



Members on Pagan's Breakfast run -Coledale Horseshoe -Dec 23rd sunrise time.

Photo by Mario Yeomans.



CUMBERLAND FELL RUNNERS

NEWSLETTER- JANUARY 2018

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

Instagram #cumberlandfellrunners.

Welcome to 2018 and CFR wish you a great year of running, whether it's the club championships you're focusing on or another personal challenge remember our members are always here to support, encourage and make fun of you! Seriously, we are a friendly club with a wide range of abilities, talents and enthusiasm – so see what's happening on facebook, twitter, instagram, the website and of course this newsletter.

See STOP PRESS for confirmation of what a wonderful club we are!

Note a History Theme running through this issue.

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

Dot Patton (editor)

In this issue

Club News –AGM, Meetings& Diary Dates, Training -Steve Cliff	An attempt on the Northern Fells- Paul Johnson
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Did You Know ?	Photo Quiz –Jim Fairey
CFR Juniors news	CFR –Talents- Sam Holding
Clough Head report	History section- Joss Naylor, Kinneside race
Resolutions- Lindsay Buck	The Cumbrian Way –Andy Beaty
CFR profiles –Mario Yeomans &Ryan Hutchinson	STOP PRESS!

Summary of the AGM By Jennie Chatterley –Club Secretary.

It was an excellent turn out for the 2017 AGM with 22 members attending. It must have been the sandwich and chips lunch on offer.

Nick stood down after a number of years as Chair and was thanked for his contribution to the club. Kate Beaty also stood down after 11 years as Treasurer.

Chairman's Report

27 members have completed 6 races this year which is an increase.

Tuesday night runs have been very popular with new runners turning up.

Thanks to...

Ryan Crellin for Blake fell race and the Crab fair race.

Peter Mcavoy for Crab Fair race.

Andy Bradley for his race organisation, Tuesday night runs and Stats.

Jane Mottram for the winter league.

Paul Jennings for membership work (Sportident), communications, website and race organisation.

Kate Beaty for work as treasurer for 11 years.

Dot Patton for newsletter.

Tom, Jim D, Jim F and Mike for race support and time keeping.

Neil Atkinson for his role with the juniors, passing on to Andy Wrigley.

Treasury report: Kate Beaty

Club funds are good, with excess income over expenditure.

Membership: Paul Jennings

112 members this year is a slight increase.

28% under 40, 50% under 50 years.

More younger members, so an encouraging picture.

Using Sportident is easier, less pay by cheque and all membership can be emailed.

Junior Club: Andy Wrigley

20 active runners. Saturday and midweek training. Thanks to Brian for his coaching.

Seniors agreed to finance coaching for the Juniors where needed.

Committee for 2018

Chair- Paul Jennings

Vice Chair- Ryan Crellin

Treasurer- Ann Cummings

Secretary- Jennie Chatterley

Membership Secretary- Paul Jennings/Rob Stein

Statistician- Andy Bradley

Press Officer- Charlotte Akam

Newsletter- Dot Patton

Race Selection 2018

Jim Davis

John Fletcher

Jane Mottram

Jennie Chatterley

AOB

For 2018, over 65s will be able to complete the championship with 6 short races.

A number of members like the idea of joining the juniors for a coaching session, possibly a Thursday evening.

For 2018 we will use Kong Adventure vouchers as they support local clubs (Pete Bland will be supporting the DHMR)

Latterbarrow will be organised by John Fletcher in 2018.

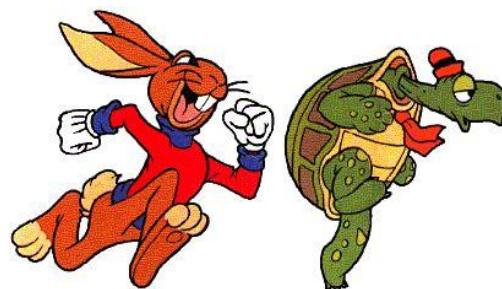
The DHMR (Long Buttermere, Lakeland Classic) will be an English and British counter for 2018.

A separate committee will work with Paul Jennings to plan for this race.

NEXT CFR Club Meeting 20/03

8.pm at The Swan,
Cockermouth
after club run on
Sale Fell at 6.30





As many members as possible will be required to support on the day (23/6)

The recent members' meeting saw 20 attendees and welcomed new faces. This year's championship and show races were confirmed and many topical issues discussed. Everyone is welcome to these meetings and it's an opportunity to listen and contribute to members views on the club's development.

The next CFR meeting is on 20th March at The Swan, Cockermouth -8.00pm

Portrait Gallery-CFR Committee –for 2018



Chair- Paul Jennings



Vice Chair –Ryan Crellin



Secretary – Jennie Chatterley.



Treasurer- Ann Cummings



Statistician- Andy Bradley



Membership secretary-Rob Stein



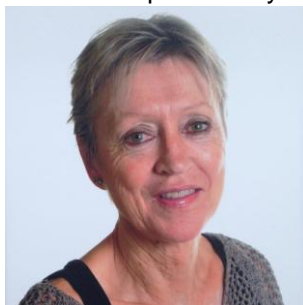
Newsletter Editor-Dot Patton



Press officer



Junior Chair- Andrew Rigley



Jane Mottram. Winter League Organiser & Club equipment co-ordinator

Welcome to New members;

Mark Likeman, Isabel Mancebo, Sophie Noon, Ian Grimshaw, Gavin Ellis, Anna Firth, Nick Barker, John Bacon

Some Discussion Points !

These are discussions that have been rumbling in the club you might be interested in.

- TURN BACK THE TIDE ON PLASTIC- What can we do
- Club Coach? -What do you think?
- Fell runners of the past were faster? See Paul Johnson's post on fb.

DIARY DATES

Winter League 2017/18

Remaining races



Crummock round Sun 11th Feb 11 O'clock

Skybarrow Sun 18 Feb 11 O'clock

Results so far on the Website- everything to play for!

3 races to count

Prizes to be given after a Tuesday night run

In a pub yet to be decided.

More information soon.

http://www.atletsko-drustvo-zelezniki.si/AK/stran/tek_na_ratitovec/dokumenti/razpisi/ENG_2018.pdf

Want to run for Great Britain? (and over 35)

18. WMRA/WMA Master World Mountain Running Championships

23. International
Ratitovec Mountain Running

2. 6. 2018

Železniki - Ratitovec

2018 World Masters is in Slovenia. Flights from Stansted to Ljubljana or Manchester to Venice. Link to event manual below;

KONG ADVENTURE RACE SERIES

RACE FOUR 18th February: Stybarrow Dodd

Start Threlkeld community Hall, 11 AM

RACE FIVE 4th March: Loopy Latrigg

Start Fitz Park, 11 AM

£5 on the day –Please arrive 30min before race start.



NOW WHAT YOUVE ALL BEEN WAITING FOR CLUB CHAMPIONSHIP RACES !

Agreed by Committee 23rd Jan

Championship Races 2018

Criteria for selection has included:

Balance throughout the year

Support for struggling races

Geographically balanced in terms of CFR membership spread

Support for races popular with members who will be encouraged to complete the championship

Short/sharp events mixed with less severe for older membership

6 short races to count for over 65's (can include all show races)

A super long race plus a shorter long

Opportunities for club recces

Championship Races: 12

11/3 Muncaster Luck M
24/3 Causey Pike S
7/4 Coledale M
18/4 Lord's Seat S
5/5 Coniston M
23/5 Latterbarrow S
9/6 Ennerdale L
1/7 Skiddaw M
25/7 Fellside M
28/7 Lingmell Dash S
08/08 Steel Fell S
15/9 Three Shires L

Show Races: 6

24/6 Arnison Dash
27/8 Black Combe Fair
29/8 Ennerdale Show
16/9 Borrowdale Shepherds' Meet (Dalehead)
29/9 Eskdale Show
28/10 Buttermere Shepherds' Meet

Look out for the CFR cards (to help you remember).



