

CUMBERLAND FELL RUNNERS

NEWSLETTER- SPRING 2017

Let's start with the quiz-with a prize this time!

1. Which summit is this?
2. Which fell race would you see this view?
3. What is the name of this Lakes waterfall and where is it?



The first correct answers

emailed to jim@fairey.org will win a free entry to the 2017 Christmas Pudding Race to be held at 11.00am on Sunday December 17th.

The theme seems to be 'challenges' in this Newsletter (although every newsletter features these). We all have our personal running challenges whether it's our first fell race, a long distance race, British or English championships, a team prize or maybe recovery from an injury, beating a rival or our own pb, a charity event or just getting round without getting lost! With challenges come a sense of anxiety beforehand and (hopefully) elation afterwards. I guess they keep us going, doing what we do. It's inspiring to read about members' achievements so I hope you enjoy this newsletter and good luck in your own future challenges Dot Patton -editor.

A big thank you to all contributors.

CFR Committee

Nick Moore- Chair
Kate Beaty- Treasurer
Jennie Chatterley- Secretary
Paul Jennings- Membership and website
Andy Bradley- Statistician
Dot Patton- Newsletter
Jane Mottram- Press officer

New Members - Welcome to...

Tom Majchrowski	Bruce Hardy	Sean Pollen
Chris Turner	Rebecca Rennie	Rebecca Crellin
Mark Fussell	Stephen Lester	

We now have quite a few running couples...(Not including supporting partners of which there are many!)

Andy & Mel Bradley, Andy & Kate Beaty, Les and Anita Barker , Paul & Sandra Mason, Paul & Jenny Jennings, Ryan & Rebecca Crellin AND **Mike Harrison & Angie Jackson** who announced their engagement on May 1st—Congratulations!

Next meeting- July 11th

Swan Inn, Cockermouth ,

8.00 (after club run on Sale Fell)

All welcome



You can find more about our club on our

website www.c-f-r.org.uk , Facebook CFR seniors and juniors & Twitter





Club photo at Latterbarrow Loop with Joss Naylor Club president

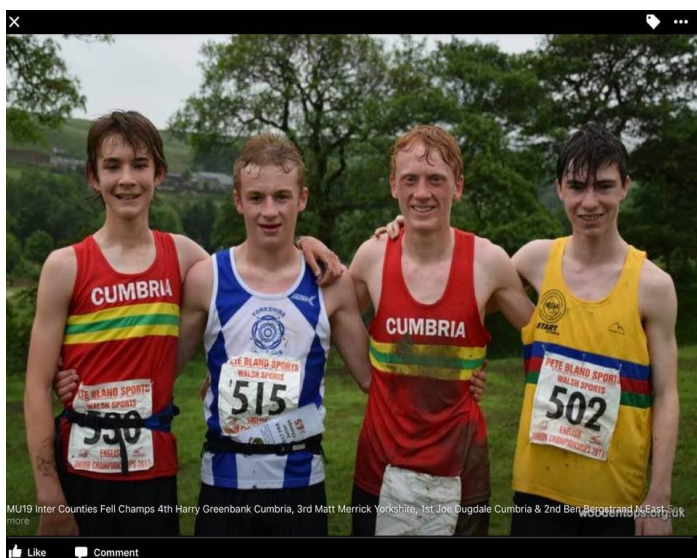
DID YOU KNOW ? !

CFR Junior Stars!

Joseph runs for England Twice in Two Weeks

Sixteen year old **Joseph Dugdale** from St Bees has been selected to run for the English team at two mountain running events within two weeks of each other. The first event was the World Mountain Running Association Youth Cup held last weekend in Italy where Joseph came sixth overall, helping the English team of four to the podium, winning a bronze medal.

The second event is the European Mountain Running Championships held in Slovenia on the 8th July where Joseph will be part of the Under 20 team.



Selection for this event took place at a race up Skiddaw a couple of weeks ago where Joseph came second, against athletes several years older than him.

Joseph has also won his age group in the English Junior Fell Running Championship for 2017. This consists of a series of tough races over challenging terrain in traditional fell racing areas. Joseph runs for Cumberland Fell Runners and is coached by Brian Thompson (a former English Fell Running Champion himself).

Joseph Dugdale 1st Harry GreenBank 4th in U19 intercounties Fell Champs in Cowpe.



Peter Crompton completed the Joss Naylor Challenge in 12.50 hrs (article below)

Jack King is undertaking the JNC soon. He has done a tremendous amount for the fell running world - including being ex chair of CFR, ex organiser of the Buttermere Sailbeck race and is a

current FRA race liaison officer. As with all JNCs he is raising money for a nominated charity. If you know him, raced in any of his races, or are just inspired to help him raise some money then your support will be much appreciated. The link to his charity is <https://mydonate.bt.com/fundraisers/forkath>



Paul Jennings, CFR and Pennine club members organised a very successful Darren Holloway Buttermere Memorial Fell Race on Saturday 24th June . Carl Bell broke the record coming home from the long race in 3.57.28 . The Johnson family provided excellent snacks at Newlands and Darren's family great cakes as usual. Jennie made a Chilli and ran the short race as did Mel Bradley, Ryan Crellin & Jenny Jennings. Well done club . Results found at <http://www.c-f-r.org.uk/content/darren-holloway-buttermere-race-results-0>



Mick Allen ran the No Cure, Always hope, Ultra Run on 12-04-2017 finishing in 10hrs 38min equalling the 2nd fastest time but more importantly relieving Paul Johnson of £30 for the MS society. Read about his run on his blog-

<https://mickallenblog.wordpress.com/author/mickallenblog/>



Congratulations also to Jenny and Paul Jennings running the Anniversary Waltz on their Silver

Wedding Anniversary this year.

It's great to see Jenny running many of the races this year –always smiling too.

In this issue

Photo Quiz –Jim Fairey	.20 years and 700 races-Lindsay Buck
Did You Know ?!	Crossing the Lakeland Fells –Peter Crompton
Club News & Diary Dates	Jura- Neil Sidaway
CFR profiles – x 4 throughout the newsletter	Navigating the Buttermere Horseshoe Paul Jennings
Mike Litt- Honorary Life Member	Club Equipment list
Feature Race – Dale Head –Sue Ashley	Other social events
A Marshal's Story – Jim Fairey	FEEL Running –Paul Johnson
Race Reports –Eskdale, Latterbarrow, Buttermere Sailbeck, Langstrath & Duddon	26 pages!! You need to save a copy for spare moments or Print (in B&W –too many photos for colour)

DIARY DATES

Next championship races- Everyone who completes 6 Championship races receives a prize at Presentation evening.!

Kentmere-Sunday 16th March (Medium)-see feature race below

Turner Landscape-Sat 12th August (Medium)

Dale Head -17th September (Short & show) see feature race below

Check your progress on <http://www.c-f-r.org.uk/content/main-championship-results-0>



Show Series

Best 3 to count

Grasmere Sports -Sun 27th Aug

Ennerdale Show -Wed 30th Aug

Loweswater Show-Sun 3rd Sept

Dale Head Shepherds Meet -

Sun 17th sept

Buttermere Shepherds Meet -Sat 28th Oct



Winter League

provisional 17/18

Sale fell

November

Crag fell December

Xmas Pud December

King of the Castle

Clough head January(King Kong)

Crummok Round February

Skybarrow february (kingKong)

Any 3 to count



Relays – Ian Hodgson and British

Andy Bradley is collecting names for the Hodgson Brothers Relays on Sunday October 1st and the British Fell Running Relays on Sunday October 15th.

Hodgson Brothers are based at Patterdale <http://hbmr.org.uk/> We are likely to have two teams. In the past we have entered a mixed and an open. We will need 16 runners. If we go for a ladies team, we would need 8 ladies.

The British relays are in North Wales. Likely to need an overnight stop.

If interested, please let him know - either by the club's facebook "events" or by email - andyandmel@btinternet.com

Club Runs-Tuesday Evening 6.30 various venues.



Tuesday Evening Club runs continue to be very well supported -often up to 22 members attending. See website for venues. www.c-f-r.org.uk

PAST CLUB ACHIEVEMENTS

As we were/are and will continue to be a great club - a reminder about recording the achievements of CFR for prosperity.

Paul Jennings suggested folk offered to research and list club achievements in the following sections. These articles will be put on the website and I hope to include one in each newsletter. If you think you can help please let Paul and I know. Some longer standing members might have valuable information, so please step forward!

