



So much blue sky !- Gable from Scafell Pike.(by the editor)

CUMBERLAND FELL RUNNERS

NEWSLETTER- JULY 2018

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

Instagram #cumberlandfellrunners.

What a fantastic 2 months of sunny, hot weather we've had! Just great to be outdoors in our amazing mountains and lakes. Plenty of CFR activity has been going on from races and organising races to Bob Grahams, training and holiday ventures. It's just great to be able to plan outings knowing the weather will be fine as so often we have to have a plan B.; and lovely to run on soft bouncy grass instead of bog! Long may it last .

As always a big thank you to all who have contributed to this edition.

Dot Patton (editor)

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Committee

Chair- Paul Jennings
Vice Chair- Ryan Crellin
Treasurer- Ann Cummings
Secretary- Jennie Chatterley
Membership Secretary- Rob Stein
Statistician- Andy Bradley
Press Officer- Charlotte Akam
Newsletter- Dot Patton
Junior Chair- Andrew Rigley



Welcome to new members :

Stephanie Shaw
Ian Swarbrick
Mark Wise

Diary Dates

Remaining Senior Club Championship Races

Fellside- Wednesday 25th July- Med- <http://www.northernfellsrsrc.org.uk/races/fellside-fell-race>

Lingmel Dash - Saturday 28th July –Short (proceeds towards Mountain Rescue) Wasdale Head.
<http://fellrunner.org.uk/races.php?id=5790>

Steel Fell-Wednesday 8th August –short <http://c-f-r.org.uk/content/steel-fell-0>

Three Shires- Saturday 15th September –Long <http://www.amblesideac.org.uk/races/our-races/three-shires/>

Click here to check on latest club Championship results <http://www.c-f-r.org.uk/content/championship-2018>

SHOW SERIES – by Jane

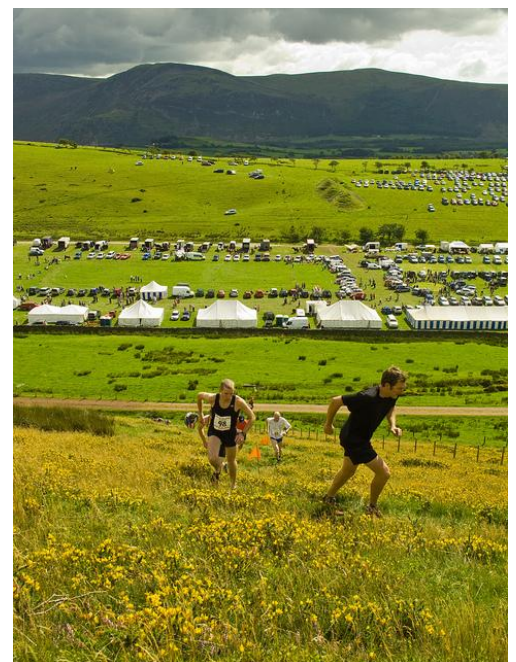
Show Races 2018

We have chosen a great range of show races this year, so come along, bring the family, have a fun day out and support our local shows.

Blackcombe Fair 27th August

This was a new race for 2016, based loosely on a previous route that last ran about 10 years ago. It is part of the Black Combe Country Fair from the showground in Bootle, this is a really popular show with more than 3000 attending in 2015 . The route heads through farmland onto the fell, up and down Black Combe and back the same way. The downhill should be fast and great fun, possibly rivalling the last downhill of the March Black Combe race. The race is free entry, following the £5 entry on the day to the show.

Ennerdale show



Ennerdale 29th August

This out-and-back course is grass and heather underfoot, involves a steep climb and a ridge run to a summit, and will be partially marked with flags. The race attracts elite and novice fell-runners alike, and a wide range of ages from Under 23 to over 70.

Borrowdale Shepherds Meet 16th September

From the show field the race turns right on to the farmland track to reach and cross the river Derwent. Runners must then follow the marked route across farmland as far as the gate at the base of the fell. A steep and rocky ascent through Rigghead Quarry leads to a stile from where a visible path crosses soft ground to Dalehead Tarn and a final steep ascent to the path to the summit cairn. The descent to the base of the fell and the gate, is by any chosen route, the route is then marked back to the show field.

Eskdale Show 29th September

Fell races have featured at Eskdale Show since 1875 and remain a popular attraction for competitors and spectators alike. The length of the course varies according to the classes and it takes in the fantastic fells surrounding the valley. The start and finish is on the show field - the last challenge being a beck that has to be crossed before the final sprint to the finish. Some competitors choose to spectacularly jump the beck whilst others run through it.

Buttermere Shepherds meet 28th October

Start at 2:00pm

Start from Buttermere village. GR NY175171

To the top of Whiteless Breast GR NY182181 and back

Distance: 2.5K Ascent: 275m

Over 14 only

Pay entry to showfield - £3. There may also possibly be a small charge for entry to the meet.

Junior races: U12 & U14 from 1:00pm

Details: Andrew Bradley, Middle Farm, Tallentire, Cockermouth, CA13 0PR. Tel: 01900 827894. Email: andyandmel@btinternet.com

TRAINING

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



Lots of sunny warm evening club runs recently.



Serious Stuff Thursdays (SST) is a weekly session (additional to the Tuesday social club run) designed specifically for those who want to improve their running. We're open to ALL club runners who want to get faster and fitter; the sessions are designed so that no-one gets left behind and everyone improves, relative to their current fitness level. Training is based on repeated hard efforts set at specific time or distance intervals; interval training.

Sessions are usually about an hour (not including pub "debrief"!) and run as follows:

1. Thorough warm up.
2. Interval session.
3. Cool down.
4. Pub "debrief". Optional but encouraged.

Dip in and out as you like – there's no obligation! Join us for some 'serious stuff'. Walking uphill, humorous anecdotes and general frivolity absolutely forbidden. Mario Yeomans

Congratulations to Claire Russell, Andy Wrigley and Sophie Noon for giving up their own time to attend this Fell Running Fitness Leadership course. They spend a lot of time training our juniors and members and now will have this qualification once the DBS paperwork is completed.



