got from the session and if they participated in any other sport.



Ian Cousins (left); one time runner now a cyclist. He has gained core strength and conditioning. He likes the short intense exercise and feels he has more power in his legs now for cycling.



Charlotte Seddon (right), university student and runner: Likes the way Metafit has improved her body shape and helped her gain more stamina. She also enjoys the social side.



Juliet Grieves (left), runner, who having just turned 50 did the London Marathon in 3 hours 51 minutes: Enjoys the good mix of core and cardiovascular exercise. Finds it really hard work but worth the challenge. Juliet is chuffed... she can now do a full press-up. 😊

Vicky Beck (middle) and Jill Nixon (right) attend the class to help with flexibility and toning whilst they follow a weight loss plan. They've lost nearly 4 stone between them. It also compliments their running.





John Fieldhouse (left)...enjoys the pain! John is a cyclist and uses the classes to improve his general fitness and stamina. This is a sweaty post-metafit shot!



Becky Tibbs is a runner and feels Metafit gives her more confidence in her running and a deeper reserve of energy.

All the class members agreed it was a **hard workout** but it made them **feel good** at the end. They liked the fact that you don't need any equipment and it's short and fast.

I, like all the others, enjoyed the session and feel you would really get into it when you got familiar with the exercises and routines... the morning I ached in a whole lot of new places!

From Sam...

HIIT training isn't anything new... many of you will have done the running form of it if ever you've done short hill sprints (with a short recovery) or short track work. You'll know it's extremely hard work but very effective in terms of fitness gains. The difference with Metafit and other similar classes is that it's a whole body experience rather than just lower limb. It's a workout where you get most bang for your buck!

Like interval work; the idea is to do every exercise **as hard and as fast as you can safely manage with your best form throughout**. If your form/technique falters, then stop, rest and recover. Then start again, with your best technique, as hard and fast as you can. It's all about short intense bursts at a high heart-rate. Ideal for helping with overtaking someone quickly in a race or for that extra push towards the top of a hill or the finish line!

The actual workout only lasts between 18 and 25 minutes and with the recoveries taken out, the actual exercise time is usually only around 15 minutes but boy does that 15 minutes work!

Our classes are 45 minute in length which allows time for a thorough warm up and post work-out stretch. This is really important to prevent injuries (by not being warmed up) and to ease post-workout aches (cool down and stretch)

Join us W/C Monday 5th September:

- ✓ Tuesdays 7.15pm at the Christ Church Rooms, South Street, Cockermouth
- ✓ Fridays 5.30pm at the Methodist Hall, Lorton Street, Cockermouth

Want to improve your running or general conditioning? Join us:

CFR Club members Tracy Park, Dot Patton, Craig Haughton and Jane Mottram attend regularly.

All details here: www.bodyfitpersonaltraining.co.uk

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