Club Formation –(Barry Johnson –completed-last issue)

Club organised races - Regular races / our 2 FRA relays

Distance achievements (Barry Johnson)

CFR in the Lakeland Classics- (Paul Johnson)

Club Runs - Tuesdays nights (Paul Jennings)

Longer Club Runs - (wainwrights etc)

Bob Grahams-

World masters-

International representatives

CFR in the English & British Championships-

Junior Development-


Club Championships-

Presentation evenings -



*CFR members representing England
Brian Thompson, Martin Amor,
Alan Bowness and Lee Gibson .*

Cumberland Fell Runner's Profile

<p>Name</p> <p>How long have you been a member of CFR?</p> <p>Which category do you run in ?</p> <p>How did you begin fell running?</p>	<p>PAUL JENNINGS</p> <p>10 years</p> <p>V50</p> <p>I've always enjoyed the mountains & started rock climbing at university which just took over all my spare time. It was only when the weather wasn't good enough to climb that I might go out running now & then.</p> <p>However, when our eldest (Philip) was born I struggled to get out for a full day's climbing or so often the weather wasn't good enough to go out, so I did more running. The final straw in my conversion was when, for my 40th birthday, I had a day paragliding – well before the day I'd asked the tutor how many goes do we get? He said "as long as you can keep taking your parachute up the hill after each descent you can keep going". So I did lots of running & hill reps as training, on the day I was still going whilst everyone else was collapsed at the top enjoying the sunshine!</p> 
<p>What is your favourite training route and why?</p>	<p>From Lanthwaite Green, up Whiteside, Hopegill Head, Grasmoor (optional), Whiteless Pike and down Rannerdale.</p> <p>This gets you up high in the fells quickly, covers a wonderfully airy ridge and finishes with one of the best descents in the Lake District. This has now got special memories for me as it was the first proper fell run I did after my two hip operations, and I enjoyed the descent so much I just laughed my way down the whole hillside (fortunately there was no-one around). I paid for it the following days though with some pretty bad DOMS.</p>
<p>Which is your favourite Fell race and why?</p>	<p>Fairfield, Ennerdale, Langdale, Dunnerdale ... so many great races to choose from, but if I had to put one on my desert island it would have to be the Wasdale. Even before I knew it was on this year's English championship it was on my tick list to get back to. You get your money's worth on this race with a real mix of terrain, a real tour of the Wasdale valley, and then a trip to the highest fell before a mad descent down to the valley. What's not to like?!</p>
<p>Proudest running moment?</p>	<p>I've just navigated Peter around Leg 3 of the Joss Naylor Challenge & I'm pretty chuffed that I didn't mess that up in those weather conditions! However, I'd say it would actually be getting the Buttermere Horseshoe back up and running, it's a great route (especially the start – see my comment on my favourite training route!), and it's so satisfying to get all the positive comments after each race.</p>
<p>Most embarrassing running moment?</p>	<p>Either;</p> <p>Nothing is as embarrassing as what I did as a youth after a few drinks; I don't do anything embarrassing anymore;</p> <p>I'm not easily embarrassed; or</p> <p>I'm getting senile & I just can't remember doing anything embarrassing.</p> <p>If it's the last item, please don't remind me, I like living in blissful ignorance!</p> <p>Therefore I struggle with this – the worst I can remember is when I came off of Hen Combe 180 degrees the wrong way on a WCOC evening race, followed by someone else. I was going well until that point, but we just gave up when we realised the error & jogged back in joint last.</p>

Any ambitions?	I flit between racing ambitions & long distance challenges. Having supported Peter on his JNC I'm now tempted with that, but it will probably have to wait until I'm 55. As for racing, I always want to win my age category in the CFR championships, but this is proving a little difficult this year, I also have an ambition to place in the top 20 in my age category for the English championships, which is also proving difficult – maybe next year for both of them?
Fell Running Heroes / Heroines?	My out & out hero is Mr Holland – my hip surgeon, a total magician, but not to my knowledge a fell runner. However, without his wonderful work I wouldn't have been fell running again, in fact I would probably have a disabled badge as I couldn't walk the ½ mile from the work's car park to the office without significant pain. Also, I'm inspired by anyone who gets out there, and sets themselves a challenge where the end result is not certain but still gives it their all. People like Steve Birkinshaw – failed on the lakes 24 hour record twice, before doing the Wainwrights – he couldn't have been sure he would finish that. Adam Perry is another on the Lakes 24 hour record. Then closer to home I'm sure Nick & Les weren't 100% sure they would succeed on their own Bob Grahams.
What motivates you most?	On the good days I don't need motivation, just being out on the fells with the sun on your back and the fantastic views is all I need. On the dark, wet windy days I just remind myself that a 3% improvement will see me finish before Andy Bradley, 5% and I'll be ahead of Neil Sidaway – surely 5% is possible with just a bit more training...
What else do you like to do when not running?	There never seems to be much time when I'm not working, running or doing some chore in the house or garden. If I'm injured, or it's down time from training, then I'll pick up the guitar and play a few rock riffs but I never spend enough time to get any good.
Can you tell us about your family?	Many of you will know Jenny (my wife) and Philip (our eldest) both as CFR runners, but you won't come across our youngest – Ruth, unless you went to the Ennerdale Show which was her one and only fell run each year. Now, I don't think she will do any more (for time being) which is a shame since she has no fear descending! Instead she spends her time at ballet which is probably where the good descending comes from.

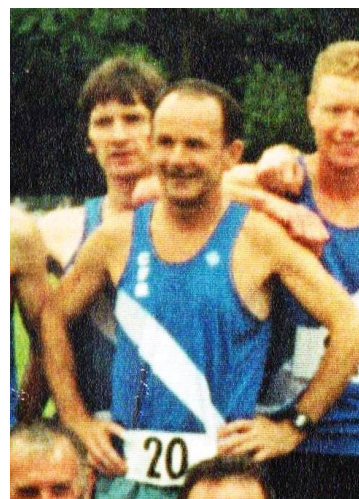
Mike Litt –Honorary Life Membership 2017- By Harry Jarret and Andy Beaty.

Mike Litt joined CFR in its early years when he was approaching 40. Mike added to CFR's list of good runners and went on to win the club championship at V40, V45, V50, V55 and V60.

Mike was not only a good runner but also an enthusiastic person with a great desire to help and work within the club. Mike thrived on doing things for CFR and it wasn't long before he joined the committee holding various important positions including Secretary, Treasurer and Newsletter Editor for approximately 25yrs. He really enjoyed his running and really enjoyed working for CFR.

The role of CFR newsletter editor he did for many years. He would find all the results, root out stories and use photos, which hadn't been done before. Members would look forward to his newsletter knowing it would contain good information but also a lot of funny stuff, which was a big part of Mikes makeup.

He would compete in all club races, events and at the same time have a big impact on CFR relays. He organised races like Blake's Heaven and many handicap races which became popular with club members. In the year of foot



and mouth, when running was not allowed on the fells he organised races on the slag banks at Workington. He also had a huge contribution to the 2nd FRA relay event that CFR very successfully staged at Kirkland Leaps.

At his very first Presentation night held at Bigrigg Village Hall he made a very noisy impromptu appearance half way through the night as Father Christmas. This wasn't planned as part of the entertainment so when he noisily came through the door into a packed hall dressed in a red Santa suit with a long grey beard carrying a sack of presents no one knew who he was or what was happening! Mike being Mike had a list of funny events that had happened to CFR members whilst racing that year (the actual runners might not have found these events funny but it was done in good taste). Mike would get folk up to give them a prize then rib them about getting lost or making a blunder. It was very funny and brought a new dimension the CFR presentation nights.

From this Mike and a few others came up with the idea of a cabaret act in the middle of the Presentation night to liven things up and add a bit of fun. These cabarets would involve dressing up and make-up appropriate to the theme, which more often than not involved 5 men dressing up in women's clothes! It was hugely successful for many years and ensured a full house for the presentation (people would book their tickets in July!). The cabaret would take weeks to work out and many nights of practice. Mike played a big part in this work.

He was renowned for writing the scripts for Grant Edmondson to read as prizes were presented to club members. Mike knew everyone and his humour would be reflected in his scripts. Of course Grant often misread them which added to the humour.

Mike was also Secretary and Treasurer for the club for many years before Kate Beaty took over. All in all 'a good egg' for CFR. A tireless worker with bags of energy and fun, dedicating many many hours to the club. A very worthy honorary Life member!

Feature Race – Dale Head –By Organiser Sue Ashley.

(This is our last Championship race of 2017 -Sun 17th September-have you done 6 races?)

[Category: AS Distance: 7.3km / 4.5m Climb: 675m / 2215ft]

The Dale Head Fell race is a traditional part of the Borrowdale show and was originally organised by local fell running legend - Billy Bland and his wife Ann. The Blands have also provided a number of winners over the years.

Borrowdale is not known for its dry weather and, on occasions, the race has been run in drenching rain and gales and very poor visibility has been a common factor. But I don't want to put anyone off and I'm sure that this year will see better conditions with warm sunshine, no wind and dried out bogs!