Fell



Leader in Running Fitness Training Course (LiRF) by Claire Russell

On a sunny Saturday in early June Andy Wrigley, Sophie Noon and I attended the FRA Fell LiRF course at Sedbergh. It was based at the people's hall, the same setting where the Sedbergh hills fell race starts. I have spent a fair bit of time in village halls over the years and this was definitely a pretty smart one with cracking views up onto the surrounding fells.

There were about 20 other people on the course from a wide range of backgrounds: teachers, volunteers from junior sections of other clubs, people who needed the qualification for their work.... People had also come from all over the country to attend.

The course was led by Graeme Woodward, assisted by Steve (sorry, can't remember his second name). They are both fell runners and have been teaching the course for many years. They were quite a double act and their style was relaxed, humorous and very much based on practical experience.

After an hour or so on the legal stuff, risk assessments, etc, we were outside onto the playing fields. Luckily I had remembered to take some running stuff as we spent at least half the course outside being 'coached' or being the 'coach.' There were loads of ideas for training sessions including warm up exercises and how to adapt sessions depending on age, ability, terrain, weather conditions etc etc.

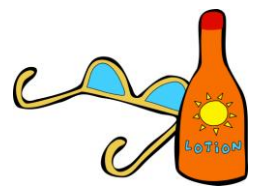
Later on we were back in the hall going through some of the theory behind specific training sessions, different energy systems involved, basic physiology , uphill and downhill running techniques and finally a quick whizz through navigation.

It was a full day with loads packed into the course. I found it very useful from the point of view of helping with the Juniors and learnt loads. If anyone is wondering whether to go on this course in the future, I would definitely recommend it. Claire Russell

Here is some good advice from Lindsay to enjoy running in this glorious weather.

Fun in the Sun

1. Do you need sprint reps in baking sunshine or may sitting quietly in the shade be better??
2. Fell support can be a huge bonus if you can bribe anyone to do it - but be self sufficient in case they get lost.
3. If you're not racing - consider going out as support on the fell. You can make friends for life with cold drinks on a hot day.
4. You'll have to carry full kit on all FRA Cat A medium & long races (and some shorts such as Scafell Pike) as it is a mandatory requirement and you will always be required to carry it.
5. Race numbers must be on your chest - not legs (also FRA rules).
6. Rehydration - I'd favour soda & lime with salty crisps (apparently weak shandy is OK) isotonic or sweet tea - whatever works for you.
7. Cold water followed by dry clean clothes is nicer than soggy sweaty gear for the rest of the day (and for those in your vicinity).
8. Jelly Babies melt - try pastilles, jelly beans or those new fangled hi-tech gel things.
9. High factor sun screen - otherwise like me like me you'll end up having lumps of damaged skin cut out.
10. Have fun in the sun - it'll be freezing, wet and misty again soon enough.



The Relays October 2018 By Andy Bradley

Hodgson Brothers Relay - Patterdale

The club will apply for two entries for the Hodgson Brothers Relays, on Sunday October the 7th . For those who have not come across this day out, the website gives plenty of information - <http://hbmr.org.uk/> . Which can be broadly summarised as follows. A four leg relay starting and finishing at Patterdale, to be run in pairs. The leg lengths vary with winning times from 35 to 70 minutes. Transport around the valley is a challenge, but we have a system. The event base has a food tent and a beer tent. We will look to enter a Mixed or Ladies team (numbers of ladies dependent) and an Open Team. This means we need 16 people to run. Please let me know if you are interested. If we can get teams sorted a bit earlier than normal, perhaps we could even go and look at the legs. This is one of the highlights of the year for many fell runners. We can have one under 18 in each team. Last year the open team finished in the top 19. This year it will be better, as there will be no over 50's in the team.....

British Athletics fell Relay Championships

This year's British Relays will be hosted by Ambleside AC near Grasmere on Saturday October the 20th. Website <https://britishfellrelays2018.org.uk/>. Entries open in June. With it being so near, we expect to take more than the one team that hoofed on down to North Wales last year. Teams of 6 needed. Possible teams, with at least one in each category

- Open
- Female
- Male over 20
- Female over 40
- Male over 50



We are not guaranteed all of our entries. There will be a limit of 200 teams, and if this is exceeded they will limit the number of teams for each club. The event being in the lake-district is likely to attract lots of entries. Please note that there will be a navigation leg – each team will need two runners to navigate round an undeclared course. No pressure there then. Also note that we can have an over 16 running the last leg in the open teams.

If you are interested in taking part then please put your name forward and I will try to accommodate as many people as I can. Contact me at andyandmel@btinternet.com

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

WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS 2018

ZELEZNIKI, SLOVENIA –By Anna Blackburn.



Jane and Dot have entered several World Masters Champs, with some success, and this year I responded to a general invitation to take part. I jumped at the chance of a trip. As for the race itself, at only 8 kilometres, how hard could it be? Actually, as it turned out, quite hard.



The first morning of the trip didn't start too well, what with the alarm going off at 4.30 am and then the murder of a baby bunny on the A595. However, the three of us, with the support team of Jim and Mike (chauffeur), whizzed down to Stansted where we spent an unscheduled hour sitting on the tarmac. The second morning wasn't that great either as my alarm failed to sound and Jane had to come and fetch me. How embarrassing, they won't want me again, I thought, as I hastily pulled on my CFR vest.

Our hotel was nice enough, being very conveniently situated for the railway line. We discovered that it had started life as a signal box, hence the proximity of the serious freight which thundered past during the night. Presumably it thundered past during the day too, but we were out and about flying the flag for GB between breakfast and gin time.



Our plan to recce the route that Friday was a good one, except for the heat, 27 degrees C in the shade. We had some problems finding the sports centre for registration, as the signs were minuscule - we had expected flags,

banners etc., but at this stage it was all very low-key which totally contrasted with the race day itself with noisy supporters waving flags blowing horns and shouting up..up..up to each and every runner.

We collected our 2018 race numbers and goody bags and went off to find the race start - the initial signage was non-existent, just like our Slovenian language skills, but fortunately some kindly locals helped us out. We drove up a very narrow winding mountain road until we could safely park the brand new hire car. Once we had walked a short distance down a little tarmac road, bordered with wild flowers, which wound along the side of a steep alpine mountain, we found "START" spray-painted on the road.



