



January Club Run in snow.

# CUMBERLAND FELL RUNNERS

## NEWSLETTER- MARCH 2019

[www.c-f-r.org.uk](http://www.c-f-r.org.uk) , Facebook CFR (members, public and juniors) - Instagram #cumberlandfellrunners.

**Editors note-**After a laptop crash and the purchase of a new one (at last), the spring edition is here. Sorry no member's profiles as I didn't get them out in time (blame the technology delay). This issue seems to focus on the busy fell running calendar. Lots to look forward to in 2019 though so careful planning and preparation necessary. Full use of your negotiation skills, bargaining power and prioritising is needed for the year ahead! Good Luck!

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

Dot Patton

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Junior Championships updated	

### Committee

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

*Not got your race card yet? See a committee member*



**Any new (or old) members wanting kit contact**

**Ryan Crellin (vests& T shirts) [ryancrellin@gmail.com](mailto:ryancrellin@gmail.com)**

**or Jennie Chatterley (hoodies, fleeces) [jennie.chatterley@gmail.com](mailto:jennie.chatterley@gmail.com)**



## **NEW MEMBER'S WELCOME PACK**



New club members now are given a **'CFR Club welcome pack'!**

This includes information as well as freebies –buff, water bottle, car sticker, race card etc.

If you are a new member and haven't got yours yet contact Jane Mottram on [janemottram@outlook.com](mailto:janemottram@outlook.com)

*Above Juliet Fullwood, Ruthie Stanley and Diane Sogra receive theirs at the Winter League presentation Night at the Kirkstile Inn.*

## **Latest Club meeting summary by Jennie Chatterley.**

15 present

DHMR (Buttermere race), Paul Jennings

parking issues as the current field we use is to be sold. 29th June date at the moment, waiting on field go ahead for parking. If not, there may be an alternative venue.

Newlands Race, Les Barker

All going to plan. 20 volunteers, continuing their support.

Website...looks like a big problem which could be a rebuild of website!

Barry's winter training

Discussion about the format as Barry is happy to provide what people want. Do we formalise a structure? Tue night runs could finish with a led stretch session in good weather. Monday class 6:30pm Paddle school for a few weeks only now. Highly recommended for conditioning. From March there will be a Wednesday alternate week activity of run/bike/swim mixed training. Barry will let us know. Focus on fun, sociable, pubs, picnics, family, etc.

Tue running...

A sub group will meet to discuss issues: large number management, safety, clarity for new runners, etc.

Big Day Out

Looks like 20th July. Info from Paul Johnson to follow.

**NEXT COMMITTEE MEETING - DATE TBA**

**8.00pm Swan Inn—Cockermouth –after club run on Sale Fell**

**Welcome to new members :  
quite a list - our club is  
growing!**

Stephanie Shaw

Ian Swarbrick

Mark Wise

Matthias Dombrowsky

James Todd

Victoria Wright

Adam Cresswell

Izzy Rourke

Peter Walmsley

Richard Davey

Ben Mitchinson

Mark Blackwell

Juliet Fullwood

Jack Gilbert

Heather-Catherine Marshall

***Apologies if I've missed you  
off the list –still welcome!***

# Diary Dates

## The GREAT CFR BOB GRAHAM RELAY CHALLENGE BY Paul Johnson

On **Saturday 20th July CFR** will be running an anti-clockwise Bob Graham Relay Challenge. This involves the route being split into 5 legs with each leg being run in pairs. It is expected we will have enough runners for at least 3 teams (10 runners per team). If you would like to be involved (and haven't already replied on Facebook) could you inform Paul Johnson with an expression of interest. You can contact him via any of the following methods: *Ladies 1986 team*  
Email: Paul\_kenneth\_johnson@yahoo.co.uk  
Mobile/text/WhatsApp: 07964417689



# Cumbria Fell Runners — Bob Graham Relays

Last October I organised a sports holiday in Malvern with a view to raising the idea that Cumbria Fell Runners should have a relay challenge. From an initial plan to the Cumbria Way with one team, we eventually found ourselves with four teams (A, B, Vets and Ladies) preparing for a relay attempt on the more interesting, convenient and dramatic Bob Graham round on May 14th.