The race is categorised as 'short' being just 4.5 miles in length but it does include 2215 feet of ascent. Much of the

ascent is on the very steep and rocky path up through the quarry. There is a short respite as runners make their way over undulating but boggy ground before the final steep ascent to the summit cairn of Dale Head. The return journey is equally testing but, by choosing the right route, a good descender will often overhaul many other runners.

For anyone who hasn't done the race before, it is both safer and quicker to

avoid the rocky path through the quarry on the descent. This can be done by initially descending the grass to the left of the path, re-gaining the path where it forks and taking the right fork to pass in front of the climbing hut and over a stile. From here, there is a nice grassy path to reach fell gate.



Photos : Leaders crossing the 'stepping

stones' near the start of the race and CFR Clair Russell at the finish crossing.

Both male and female records date from 1995 and are held by fell running legends – Mark Kinch (42:32) and Sarah Rowell (51:16).

With torrential rain and floods leading to the cancellation of both show and race in 2013 and the show in 2016, the organisers have reluctantly decided to restrict the 2017 show to a 'Shepherds Meet' to be held in the field opposite the Scafell Hotel (GR 248148). *[For anyone who has done the Borrowdale fell race, this is where it ends]*. Race registration will also take place here and there will be minor alterations to the start and finish of the race. Please note that parking will be very limited so car sharing is strongly recommended. Thank you to Sue Ashley of Keswick for providing this information.

A Marshal's story-By Jim Fairey

For the last 16 years on the second Saturday of June I have made the 2 hour walk from Honister to the summit of Kirk Fell as one of the team of marshals who volunteer to assist with the Ennerdale Fell Race. This has been organised by Colin Dulson for 25 years. On a normal year there are usually 100-120 runners but this swells to over 300 when this race is included as a qualifier in the National Championship. This produces a large mix of Fell and Road runners and it is very easy to spot the difference. The fell runners are well provisioned, know the route and understand the need to be self sufficient. The road runners often ask "Where's the feeding station?" or "Where does the route go now?"

Why do I do it? At best, it is a great day out; exercise, involvement, responsibility, mountain safety and feeling huge respect for all the participants. They come in all ages, shapes and sizes showing massive determination and endurance but always with a word of thanks to the marshal.

At worst it is a lonely, demanding, cold and challenging few hours especially when the weather is at June's worst. My very first time was with very poor visibility above 600m. Kirk Fell is not an easy summit to approach from Beck Head – there is a multiplicity of routes, several false summits and no distinct final trail to the summit. I was very impressed when the leaders appeared out of the mist on schedule, stopping momentarily only to check their compasses for the bearing to Joss' Rake and then quickly disappeared down to Black Sail col. Joss Naylor, who was about my 15th runner, merely grunted "Aye Lad" and continued without breaking stride in exactly the correct direction as if on rails. Later that day I was told that several runners wrongly complained that I was not at the summit and two runners actually arrived to me having gone over Great Gable!!

Another year there was 6" of snow on the summit. In 2014 the race was shortened and run mainly in the Ennerdale valley as there was a huge risk of lightning on all the summits which would be even more risky for the marshals than the runners. I got to stand at Beck Head for 2 hours in torrential rain.

For several years now the runners have used dibber timers which make life a lot easier and safer for all. Even so I have to have eyes in the back of my head as I watch for approaching runners and at the same time checking those I have just timed to ensure they head in the correct direction. Every year I can guarantee that someone will set off in the wrong direction heading down towards Wasdale.

Timing runners out is always a difficult call. Fortunately as I am at the middle point of the race, most runners, if they have made it me, are within the time limit but very occasionally I have to direct someone back to base without any further summits. By then they are resigned to being timed out and accept without question. However, one year a well known senior runner arrived 15 mins over and when advised of this he quickly said "But Jim, the race was 20 mins late starting" and set off before I could reply. Guess who??

It's always a pleasure to see runners in CFR colours and an extra bonus watching the Bob Graham runners come through as their timetable intersects with my 3 hour stay on the summit.



to

Approaching the check point in excellent weather - 2016

On many occasions I have been accompanied and aided by Jane Mottram. The larger races would be impossible to manage alone and her help over the years has been much appreciated. It also means I get to eat her internationally famous ham and cheese butties. When we close we clean up the check point and return to Honister along Moses Trod discussing and smiling at some of the stranger occurrences of the day. Here are a just few of them;

- One runner about two thirds of the way through the running order calmly sat down besides us and slowly ate two huge rounds of sandwiches before bidding us farewell.
- Quite a few runners arrive with signs of wear, blooded knees etc but one year a man arrived and declared he had broken his collar bone! I asked him to raise his arm which he managed easily. Then got him to rotate it around. Again, he did this with ease - so no broken collar bone but he was not convinced and got his running pal to walk him down to the finish.
- Nearly all runners have some form of carrying system for their drinks which we presume they have perfected over many runs. One runner, however, arrived at our check point, removed his backpack system, flung it at our feet and said "Do with this what you will – I hate it!" and left muttering to himself.
- Perhaps my quirkiest experience was in 2006 when I was marshalling alone, checking in over 130 runners and at the same time receiving live split times on my mobile from Jane Mottram as she ran the Stockholm Marathon.


We always take with us 10 litres of water. Most of the early runners do not want any but as we get deeper into the race it becomes more popular. We ask all if they would like some water and we get either a grunt or nod of appreciation but have to ration them to a couple of mouthfuls each. Imagine our surprise in a recent race when a Keswick Lady Vet arrived close to time out and when offered a drink she replied in the most perfect Queen's English "I do not require any water, thank you, Marshall" and continued on in the right direction. I felt suitably dismissed.

This year's race 2017 was run in the toughest conditions I have experienced. Jane and I set off fully expecting the race to be downgraded as the rain was incessant and as we got higher the wind was strong with brutal gusts. For the first time ever we tried to work from the small summit shelter. The race pace was understandably slower than usual but 50 of the 55 starters reached us and 49 continued on to the finish. Visibility was no more than 10metres and the wind and rain did not abate until we got back to Honister. It was the right decision to have the full race as the wind was from the south. The biggest test was the navigation – so well done to all finishers.

We both hope to be marshals on Kirk Fell for many more years. So, if you are planning to be in this race in the future, please let us know. We will always take personal supplies with us for anyone in a CFR vest.

Jim Fairey

Cumberland Fell Runner's Profile

Name	Jane Mottram	
How long have you been a member of CFR?	About 20 years	
Which category do you run in?	Lady Vet 60	
How did you begin fell running?	I was diagnosed with a medical condition where my bones may crumble. My GP (David Lees) suggested fell running to keep my muscles strong.	
What is your favourite training route and why?	Sale Fell! It's close to hand and there are such a variety of routes depending on how much time you have. The views over Bassenthwaite are lovely.	
Which is your favourite Fell race and why?	Coledale Horseshoe. It's just the right length and I know my way round!	
Proudest running moment?	Silver medal in the team Mountain Running event in Susa 2016 with Dot.	

Most embarrassing running moment?	There isn't really any one particular moment, but perhaps the year I did the Coniston Show race up Coniston Old Man and when I got back all the race organisers had gone home !!
Any ambitions?	To continue to run more long distance routes and keep running for as long as I can, but especially to win the Lady Vet 65 category. I am planning to run the Isle of Man Coastal Path later this year and compete in the World masters.
Fell Running Heroes/ Heroines ?	I have to say I admire the bravery and tenacity of all fell runners. I've just read an article by Steve Birkenshaw from his new book. It was a great read, so he is my hero at the moment.
What motivates you most?	Just getting out on the fells with all that space, calm and friendly chat.
What else do you like to do when not running?	I enjoy Via Ferrata and going on holiday. Family stuff takes up a lot of time! I love to read and go out for coffee.
Can you tell us about your family?	Jim and I have been together for 15 years and I have 2 grown up children and a grandson who is 6yrs and keeps me on my toes!

RACE REPORTS

Full results for all our races can be found on the CFR or FRA website .

ESKDALE ELEVATION-By Anna Blackburn

The Eskdale Elevation sounded like a good Long A race for my comeback after illness. Although "Long" it was billed as being only 13 miles, short for a Long, barely a half marathon, lots less than, say, the Borrowdale, which I really like

First mistake: do not confuse miles and kilometres. I still prefer to operate on Imperial measurements and sometimes let myself be caught out.

I had a look at the map. OK, you go up a hill, then down, and across a flat bit (how hard can that be?), then up another hill. No obvious technical bits until you descend Scafell. Perhaps the word "Scafell" should have made me pause for thought.

Second mistake: failing to pay more attention to contour lines.

I was not at all familiar with the area and this was part of the attraction, although I did feel a bit apprehensive about navigation should the visibility be poor, so made sure I noted relevant bearings on my map. Jennie, Ian and I decided to go together; the prospect of a group outing of course substantially improved my confidence. On the day, we were joined by Andy (Ross) to make a team of four. Within approximately 50 yards of the starting line it became clear that asking Jennie and Andy to hang about for me wasn't on. Ian told them to do their own thing, but promised not to abandon me himself.