The ladies' course starts just above the village of Podlonk, at an altitude 767 m, and ends about 8 kms later on the summit of Ratitovec, at 1636 m. The support team was left to seek shade, although sadly there are no pubs in Podlonk (not much else either). We three ladies jogged off, after about a kilometre entering the woods. The Julian Alps, at least in this area, are covered in marvellous thick mixed woodland which clings to the mountainside, and our route mostly followed tracks through these trees, giving some welcome shade. Sometimes we crossed beautiful hay meadows full of wild flowers. The heat did not decrease with

altitude and the steepness certainly increased. The last kilometre was in the open, on scrubby, rocky ground, one section having fixed ropes. A brief turfied section jewelled with flowers ended at the summit, where there is a mountain hut, but we had brought no money so had to do without refreshments. The 8 km walk down was slow and rather trying on our ageing knees, but we had time to admire the views and the giant larch trees.

We met a few other competitors out on recces, including Kirsty Hall and Ben who had spotted the CFR vests from a distance and stopped to chat. All the rest were of varying nationalities.

We made sure to carbo-load on pasta that night, and on Saturday were up and away before the hotel breakfast was served. Fortunately we had been recommended to a great bakery that did coffee, and we got there just before hordes of other competitors did.



The buses from the sports hall to the start deposited us about two hours before the first category of runners set out, so there was a lot of hanging about in the heat. This at least gave us time to socialise with nearly 400 runners from around the globe. A surprising number expressed astonishment that we had been willing to put in the effort to reccé the route, and climb the mountain twice. In the holding pen the staff offered free water, but it was a relief when the pistol went: only a few minutes and one would be in the forest. Jane and Dot started running at 10.30 am and my group at 11 am, so we were all in action during the hottest part of

the day. The woods, whilst shady, were completely free of breeze, and at times it felt like running through a sauna. Whenever I came across a stream with water in it I threw as much as possible over myself. There were drinks

stations about every 2 or 3 kms, plenty of friendly marshals, and cheery supporters at the couple of places where the route was accessible by road.

This was, I think, the hardest race I have attempted: although the distance is modest it is almost all uphill - not my forte at the best of times - and steep hill at that. The heat was extremely trying. The best bit was perhaps the rocky scramble where I could pass people who were not used to Lake District fells. However, no pain no gain, and I got a sense of satisfaction along with my medal. As the only Brit in my category I can bask for twelve months in being First GB Lady Vet 50 as well as First CFR Lady! We were all pleased to finish successfully, although no podium positions this year.

Once more we had to walk back down the mountain, this time cheering on other runners. Shortly afterwards, hot stews followed by pancakes and stewed fruit were served at tables set out on the blisteringly hot tennis courts. Luckily there was also a beer stall. We did not have the staying power to sit through the foreign-language speeches at the closing ceremony and chose to return to the hotel where we could shelter under a parasol and drink gin whilst train-spotting.

The next two days were spent sight-seeing and doing cafe culture in Ljubljana, which was lovely - definitely worth considering for a weekend city break if you haven't visited it before.

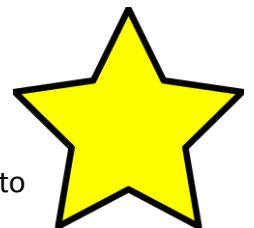
Many thanks to the experienced Masters team, runners and support, for putting up with me. The event was great fun, but would not have been half as enjoyable without the good company.



Date for your diary: September 27th to 29th 2019 in Puglia, Italy. –This looks like an amazing coastal cliff route with beautiful sea views.

Meet our amazing JUNIORS!

CFRs talented and energetic juniors have sent some profiles of themselves so we can get to know them and look out for them in the future!



Name and age: Louisa Draper, 9 in August.

1. How long have you been fell running? **Nearly 1 year**
2. What do you like best about fell running? **Running up steep hills**
3. What do you like least? **Running on flat ground, because it's boring.**
4. What is your greatest fell running achievement so far? (e.g. running in your first race, running all the way up a big hill in training, taking part in FRA English Junior championship etc) **Doing my first fell race.**
5. Do you take part in other sports and if so, what are they? **Swimming, rock climbing and riding my bike.**
6. Anything else you'd like to add. **Saturday morning training is great fun whatever the weather.**





Name and age: Ben Wrigley, aged 10

7. How long have you been fell running?

5 Years

8. What do you like best about fell running?

The feeling of achievement

9. What do you like least?

Getting injured

10. What is your greatest fell running achievement so far? (e.g. running in your first race, running all the way up a big hill in training, taking part in FRA English Junior championship etc.)

Getting good results in FRA races and being one of the best in my age group

11. Do you take part in other sports and if so, what are they?

Football, biking

Name and age: Jessie Autie Age 11

1. How long have you been fell running?

Since I was 5 or 6

2. What do you like best about fell running?

It's fun, I get strong, I'm out in the hills.

3. What do you like least?

When it's raining!

4. What is your greatest fell running achievement so far? (e.g. running in your first race, running all the way up a big hill in training, taking part in FRA English Junior championship etc)

I didn't come last in one of the races this year.

5. Do you take part in other sports and if so, what are they?

Mountain biking, tennis, judo.



Name and age: Mylo Jewell age 10

1. How long have you been fell running? 2 years

2. What do you like best about fell running? The views are excellent

3. What do you like least? Training at the track

4. What is your greatest fell running achievement so far? (e.g. running in your first race, running all the way up a big hill in training, taking part in FRA English Junior championship etc)

Winning the CFRJ U11 Championship 2017

11th place in my 1st attempt at the U13 FRA Championship 2018

Running for Year 5 Cumbria Schools at Loughborough in March 2018

Meeting and getting a photo taken with Joss Naylor at Latterbarrow Loop

5. Do you take part in other sports and if so, what are they? No

6. Anything else you'd like to add.

I love listening to music especially on the drive to races. I like all kinds of music from grime to punk and I am looking forward to seeing the Arctic Monkeys in September.



Name and age: Rudi Jewell age 9



1. **How long have you been fell running?** 18 months
2. **What do you like best about fell running?** Running into the finish to cheers
3. **What do you like least?** Running uphill
4. **What is your greatest fell running achievement so far?** (e.g. running in your first race, running all the way up a big hill in training, taking part in FRA English Junior championship etc)

Running all the hills in the U11's Latterbarrow Loop

5. **Do you take part in other sports and if so, what are they?** Cricket at WCC
6. **Anything else you'd like to add.** I am learning

to play guitar and enjoy practicing and playing my songs for Mam, Dad and Mylo.