Don't Forget –If you haven't paid your membership- no points!

See website for link to SiEntries

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

The Group on Blake Fell one January eve.

Also '**Serious Stuff**' (Actually they call it serious something else) Training is happening on **Thursday evenings**, I think its following Mario's plan. See facebook for more information or contact Mario Yeomans, Paul Johnson or Les Barker

Steve Cliff

When you summit your next peak, please remember Steve Cliff who suddenly died Thursday 11th January.

He was known to many of you as the joint organiser of the Anniversary Waltz, Teenager With Altitude and The Anniversary Wa with his beloved wife Wynn Cliff. He was the FRA secretary, a talented Fell Runner and an all round gentleman loved by all.

Steve lost his fight against Motor Neurone Disease. It is a terrible disease that slowly stops your body working, but leaves your mind as sharp as ever. How cruel is that for a man who ran so many miles. Steve and Wynn have raised over £600,000 for MND, He has an active just giving page at

<https://www.justgiving.com/fundraising/steve-cliff>

Wynn has posted to say

“We are deeply saddened to share with you that our beloved Steve Cliff succumbed to the monstrous MND, he fought hard and long but is finally at peace. We are broken but ever so blessed.

In due course we will announce details for the celebration of his life.”

Thanks to Paul for sending this beautiful blog written by Steve

<http://jossnaylor.blogspot.co.uk/.../steve-cliff-m55-18-july-...>



PRESENTATION EVENING 2017- BY NICK MOOR

This was held at Cockermouth Golf Club on November 18th. It was a great opportunity to appreciate our club winners, enjoy a good buffet, relive the year's events through Les's photograph presentation and socialise with members over a drink.

Long serving club member Andy Beaty presented the Championship prizes and gave a poignant few words about the inclusiveness of our sport.

Les and Anita Barker presented some 'alternative' prizes and a quiz which added to the fun. They also presented Paul Johnsons 'Book Club' prizes in his absence.

Here are the 2018 results.(in reverse order!)

27 runners this year have done 6 races compared to 16 last year.

Show Race Series 5 th Lindsay Buck 4 th Paul Jennings 3 rd Les Barker 2 nd Tim Irlam 1 st Mario Yeomans	Handicap Winner - The Jack Escritt Handicap Trophy John Revill Newcomer of the year Charlotte Akram Club Person of the Year Ryan Crellin	Jos Naylor Challenge Peter Crompton Bill Williamson Jack King Special Prize for Completing Ben Nevis Race Kate Beaty 21 times Andy Beaty 22 times
Cumberland Cup Awarded for completing the most CFR Championship Races in 2017. 11 races out 12, 2 runners, 2 ND Jennie Chatterley 1 st Andrew Bradley	Over 60 Ladies 2 nd Jane Mottram 1 st Dot Patton	O/55 Ladies 4 th Anna Blackburn 3 rd Lindsay Buck 2 nd Ann Cummings 1 st Melanie Bradley

O/50 Ladies 1 st Jenny Jennings Over 45 Ladies 2 nd Anita Barker 1 st Jennie Chatterley Open Ladies 1 st Charlotte Akram	V60 Men 1 st Peter Crompton Vet 55 Men 1 st Nick Moore Vet 50 Men 4 th Graham Watson 3 rd Paul Jennings 2 nd Andrew Bradley 1 st Neil Sidaway	Vet 45 Men 4 th Rob Oliver 3 rd Steven Breeze 2 nd Les Barker 1 st Mike Harrison Vet40 Men 2 nd Peter McAvoy 1 st Paul Johnson
Open Men 5 th Ryan Crellin 4 th John Revill 3 rd Mick Allen 2 nd Phil Archer 1 st Mario Yeomans	Ladies Club Champion for 2017 Jennie Chatterley Mens Club Champion 2017 Mario Yeomans	
		
Phil Archer and Charlotte Akram	Rob Stein	Hannah Bradley -Distance Bill Williamson- Ascent

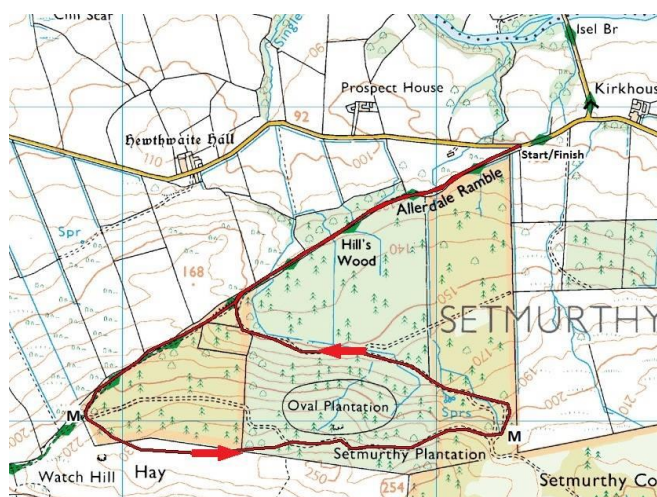
DID YOU KNOW?

Sunday 17th December saw the 8th annual **CFR Christmas Pudding Trail Race**.

Despite the heavy rain throughout the morning there was a near record field of 114 runners from all local clubs and many visitors.

Most runners were sporting fancy dress and all finishers received a Christmas Pudding and by holding this event CFR raised £100 for Cockermouth Mountain Rescue Team.

Mince pies, mulled wine, Tea and coffee provided as refreshments and greatly appreciated. Big thanks to Jim Fairey and Jane Mottram for organising this race.





5 CFR members ran the **North Lakes Half Marathon** on January 7th.

The race was organised to raise money for Marie Curie Hospice in the memory of Annalee Patterson who lost her battle with cancer a few months ago.

Both Annalee and husband Robert were members of Derwent AC .

Jane won first Vet 60 prize (and then went on to race at Keswick King of the Castle!)

Rob Stein, Tom, Mike Harrison, Ryan Crellin and Jane Mottram



Paul Jennings nearing the Memorial stone for the finish of King Of The Castle race on a fabulous day.

Photo-Tom Chatterley

Carl Bell won this uphill race only in 12.23 .CFR Junior Harry Greenbank came 3rd in 12.46 a Fantastic run.!

Other CFR runners were-

Peter McAvoy, Paul Mason, Paul Jennings, Colin Graham, Jennie Chatterley, Sandra Mason, Dot Patton, Jenny Jennings and Jane Mottram.



A crowd of members enjoyed Charlotte's **Boxing day** run around Blake Fell with refreshments at Jennies afterwards.

The Pagan's breakfast on Saturday 23rd December had an impressive number turn up for single, double and triple circuits of The Coledale Horseshoe!

This happens every Winter solstice (and Spring, Summer & Autumn Solstice too I think)



Fantastic sunrise experienced by all –according to the fb photos. This one by Tasmin Cass – (who completed a double Coledale!)

Organiser Paul Johnson said ...

‘Top job today. Thanks to all those who turned out. Special mentions to [Mick Allen](#) for attempting a triple, Tamsin Cass for being the first ever female to do the double and to [Rob Stein](#) for being the runner you are 'most likely to get lost with'. Thanks also to the weather gods and to [Tim Irlam](#) and all at Little Chamonix who did a splendid job of feeding us all. Merry Christmas to you all.’



The CFR vest is hanging in the Fell Pack Cafe-Keswick Thanks to Ryan Crellin.