This date was chosen with some difficulty even back in February because the season was already crowded with fell races, individual Bob Graham attempts and multi-day events. The weeks following the meeting where the date was chosen proved suitable to those who needed to rearrange the route or time themselves over various sections: there was a lot of rain and snow and the weather was difficult. The idea was that we would have two teams on each of the four sections, so six runners in each team. We would do the route anti-clockwise, and stagger the start times of the four teams so that we could expect each team to finish in Keswick between 5:00 and 6:00 on the Saturday night. This obviously involved the collection of accurate times for each section and this was done at a meeting shortly before the event. We arranged a telephone contact, my mother-in-law who could watch by the phone all day to receive news of schedule changes, rearrangements and so on and pass the information on to someone who called for it. We also took the precaution of asking a climbing friend to have a rope for us at Broad Head.

In spite of careful preparation there were still apprehensions. Which section would Harry J actually run in the end? Would we give Joe a partner who could keep up with him on the rough sections? Would the ladies team actually manage to find ten corners? Was a new decision to put two good fell runners on the first section when it became clear that the ladies would have to do that section in the dark?

The day itself was a complete success. We were blessed with perfect weather and amazingly, in spite of wet knees, socks, downpours, all 40 nominated runners completed their sections — evidence of the powerful motivating force of a team effort. (Gilbert himself unfortunately had succumbed to a long-term injury some months earlier.) Everyone enjoyed it, many took ideas which we showed at a social event a couple of weeks later, and there was a general atmosphere at the Moor Hall on Saturday Night. It was a great day's running, great for clubbers — and as far as I know there was only one navigational error, but I'll keep quiet about that — except to say it wasn't the Vets, Ladies or B team.

Especially good weather helped to make for a record breaking day. All four teams of six runners each completed the Bob Graham route of 72 miles, 52 peaks and 2,300 feet in record time.

Very special thanks to all those who helped in any way to make this day a success, particular thanks to Anne Hayes for running the telephone, Andy and Shaun Puckett for the rope on Broad Head, Martin Pickett for recording the overall finishing time of each team and to the many friends who assisted with road support.

BARRY JOHNSON, CFR

CFR BOB GRAHAM RELAY — MAY 14th				
A Team	B Team	Vets Team	Ladies Team	
Garry Bryers Keith Morgan	Steve Martin John Kennedy	Bernard Wilson Barry Johnson	Linda Scott Sharon Johnson	
Keswick 08:41	05:00	08:00	08:30	
09:44	06:11	07:17	02:11	
09:53	06:28	07:32	02:37	
10:10	06:41	07:44	02:55	
10:17	06:52	07:54	03:20	
Griff Chasen Stuart Young	Richard Eastman Julie Jones	Helen Stuart Ray Phillips	Joanne Norman Joan Sutcliffe	
10:31	07:15	08:13	03:48	
10:38	07:21	08:19	03:55	
10:40	07:25	08:32	04:11	
10:59	07:46	08:42	04:28	
11:16	08:15	08:54	04:52	
11:49	08:35	09:41	05:52	
12:01	08:18	10:01	06:22	
12:16	08:35	10:15	06:39	
12:40	10:13	10:39	07:11	
12:50	10:24	10:53	07:40	
Harry Jarrett Alan Bennett	Tim Houghton John Harrison	Mike Wood Ann Neale	Joan Aldred Shirley Doherty	
13:35	11:18	11:39	08:45	
13:56	11:45	11:59	08:09	
14:02	11:53	12:07	08:14	
14:08	12:03	12:16	08:23	
14:17	12:12	12:26	08:40	
14:31	12:29	12:37	08:02	
14:44	12:47	12:43	08:22	
14:59	13:05	12:56	10:44	
15:12	13:52	13:30	11:41	
15:43	14:00	14:19	12:14	
15:49	14:10	14:40	12:00	
16:00	14:21	14:55	12:14	
16:05	14:28	15:00	12:45	
16:24	14:47	15:19	13:07	
16:38	15:06	16:30	13:07	
16:48	15:17	16:43	13:17	
Celia Webb Ivring Black	David Donald Peter Telford	Ian Heyes Glen Edmundson	Chris Ross Sam Mackay	
17:15	15:46	15:51	13:52	
17:36	16:08	15:52	14:19	
18:04	16:36	16:00	15:01	
18:15	16:46	16:08	15:11	
18:34	17:07	16:10	15:25	
18:27	16:59	16:23	15:28	
18:36	17:07	16:32	15:30	
18:42	17:14	16:39	15:44	
18:54	17:27	16:58	16:04	
19:01	17:32	16:58	16:13	
19:14	17:42	17:00	16:25	
19:27	18:02	17:30	16:47	
19:49	18:25	17:55	17:14	
Fred Anderson Richard Linson	Rob Scott John Morgan	Don Wigg Ken Hargreaves	Val Johnson Prissy Kingston	
20:19	19:01	18:29	18:02	
20:54	19:39	19:06	18:50	
21:13	20:22	20:25	19:59	
21:36	20:58	20:52	20:54	
Total	13:21	15:58	16:25	20:24