Name Danny Riley

- 1 - running for 2 years
- 2 - being outside, views and getting muddy
- 3- nothing, he likes all of it!
- 4- winning the u9 trophy last year over the season
- 5 - also plays football and rugby



Name Fayth Bowness

Age 12

Clubs CFR Juniors, Copeland AC

Q1: Since I was 7 so five years!

Q2: Making new friends from other Clubs and visiting some great locations

Q3: Getting injured

Q4: Finishing 10th girl in English Schools Fell Champs 2017

Q5: I run track races for Copeland AC and X-Country in the winter months. I ran in the National XC Champs in Loughborough which was a great experience for me.

Q6 : I love the different types of training we do with our coach Brian Thompson and all my friends at CFR Juniors especially my BFF Swarbrick haha. My fave races are the BOFRA fell races and all the new friends i have met.



Name and age: Luke Davison 8 yrs old

1. How long have you been fell running?
About 1½ years.
2. What do you like best about fell running?
I like all the up hills and down hills.
3. What do you like least?
My Brother!
4. What is your greatest fell running achievement so far? (e.g. running in your first race, running all the way up a big hill in training, taking part in FRA English Junior championship etc)
Being able to run longer up hills.
5. Do you take part in other sports and if so, what are they?
I Swim with Cockermouth. Enjoy Gymnastics with Cockermouth Boys Gymnastic Club. I'm having a great first season in Tri-Lakeland Juniors - and I have not been beaten yet! I'm loving Cyclewise Academy.
6. Anything else you'd like to add.
No!



and age: Jude Davison 13 yrs



1. How long have you been fell running?
Can't remember really, a little over a year I think.
2. What do you like best about fell running?
It's different to everything else I do and I enjoy the variety of running.
3. What do you like least?
Very long up hill legs!
4. What is your greatest fell running achievement so far? (e.g. running in your first race, running all the

way up a big hill in training, taking part in FRA English Junior championship etc)

I hope to have taken part in all the CFR Junior Races this year.

5. Do you take part in other sports and if so, what are they?
I Swim for Cockermouth, and do Triathlon for Tri-Lakeland Juniors. I have also recently joined Cyclewise Academy for Mountain Biking.
6. Anything else you'd like to add.
No!

A big thank you for the above juniors for sending in your answers. Don't worry if you missed it this time more can go in the next newsletter.

Watching these juniors in action makes me feel quite ashamed, the amount of effort, commitment and resilience they show far surpasses mine!


Do try and get to see them, there is usually a good turnout at Ennerdale and Loweswater shows. They love an audience and of course are the CFR future!

Now for two adult –Cumberland Fell Runner's Profiles

<p style="text-align: center;">Name</p> <p>Graham Watson</p>	
<p>How long have you been a member of CFR? & Which category do you run in ?</p>	<p>About 3 years M55</p>
<p>How did you begin fell running?</p>	<p>Possibly running up Holme Fell aged about 10 when on a family holiday near Coniston, but became a regular fell runner when I started work at Outward Bound Eskdale in 1986. It was a great time to be there with a very active staff – Colin Dulson, Andy Ligema, Jill Naylor and others I've met since who were there before me – Mick Hoffe, Dave Ford. It was nice to see those names in the results of one of the early Buttermere Horseshoe races posted up on the board this year.</p>
<p>What is your favourite training route and why?</p>	<p>Mostly my favourite route has been one I can do from my front door. I've been lucky to live in Eskdale, Ennerdale and now Loweswater, so for now it's probably Whiteside – Hopegill Head and back by any route I fancy at the time. Occasionally I get the opportunity to be dropped off at Whinlatter to run home over Ladyside, HH and Whiteside which is a great end to any day!</p>
<p>Which is your favourite Fell race and why?</p>	<p>I was thinking this was a really difficult question because it would have to be one I'd not done yet, Medium or longer, and I finish feeling well challenged. So if I had to go for one race it would have to be the Lake District Mountain Trial because it's a new race every year and never less than challenging!</p>
<p>Proudest running moment?</p>	<p>My first BG pacing duty helping Nicky Lavery do the second women's winter round in December 1999. There are two potential occasions I look forward to where that will be surpassed!</p>
<p>Most embarrassing running moment?</p>	<p>I'll have to borrow this one from my orienteering life – I picked up the wrong map and spent about an hour looking for my first control – every time I found the one marked on the map it didn't match my control descriptions! After 3 visits to the same control I eventually I noticed I had the wrong map, ran back to the start and got the correct one. My first split was as long as the rest of the course in total!!</p>
<p>Any ambitions?</p>	<ol style="list-style-type: none"> 1. Get my LDMT certificate!! Needs 21 Classic course completions so if I don't miss any, or more likely get timed out, I'll be 66 – doubtful? 2. Joss Naylor Challenge – this one I might have more chance the older I get. At 55 I'm probably at the 'doubtful' stage on a spectrum which goes Impossible 50, Doubtful 55, Maybe 60 (I hope), Doubtful 65, 3. Ramsey Round – fanciful! (but you'll get the gist by now that the adventure is when it's doubtful. And perhaps don't mention to Debbie!)
<p>Fell Running Heros /</p>	<p>The ones doing something a bit extraordinary, or forging their own path and</p>

Heroines ?	combining running and mountaineering or even skiing. Finlay Wild for example – Cuillin Ridge record, and xc/mountain skiing the Glencoe Skyline. Or the youngsters setting off to run and bivi in the mountains for days at time.
What motivates you most?	Reading about or watching top class sport by up and coming athletes as well as established ones. Who isn't inspired when they see our youngsters hitting the world stage, or setting off on mountain adventures, or when Killian runs a BG in 12.52?
What else do you like to do when not running?	Day to day that would be a swim in the lake, orienteering and avoiding driving by biking to work, but given the opportunity it's sea kayaking Scotland's west coast, rock climbing, winter climbing in Scotland and being in the mountains generally.
Can you tell us about your family and work?	I met Debbie when we both worked for Outward Bound, so maybe our daughters Charlotte and Rosie had no choice but to love the mountains – fortunately it's worked out that way! They're both off having great adventures with lots of active friends – life looks good for them. Debbie and I might be slowing down but we still look for and find our adventures too – this summer we are off to the Pyrenees and hope to get lots of mountain swims. Debbie works for the Mountain Heritage Trust at the moment and I work for the John Muir Trust so our hobbies do infiltrate our work life.