Steve Breeze and David Fell enjoying the snow on S.O.B kong Race no 2

JUNIOR NEWS

The Juniors have had another busy and successful year, with many fantastic results in various race series, at both local and international level. As well as the club races, athletes have competed in English Championship fell races, BOFRA races, and cross country leagues in Cumbria and further afield. Many have also represented their area/county for school fell and cross country races. Mia Easthope and Joseph Dugdale were both selected for the English team: Mia running in Peebles at the British and Irish Junior Home Counties International Mountain Running Championship, finishing in a highly creditable 11th place. Joseph also ran at

this event, finishing 2nd, helping the English team to victory. He also represented England at the World (Italy), and European (Slovenia), mountain running events earlier in the year, being first English finisher at Slovenia.

This year's Junior Championship saw some tough battles in the different age groups. It was good to see some new faces, and no doubt their names will appear in next year's races too! Age group results from 2017 are as follows:

Under 9 boys:

1st Danny Riley, Equal 2nd Harry Graham and Luke Davison, 3rd Magnus Dixon

Under 9 girls:

1st Bethany Swarbrick

Under 11 boys:

1st Mylo Jewell, 2nd Ben Wrigley, 3rd Nathan Kemp

Under 11 girls:

1st Olivia Swarbrick, 2nd Pippa Newby

Under 13 boys:

1st Alex Rhodes, 2nd Harry Penn, 3rd Harry Finlinson

Under 13 girls:

1st Fayth Bowness, 2nd Jess Autie

Under 15 boys:

1st James Penn, 2nd Ben Graham

Under 15 girls:

1st Emily Swarbrick, 2nd Jemma Atkinson, 3rd Katie Russell

Under 17 girls:

1st Mia Easthope

Under 19:

1st Joseph Dugdale, 2nd Harry Greenbank

The 2018 CFR Junior Championship races are:

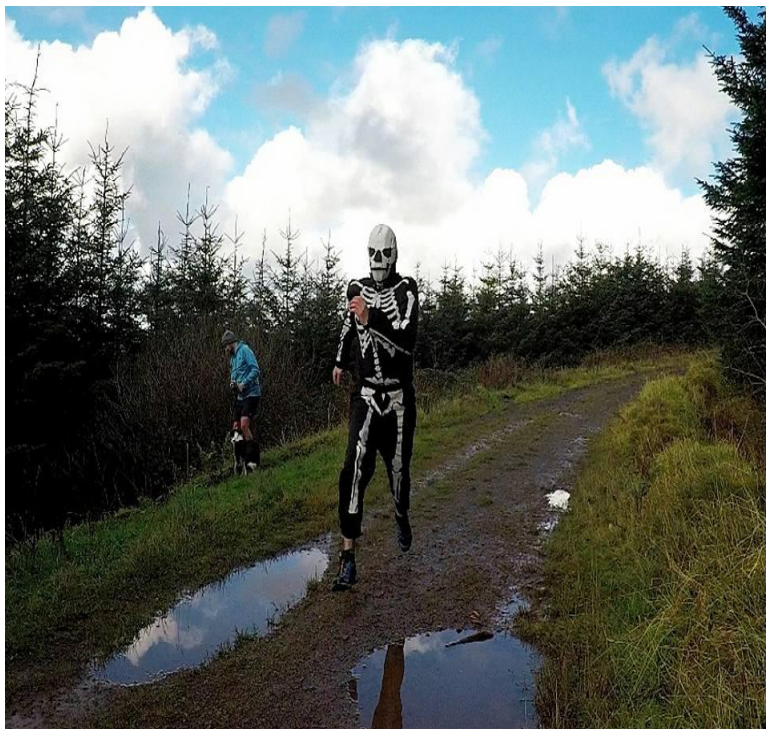
Saturday 27 th January	Blakes Heaven
Saturday 3 rd March	Jarret's Jaunt
Sunday 25 th March	Todd Crag (A'side) (English Championship)
Saturday 21 st April	Ennerdale/Crag Fell
Wednesday 23 rd May	Latterbarrow Loop
Saturday 7 th July	Godsworth
Saturday 18 th August	Rusland Pool (Windermere/south lakes)
Wednesday 29 th August	Ennerdale Show
Saturday 29 th September	Eskdale Show
Sunday 28 th October	Buttermere Shepherd's Meet

Best 6 results to count for the championship.

This autumn/winter has been a successful cross country season, with the under 11 boys winning the team prize in the Cumbria league. Cross country races are pretty brutal and the boys did really well, beating some tough competition.

Under 11 Boys Cross-Country winning team

L-R: Rudi Jewell, Mylo Jewell, Ben Wrigley, Danny Riley, Luke Davison



One of this year's highlights was the Halloween run/chase in the woods just off the Cold Fell road. The children had to follow a trail, trying to avoid being caught by scary monsters, were-wolves and skeletons. Their efforts were rewarded with hotdogs and cake.

A sprinting skeleton that may be found in woods near you around Halloween

After many years, and hundreds (or more), hours of time spent devoted to CFR matters, Neil Atkinson has stood down as Chair of the Junior committee. A presentation was made to him at the Junior awards evening thanking him for all his hard work. Andy Wrigley has bravely decided to take on the role.

Traditionally meet up for training at 10:30 on Saturdays at Nannycatch / Dent Car Park. This is changeable and updated through a Juniors WhatsApp group.

Clough Head -Kong adventure race- 14th January 2018

It was certainly cold and cloud covered the top of Clough Head when 10 'Cumberland Fell Runners' members joined the 100 other hardy fell runners at the start of this the 4th CFR winter League race. It didn't get any warmer as they left the quarry path and ploughed up the steep ascent of Threlkeld Knotts and onto Clough Head. After visiting White Pike the fast descent was over grass onto the Old Coach Road and back to the mine. This was the 3rd race in the Kong Winter Fell series.

The field was impressive with some well known names Simon Bailey winning in 38.01 min closely followed by Rob Jebb in 39.04. 1st CFR home was Howard Seal (50.38) Then Peter McAvoy (52.35) , Neil Sidaway (54.53) Anita Barker (61.14) Lindsay Buck (62.08) Graham Watson, (63.08) David Fell (65.03) Anna Blackburn (67.01) Ryan Crellin (70.17) Dot Patton and Jane Mottram (78.05)



The Next Kong Race is Stybarrow Dodd Sunday 18 Feb –also in CFR Winter League.

RESOLUTIONS for 2018 by Lindsay Buck

R - Race rules. Read the FRA handbook or check the website and learn the rules.

E - Events. Help out and it will make the reasoning behind the rules easier to understand (hopefully).

S - Seize the Day. Make the most of every training session, race and the chance to enjoy our glorious fells, lanes, shoreline and forests.

O - Opportunities. Give everything your best shot and vary your routine. Who knows what may happen.

L - Learn. Knowledge and experience are valuable but so are new ideas. Listen to everyone and then decide who to follow.

U - Understand. Understand what makes you tick. For me it's solitude in training and the social side of racing.

T - Tread lightly. Leave as little impact as possible and respect our precious landscape. Never leave litter (including banana skins).

I - Imagination. So much time to let your brain run wild and new ideas can arrive out of the blue (perhaps).


O - Oops. Learn from mistakes, analyse and move on.

N - Navigation. Practice map and compass, reccy routes, include featureless fells in the mist!

S - Stop. Listen to the birds, watch the wildlife, study the flora and fauna.