Those of us towards the back of the field will recall that the initial track tops out to a wide vista. Runners seemed to be spread out right across the horizon, going in all sorts of directions. It was impossible to tell who had got it right.

Third mistake: failing to attend a pre-race recce.

Latterbarrow Loop 24th May 2017



Wednesday 24th May saw the 7th race of the Cumberland Fell Runner's annual championship series - the short and fast Latterbarrow loop over a ring of small hills on Cold Fell. The race starts with an exhilarating dash downhill to the river, with the first to cross being crowned River man and River belle. This year it was local farmer George Crayson and CFR newcomer Rebecca Rennie who won the titles & trophies. Just over two miles and 800 feet of ascent later at the final summit George was seen right behind John Heneghan looking like he would

have to settle for second place overall, but his superior descending speed saw him overtake John to achieve the win by just 5 seconds in a time of just 24 minutes 25 seconds. In the ladies race it was even closer with Debbie Walker (from Cockermouth based Derwent AC) battling it out CFR's Jennie Chatterley to win by just 2 seconds, with Rebecca coming in third only 23 seconds further back.

We were then all honoured to have the prizes presented by CFR president, and fell running legend Joss Naylor after he had come down from the top of Swarth fell where he had been encouraging everyone to put just a little more effort in! Paul Jennings



Photos :Joss with some CFR junior girls at Latterbarrow & about to be charged by the cavalry during prize giving!

Buttermere Sailbeck By Charlotte Akam

This demanding medium race saw 22 eager members competing for points in the 6th race of the 2017 championship. For some, this mid-point of the season was an opportunity to gain precious points.



Charlotte on her first medium fell race and happy finishers enjoy refreshments afterwards.

On arrival the competitors were greeted with rain and unfortunately this was to continue for majority of the race. The start of the race saw the CFR vests run strong up Newlands Pass and on to the tops of Knott Rigg and Ard Craggs. This was a challenging climb but it quickly allowed Mario Yeomans, Paul Johnson, Mick Allen, Neil Sidaway and Andy Bradley to show their strengths and be at the front half of the race. The rest of the club members fought well to ensure that CFR was strong across the first ridgeline. From here the race dropped to the valley and then continued straight up to Causey Pike with a climb through the bracken with already tired legs for all runners. On reaching the top of the fell, the runners were welcomed by mist, wind and rain. If the waterproofs hadn't been taken from the bumbags before this then they definitely were here. From here the race continued along the ridgeline taking in the fells and more ascent including the tiring zig-zag path. Eventually after a few navigation errors and some interesting choice of lines, the runners reached Whiteless Pike where the tested and debated lines were all used. No matter whose line you followed there was plenty of speed over this section. Jennie Jennings definitely proved this by appearing out of nowhere and overtaking at least 2 other CFR members with her powerful descent of Whiteless.

This was a brilliant race for all 22 members. CFR definitely showed the strength of the club with Mario achieving 3rd in an impressive 1:47:07, Peter Crompton gaining first Male Vet60 and Mel Bradley also picking up a prize.

Langstrath Wed 21st June

A big CFR turnout on this warm evening for this short championship race. A great venue for supporters who enjoyed the beer (especially Tom, Jim and Jim). Good to see Peter Mcavoy back after injury and junior Ben Breeze up with the leaders. Prizes O60 Men Peter Crompton, O60 lady Dot Patton.



CFR team photo at the start.



It certainly was today!

There's always a test to pass before one can run!

Duddon Fell Race-Racing the clock at the back

By Dot Patton

The weather was perfect for this Lakeland classic category AL race (18 miles and 1830m climb), sunny with a sprinkling of white fluffy cloud and gentle cooling breeze. CFR runners turned out to collect championship points in the long race and 3 members ran the short.

The challenge for me was to complete the race in the cut off time limits allowed.

Ok so many of you don't have to even think about these but for some of us they become an extra stress! I understand they are a necessary safety net for marshals and runners and believe they should exist so I'm not complaining at all. I'm not blaming age on my slowness (you only have to watch Peter Crompton to realise age has little to do with speed), I've always been slow! I just wanted to be able to say I'd ran the Duddon.

102 runners set off and I'd soon staked my place at the back losing sight of them all on the Harter descent. I chuntered to myself- "Well, You're on your own now, just focus, one step at a time, you know the way, reced the whole route and it doesn't matter if you don't make it in time, you've had a go". So I did just that not allowing myself to think about the finish or anything but the next section ahead-(practicing my mindfulness!) It can get quite lonely at the back and you can have mental fight to keep going at times. So it was great to see Mike and Ella at Three Shires waiting patiently with encouraging support.

Duddon has generous times (Wasdale is out of the question!) but they become tighter as the race progresses. I was on Harter summit with 40 mins to spare, Three shires 25 mins to spare but by Dow crag I was only 2 mins before closing. The marshal told me if I didn't get to White Pike in 35 mins they would time me out. Well, I wasn't going to let that happen at this stage so found another gear and pushed on to arrive just within time. (That stretch is mostly easy downhill running though) Then I had 10 mins to get to Caw!! Is that possible even for the fastest runner? At that point legs and body were shattered so it took me 40 mins to crawl up craggy Caw. However the very kind marshals there were not going to retire me or the bloke just ahead I'd caught up but even brought the dibber down a crag to us and cheered us on home. It was then the calves started to tremble and cramp threatened, however I was delighted to run in to cheers from Mike and Les. 'Last but not Least' -whatever that means!

Very pleased with myself. I've done it now, enjoyed it and don't have to do it again

Finishers in the long- Paul Johnson, Mick Allen, Neil Sidaway, Andy Bradley, Mike Harrison, Paul Jennings, Les Barker, Ann Cummings & Dot Patton Finishers in the Short Mario 1st, Angela Jackson & Lindsay Buck.

Ann shows us how to finish.!



Mario takes it easy hours after winning the SHORT race whilst Mike looks wistfully for me still on the LONG race!



Why all the fuss? I know how they feel.



20Years and 700 races (on fell and hill) – By Lindsay Buck.

My first fell race was the 9 mile with 3,000ft of climb Kinniside race in 1997. Having run on road and occasionally trail or XC, the fells were an enjoyable revelation. I'd hill walked but in boots and with rucksack so the freedom of no gear (in those far off days of yesteryear) was an absolute treat. As a starting point a category A medium was ideal- only a bit further into long territory and short/medium races looked achievable.

Jim and I joined the CFR and local races followed. The FRA calendar offered races further afield, the ladies team, led by Sam Ayres travelled for the English and British Championships. Many of the most enjoyable days were whilst recceing routes, especially the longs where cut off times made race days more difficult. The safety and comfort of marshals is vital so I understand the need for them but regret never completing the Wasdale as numerous training of all the route and splits made it obvious I was too slow (nothing new...)

A suggestion from Barry Johnson led to an England Trial race up Skiddaw for the 2002 World Masters. To wear the England vest in Austria was a real honour and opened the door to more races abroad.

CFR fielded runners at Masters Races all over Europe often organised by Harry and Mary Jarret. They continue to appeal- amazing veterans, beautiful venues with mainly uphill only courses.

The old professional races run B.O.F.R.A are welcome now my knees are less forgiving and lack of foot speed even more apparent- flagged short routes are often held in conjunction with local shows, Shepherds Meets or Village Galas.

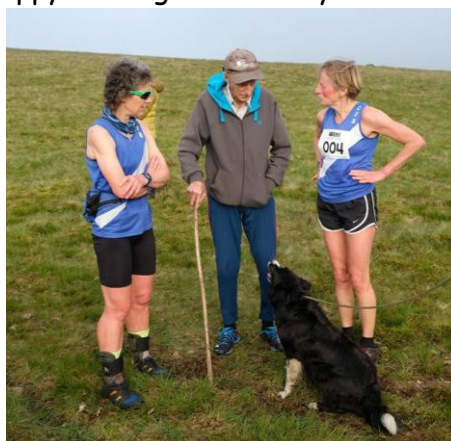
The vertical Km format is now my favourite. At least 1,000 metres of uphill finish at the top, about 5 to 7 km in distance, yet another reason to travel to new places.

All this has led to 700+ races, far more quantity than quality but all with happy memories. The variety of fells and hill is astounding- big events to low key, runnable to vertical, flagged to clag and compass.

The junior section of CFR has been strong throughout these 20 years and the young athletes, their coaches and parents continue to inspire.

20 years ago I was not even a vet but now I am well ensconced in the 'old biddy' category.

The sport remains an absolute pleasure to be involved in and I am proud to have been running in the blue and white vest. Thanks Folks, Happy running Lindsay



*Photo- CFR Ladies team
(Silver medal British Champs
2002)*

*Kate Beaty, Hilda Bransby,
Sam Ayres, Lindsay Buck.*

*Lindsay and Kate with Club
President Joss Naylor*

English Championships – Our O50 men's team are lying =5 in the English Champs –with 2 races to go – Good Luck –Andy Bradley, Paul Jennings, Peter Crompton, Bill Williamson and Neil Sidaway. Mel and Hannah Bradley are also competing in these championships so well done all.