Wouldn't it be great to get some of the '86 crew for a run or beer afterwards.?

If that is you please contact Paul too.

## Darren's Local Race List

Below is a spreadsheet from our new Statistician **Darren Parker** which is a list of local races. So no excuse for missing one or not pre-entering as all the info is there. Print it off for your fridge, or save into your favourites (depending how techno- minded you are)

I've posted my spreadsheet of races on our Facebook page which you may find useful. It contains all those A and B races in Cumbria and a few from just outside, plus English and British champs races and some classics from around the country. For each race the sheet contains links to the FRA information page, to the organiser's race page, and to the start location in Google Maps. For races you can pre-enter, it highlights when entries are open and when the closing date is approaching. There are also three styles of calendar you can print off and you can choose which races to include. One example is attached and the key is as follows:

Race name (classification) (Sh if show race) (E,B if English or British champs race) (CFR champs series) [EOD price] {Pre-entry price and closing date if known}

If there's no price in square brackets then you can't enter on the day and if there's no price in squiggly brackets you can't pre-enter. The date shown for each week is that of Saturday. Darren

Date	Sat	Sun	Weekdays
29 Dec			Tue: Nine Standards (BM) [£8]
5 Jan		King of the Castle (AS) (CFR-W) [£5] [£4]	
12 Jan	Clough Head (KWS3) (AS) (CFR-W) [£8] [£6]		
19 Jan			
26 Jan	Blake's Heaven (AS) [£5]		
2 Feb	Stybarrow Dodd (KWS4) (AS) (CFR-W) [£8] [£6]		
9 Feb			
16 Feb	Jarrett's Jaunt (AS) [£4]		
23 Feb	High Cup Nick (BM) [£9]		
2 Mar	Loopy Latrigg (KWS5) (AS) [£8] [£6]		
9 Mar	Black Combe (AM) (CFR-M) [£10] [£7, 2 Mar]		
16 Mar		Muncaster Luck (BM) [£6] [£5] Stretton Hills, Shrops (AS) (E) [£15, 21 Feb]	
23 Mar	Causey Pike (AS) [£5]	Carrock Fell (AS) (CFR-M) [£4] DMM Edale Skyline, Pk Dist (AL) [£0]	
30 Mar			
6 Apr	Coledale Horseshoe (AM) [£10, 30 Mar] Dungeon Ghyll (AS) [£5] Howgills (AL) (E) [£0] [£0, 3 Mar]		Wed: Loughrigg (AS) [£3]
13 Apr	Eskdale Elevation (AL) (CFR-M) [£7]	Kong Mini MM 2 (MM) [£26] [£22]	Wed: Grisedale Grind (AS) (CFR-M) [£5]
20 Apr	Teenager with Altitude (AL) [£10, 16 Apr] Newlands Memorial Race (AM) [£9, 16 Apr]		
27 Apr	Three Peaks, Yorks (AL) [£27, 11 Apr] Mourne Highline, N Ireland (AM) (B) [£20, 1 Apr]		Wed: Lord's Seat (AS) [£5]
4 May	Coniston (AM) [£10] Great Lakeland 3Day (MM) [£170, 21 Apr]		
11 May	Buttermere Sailbeck (AM) (CFR-M) [£12] [£10, 12 May]		Wed: Caw (AS) [£4] Latrigg (AS) (CFR-M) [£5]
18 May	Fairfield Horseshoe (AM) [£10] Old County Tops (AL) [£20, 9 May]	Glaramara (AS) [£3]	Wed: Latterbarrow Loop (AS) [£3]