Cumberland Fell Runner's Profile

<p>Mario Yeomans</p> <p>Cunning social media pseudonym:</p> <p>Omari Snaymoe</p>	
<p>How long have you been a member of CFR?</p>	<p>Since May 2014 I think – my first race was Langstrath in June. Beaten by the legendary Peter Crompton!</p>
<p>Which category do you run in ?</p>	<p>I'm still MSEN for a few years yet, though not as many as I'd like.</p>
<p>How did you begin fell running?</p>	<p>Mountain biking was my main sport for years. Spoiled by the purpose-built Welsh trails during my study in Bangor, when I moved up here there wasn't very much in the way of riding. I took up climbing for years, occasionally going for a run in the mountains. But I never saw anyone else fell running - I didn't even know it was a recognised sport! I certainly had no idea there was such a thing as fell running clubs so it didn't occur to me to look for one. In early 2014, a friend recommended I join a fell running club. It turned out CFR was my local club, and what a friendly, helpful and supportive bunch they turned out to be!</p>
<p>What is your favourite training route and why?</p>	<p>I'm not sure favourite is an appropriate word. It implies that training is fun. If it's fun, it's not training. Old school.</p> <p>That said, CFR's not so light-hearted training day Serious Stuff Thursdays (recently changed from Serious S**t Thursdays to accommodate a more sensitive audience) is an absolute joy. Friendly banter in the warm-up and always a good pub for the warm-down. But make no mistake, the actual training component of SST is no fun at all. That comes when you comprehensively thrash your rival on race day.</p> <p>Join us – see Facebook for SST events!</p>
<p>Which is your favourite Fell race and why?</p>	<p>It's between Anniversary Waltz (will some unsung hero keep it going now?!) and Dale Head. Anniversary has a good bit of a flattish run to the ascent, which I like because it spreads the field a bit before the big pull up Robinson. There are at least 3 sections where route choice makes a significant difference; perhaps only a few minutes, but then how many times have you finished a race just seconds behind someone? In short and medium races, a couple of minutes can mean quite a few places! Jim on</p>

	<p>High Spy with jelly babies and energy drinks; what a legend! Also, the weather's been sunburningly beautiful both times I've run it, so I assume it's always like that. :0)</p> <p>Dale Head is a brilliant out and back that's got 2 gruelling climbs separated by a brief climbing rest halfway up at Dale Head Tarn to gather your mental strength. The drop from the summit is ferocious; your legs are already mashed from huge ascent, then the descent is all steep and fast runnable (if you know a good way down to the tarn – up for debate!). There's a sadistic pleasure in staying upright when you're on jelly legs and have no option but to keep going as fast as possible or crash and burn. The entire experience will take hair off your head and put it on your chest lad!</p>
Proudest running moment?	<p>Standing on the steps of Moot Hall, arms around Paul Johnson and Mick Allen, at the end of the Bob. I was proud of our seemingly endless training runs in the dark (& Mick's treadmill insanity!), the way we'd stuck together over the course of the day, wordlessly and intuitively understanding how the others felt and how to pace so we could all stay together. These subtleties of running the BG as a trio and finishing together are very special to me.</p> <p>My second proudest moment is coining the phrase, "A torch in the hand is worth 2 on the head." I'm trying to get it on Wikipedia.</p>
Most embarrassing running moment?	<p>Winning 1st Lady at Round Latrigg – I was down as Maria Yeomans. Had to hand over the prize...bottle of red too! Every race I'm tempted to try and pull that one again.</p> <p>(Disclaimer: I don't mean I'm embarrassed to be mistaken for a lady. I appreciate that would be sexist. No harm intended and no tents were accepted. I understand red wine is drunk by both men and women in exactly equal amounts. ;OP)</p>
Any ambitions?	<p>I just want to be the best runner I can be. I've come to realise that involves a lot more than just going running on the fells. How and when to run, what to eat, how to recover to minimise injury risk; it's far more interesting and involving than I'd first appreciated. I've raced in the Lakes for a couple of years now and, even though there are still plenty of Lakeland races I haven't yet competed in, I'm going to try and race further afield this year; the English and British races look good and some of them are still up this neck anyway.</p>
Fell Running Heros / Heroines ?	<p>There have been some incredible runners you can't help but put on a pedestal (Joss Naylor, Billy Bland etc) but the chaps that intrigue me the most are the out and out racers; John Wild & Kenny Stuart being the ones I've read most about, even trying to emulate their training styles (obviously not intensities!). I loved reading Steve Chilton's Running Hard – it compares the rivalry between the 2 runners at their peaks.</p> <p>The current female crop have achieved some quite remarkable successes, sweeping the traditionally stronger men aside. Spinks in her double BG, Paris with her BG and Ramsay records, Wilkinson breaking records with every race. I once performed as part of a band in front of 25,000 people in the Flaminio Stadium in Rome. It was so vast, my brain wasn't capable of comprehending how many people were there watching us and</p>

	consequently I wasn't remotely nervous. It just looked like a photograph; not reality. I have the same feeling of detachment when I think of these ladies' achievements; to me they are profoundly incomprehensible, unfathomable; impossible. Definite heroes!
What motivates you most?	2 things (not necessarily in order): 1. self improvement 2. beating Pedro Aldini's segment times (is there a more noble cause?)
What else do you like to do when not running?	Between working and running, there isn't a great deal of time to do much else. I live in a pub, so I mainly work on expanding my beer belly. I figure that if it gets large enough, I'll effectively be a human zorba and be able to roll downhill faster than anyone can run. Ryan Crellin won't know what's hit him.
Can you tell us about your family and work?	<p>I have 4 brothers. I'm the 2nd eldest of the 5, though physically, intellectually and modestly the 1st. One's a doctor, another an RAF pilot in training, a third is a police officer and the last I have no idea as his job is too complicated for me to understand.</p> <p>My Mum's Austrian and my Dad's a Brummie. Their parents fought against each other in the war and my parents now continue that proud tradition in their home in Chorley.</p> <p>I teach Computer Science at St. Joseph's High School in Workington. I rant about this regularly on club runs. These rants are carefully and hatefully honed over many years of bitterness, loathing and introspective rumination. Do not attempt to engage me in conversation or argument at any point during said rants. It ends invariably with me running off in a childish huff, secretly hatching your untimely demise.</p> <p>Happy running!</p>

Cumberland Fell Runner's Profile

Name Ryan Hutchinson			
How long have you been a member of CFR?	Almost a year. Started in Feb 2017.	Which category do you run in?	Seniors
How did you begin fell running?	I've been into running for a few years, but only on the roads though. Sam was talking about his fell running one day and it sounded all right, so I thought I'd give one of the club runs a go... First run was up Grike & Crag		

	Fell from Bleach Green – it was as dark, wet and windy – as expected!
What is your favourite training route and why?	I've many favourite routes to be honest, most of which I've got to know from the club runs. But it's the Lowther Park area where I go the most, as it's close to home and only a short detour when heading back from work. Plenty of ground for training up there, but the usual route is something like flat fell, chimneys /zig-zags and dent, or maybe head over to Blakeley or Uldale to get a few extra miles in.
Which is your favourite Fell race and why?	Tough question, because I didn't get to many races last year after getting injured (and the ones I did, they just ended in pain!). I enjoyed Blake's Heaven at the weekend though, pleased with my time. Ask me this one again next year.
Proudest running moment?	Finishing my first fell race (Jarrett's Jaunt) is always one that sticks in mind – I think I was just surprised to finish without breaking an ankle or something! Don't really have any proud moments so far to be honest, as I didn't do a lot of races yet in 2017! Maybe this year?
Most embarrassing running moment?	Probably all the times I've run straight into a deep bog! Everyone laughs, but we've all been there!
What is your worst running moment?	March last year, just a few weeks after joining the club I slipped on a wet rock and damaged my knee. Stupidly carried on 'running' for a few weeks, which just made it worse. I'm hoping for this year to be injury free!
Any ambitions?	Eventually I'd like to give some of the ultras a go, but I'm a way off that at the moment! Short term – just do plenty of training runs and hopefully do better in the club championships (last year I didn't even qualify!!). Aiming for 1000 Strava miles this year too, but we'll see how it goes...
What else do you like to do when not running?	I'll try to fit in the some gym sessions for a bit of variation, and the odd HIIT session too. Take the bike out now and again, but not as often as I used to – I really should start cycling to work, but I've said that for a while....
Can you tell us about your family?	Well they're not into running; they'll go for a walk at most. I'm the only runner in the family so they all think I'm crazy going out on the fells in all weathers, more so when it's pitch black! Don't know what they're missing....