Cumberland Fell Runner's Profile

Name Charlotte Akam			
How long have you been a member of CFR?	18 months	Which category do you run in ?	WSEN
How did you begin fell running?	I had moved back to the area and was a bit lost with which hobby to start or restart so my mum talked me in to one of the run with Ricky Lightfoot events. Sadly I was quite slow and so I spent the entire time at the back with Ricky chatting about everything fell running locally. I was really happy after the run that as a result I had a pair of inov8s within 4 weeks and then joined CFR within 6 weeks.		
What is your favourite training route and why?	I love Flat Fell and Dent due to the locality but my all time favourite is a 8 mile route from Mungrisdale up to Bowscale Fell, on to Bannerdale Craggs and then down the fast rock descent opposite the path to Scales Tarn and then up on to Souther Fell and down.		
Which is your favourite Fell race and why?	Buttermere Sailbeck! It is a route that hurts a lot but holds some great memories from race day (thank you Dot and Jenny!).		

	I love the views and quite proud of how the climb up Causey Pike did not finish me off (DNF is not a word in the CFR dictionary).
Proudest running moment?	Completing the Keswick Mountain Festival 25km race in 2017 with a good time and good overall place. The final 3 miles on the road were painful but I did not stop running at any point during the race, so I was very proud of myself and this has sparked my interest in longer distance runs.
Most embarrassing running moment?	Falling over/in bogs or Melbreak... I am not sure which one holds the title of the most embarrassing. Melbreak – first club run in strong winds and rain. I decided to wear the only running gear I owned which were a pair of road shoes which I did the Great North Run in years ago, shorts and a shower proof jacket! Being cold was the best description of this night but I came back the following week. Falling over/ bogs – Pagan's Breakfast (winter 2017) sliding in the mud in front of everybody or Whoap's bog swimming.
Any ambitions?	Yes there is a list! Bob Graham Round before I am 30, UTMB is also a close contender.
Fell Running Heros / Heroines ?	Joss Naylor, Jasmin Paris, Nicky Spinks, Rob Jebb, Lucy Bartholomew, Emelie Forsberg, Kilian Jornet.
What motivates you most?	Knowing that I can always run an extra mile and reach another summit. Plus I want to beat Nick Barker.
What else do you like to do when not running?	Watching Biathlon (skiing and shooting) and spending time with family and friends.
Can you tell us about your family and work?	My family moved to Cumbria when I was 10 years old due to coming on holiday here every year and wanting to have the fells on our door step. We have always walked, ran, climbed and kayaked which we continue to do so (mountain rescue team member and Parachute Regiment influences). I also spend a lot of time exploring the Lake District with Nick. I am a Trainee Solicitor (I qualify in September) for Paisleys Solicitors in Workington. I will qualify as a Conveyancing solicitor (both residential and commercial), however I do practice in other areas of law.

Congratulations to club member Sophie Noon you has been selected to run for ENGLAND! She will be donning her ENGLAND vest in the Jewson International Snowdon race next Saturday 21st June. Good Luck Sophie!

A massive well done to CFR's Joseph Dugdale and the rest of the Junior Men's Team... Gold medal at the European Mountain Running Championships. In Skopje, Macedonia.
And to Joseph who won silver!



CASTLES AND ISLANDS CHALLENGE

Northumberland, 15 & 16 June 2018 -By Anna Blackburn

Although not a genuine member of Northern Fells RC, I see myself as having a connection since I was a "member" before it was a proper running club, and I continue to take an interest even when competing against it for CFR. Thus I am on its mailing list and so received an interesting message from Natalie: runners wanted for the Castles & Islands Challenge. This is an annual event, although I had not previously heard of it. It is hosted by Coquet Yacht Club in Amble. It's a very different type of team race as it combines the disciplines of sailing and running. Now, I am not a sailor at all (think "Swallows & Amazons" level of knowledge). Teams can include up to six people, two of whom must be runners. Each stage has a series of checkpoints which can be visited in any order. With 30 miles of running, and an approximate sailing distance of 55 miles, depending on weather, winds, tides, and the chosen order of checkpoints, the challenge is for the teams to complete both running and sailing stages within 24 hours of the start at 6.30 pm. Runners must run in pairs and finish each stage together at all times. This sounded like a very interesting event, like no other I had tried.

There are various other rules, such as having to go through both Staple Sound and Inner Sound - which will mean little to those who do not know the area, and to whom I would say: go there as soon as you can! In my opinion Northumberland is the best of all counties including Cumbria (sorry).

The race takes in the five castles of Alnwick, Warkworth, Lindisfarne, Bamburgh and Dunstanburgh, and the islands of Coquet, Farne, and Holy Island (Lindisfarne) on the Northumberland coastline.



Northumberland is very dear to me as I passed many of my childhood summers on its beaches, and even though I have since travelled the world I still believe them to be the best beaches on the planet. So the location of the event was a big attraction.

My team sailed on *Lene Sono*, a 45 year old yacht which belongs to the Ocean Youth Trust North, a charity which introduces kids to sailing: <http://www.oytnorth.org.uk>. Skipper John Williams had sailed *Lene Sono* up from North Shields the day before, otherwise both boat and race were new to all of the team: crew Tom Lowrie and Callum Doyle (a teenager who had learned to sail with OYTN); runners Liz Gray and me: as the only two runners we would both have to run all stages. Liz and I had never before met each other, or the sailors, until just before the event started, so there was a lot of trust on everybody's part. We had no expectations, just hoped to finish in the 24 hours which would expire at 18:30 on Saturday evening.

At the start: Alnwick castle gatehouse, with Liz Gray

At Amble marina Liz and I had a quick introduction to the boat, how to operate a modern lifejacket, and what to do should Man Overboard occur. I was a bit worried about (a) being seasick - they say there is always a first time, and (b) my dodgy knee holding up - but my kit included plenty of Ibuprofen, a support bandage and even running poles.