25 May	Hutton Roof Crag (BM) [£7] [£7] Y Meolwyn, N Wales (AM) (B) [£12] Isle of Jura (AL) [£27, 31 Jan]	Helvellyn and the Dodds (AL) [£12] [£10]	
1 Jun	Duddon Valley (Long) (AL) [£7] [£6, 26 May] Duddon Valley (Short) (AM) [£6] Welsh 1000m Peaks (AL) [£20, 29 May]	Coniston Gullies (BOFRA) (AS) [£5]	Wed: Blencathra (AM) (CFR-M) [£3]
8 Jun	Ennerdale Horsehoe (AL) [£16] [£13.50, 31 May]	Howtown (AL) [£4]	
15 Jun	Great Lakes Run (AL) (E,B) [£7] Lakeside - Gummers How (AS) [£8]		Wed: Langstrath (AS) [£5]
22 Jun	DHM Buttermere Horseshoe (AL) [£15] DHM Race Short (AL) [£15]		Wed: Tebay (AM) [£8]
29 Jun		Arnison Dash (AS) (Sh) [£5] Cross Fell (BL) [£10] [£8, 28 Jun]	Wed: Reston Scar Scamper (AS) [£4]
6 Jul	Saunders Lakeland MM (MM) [£55, 23 Jun] Blackfell, N Yorks (AM) (E) [£?]	Skiddaw (AM) [£7] Langdale Gala (AS) (Sh) [£2] Bampton Sports Day (BS) (Sh) [£3.50]	
13 Jul	Wasdale (AL) [£17] [£14, 29 Jun]		Wed: Blisco Dash (AS) [£1]
20 Jul	Old Crown Round (AL) [£10] Snowdon Race (AM) [£?]	Coniston Country Fair (AS) (Sh) [£6]	Wed: Fellside (AM) (CFR-M) [£4] Thu: HoL Rydal Round (AM) [£6]
27 Jul	Lingmell Dash (AS) [£5] Beetham Sports (BS) (Sh) [£3]	Kentmere Horseshoe (AM) [£10]	
3 Aug	Borrowdale (AL) (CFR-M) [£11] Turner Landscape (AM) [£15] [£10] Creag Dhubh, Scot (AS) (Sh) (B) [£?]	Farleton Knott (BOFRA) (AS) [£5]	Wed: Steel Fell (AS) [£0]
10 Aug			Wed: Not Round Latrigg (BS) [£7]
17 Aug		Sedbergh Hills (AL) [£10] [£8.50, 16 Aug] Lakeland Country Fair (AS) (Sh) [£6]	Tue: Shipman Knotts (AS) [£4]
24 Aug	Arnison Crag Horseshoe (AS) (Sh) [£5]	Grasmere Senior Guides Race (AS) (Sh) [£?] Kong Mini MM 3 (MM) [£26] [£22]	Mon: Barrow (AS) (Sh) (CFR-M,S) [£8] Black Combe Country Fair (AM) (Sh) [£5] Wed: Ennerdale Show (AS) (Sh) (CFR-S) [£5]
31 Aug	Dufton Show (AS) (Sh) [£7]	Loweswater Show (AS) (Sh) (CFR-S) [£6]	
7 Sep	DPM Grisedale Horseshoe (AM) (E) [£10, 10 Aug] Ben Nevis (AL) [£0]		
14 Sep	Scafell Pike (AS) (CFR-M) [£13] [£10]	Lake District Mountain Trial (O) [£18.50] Dale Head (AS) (Sh) (CFR-S) [£5]	Wed: Crab Fair (BM) (CFR-M) [£3]
21 Sep	Three Shires Race (AL) [£10, 12 Sep] Ilam Park, Pk Dist (AS) (E) [£12]		
28 Sep	Eskdale Show (BS) (Sh) (CFR-S) [£4] Orton (BS) [£8] [£8]		
5 Oct	Screes (AS) [£10]	Hodgson Brothers Mountain Relay [£12, 9 Aug]	
12 Oct	Langdale Horseshoe (AL) [£10, 9 Oct]		
19 Oct	British Fell Relay Championships [£15]		
26 Oct		Buttermere Shepherd's Meet (AS) (Sh) (CFR-S) [£0]	
2 Nov	Dunnerdale (AS) [£7.50]		
9 Nov			
16 Nov	Two Riggs (KWS1) (AS) [£8] [£6]		
23 Nov	Sale Fell (TBC) (BS) (CFR-W) [£2]		
30 Nov	Crag Fell (TBC) (AS) (CFR-W) Kirkby Moor (BM) [£5]		
7 Dec			
14 Dec	SOB (KWS2) (AS) [£8] [£6]	Christmas Pudding Trail Race (TBC) (BS) (CFR-W) [£5]	
21 Dec	Pagan's Breakfast (TBC) (AM)		Thu: Wansfell (AS) [£5]
28 Dec			