An attempt at the Northern Fells 2017

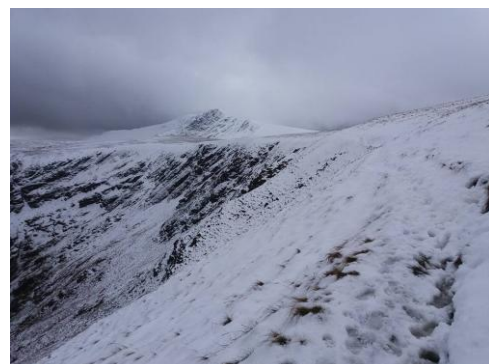
The day started at 5.25am at Latrigg car park. [Ryan Crellin](#) and [Rob Oliver](#) were a little behind time so me, [Mick Allen](#), [Tim Irlam](#) and [Les Barker](#) bagged the easiest peak of the day, latrigg (1) before they arrived. Peak number 2, Lonscale, also came easy as we yomped up in the dark through torch lit mist. Across to Skiddaw Little Man (3) felt fun and adventurous. For much of it we were reduced to walking as the deepening snow made quick movement difficult; but the chatter was lively and spirits high. The weather was cold and misty but little wind. A nice snowy and icy traverse and descent to Carl Side (4) made for adventurous travel in the dark and mist. A wonderful snowy descent to Dodd (5) came quick in the light of the dawn before the big



slog back up to Carl Side and the snowy ridge of Longside (6) and Ullock Pike (7). As we headed up to Skiddaw I made the decision to split the group. It was 9am, we had been going for 3.5 hrs and still had a long way to go. For Rob and Ryan I don't think was a problem since their intentions had only been to go as far as Souther Fell. I felt sorry for Les since he was working very hard and, in typical Les fashion, was giving his all with the intention of getting round the whole route. But this was just not his day; his pace was off his usual solid form and he seemed to be overly exerting himself. I have no doubt he will bounce back from this and prove me wrong by doing something daft like a solo or winter BG!

So me, Mick and Tim slogged up to Skiddaw (8) and into the biting wind and ice crusted plateau. Careful descending on slushy tufts to Bakestall (9) before joining the Cumbria way (water refill) and the familiar hike up to Great Calva (10). This came easy enough. We were eating and drinking well and taking care with our steps in the drifting snow on the descent off Calva. Up until this point things had been good; nice and steady with a clear focus on the end goal. But the ice crusted boggy trods made things difficult; our feet frequently broke through the ice leaving us knee deep in bog (the crossing of the Caldew came as warm relief after those bogs). This, combined with the slog up Mungrisedale Common, began to eat into our time. Tim and Mick did a great job of breaking trail. Mick skilfully found the summit of Mungrisedale (11) before taking us up to Foulkes Crag and Blencathra. From this point the icy wind increased considerably and we were fighting hard to stay upright and keep warm. My feet felt like blocks of ice making it difficult to feel the terrain. Nevertheless, we were optimistic since we knew we had got the big climbs out of the way and we would be on lower ground from here on in. At midday we reached the summit and from a wind battered Blencathra (12) we swiftly descended Scales to be met by the faithful and patient pairing of [Phil Archer](#) and [Omari Snaymoe](#). They had been up and down and around Blencathra looking for us. It was good to see them and nice to briefly pause and chat. The out and back to Souther was good- we were running smoothly and picking up the pace. Tim called it a day here saying his back was bad (watch out for this lad in 2018-he's good!).

Down to just two of us, me and Mick jogged down and fought up Bannerdale Crag. The wind was still strong and I was starting to tire. A pork pie and some nuts seemed to help but the wind was battering us around. Off Bannerdale (14) we tried to run but the strengthening south-westerly wind was making even walking difficult. We were being buffeted and thrown about. At this point we both gave each other 'the look'. We knew it would be pointless continuing. We would be fighting winds and snow covered tufts for at least another 5 hrs since running was nigh on impossible. So, we made the inevitable decision to call it a day and head down to Mungrisedale. A quick text to our mountain rescue boy, Mario, and we arranged to meet at the pub. He dutifully arrived AND treated us to beer and food-mountain rescue these days is good! I will always appreciate his assistance here.



In summary: 9 hrs, 25 miles, 13,000ft ascent, 14 tops, tough winter weather, a lifetime of memories, a wonderful sense of camaraderie and not an ounce of regret. Thank you to all involved. It was a top way to see out 2017!

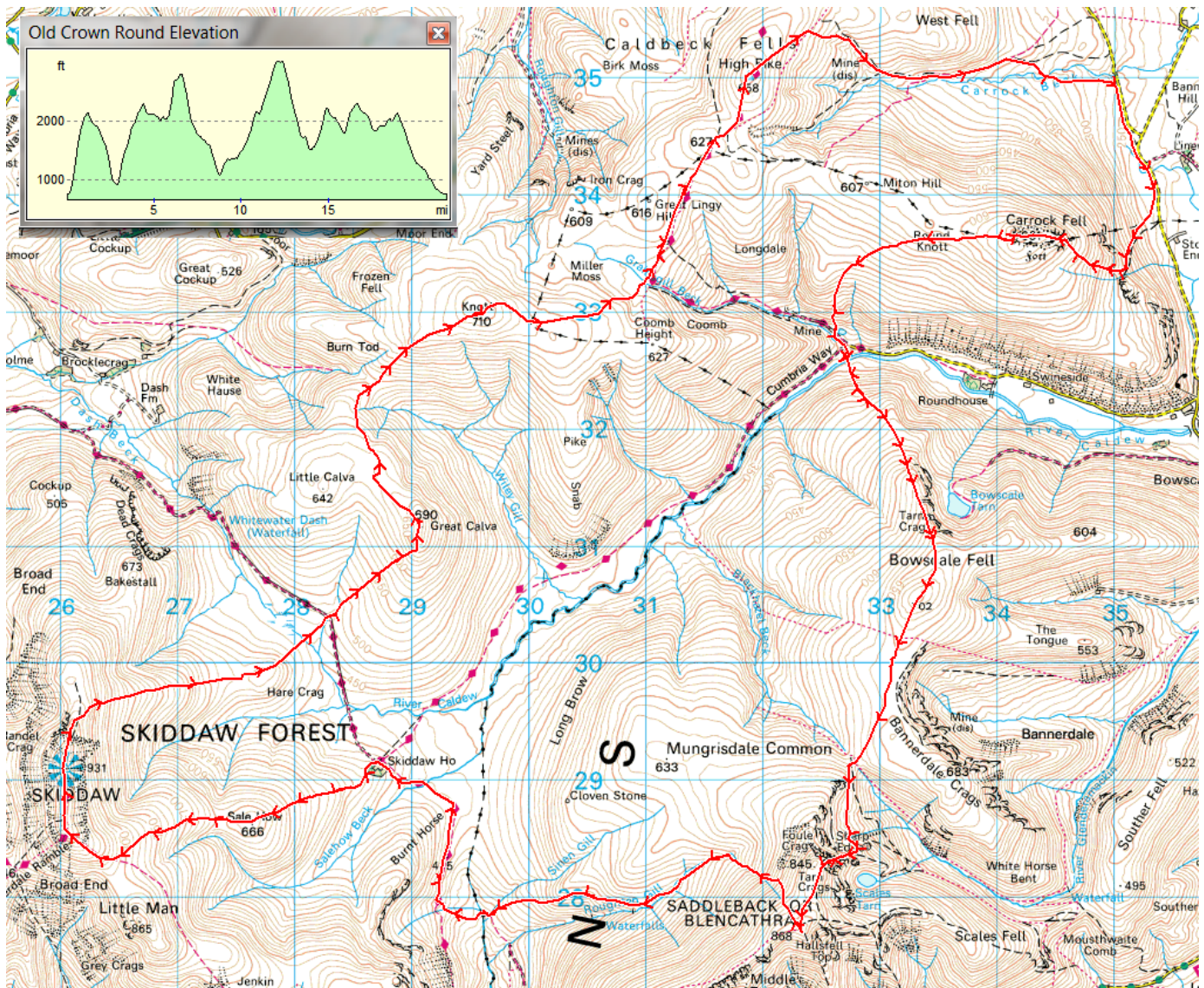
"And I tell you, if you have the desire for knowledge and the power to give it physical expression, go out and explore."