Full results can be found on

http://www.fellrunner.org.uk/results/champs17/eng/17_english_teams.pdf

Lakeland Classics —After 3 races Andy Bradley is standing at 23rd in this competition with Paul Johnson, Mick Allen, Neil Sidaway, Mike Harrison , Paul Jennings, Les Barker, Peter Ferris & Ryan Crellin also featuring in the lists —There are mstill 3 to go Wasdale, Borrowdale and Langdale. Its quite an achievement to complete 3 of these long and super long races . Keep going CFR!

**New Vests and T shirts are available from Ryan Crellin
£15 each (club subsidized) —ryancrellin@gmail.com**



Cumberland Fell Runner's Profile

<p>How long have you been a member of CFR?</p> <p>Which category do you run in ?</p> <p>How did you begin fell running?</p>	<p>Anna Blackburn</p> <p>about 5 years</p> <p>LV50, but not for very much longer.</p> <p>My first ever run was round Setmurthy Woods - does that count? I had no idea what I was doing and took kit!! (In my defence, it was raining.)</p> <p>Then my friend Sarah Bailey (Keswick AC) encouraged me a lot, and I invented the 8 Teashops Route in Borrowdale before moving on to greater things.</p>	
<p>What is your favourite training route and why?</p>	<p>Les Contamines to S Nicolas en Veroce, aller/retour. Scenic, gentle, requires limited time commitment and, importantly, ends at a cafe/buvette opportunity</p>	
<p>Which is your favourite Fell race and why?</p>	<p>The Borrowdale (the real one not the 8 Teashops). First really long one, I loved it. Good route, great views; makes non-fell runners very impressed</p>	
<p>Proudest running moment?</p>	<p>First finisher at the Jarrett Jaunt 2017 and being cheered by little kids who did not realise it was a handicap!</p>	
<p>Most embarrassing running moment?</p>	<p>Coming last in a race... and still winning a prize :)</p>	
<p>Any ambitions?</p>	<p>To finish off the John Peel Trail, day 3 remains unfinished business</p>	
<p>Fell Running Heroes / Heroines ?</p>	<p>Sarah Bailey; Nicky Spinks (obvs)</p>	
<p>What motivates you most?</p>	<p>Run more = eat more cake</p>	

What else do you like to do when not running?	Singing (though I don't earn money from it any more), reading, but most importantly hanging out with my friends
Can you tell us about your family?	Andromeda my cat. I have fabulous friends and do not need relatives.

CROSSING THE LAKELAND FELLS By Peter Crompton

An account of my Joss Naylor Lakeland Challenge with CFR friends. 10th June 2017.

Turning 60! Sixty is old, right? But wait, I'm not old. I'm a fellrunner. So prove it then. But what to do in this my sixty first year?

These were some of the thoughts rumbling round in my head during the previous winter. In idle moments during bleak, rainy February afternoons I dreamt of running across sunlit mountain ridges on a balmy June evening and thought of approaching Wasdale, the lake and the sea beyond. What about a complete traverse of the Lakeland fells? I thought. Mmmm ... the Joss Naylor Challenge would do that. Once I had shared this thought with friends generous offers of support were all around me as well as a less welcome but rather exciting, challenge of "lets try and do it in a new record time".

For several days before the 10th I was watching my weather apps. Threats of monstrous amounts of rain and strong winds reminded me that I had promised to postpone if we had such a forecast, but many people had put themselves out to commit their time and their families' time to supporting me and so it was with a slight sense of dread but also mounting excitement that I opened the curtains at 4.30 a.m. to a view of scudding clouds and wet mountains and said "right, let's do it".

Pooley Bridge: 05:57 a.m. all was quiet apart from a strangely clanking bridge. Three addicts went through the fell runners' rituals of stretching, warming up, adjusting laces, checking watches, killing the minutes before the self-declared "official" starting time. My two pacers and navigators are both Winter BG graduates, so I knew I was in the best of company.

"Are you ok with this pace" said Paul, "it feels a bit quick".

"feels good to me" I replied, and thought privately, that's a good sign.

However, we were still two minutes down on our "Vet 60 record breaking" schedule at the first of our 30 peaks, Arthur's Pike. This did not bother me as I knew from previous outings that the later peaks tended to fall below the scheduled times.

As we approached the slightly higher Loadpot Hill the weather was closing in, Mario said "and that's it, into the cloud, it's the last you will see for the next 12 hours". How right he was! But it was a great adventure that still lay ahead. We were battered and "car washed" on our way to High Street and somewhere around there I had a real face planting trip, leaving me flat out in a puddle. Mario scraped me up and, with only a broken watch and a bloody hand as damage, we were off again to Kirkstone Pass. After a quick cup of home-made potato soup (millions of calories and previously patented for my BG challenge) we zipped up Red Screes and onto the long misty wander to Hart Crag. Except that Paul and Mario's brilliant navigation and shepherding kept me from wandering too far. Several times I heard booming through the mist from behind me "Peter, a bit to the left – follow Mario". Thank goodness for skilful navigators. Fairfield appeared through the clag quite quickly. The summit is a confusing top, I have previously gone astray up here in mist, so we quickly scanned the dripping, mist-shrouded cairns and turned left for



Seat Sandal, the wind doing its best to knock us off our feet. This was the first climb that my legs had noticed and I reminded myself that there was still a very long way to go and that mental strength and a clear focus might be needed later.

A great time saving line down Seat Sandal could be shared with prospective BG and JNC contenders on payment to CFR or my "Just Giving" WaterAid account. <https://www.justgiving.com/fundraising/petercrompton>

This brought us to within earshot of welcoming car horns and happy, rainswept faces at Dunmail Raise, not to mention the calorie-dense rice pudding slurped straight from the can - looks disgusting but its quick. It really was good to see Kate, Rhianon, Stu and Heather here. Heather quickly dispensing water bottles, flapjack and chocolate. After 4 minutes of taking the "combine harvester" approach to food I shouted into the rain "ready guys? We need to go".

Hooray, its more steep climbing. Straight up Steel Fell in 20 minutes and off across the long wet trog to High Raise. Andy Beaty, tough rival of many races and Paul Jennings orienteer, fell runner and possessor of photographic memory for the shapes of trods and hillsides, joined us for this leg to Styhead. There is a myriad of streams and boggy bits up here but streams turn into life threatening torrents on days like this. We stopped and hesitated to judge one such flooded stream. Paul went first, slipped and was soon upended and soaked from head to toe. I honestly thought he was in danger of being swept away, although in reality he couldn't have gone too far. Also, we were all soaked to the skin anyway, so, as Paul said, his brief swim didn't make that much difference. I stood gawping whilst Andy hauled him out and with hardly a blink or a flip of the fins, we were on our way again. If you ever contemplate doing an event like this, in this kind of weather, make sure you have a good navigator, preferably one who can swim.

On the top of Bowfell we met some walkers who thought they were on Scafell Pike. I know the visibility was bad, but there are limits! Fortunately, Paul and Andy both managed to make polite offers of help, something I was not capable of by this time.

Eating was becoming more difficult, as is sometimes the case on these longer jaunts. The legs were saying "feed me" but the guts were saying "don't you dare". Boiled potatoes went down better than the infamous peanut butter sandwiches. Chocolate bars provided short but fast sugar fixes.



The greasy boulder areas of these three peaks, Bowfell, Esk Pike, Great End slowed us down considerably as we did our best not to crack a shin or worse take a tumble into a bone-breaking hole. I remember down-climbing on all fours over rough ground that I would normally have skipped over. The descent off Great End was both a navigational and an agility challenge, but with mutual support and concentration we made it to the stretcher box at Styhead. Here we said goodbye and thankyou to Andy as he descended to Borrowdale as planned. Beside the stretcher box we found a cold wet Bill who was waiting to "take us home" to Greendale. Only 12 miles to go. Bill knows the Wasdale fells like the back of his hand and took us along this section in thick mist and increasing winds without ever looking at a map. How do these people do this?

I had in mind that there were only the 3 big climbs of Gable, Kirk and Pillar to go before getting to the three little ones at the end. At the top of Pillar it hit me like a wet blanket, a heavy wet blanket, that there were five to go not three. The mental strength alluded to before was needed here. "focus, focus, focus" I repeated. Positive images were drawn from the depths, teeth clenched and feelings of fatigue banished. Steeple was short and fun but Seatallan was a bloody long way. Bill said, "Middle fell is easy". He lied! But I knew we were very close now. Having not thought much about the time all day, I now began, with the record in mind, to ask Paul for "clock time" as opposed to split time - and repeated the annoying question every 5 minutes. At the top of Middle Fell we had 25 minutes to reach the end and hit our target.