**Jim is wearing this T shirt to remind you all about the..**



# **19th WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS 27th-28th-29th September At Gagliano Del Capo, Puglia, ITALY**



The World Masters Mountain Running Championships is a great event in which members of CFR have travelled to participate in representing Great Britain for many years. Club members regularly return with individual and GB team medals. Past names include the legendary Harry Jarrett, Barry Johnson, Andy and Kate Beaty, Jackie Whinn and many more.

There is a full program of open and age category races. If you are over 35 you are officially a Veteran and can enter!

A few members are already planning their travel and accommodation plans so have a look at the information link here and get holiday planning!

[https://docs.wixstatic.com/ugd/1f3dcc\\_77e1f8525a274de787a9e83b425c7a09.pdf](https://docs.wixstatic.com/ugd/1f3dcc_77e1f8525a274de787a9e83b425c7a09.pdf)

A few words from Jonathan Wyatt Presidente WMRA

“ It's exciting to see the Masters Mountain Running held in a location outside of our normal alpine areas. A race course near the rugged and beautiful coast of southern Italy will be a unique experience for all the participants. I would encourage all of the runners to spend a few days in the area exploring the beautiful landscape and coast, experiencing the culture and of course eating the wonderful food that this region of Puglia is very famous for

We really hope you enjoy it. I wish all of our Masters runners the best of luck, a good hard race and above all a great time at this years event!”

**WEATHER FORECAST FOR THE PERIOD: The forecast weather during the competition period assumes an average temperature of 25 ° C with 90% humidity. LOVELY!!!**

## **TRAINING**

CFR now offer 3 training sessions a week! Each one is different and guaranteed to improve your running! You also get to meet and socialize with other club members.

### **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](http://www.c-f-r.org.uk)

## **STT- Serious Stuff Thursdays- Led by Mario Yeomans**

Serious training is happening on **Thursday evenings** usually at Sale Fell.- 6.30 posted on the website and facebook.

A gruelling session of hill reps and speed work where everyone works at their own level which improves technique, speed and stamina.



## **Conditioning for runners- 6.30 Paddle School – Organised by Barry Johnson**

A session of stretching and exercise tailored just for fell runners .

Runs until Easter then watch out for an exciting summer training program 'out in the field' of running, swimming and cycling.