Apsley Cherry-Garrard, *The Worst Journey in the World*

THE OLD CROWN ROUND By Peter Crompton

Like many a good tale, this one begins in a brewery. Or rather, a brewery *tour*. The date is the late 1990's and the brewery is the small independent thing at the back of the above named community-owned pub in Heskett Newmarket. These were the days when a brewery tour was a real piss-up affair not the sanitised, health and safety contrivance it is today. I was shown around the cowshed / brewery by a real character who insisted I had a good long drink from every wooden barrel we passed and as we chatted and staggered he told me about a fell running challenge called "The Old Crown Round".

The brewery makes a number of beers, four of which are named after the fells around the pub, these are: Skiddaw, Blencathra, Carrock and Cock up. The "challenge" is to start at any point on the circuit and visit each of these peaks in turn, returning to your chosen starting point. There is now a *race* on the calendar that goes by the same name and starts and ends at the pub – but that's a different story. Our story involves a few of the CFR old timers and their efforts at setting record times for "The Round" – 18 miles or thereabouts, across some of the most energy-sapping trackless wastes known to any mad dog. Those who get round in a new record time can claim a free pint at the pub.



The Old Crown maintains a log book and several half completed copies of the same in the bar. It's a bit of a challenge in itself to piece together the record attempts from these old documents but our CFR connections go something like this:

The first entry in the log book mentions a team of squaddies (parachute regiment?) who completed the round in 6 hours or so. The first link with CFR is around 2002. This mentions Andy Beaty and 3 of his police colleagues (the team event for the challenge requires a team of 4). Andy and his mates formed a team called "the blue streak". Their time was "somewhere under 5 hours" or so I had heard. I hadn't thought to actually check and see.

This didn't seem too outrageous to this newcomer to fell running so I recruited Mike Litt, Charles Mason and Steven Steele to join me in giving it a go. With no recce-ing or planning, we ran round in a leisurely four plus hours and not having much idea of the *precise* record time, dawdled down the homeward track thinking that at just under four and a half hours (4 hours 27 to be exact) we had probably just set a new record. We duly wandered up to the pub to inform the slightly confused landlord, who knew nothing of our rather amateurish attempt at getting into his record books, that we would like to claim our free beer.

The landlord was true to the spirit of things and we were soon settled behind our free pints and with self-satisfied grins were writing our names and "record time" in the log book. The grins were soon wiped off our faces when we read of the police team's time of, you guessed it 4 hours 27 minutes. "But we could all have run faster" we declared in unison.

And I can hear you shouting "Yes, but the point is you didn't". And so the challenge remained.

So, in 2004, I think it was, Andy Bradley and I went for a run out over these northern fells thinking we might ask two other CFR runners to join us for a second attempt. Our time was a disappointing 4:30 but we enjoyed a great day out chatting about that other little jaunt, a round called "The BGR".

Andy and I never did get round to persuading two others to join us and there was to be no further attempt in the next 13 years. So the challenge to claim an outright record for CFR is still there.

CFR appears at one other point in the log book where a certain Peter Crompton records a solo time of 4:06. There is a solo challenge for the same round with a target time of 3:22. But don't take my word for it if you fancy the individual record. Check the log book yourself and don't take my haphazard approach.

I am sure that both records are within the capabilities of present CFR members. So the gauntlet is here thrown down. What are you waiting for? With today's GPS assisted route planning across this difficult terrain I am sure "history is in the making". Keep me in the loop I would love to support your attempt.

And, most importantly, there are no records in the log books at the pub of women having a go which means that CFR solo records and team records are just waiting to be declared.

QUIZ –Thanks to Jim Fairey

Answers to Quiz Oct 17 Won by Andy Beaty .

1. Gasgale Ghyll, Lanthwaite Green
2. Innominate Tarn (formerly Loaf Tarn)
3. Aira Force, Ullswater

Quiz Jan 18

Bottle of wine for first correct answers e-mailed to jim_faurey@hotmail.com

- 1 Name this Wainwright Summit in Patterdale
2. Name this summit on a CFR Race
3. Name this summit - could it be a new CFR race checkpoint?



1.



2.



3.

We have some extremely talented CFR members.

This is a beautiful painting by SAM HOLDING of Blake Fell .

One of his 'HAUNT of the HARES' series . He donated this as a spot prize for the Blake Fell Race. Won by Andy Ross.

Sam is not just an artist but a poet too....

Looking back now then so,
reckon I'm pretty quick,
'xcept for Dot and Jane, they'll
humble my strides low.
Met this group of runner's,
easy enough to please,
but there's these bloke's named
Johnson & Barker,
they'll have you on your knees.
Tuesday's is plenty,
till you meet the Omari crowd,
won't say it but he's eager,
happy and longing, proud.
We'll not catch Gold,
but we'll put in a bid,
quiet and confident,
but happily hid.
Because we are the unspoken,
the quietly sung,
we leave little trace,
most content in the Spring.



Sam Holding

Any more artists or hidden talents out there ? Let us know.

HISTORY SECTION

Provided by Ryan Crellin and Andy Beaty

Some of our members may remember these races and some of the CFR names mentioned.

These are screen shots so resolution is poor and you will probably need to zoom in to read them!

Profile –Joss Naylor

JOSS NAYLOR, M.B.E.



Club Cumberland F.R.
Born at Wasdale, Cumbria
on 10th February 1936
Height 5' 11" Weight 9 st
Job Shepherd

Began as a schoolboy wrestler

First race win: 1966 Mountain Trial

Early inspiration Eric Beard

Favourite shoes

Training Various - Nokia
& Racing: Reebok & Walsh
Diet - Good wholesome food
Other interests - no time

Peak year - 1975, age 39
no of races run: won Don't count

Race record - 6 entries in Guinness
Book of records

Tips to a novice Train hard and
enjoy it.

Last race run - a Charity run

TRAINING

Depended on my farm work - some weeks nil but when I was in full training for the Ennerdale i.e. to win it - after lambing in May I'd do a 20 m on fells for 10 days & then rest up to the race for 3/4 days. Rest meant a day on the farm though. It was the same pattern for the Mountain Trial.

MY BEST RACE

The Welsh 14 x 3000 footers should have been at least 10 minutes faster because I got cramp on the last section, and was lost at one point in the black mist.

The English 4 x 3000 footers was a training run for the 72 peaks that year. I should have broken 7 hours that day if the weather had been kind.

The times on the hills for the Three Peaks Run/Drive - now discouraged - have stood the test of time: no Ballacullish bridge nor the M6 then. Total time 11h 54m sl to sl

Pennine way dosen't count: I was injured so I'll take the 72 peaks run.

JOSS NAYLOR, M.B.E.

Considered by many to be the greatest fell runner, his photograph adorns the cover of Bill Smith's monumental work: "Stud Marks on the Summits." Lean and meanly built, Naylor's weather-beaten frame has a hunched style, possibly from an injury sustained as a youth in Cumberland and Westmorland-style wrestling which necessitated the removal of two discs. Home for him is in Wasdale, Cumbria where he was born in 1936. For over half his life he has farmed from Bowderdale which lies under Yewbarrow. Long distance is his forte: "I did not get going until over 30. Then I won nine Ennerdales and had four Karrimor wins before I was 40." In his fortieth year he ran a record 72 peaks in 24 hours.