Run 1: Alnwick to Amble. A motley crew of 13 pairs was transported to Alnwick. We assembled at the castle gatehouse on a sunny evening, and ran ten miles along footpaths and across fields to the coast. The views over the sea to Coquet Island, and to our first target of Warkworth castle, were stunning in the evening light, and the fields beautiful with healthy crops of green wheat and barley, wild flowers round the margins. The ground was dry to the point of cracking so the running was much easier than it often is on such terrain, no mud at all.

Disappointingly I was unable to take photos because Liz was running so fast I had to put all my efforts into trying to keep up.

Warkworth Castle



At Warkworth we had to do a complete circuit of the castle before continuing. Arriving at Amble boatyard, through which we had to pass to reach the Coquet Yacht Club and then the marina, we saw a number of police vehicles, security guards, and police officers. Blue and white tape cordoned off a murder scene! The security guards allowed us to run through the murder scene - an episode of "Vera" was being filmed so no forensics were compromised. Quite surreal.

We dashed along the pontoons to *Lene Sono*.

There followed a wonderful trip around Coquet Island as the sun set. Added interest when the (I am told, old-fashioned) rainbow-coloured spinnaker failed to deploy correctly and everything got quite exciting. As I braced my feet on the gunwale, leaning out the other way just like real sailors do on the telly, I mused that this was not what I had been expecting, I'd rather had visions of a G&T on deck between runs. A replacement kite was soon hauled up and everything calmed down. I had time to spot seals and puffins. At about 10.30 pm the skipper served spaghetti bolognese, the first of a number of meals eaten at rather odd times. Liz and I tried to get some rest, although sleep was problematic with the unfamiliar noises of sails and sea. The noises following "Ready about" soon became familiar. From time to time various unintelligible orders were given. Then there were the seal noises - what a racket! We must have dozed though, because suddenly we got a two minute warning:



Run 2: Holy Island. First we had to get to the island by climbing off the boat into the world's smallest inflatable dinghy. I sat in the bows (if a round dinghy can be said to have such things) with my knees up to my ears, Callum practically in my lap, from which position he rowed us ashore, Liz acting as cox giving directions. I think it was about midnight; certainly all this was achieved in the dark. A marshal took our

numbers, we ditched our lifejackets, and enthusiastically ran off into the blackness, only to end up in somebody's garden. Fortunately it did not take long to find the causeway along which we had to go to reach the old lighthouse on The Snook and another marshal. The seal colony's cries made a strange otherworldly sound; no wonder there are so many folk and fairy tales featuring these animals.

Then things got problematic. We were supposed to do what amounts to a circuit of the island, which sounds easy: keep the sea on your left and you can't go wrong. Well, yes, but what with inlets, impassable rocks, and so on, that would take hours, especially by head-torch. With hindsight I should have approached this section as an unknown fell race: work out a route beforehand and write the bearings on the map. Instead we took a likely route into the dunes and spent a while running up and down sandy and grassy banks in what felt like only approximately the right direction. Occasionally we saw other runners' torches but they were no help at all. Tiring of this, I pulled out my compass, but of course had no idea where I was starting from. Fortunately Liz got a GPS point on her phone (apologies to fell-running purists here, but we were obliged to carry a mobile).

Yacht Lene Sono



Thus we were able to locate Emmanuel Point where there is a huge maritime navigation pyramid, phew, that helped. From here it seemed quite a distance to the castle but at least we were not required to run right round it due to major building works in progress.

After nine miles we were back at the dinghy. Later, I found out that another team had rowed off into the dark and got caught by the tide; their yacht had to sail off and pick them up. The

benefit was that, in order to prevent this happening to us, *Lene Sono* came as close inshore as possible, reducing the damp and chilly dinghy ride. My tip for anyone trying this race: take more dry warm clothes to wear on the boat than you think you will need. By now Liz and I were pretty tired and managed to doze, although every now and then the boat's energetic tacking threw us around in our berths. Apparently we managed to overtake at least four boats on this night leg, which pleased the skipper as most of the other yachts were a lot more modern.



All too soon there was a ten-minute warning.

Run 3: Seahouses to Bamburgh castle. Relatively short, just under seven miles, but surprisingly difficult and tiring due to the soft sand. The tide had just turned and was going out, leaving a very narrow but slowly increasing gap between the sand cliffs and the sea, and we used this where possible, then picked up a narrow path through vegetation which took us to the castle rock. The

situation of this fortress is dramatic and, running south back along the deserted beach, we saw it lit up by the sun shining from beyond the Farne Islands. The view was magical and will live long in my memory even without photos. It was a real privilege to be doing this at 4 am with no-one else about.

Callum was asleep in the dinghy when we got back to Seahouses but put in another heroic effort getting us back to *Lene Sono*. The senior crew were of course able to eat, drink and sit about whilst we were away; but they were ready to leap into action as soon as we were back on deck. It was too light to get any sleep by now and we were counting down to the last leg, so we had ham and cheese sandwiches for breakfast.

Run 4: Low Newton-by-the-Sea to

Dunstanburgh castle. This has been my favourite castle since I was five, and remains so even though getting to it was a trial on this occasion. Our feet were damp already so it wasn't a big deal to wade ashore towing the dinghy, and there is a lot of water running across the sandy beach anyway. Then you scramble over the round black rocks of the Whin Sill to reach a path bordering the golf



Dunstanburgh Castle

links. A few early-morning golfers looked at us oddly. Up to the gatehouse, where I noted that it now costs £6 to get in, as opposed to the 6d I remember. Of course this was long before opening time, but there was no chance to climb the fence and look around. "Everybody's tired by the time they get here!" chortled the marshal.

"She isn't!" I said, indicating Liz who was itching to get away. She had been demonstrating great patience throughout as there was no way I could run at her pace (she admitted to being trained up for a triathlon next month). I more or less shuffled back to Low Newton; my bad knee caused no problems at all, just the general age of my joints was making itself felt, together with the lack of training - eight months since I had run this sort of distance. However, the final section was now a little shorter since the tide had turned and we could cut off part of the bay. On the other hand, we had to tow the dinghy out past some rocks before we got back in.