## **A big thanks to Andy Bradley for putting together this useful guide to the Club Championship races**

### **The CFR Almanac( Google it ) for 2019**

*a preview of the Championship Races by long standing club member Edna Cloud.*

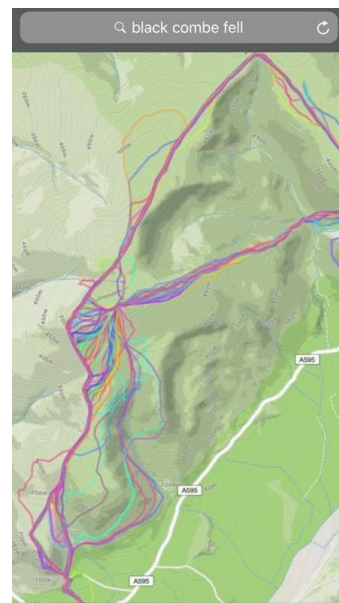
There are 12 races in the main CFR championships. Five short, five medium and two long. The first CFR runner home in each category scores 100 points, the second runner 99 points and so on. You must finish six races to complete the championship, but you can only use a maximum of four short or four medium races. The very senior runners can use the show races to complete their six races. Trophies and prizes are awarded in November at the presentation night.

There are some great races in this year's championships.

#### **Saturday the 9<sup>th</sup> of March      Black Combe**

Medium      13 Km with 1000m climb      *yep-lots of alternative routes!*

A classic race, featuring an initial very steep climb, a long sustained pull (all runnable?) up to the top of Black Combe. There is a delightful run round to White Combe with a big drop down to the penultimate check point. Then its eyes up, legs instructed, out with the energy snack and off up a very steep, long, killer climb. It then only takes ten or fifteen minutes to charge back down the big track to the finish. Pies in the village hall. Good enough to be featured regularly in the English Championships, it is a real early season test. Be warned though....in the mist this race always claims a few victims. In the last championship race a good number of the country's best runners failed to find one of the check points. In ancient history, one CFR runner was miles ahead of everyone else, but couldn't find the last checkpoint after the second climb. Spent ten minutes looking for it before giving up and going for his pie. Last time it featured in the CFR champs, several CFR runners went walk about after the first ascent of Black Combe, before re-joining the field in just about last place. But they didn't give up.....Definitely worth a look around the course, or a big prayer to the weather gods. Bit of a drive down to Silecoft but worth it. You can pre-enter on line, or you can enter on the day. Website for race is [here](#).



**Note – I contacted Will Ross and he has ordered lots more pies to cater for the CFR onslaught!. (Dot Patton). Hope weather improves!!**

**Sunday the 24<sup>th</sup> of March**

**Carrock Fell**

*Wet and cold finishers 2017*

Short

9 Km with 900 m of climb

A return to this relatively new race, organised by the Northern Fells running club, it featured in our championships a few years ago. Looking forward to going back as seeing where we went, and hopefully not setting off in a mini monsoon. At least most of us set off, one club member couldn't get his car across the ford and could only watch the race set off from the warmth of his car. The race features a big pull up Carrock Fell, a ridge run along towards High Pike with its short climb, then a route choice type decent back to the finish. Lots of grass, lots of running. We enjoyed this last time. Their website has full details and a map. It can be found by clicking [here](#).