His debut came as a 24 year old in the 1960 Mountain Trial from Wasdale Head. An unofficial entrant he finished around 16th: not bad for a spur of the moment job, wearing boots and cut down trousers. Now with over 30 trophies from this event alone it is his favourite race. His individual record is incredible. Over 20 years (1963-82) he had 11 wins, 3 seconds, 3 thirds and 2 fourth placings. To get into shape for this and the 23 mile Ennerdale Horseshoe (his next favourite) he would run for four hours on a Sunday and at other times as his farm work-load allowed. After lambing in May he would put in two weeks of solid training: 20 miles a day on the fell and have a few days off before the Ennerdale. He set p.b. of 3:27:27 in 1979 when 2nd to Andy Styant.

In 1976, with nine consecutive Ennerdale wins and an enviable catalogue of other successes, he was made an M.B.E. "for services to fell running", a unique honour among amateur fell runners.

At his peak, Naylor set many long distance records, and five of these were in the Guinness Book of Records. Of these he considers his 72 Lakeland Peaks in 24 hours in 1975 his best ever. Only in 1988 did this record fall after many attempts. The Pennine Way record (3 days, 4 hr. 36 min.) has been broken but that he set with an injury. He says "These days I run for fun. I've done 21 Ennerdales and soon will have 30 Mountain Trials under my belt. I think it's time to retire." Since 1976 he has done six long runs for charity: Coast to Coast, 1976; Carlisle to Barrow, 1979; Hadrian's Wall, 1980; Keswick to Workington, 1981; Lakes, Waters and Meres, 1983; and the Wainwright Round, 214 tops in 7 days, 1986 and with runners/canoeists the Lakes, Waters & Meres in 1989. He has raised a tremendous amount for charity: "I would like to think that I have given a little back. I enjoy doing them because they're for a well deserving cause."

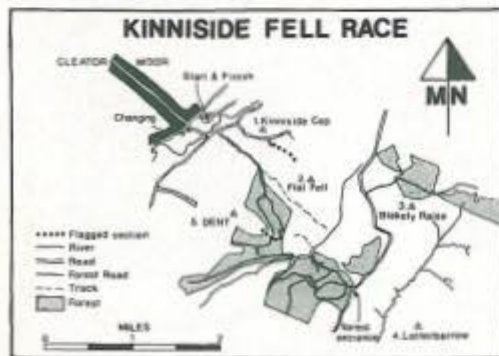
In 1975 Naylor raced abroad twice: the Pikes Peak Marathon and the Sierre-Zinal race, this being the sum total of his international racing career. He appreciates that the sport has changed. Nevertheless in his eyes Billy Bland is the best fell runner to date.

Kinniside — A Great Day's Sport

Have you raced recently in the championship events of Kentmere, Scree Hill, Stuc A'Chroin or Simons Seat? If so, then no doubt you have been boxed in, held back and generally made to feel the sheer volume of runners. Well don't worry, on July 20th at least, we have the answer. In West Cumbria, on that day, incorporated in the annual Cleator Moor Sports day, is the Kinniside Fell Race, 9 miles/3,000 feet of grassy undulating hills.

Here are some arguments in favour of Kinniside. Compare the Cumbrian race's 55 runners last year to the hoards and chaos that will descend the same day on Ingleton. Contrast Kinniside's short turf with the obviously eroded mountain path to Ingleborough's plateau which this year has British and English championship status, despite — or maybe because of a normal 300 plus field. It makes one wonder why the Yorkshire race was chosen. Championship contenders aside, we say Kinniside will reward you better.

Follow our advice and you're sure to have a day with a difference. The Sports day involves grass track cycle racing, junior footraces, Cumberland wrestling, and hound trailing, a sight to be seen as the foxhounds take just two thirds of the time to cover the same course as you run. On the ascent of Dent aniseed will fill your nostrils — but it's for the hounds' benefit not for yours! In the evening, a road cycle race around the town attracts top riders from all over the country.



Courtesy — Barry Johnson

Running organisers Bernard Hilton and Harry Jarrett, both CFR, will be on hand to welcome warmly any new faces, and a good tip is to follow the 38-year-old engineer Jarrett. He is the only competitor to have competed in every race, being a winner twice and more impressively has finished nine times in the top three.

Kinniside 1977 with winner Alan McGhee (46) and runner-up Harry Jarrett (45) to the fore

The race dates from 1974, when due to a lack of interest in an existing professional race, the Sports Committee approached CFRA about replacing it with an amateur event. As with many races in the area, the late Joe Long, CFRA, planned the route, doing so to provide route choices between checkpoints. Only slight variations have since been made to Joe's original course to accommodate land access requirements. Locals continue to debate the best lines, which is as keen orienteer Joe would have envisaged.

In the inaugural race, winner Dave Halstead followed Joe's recommended route, after spending a week camping near the course. Local Alan McGee, recorded five consecutive wins, and also set a record of 1:04:02 in 1978; but due to an alteration from the last checkpoint, Dent, in 1988 this mark now stands to Alan Bowness, 1:08:52 for the slightly longer course. John Nixon, 1:14:42, and Fiona Cole, 1:34:09, hold the veteran and ladies times respectively.

Before Ingleborough was moved to the same day, Kinniside had a regular following of over 100 and was itself a championship event in 1983 with over 80 runners. It's definitely worth visiting we say follow the quality, don't follow the crowds.



1st CFR Presentation Night

Can you recognise any of these early members?

ANDY'S ARCHIVE. 8th APRIL 1995.

THE CUMBRIA WAY
(A very long way!!)

ON FOOT WITH ANDY BEATY

THE IDEA

A couple of years ago some of the lads from work came in with a book about the Cumbria Way and said they were going to walk it over five days. This they duly did and talked about it non-stop for weeks. The seed was then planted and the book was borrowed.

The route of the Cumbria Way is basically from Ulverston to Carlisle, 70 miles long and uses the existing network of footpaths and bridleways. It was set up by the Ramblers' Association with the idea that the scenery along the route would change to reflect the many differences to be seen within the County.

When a vague idea starts to be a possibility and light-hearted conversation gets more meaningful the ball starts rolling, until a decision to do it is no longer an option, its just a matter of "When are you going to do that long run, Andy?"

At this stage you have to make a plan.

THE PLAN

Last year the plan was half-hearted and time slipped past, so this year whilst thinking about it in March possibly for a go in the Summer; Kate said "There's no races in April. Do it in two weeks time and you can get three weeks recovery before Coniston."

After a stunned silence I realised this was sensible and that I was now committed. (Besides Yannet Blox suggested a long run before Ennerdale, would be useful.)

THE PREPARATION

Before any long run the correct training must take place. After a decent run at Benson Knott!! I pronounced myself fit and injury free. There was just this mileage thing to consider. Thus, I upped my 12 mile Sunday "long run" to 14 miles. (I didn't want to overdo it at this stage.) This made a respectable 35 miles per week.

The hard bit was getting my head into believing it was possible and blanking out the thought that it was three London Marathons, or three Ennerdales + a 10k.

The other preparation was the logistics. I had no idea how fast I could do it and didn't know anyone else who had run the course; so it was all guesswork. I didn't want it to be a military style operation like "Bob Graham's" seem to be and so I decided to do most of the run by myself with support on the last two sections, only. This also meant that I could cancel things if there was bad weather; after all I wanted to enjoy it not just struggle round at any cost.

After preparing maps etc. and deciding what I was going to take to eat on the day there was no time left and on Friday April 7 at 10.00pm we set off in the van for Ulverston and spent a restless night in a layby.

THE RUN

Piling muesli and toast into yourself at 5.00am is a struggle, but quite necessary when going for a long run, (so they tell me) and at 6.05 I set off on the first leg to Coniston.