"Can we do it in 25"? I asked Bill.

"Lets do it in 15" he said.

"Right, Go!" I replied, and we did. Tearing down the hillside, soft turf a blessing underfoot. A few rocks, a trod here, a fast grassy bit there, Joss' house was soon appearing through the mist. We dodged left on the track through the last of the bracken. At last the wall, Joss's house, the tarmac, the bridge. We had done it. Great fun. A hug from my wife Heather. A handshake from Joss. A handshake from David. Big grins all round. What a day! Paul, from the first half

had travelled all the way from Cockermouth to see us finish. I gave him a celebratory punch on the arm and said “we did it, we took over half an hour off the old record”. We were grinning like mad dogs. But then ...

Joss said, “Aye, a lad last week, he did it in eleven hours”.

What! Is this a windup, I thought. I stared into Joss’s blue eyes in vain hope of a mocking smile, but no! Apparently not. Oh what the hell! We had had a Grand Day Out. We had smashed our own ambitious target in appalling weather and for a few seconds at least, we believed we were the new record holders. Isn’t fell running just wonderful!

Peter Crompton



Cumberland Fell Runner’s Profile

<p>How long have you been a member of CFR?</p> <p>Which category do you run in?</p> <p>How did you begin fell running?</p>	<p>Neil Sidaway</p> <p>10 years</p> <p>vet 50-55</p> <p>A friend suggested having ago at the Blencathra race in 2007. Having always been involved in sport I thought I was reasonably fit. Far from it, listening to two geriatric looking characters chatting away heading up Bowscale, whilst I struggled just to draw breath, and coming in very nearly last, I thought again. Despite the pain, humiliation, I was hooked –</p> <p>all quite ‘primal’, chasing, being chased, the terrain, almost childish, total escape.</p>	
<p>What is your favourite training route and why?</p>	<p>Blencathra race route. After that first ‘wake-up call’ I became quite attached, and its relatively local to Cumwhinton. I can be out and round and back home in 3 hours.</p>	
<p>Which is your favourite Fell race and why?</p>	<p>Originally Blencathra (I like the mid-week evening do’s), but since my first Jura in 2011 I’ve changed my mind. The first 12 years of my life, in the 60s and early 70s, for 6 weeks every summer (my parents being teachers), were spent admiring the Paps from across the water. We camped on Loch Coalisport. It was great to finally visit, run over them and it always doubles as a family holiday, camping at Corran Sands.</p>	
<p>Proudest running moment?</p>	<p>Seeing my 2 boys doing well and enjoying it – George winning the Anniversary Wa a few years ago as an English Champ race, and racing the Langdale Show with Harry, when the organiser invited juniors and seniors to race together. They should do that more often.</p>	

Most embarrassing running moment?	Arriving late for the Copeland Chase, I thought I heard Mike Harrison say he was doing the 'medium'. After following him to the first 2 controls I realised he wasn't ('long' of course) but it was too late.
Any ambitions?	To do the Joss Naylor (while Joss is still around) and have a season concentrating on the Lakeland Classics. Also Ben Nevis, Snowdon, the 3 Peaks.
Fell Running Heros / Heroines ?	It would be easy to say Joss, Billy etc. but the people who've really inspired me over the few years I've been fell running are my fellow peers- Andy Bradley, Peter Crompton, Paul Jennings, Bill Williamson, Andy Beaty, people with real 'pedigree'. For years I chased them, usually from afar, (probably totally unaware of my presence?) and to finally get anywhere near, and to sometimes even get ahead of them, I feel a degree of respectability at least.
What motivates you most?	The fells; awe-inspiring. I wouldn't run otherwise. Taking on the elements, as well as the terrain is another factor.
What else do you like to do when not running?	I coach an under 14 football team (Harry, my eldest, plays centre back) Monday evenings and Saturday mornings (big cup games or grudge league matches can even take precedence over Champ. Races). League tennis on a Tuesday evening in the summer. Walking and camping in the Lakes with the family. I read a lot of history.
Can you tell us about your family?	Helen, my wife, recently completed the Wainwrights- weekend in Wasdale, champers on top of Yewbarrow. George has represented Cumbria at cross-country. Harry and George both represent Carlisle in athletics. Helen is a neuro-rehab. physio at Carlisle infirmary. My Dad always comes to Jura for the race, a nostalgia trip. My family have always been very supportive of what can be a very time-consuming past-time, and I'm certain my boys will continue to fell run/race in the future and smash my 'times'.

Jura 2017 By Neil Sidaway



This was my 4th Jura and Mark Graham's 15th. We always camp together at Corran Sands. I use the word 'camp' loosely in my case, as I cheat and take our motorhome, whilst Mark is a proper hardcase and cycles from Ardrossan, via Arran, the Mull, and Islay. He ran Goat Fell, the weekend before, on his way. Oh to be retired! Nina Walkingshaw was even more 'hardcore', cycling with her 4 young children the same way as Mark. I like to get there a couple of days before race-day,

whereas Mark is usually there the week before, helping Graham Arthur set up. It was well worth his efforts as we were all incredibly envious post-race as Graham invited Mark to use his bath-tub at race HQ. Meanwhile, another devotee/fellow camper, Brian Horne was being severely midged in the shower queue in Craighouse, and I lay in the burn at Corran. My wife Helen and my two boys always come up on the Thursday evening (naughty day off school) and get the fast launch across the Sound from Tayvallich- 45mins: foot passengers and bikes only, straight into Craighouse. Harry and George always run in the junior races.

The weather is of course a major issue on Jura, as it is at any long fell race. My previous 3 Juras I've been very lucky, in that the previous week has often been poor (Mark's back is a good gauge, the longer he's had to lie in his tiny tent the worse it is), but come Saturday it has cheered-up. This year was predicted to be awful, thunder storms, lightning,

people preparing for the 'poor weather course', but again we got away with it. Graham's pre-race briefing was full of tales of marshals having to escape the summits asap, if the storm hit and runners would have had to automatically revert to the lower level course. My only criticism of the weather was how incredibly warm and humid it turned out. Everyone hoped the Paps would be fresher but even up there, the breeze never picked up. Every stream/tarn required a dunking.

The weather is the only excuse I have for being 23mins down on my 2015 PB: 4hr26-4hr49min, although I felt relatively good through-out, even the gruelling last 3 miles of tarmac from Three Arches to Craighouse. Oh, and taking a poor line off the last big Pap, following Nicky Spinks but not closely enough, losing her down a lovely grassy trod, descending too far and having to skirt back up and around (Mark chatted to Nicky on the ferry back and she had reservations about that trod?). When will I stop following folk? Finlay Wild didn't need any excuses, breaking Hector Haines 2014 record by 1min 16secs, 3.05.14. Ian Holmes completed his 21st, all under 3.50. What a bloke! Jasmine Paris decided not to run an hour before the start?