Having finished the land part of the race Liz and I could get rid of the wet running gear, and of most of the sand, and put on dry clothes.

"A bit of a squall coming!" I must admit to enjoying the next couple of hours as we whizzed along in "bumpy" conditions, the boat constantly at 40 degrees to the horizontal. I was very hungry - I had completely lost track of time, just knew it was a bit odd to be eating tuna rice with veg. I managed two helpings! Unfortunately Liz turned pale green and had to lie down for the rest of the voyage.

Wonderful views of Dunstanburgh were not spoiled by the rain showers or the need to hold on tight. I had a huge smile on my face.

It was impossible to know how we were doing in terms of the race - because various types of boat are involved there is a complex handicap system which might puzzle even Andy Bradley.

We crossed the finish line at 14.16, four hours in hand, then had to wait a bit for the tide to make it possible to get back into the marina, after which my first stop was the CYC shower, closely followed by the CYC bar.

"Awesome" is not normally a word that features in my vocabulary but it has to be applied to the Castles and Islands Challenge. It was an amazing experience. I felt very safe and confident in the crew, John in particular has decades of experience, and I thoroughly enjoyed the sailing sections; my running mate was supportive although she could have achieved much better times with a more evenly matched partner; the marshals were cheerful even in the wee small hours; the scenery was totally stunning; and the other runners were friendly and encouraging. It was also an exhausting experience, we all found it tough to stay awake in the bar long enough for the post-race barbecue to be prepared.

For those who are interested in the results, well, the "corrected" handicap times are incomprehensible. However, I am told that apparently our yacht was 8th in the sailing stakes. Our running time was 5 hours 57 which was only 44 minutes longer than the winning team's time. Our overall position was last but not by much, and less than three hours behind the winners :)
Anna Blackburn

RACE ROUND UP

Just a few snippets about recent races more information and results can be found on CFR website www.c-f-r.org.uk CFR facebook pages (members only and public) and FRA website www.fellrunner.org.uk

Tales from an Ennerdale marshal 2018. –Jim Fairey

The winner, Kim Collison (Borrowdale) headed the race with Duncan Coombs (Dark Peak) until Haycock and then managed to pull out a lead of 3.29 mins. This was his first Ennerdale race and never expected to win. He had to tell the organisers that he could not stop over for the prize giving as he had to leave immediately to support his pay on the final leg of his Bob Graham Round !!

Congratulations to Paul Johnson who finished 19th from 126 finishers.

A special mention for Peter Eccleston (Coventry Godivas) who arrived at Kirk Fell with his left shoe almost in 2 pieces. The heel was nearly detached and at right angles to his foot. But he was determined to finish and told us that if he could get to Pillar with both shoes then he would ditch the left shoe and continue in one sock and one shoe to the finish. At Pillar the marshalls managed to effect a temporary fix with cable ties which got Peter most of the rest of the way but he did cross the finish line in one fell shoe and one bridgedale sock!!

Great efforts by CFR on the day - well done.

Tales of an Ennerdale supporter. Dot Patton

On this occasion I much preferred being a supporter than a runner! Sat with Mike and Ella (chocolate Labrador) bathed in sunshine on the route to Green Gable giving out water and snacks, was a lovely way to spend time on the fells. The views and stillness were amazing, things you can't notice much when racing and the weather far more suited to sitting than running. I really enjoyed cheering everyone on, handing out the water bottle and topping up the selection of snacks on the rocks, which even included parts of our lunch when we saw how fast the apricots and jelly babies were disappearing! (especially as Ella sneaked a few) . The water soon went and we carried 6 big bottles up!. Not surprising really it was very, very hot at this point and nearly at the top of a hill.

It was even more exciting when a blue and white CFR vest came along! Paul Johnson, Mike Harrison, Andy Bradley, Paul Jennings, Paul Mason, Peter McAvoy, Chris Drapper, Steve Breeze, Ann Cummings,

Ryan Crellin (not necessary in that order) all giving it their best and looking happy and strong (early stages then I expect!).

Still, there was an element of envy for those competing. We ambled home along Moses trod happy for having a good day out but not with the elation of completing the ENNERDALE ! What a mammoth of a race it is. I have done it 4 times when the knees were stronger so I know! I was content this time to appreciate the effort of the runners and hear their gratitude as everyone took the time to thank us. Fantastic achievement all!



Darren Holloway Memorial Race.

CFR surpassed themselves as race organisers this year as this long race was an English and British Championship race. Race organiser Paul Jennings and his team did a fantastic job preparing for 12 months with all the permissions, insurances, entries, refreshments and event details we don't realise exist to host a very successful and smooth running event.

Congratulations to everyone who helped –Paul Jennings- RO, Andy Bradley –entries and results, Jennie Chatterley –refreshments and many many more members marshalling, car parking, registration, food preparation etc.



Photo by Matt M

A message from Paul Jennings --Darren Holloway Memorial Race & the runner's rules

I'll just write a brief race report – you'll see a bit more in the Fellrunner hopefully.

As you know this year was a British & English Championship race, even knowing this we were totally blown away by the speed at which the race filled up. Four hundred places filled within about 30 hours, around 70 people on the waiting list. This was crazy! Andy made a concerted effort to ensure those that couldn't run handed back their entries which resulted in everyone who wanted to run getting an entry. This effort was acknowledged at the prize giving when Andy got the biggest cheer of the day as I thanked all of the helpers – this was very closely followed by the cheer Amanda, Heather and Jennie received for all of the food & cakes offered.

As for the race, well there were two races – Carl and the record, and then everyone else racing each other, or just trying to get around. Carl beat his record by 12 minutes, and a little overshadowed by that run Jasmin also beat her record by 7 minutes. The race for first lady vet 65 was much closer with Lesley overtaking Wendy between High Stile and Mellbreak to win by just 43 seconds.

Runner's rules

Do you know the runner's rules? Unfortunately after the DHMR I had to report one runner to the FRA disciplinary committee. As I write I don't know the outcome of this. The runner in question failed to report back to me (or Andy) at the end of the race – despite being told on the race details, in the pre-race email to all runners, having a notice on the notice board and being the first instruction at the pre-race brief. I was one phone call away from calling out the mountain rescue – fortunately his emergency contact answered her phone (having failed to contact him on his phone). When asked why he didn't report back he stated that he didn't think he needed to as he had already told a marshal.