The book description was very detailed as the footpaths crossed fields and farms so I was just using a map and enjoying the views. As the big red sun appeared and shone on some wind turbines, turning them pink I found myself

singing songs from "War of the Worlds" with only a few rabbits as an audience.

Things were going quite well for about six miles and then I made a BIG mistake. I entered a farmyard and followed a sign for Cumbria Way, this took me on a bridleway for a couple of miles and as I climbed a small top expecting to look down onto Coniston Water; to my horror I found I was looking at the sea!! I had been going west instead of North.

I can only think that the sign had been resting up against the farmer's wall and not in the correct place. After a quick panic I descended to a road and followed it to Torver and on to Coniston, instead of following the lakeshore. This little detour added about five miles to the route and due to mild panic and a bit of anger, I forced the pace a bit covering about 20 miles in 2 1/2 hours. (Much too fast!)

Kate was waiting at Coniston and fed me up with jam butties, fig rolls and tea. She had also written out a description of the route up to Tarn Hows and found the first path; so after 20 minutes and a change of clothes I left Coniston for the next stop at Langdale.

The scenery was certainly changing now as the paths wound up through woods to Tarn Hows and around the lakes. It was still just after 9 am and the spot was deserted- quite a rare sight. It was then down the road a bit to Skelwith Bridge and Elterwater. The first signs of sore hips were beginning to appear but it was easy running and I was able to eat as I travelled down the valley into Langdale on the opposite side of the river to the road.

I met Kate again in the carpark next to the New Dungeon Ghyll; she had been for a run up to Stickle Tarn and we arrived back at the van together. She nearly laid an egg when she saw me as she thought I had been waiting for some time. The section had taken one and a half hours and the day was warming up.

At this stop I ate a tin of fruit cocktail and changed into fell shoes. Most people in the car park were just setting out for the day I had 30 miles under the belt (a weeks worth!) and a couple of sore hips.

As I rolled out for the next bit over to Borrowdale I met up with five lads from Lancs. & Morecambe who were out to race the Old Counties' Tops race; so as far as Mickledon I had a good natter but probably went a bit fast again. However we split up at the head of the valley and I had a nice steady plod up Stakes Pass. Langstrath (aptly named) always seems a long valley and today was no exception but with a gentle breeze in the face I was well into this long distance thing and enjoying the day out. My reservations were fading and I couldn't see there being any problems ahead. (What a fool!)

The next stop was Stonethwaite and at a rough guess this was half way, a good mental hurdle. More fruit cocktail, biscuits and tea were consumed and after 10 minutes I hobbled out towards Keswick. I left my fell shoes on for this section which was a mistake as the paths were good enough for road shoes and the surface was hard. The route went around The western side of Rosthwaite and on to Grange; from there it followed the lakeshore (I went around every little headland!!) of Derwent Water and through the footpaths of Portinscale to Keswick.

I was a sorry sight when I met Kate, Rob and Jackie. I felt terribly sick and had to force myself to be cheerful. It took 20 minutes to eat a banana and have a cup of tea; still it subsided and it was good to have someone to run with. Rob could now see me suffer and get his own back on me for the Three Peaks Yacht Race. I was also glad not to have to carry a water bottle, after 45 miles it was like an extension to my arm.

After some good encouragement from Kate and Jackie we shuffled off towards Skiddaw House; by this time it was the middle of the afternoon and people were returning from their walks, still I hadn't been round "Back O'Skiddaw" before and enjoyed the surroundings and had a good crack.

From the Youth Hostel the way wandered down to Mosedale the bottom of the biggest climb on the run. This was to the top of High Pike 2159ft. During the climb I pulled round a lot and began to feel hungry - a good sign, I thought and from the top of High Pike we could see the Solway Plain with Carlisle in the distance; still a bit to go but encouraging.

The descent was worse than the climb as by now my hips were sore with a big S but I was also switched on to auto-pilot and dreaming of a hot bath. Caldbeck was the next stop with the whole family there to take the van home as Kate was to accompany me on back to Carlisle. Barry Linsley had advised me to take along some savoury stuff to eat; this proved good advise as I polished off a tin of spaghetti hoops in record time.

It was 6.30pm when Kate and I crawled out of Caldbeck and left Rob and Jackie to go for a bar meal. (Lucky swines.) The last 15 miles should be easy peasy but not long after setting off we encountered a landslip in a wood that took about half an hour to get round; pretty annoying when you can hardly lift your feet off the ground. After that the way followed the River Caldew all the way back through fields to Carlisle.

The last five miles or so were done in darkness with the aid of a torch and a few boiled sweets. The night was cloud free and it was frosty and as the lights of Carlisle got nearer spirits lifted and it was good to finally stop at the Wrestlers Pub - the end of the Cumbria Way and a wee bit tired. (I couldn't even face a pint!!)

The run had taken sixteen and a half hours in total, including stops and I covered about 75 miles. I was chuffed to have managed it but was more pleased that I had actually enjoyed the experience. Now that its out of my system I can get back to racing as I seem to have recovered without serious injury!

Andy Beaty

P.S. Don't mention the Roman Wall!!

KATE



ME



I particularly enjoyed this flashback as I ran the Cumbria Way in 2012 in 20.02 hours-...except I took 3 days with a hot meal and 8 hrs sleep in between! It's a great route with varied terrain and views.

STOP PRESS!

We are definitely **THE** club to be in (words by Jennie Chatterley) after this weekend!

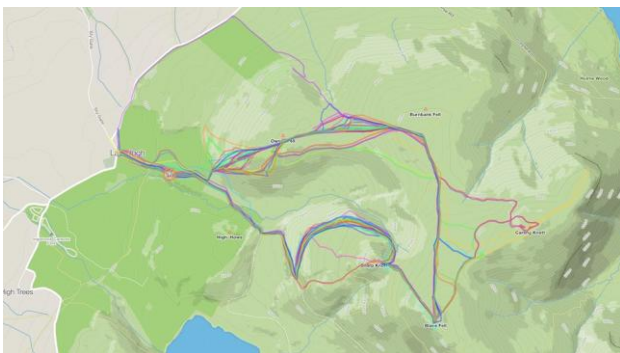
Friday night saw many club members enjoying a brilliant night at Gillerthwaite Centre, Ennerdale celebrating LES BARKER'S 50 Birthday . Luckily he managed to navigate to the beer hidden on Grt Bourne to the relief of all the members following him! Jennie and Maria provided chilli and pud and Mario barrels of beer. What a great way to celebrate a birthday! And all a surprise for Les.



More photos on Facebook

On Saturday the club put on the famous Blake Fell race with the usual mist, wind and rain to challenge all. Organised by Ryan Crellin and timed by 'Results Base' timing ran by Mark Likeman a welcome new member of CFR. Many members gave up the run to help by marshalling, registration and baking. A great turnout and fast times. Follow link for results.

https://l.facebook.com/l.php?u=https%3A%2F%2Fresultsbase.net%2Fevent%2F4363%2Fresults&h=ATNs7h1e-vwghivPug5ngXRcDOYtmolvVV3Maf_RmVyNCPwnAhuF-9vxq49xXdEK2Fkf8pXrhFKPagFdIEhXqJDuv-Yem7k_lxUqr6Z_rNQFus2-n6Alc5YbUglPp3C1whvYebJ5KRDV6pX96QQ1w_UyBo1vvYoK7Bd6aVljpFVncYRIP0XmYpu-KmeiSIRisagTvmb8sBeTkz7rR1-SL-A4yJEUN4llwj3wZEU9IJU_vuNvNyHK6WNb40xYZoq9sSqpgvWgwCcCcrCqwUdARRiJcCl_w-90zhE8BQfgg



A few went astray!

A good turnout by the 'Usain Bolts' of the future too!