WINNERS of the ISLE OF JURA FELL RACE				
YEN	CLUB	TIME	CLUB	TIME
1973 Bobby Shields	Clydesdale	3:54:57		
1974 Brian Finlayson	Lochaber	3:39:22		
1975 Jim Smith	Bury & Radcliffe	4:31:30		
1983 Andy Styan	Holmfirth	3:24:37	Jeanne Neal	East Kilbride 5:43:59
1984 Andy Styan	Holmfirth	3:16:54	Ann Curtis	Livingston 4:35:19
1985 Ray Aucott	Dark Peak	3:18:36	Ann Curtis	Livingston 4:32:35
1986 Del Davies	Eryri	3:20:19	Winky O'Neale	Keswick 4:18:20
1987 Billy Bland	Borrowdale	3:19:06	Angela Brand-Barker	Keswick 4:12:09
1988 Colin Donnelly	Eryri	3:07:05	Angela Brand-Barker	Keswick 3:50:22
1989 Colin Donnelly	Eryri	3:11:59	Christine Menhennet	Westerlands 4:16:15
1990 Ian Ferguson	Bingley	3:15:28	Stel Farrar	Eryri 4:28:16
1991 Andy Curtis	Claremont Road	3:59:46	Kathy Gott	Clayton 6:04:14
1992 Andy Trigg	Glossopdale	3:27:25	Tricia Calder	Edinburgh 3:59:45
1993 Ian Holmes	Bingley	3:26:29	Clare Kenny	Calder Valley 4:25:20
1994 Mark Rigby	Ambleside	3:06:59	Helene Diamantides	Carnethy 3:53:56
1995 Duncan Richardson	Jura	4:26:04	Dorothy Dundas	Jura 5:29:21
1996 Ian Holmes	Bingley	3:08:17	Yvonne Williams	Pennine 4:55:31
1997 Mark Rigby	Ambleside	3:08:17	Nicola Davies	Borrowdale 4:03:38
1998 Andy Trigg	Glossopdale	3:45:41	Liz Cowell	Keswick 4:56:54
1999 Robin Lawrence	Bingley	3:38:02	Christine Creswell	Notts 4:21:20
2000 Mark Rigby	Ambleside	3:16:14	Jennifer Rae	Ambleside 4:15:38
2002 David Rodgers	Lochaber	3:19:00	Angela Mudge	Carnethy 3:49:50
2003 Nick Sharp	Ambleside	3:20:14	Angela Mudge	Carnethy 3:45:31
2004 Tim Linton	Carnethy	3:36:25	Kate Jenkins	Carnethy 4:40:19
2005 Ian Holmes	Bingley	2:56:03	Sue Mitchell	Calder Valley 4:08:36
2006 Ian Holmes	Bingley	3:31:44	Dawn Scott	Lochaber 4:45:41
2007 Ian Holmes	Bingley	3:19:31	Angela Mudge	Carnethy 4:07:55
2008 Rob Jebb	Bingley	3:07:49	Angela Mudge	Carnethy 3:40:33
2009 Ian Holmes	Bingley	3:49:50	Angela Mudge	Carnethy 4:23:46
2010 Robert Jebb	Bingley	3:28:36	Angela Mudge	Carnethy 3:59:11
2011 Es Tresidder	Dark Peak	3:21:51	Sarah Ridgway	Eryri 4:09:29
2012 Robert Jebb	Bingley	3:17:39	Angela Mudge	Carnethy 3:55:35
2013 Hector Haines	HBT	3:18:29	Jasmin Paris	Carnethy 3:54:51
2014 Hector Haines	HBT	3:06:30	Jasmin Paris	Carnethy 3:53:52
2015 Finlay Wild	Lochaber	3:13:27	Jasmin Paris	Carnethy 3:38:43
2016 Finlay Wild	Lochaber	3:09:53	Jasmin Paris	Carnethy 3:41:00
2017				
2018				
2019				
2020				
2021				
2022				
2023				
2024				

Jura never fails to deliver. The journey over is always an adventure, the friendly locals, the landscape/seascape, and the wildlife is always a highlight – I saw my first cuckoo this year (I never realised they were so large), the red deer (look out for tics), ducks and geese of all description (shell ducks always a favourite), the seals and sea otters (two years ago a large male sauntered down the campsite past me and Mark into the gorse).

The highlight is of course the race itself. It has all you could want from any fell race. The leg-sapping bogs, especially towards the end of the mountain section, between Corra Bheinn and Three Arches, are just mean. You run left or right and the tussocks are too high. Expletives galore! There are fast running sections between the first 3 summits and then on to the 3 biggies, quite a sight! The scree runs are spectacular, as are the views, if you dare look about? Surrounded by blue, when the sun comes out.

I hope I can get in next year?

Next a late entry by Paul Jennings re the last CFR Race.

This is an initial draft for an article I may submit to the Fellrunner in advance of next year's race, any thoughts or suggestions for improvement are very welcome.

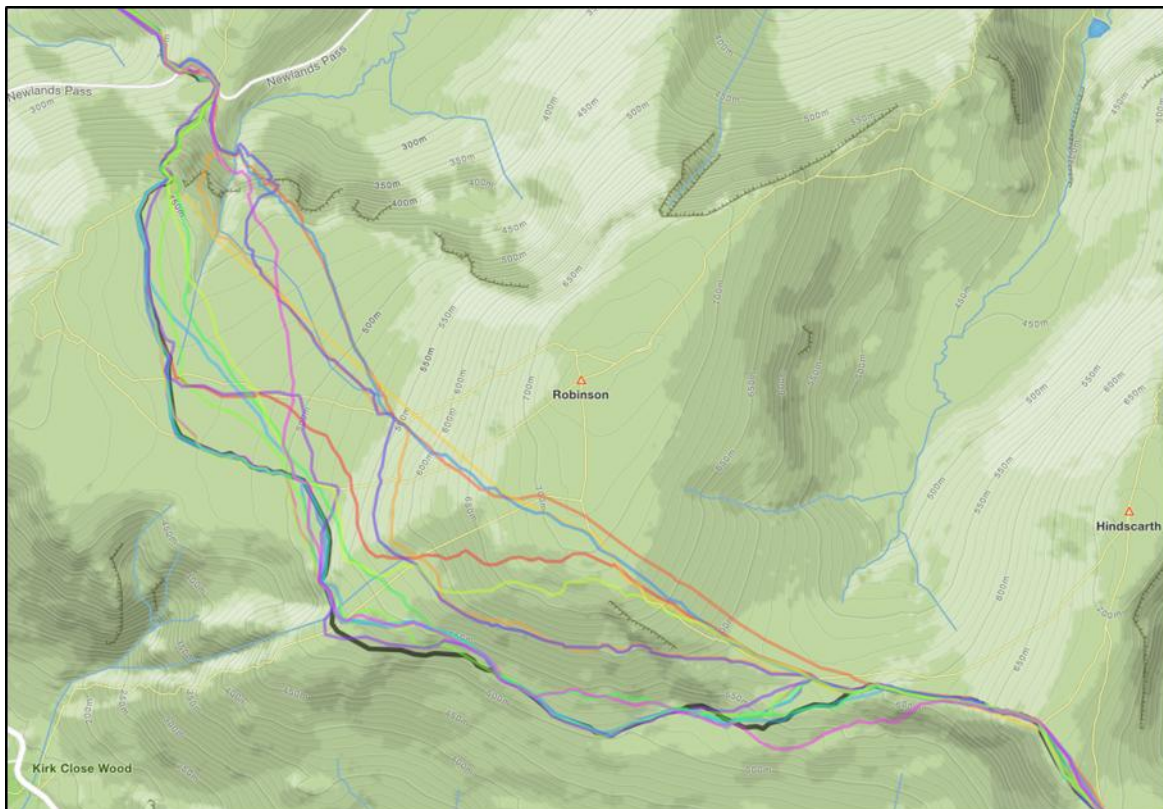
Darren Holloway Memorial Race (Buttermere Horseshoe)

Skills & experience: ER, PM, LK, NS

So what to all of those letters mean? If we take the Darren Holloway memorial race as an example, and talk through the race route, with the help of the Strava flybys from this year's race. The conditions were fairly cloudy on the tops, hence some of the routes taken. All names have been removed to protect the innocent, but I'd like to thank all of the runners who have shared these on Strava.

The route is straight down the road and then well marshalled through the woods until the runners are directed up the fell. (**PM** – course partially marked)

It is then fairly simple navigation & not too much route choice (only a few seconds to gain here & there to Newlands). The first major route choice is from Newlands to Dale Head. I really don't know whether any are better than any others, it depends whether you like contouring, like it steep or want to keep the navigation easy (**LK** – Local Knowledge). The ascent of Hindscarth (not shown but was taken) is optional and not optimal (**NS** – Navigational Skills required)

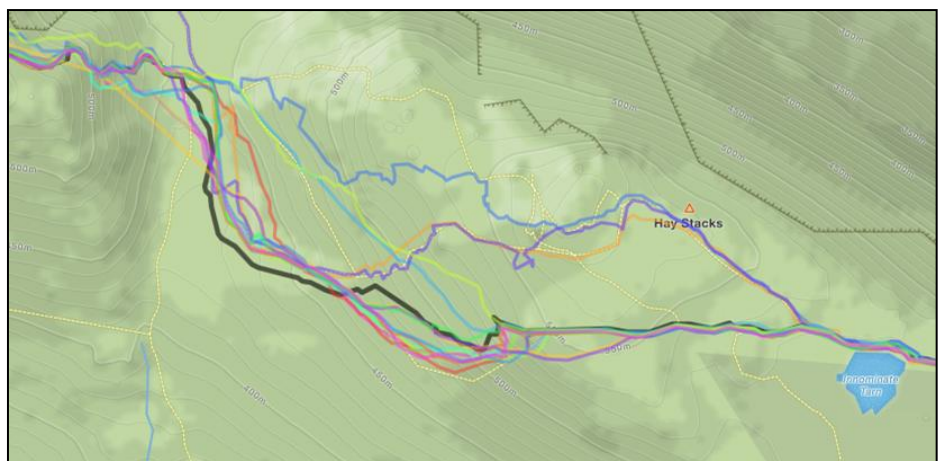


Newlands to Dale Head

Not much choice down from Dale head to Honister. Then onto Innominatarn – a minor route choice that doesn't make any difference.

From Innominatarn to Scarth Gap – the ascent of Haystacks is optional, and not optimal – just reverse your preferred route on the Ennerdale (**NS** – Navigational Skills required).