The runner is a member of a well known fell running club. The rule he broke is one of the key runner's rules in the FRA handbook. This made me think – as a club is it not our duty to ensure that all our members (especially members new to fell racing) be made aware of the rules & ethics of fell running?

Have you ever read the fell runner's rules? What are the other rules/ethics fell runners live by? What are the most frequent causes of disciplinary action?

There are 9 rules, but I'll just pick a few out, and a few quotes from their description – look for the others yourself (they are in the handbook & on the FRA website as Requirements for runners).

Rule 5 Retirement: when you have registered for a race, you must inform the Race Organiser if you don't start or don't complete the race, for any reason

"If you don't start or if you drop out for any reason at any time you must report to the Race Organiser at the finish. It is not sufficient to announce your retirement to a marshal on the course or to another runner."

This was the rule that was broken. Not much more to say really.

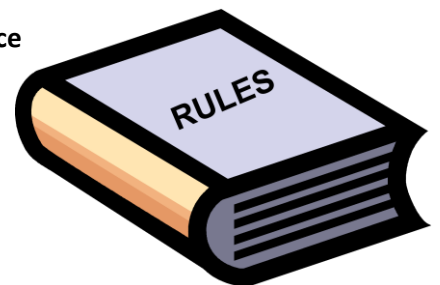
Rule 4 Race Numbers: wear your race number on your chest and show it to marshals.

"Wear your number on your chest and don't fold or cut it down as this makes it more difficult for marshals to read and also conceals the sponsor's name. Only shout out your number if you are asked to do so."

I must admit I have more mixed feelings on this – making sure the race number is clear is imperative, where you wear it is less important. I know one of our members in the past has worn his number on his forehead – marshalling at the top of a steep hill this was great for seeing his number! However, some organisers apply this rule more rigidly than others so best to always put your number on your chest.

Rule 7 Personal conduct: behave respectfully to other competitors, race officials and members of the public sharing the same area of countryside.

"Fell runners should adhere to the Countryside Code, for example by shutting gates and not climbing walls or fences, which can damage them and may be grounds for disqualification. Respect private property and other users of the fells. If you see another runner in difficulty, you should of course offer assistance."



Remember we don't have any exclusive rights whilst racing on the fells, most walkers will stand aside – so make sure you say thank you if they do. Also thank the marshals races can't happen without marshals. Finally on the point of climbing walls – I did catch some people on Blake's Heaven starting to climb a wall, fortunately I could stop them before they did any damage. In any of my races it is immediate disqualification there's no 'may be grounds for'.

So please check out the other rules. Discuss some of the other 'unwritten rules' and ethics with our newer members, accepting that some of them are more contentious than others! Finally, just remember the rules aren't complex (unlike some sports!) just do what feels right and you are most likely abiding by them.



Latterbarrow Loop. CFR championship race -Anita Barker

A glorious evening at Latterbarrow, thank you to Mario Yeomans taking on organising this at the last minute. and all the marshalls. Lovely to hear from Joss Naylor about his Brathay Challenge on 17 June. More information at brathaychallenges.com or just giving.com/Joss-naylormbe

Congratulations George Crayson and Sophie Noon, both first to the river and then overall winners.

Duddon

The beautiful, beautiful Duddon shrouded itself in mist for us today. But, as always, stunning running and a top-notch chilled out atmosphere enabled us to enjoy a quality Saturday of sport. We'll done to [Omari Snaymoe](#) who put in a strong run off the back of a heavy training week (he cruised round using it as a test piece for longer races); to [Rob Stein](#) for an impressive Duddon debut in navigationally testing conditions; to [Andrew Bradley](#) for his calm head and sensible judgement of pace ahead of The Big One next week; to [Hannah Bradley](#) for a strong performance in difficult conditions (Duddon debut too?) and for her incredible sprint finish; and the omnipresent [Lindsay Buck](#) who we glimpsed briefly at the end (she was probably dashing off to do some litter picking or prepare for tomorrow's race). See you all there next year! *(taken from CFR FB page)*

Coniston

Hot, hot, hot!

Massive turnout The winning ladies team at Coniston: Anita Barker, Anna Blackburn and Jennie Chatterley.



Skiddaw

Hotter, Hotter,
Hotter !

Good CFR
turnout again.



Bob Graham Rounds

There have been 2 successful CFR members Bob Graham rounds this summer.

Congratulations to:

Daryl Tacon -19th May -22.55 hrs

and

Toby Woodhead-July 7th 21.43 hrs.



There is a more information on CFR facebook pages and I know both wish to thank club members for giving up time to pace and support them. 'I could not have done it without the club members'. Many members also support non club members achieve their dream and we are certainly a club which fell runners turn to when they think of their BG attempt.

Well done CFR !

· Also ...

** **Ken Taylor** (Rossendale) was the 71 year old who completed the Bob Graham last night in 22hrs, 21mins, making him the oldest completer in the time. Supported by Les Barker on leg 5.*





*Kilian Jornet- an internationally famous Spanish mountain runner knocked an hour of the BG record of Pete Bland finishing in 12.52 hrs.

Have you seen the live video of Les filming the run into Keswick on his from his bike ?

It's received an amazing number of 'hit' on social media! Go Les!

Photo by Sandra mason who watched him 'whizz' past on Green Gable.

Lakeland Classics Trophy.

After two races (wasdale results not published yet) CFR team are lying 4th and in a great position to achieve greater heights with still Borrowdale, Three Shires and Langdale to go.

Paul Johnson is at 4th position with Andy Bradley 18th having both run two races.

Good luck with the remaining runs !

*Congratulations to Mario Yeomans who is 16th in the **English Championships** and 37th in the **British Championships** at present.

*Well done also to Lindsay Buck who is in 1st position in the Sen Ladies and O55 Ladies in **the BOFRA Championships**.

***The Club Championships** are midway and present positions can be seen on the website <http://www.c-f-r.org.uk/content/championship-2018>

Keep a look out for details of the CLUB PRESENTATION NIGHT on the website and facebook.

Hope you enjoyed this edition of the Newsletter, next issue due beginning of November.

Get your articles to me before then dotpatton123@hotmail.com.