Innominatarn to Scarth Gap



Next up High Stile. The instructions on the race details and on the notice board show the checkpoint at NY 167 148 (which was exactly where Peter & Charlotte were), which according to the OS 1:25,000 map is 1 metre lower than the highest point. My intention is to keep the navigation slightly easier as it is more or less a straight line on the ridge and it doesn't lead you off down to Buttermere. However, some people either hadn't checked the race details or just followed the wrong cairns. (**NS** – Navigational Skills required)

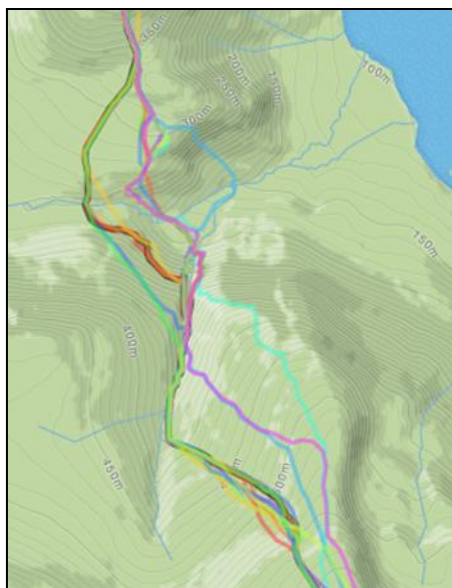
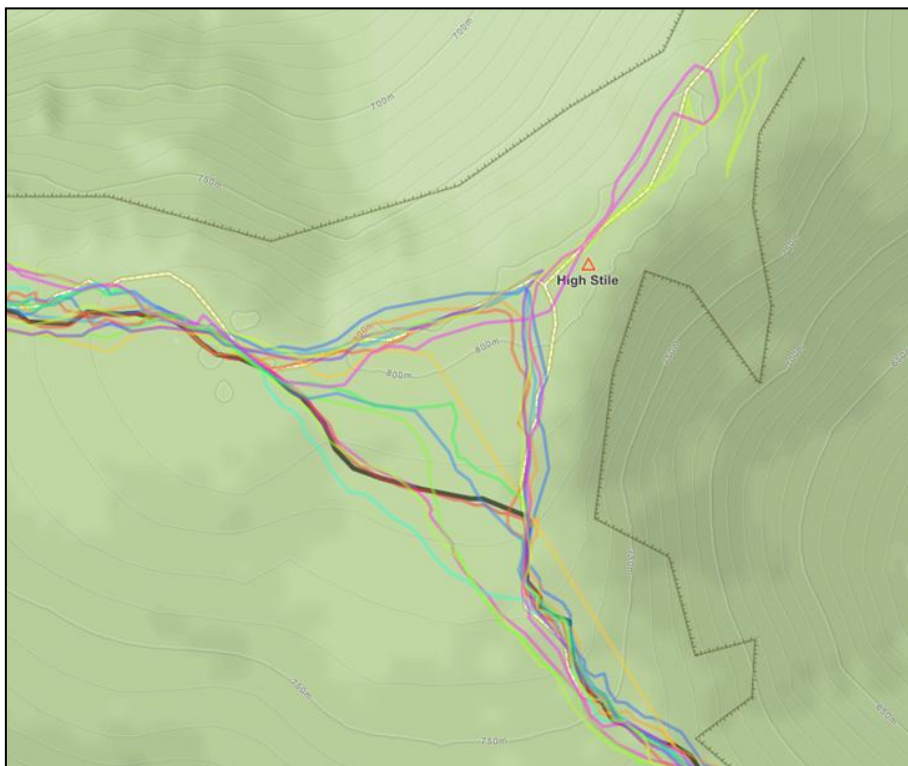
High Stile Checkpoint

Underneath Red pike (remember it's not a checkpoint) and onto Mellbreak. The actual path is very stony and running becomes very difficult lower down. The best line appears to be to cross the river onto a trod through the bracken. Your route up Mellbreak will be dependent on the route down from Red Pike, the left-most lines will have the least ascent (**LK** – Local Knowledge).

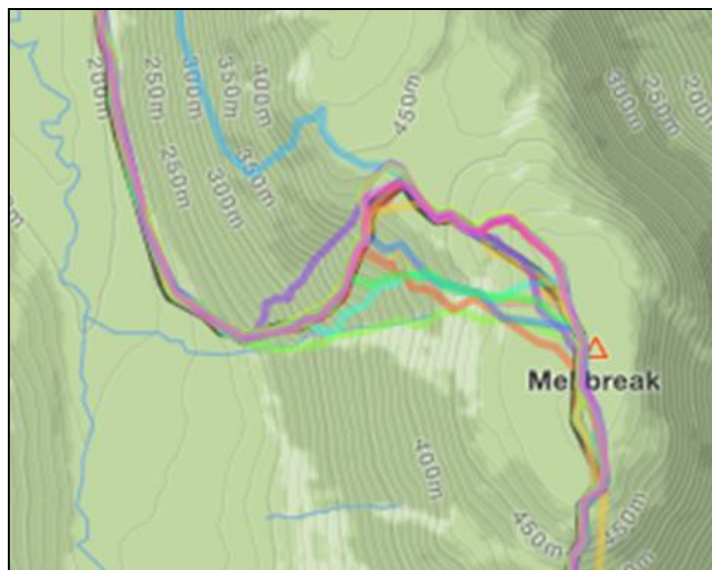
I have seen one line from a few years back go almost to Starling Dodd and then down which might work, the ascent of Starling Dodd itself is optional (but not ... yes it was taken this year –

NS – Navigational Skills required).

Off Red Pike



Off Mellbreak



Finally – you are at Mellbreak & you think you've cracked it? Well the navigation should be simple enough, but there is still quite some route choice, but more on personal preference again – through the bracken & heather is the shortest route. The easiest navigation is to the col & down. If you know where to look there is a sneaky trod cutting across at a higher level with an easier angle all of the way down to the gate underneath the North summit. (**LK** – Local Knowledge)

Once on the track it is simply down to the road, and then once on the road, it is flagged to get you past the pub to the finish, (**PM** – course partially marked)

ER: Experience Required - Well you wouldn't send a novice on this route would you?!

For Race Organisers here is the Cumberland Fell Runners Club race kit.

Held at Jane Mottram's house 23 Cedar Lane, Cockermouth , CA139HN

Contact -janemottram@outlook.com mob-07799536526

1. Orange finish fencing 10 -15 m long.
2. Orange finish fencing 10 -15 m long.
3. Orange finish fencing 10 -15 m long.
4. Quantity of yellow support posts for the above.
5. 1 bundle of approx 20 large flags.
6. 1 bundle of approx 20 large flags.
7. 1 tent bag with canvas and pegs
8. 1 tent pole bag complete with poles.
9. 1 Box of assorted race signs both large and small .
10. 5 race direction signs nailed to wooden posts.
11. 1 large first aid kit , various contents.
12. 1 box of approx 20 hi vis marshals vests.
13. Approx 100 small wire stemmed red flags.
14. 1 "Kisoo" orange bag with CFR penned onto it.
15. 1 white board
16. 2 results boards for use with stickers.
17. 1 race box containing entry forms, pins, pens and FRA material .
18. 1 carrier bag containing 4 off weather writer clip boards and 3 small clip boards.
- 19 1 box with 4 large thermos flasks
- 20 1 table

Other Social Event News



A group had fun camping over after the Duddon , baring all to jump in rivers and drink and be merry.





A hardy group also camped out on Sale fell to celebrate the **Midsummer solstice** in rather drizzly weather.



Lastly some interesting thought by Paul Jennings.

Feel running

How often do your fingers not obey your command when typing? The number of times I've written feel running, but today that's what it was.

Today I went for a feel run.

I was picking my way over the rocks down to a river & I felt **nimble**, minutes earlier I had run all of the way up Lang Rigg because I felt **powerful**, although at the top I must admit to feeling **knackered**. I turned and hurtled down the slope and felt **speedy**. Further down still and it was just so good to be running out in the open countryside with not a road in sight and I felt **so alive** and I felt **in tune with nature** with the birds & sheep all around me. Where to go next? It didn't matter as the whole fell-side was my playground and I felt **free**, but I continued my normal towards Grike and Crag Hill. When I got to the top of Crag Hill and the whole of the Ennerdale tops were in front of me and I felt **mesmerised**. I pulled myself away from the summit and I threw myself down the slope again back to my car and despite being out for over 2 hours I felt **rejuvenated**.

Where shall I go tomorrow? Perhaps I'll feel **adventurous** and take a map and compass and head somewhere new. Maybe it'll be misty and I'll get to the summit I was aiming for and feel **masterful** (and I'll feel **smug**), but more likely I'll feel **lost** and I'll feel **confused**. Maybe, if I feel **sociable** I'll post on Facebook and go out with some of my friends in CFR, and then I'll feel **competitive** as we race up the hill.

Whatever I decide to do tomorrow, I know after I've been feel running – I'll feel **awesome**. This is why I like fell running so much - how many of these feelings do you get from other forms of running?