**Saturday the 13<sup>th</sup> of April**

**Eskdale Elevation**

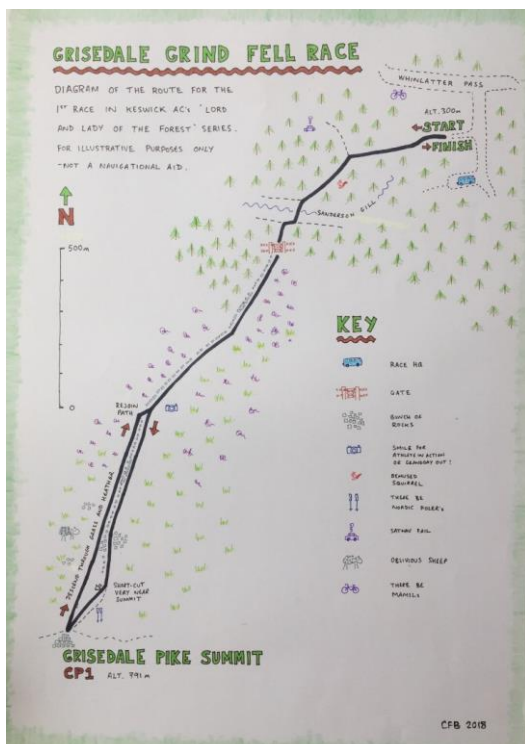
Long

20 Km with 1500 m of climb



Another relatively new race in the fell running world, and another race that has only featured once in the CFR champs. Another race that we all thought was a great race. Organised on a simplistic approach, the race starts from the top of Eskdale, and has only three checkpoints, one of which is at the start of the flagged finish run in. Do not expect a big turnout for this race, its new and starts from a place that most people will struggle to make the effort to get to. Checkpoint one is on Whin Rigg, bit of an interesting run out – might not want to be in first place here, rather hope that whoever is in first place is the sort of person who we want to lead us through Miterdale. Bit of route choice around, over or under Illgill Head and the big climb up to checkpoint

two – Scafell. Then one of the last few legs of a race where there is still some debate about the best line. Checkpoint three is on Eel Tarn outlet. There is scope for going wrong, especially if the mist is down. The race is based at the pub, and last time we turned up, just about everyone got in the pub for the prizegiving and CFR won loads of prizes. This is a relatively accessible long race, the records are 2 hours for men and 2:54 for women – this could fall to a CFR lady this year. A great opportunity to get an A long under your belt. Organised by local club Pennine there are full details [here](#).



**Wednesday the 17<sup>th</sup> of April**

**Grisedale Grind**

Short

4 Km with 500 m of climb

Not much recovery time from Saturday!

However, onwards and upwards. This one is going to hurt. A race up Grisedale Pike from the top of Whinlatter pass. The start is on the other side of the road. Straight up, straight down, with a record time of 24:26 for the men and 28:47 for the women. The descent is famed for leaving you unable to manage any stairs for a couple of days. This race double up with the Lord's seat race two weeks later for a king of the mountains trophy across the two races. (Lord's Seat race isn't in our championships this year).

Shame the map has been declared a non- navigational aid.

Anecdote alert...I am aware that many years ago, a famous top class runner turned up to one of his local races without a map. He went off and drew himself a map from memory which had enough detail on it to satisfy the organisers.



Same race, same organisers – carried out a kit check at the end and disqualified someone for carrying a map. Whilst it was an OS map, sadly it for a completely different part of the country.

### **Saturday the 11<sup>th</sup> of May      Buttermere Sailbeck Race**

Medium      15 Km with 1300 m of climb

One of the contenders for best Fell Race. Whilst this is officially a medium length race, it has caught a few out with just how much climb there is and by how far back it is from the top of Causey Pike.

Starting from Buttermere, there is a min fell race over Knott Rigg and Ard Craggs with the drop down off Ard Craggs to the bottom of Causey Pike. Get your food and drink out, it will give you something to do during the next half hour of uphill slog. One of the classic race climbs up through the heather. Once you have crested Causey Pike, you then have a wonderful ridge run over, Scar Craggs, Sail and Crag Hill before you start the descent towards Whiteless. Be warned, there is still 300 m of climb from Causey to Crag Hill. If your legs have gone, this is a long walk. Off Crag Hill, some people are having such fun, that they decide to go up Grasmoor. The fun doesn't last, once they realise that there is no one else around and that the reason is that they have gone wrong. Off Whiteless, there is a classic descent back to the finish field. A contender for best finish to a fell race, steep, grassy and with a few nips and tucks that offcomers might not know about. Brews and cakes are provided by the café.

### **Wednesday the 15<sup>th</sup> of May      Latrigg**

Short      4.8 Km with 290 m of climb

*There is even a bench to admire the view if you have time*

Quick recovery then from Saturday. Another race famed for its ability to stop people from walking for several days after. Straight up and down Latrigg. Sadly, not from the car park at the rear, but from the park in Keswick. A Kenny Stuart record from 1984 of 16:37, which is unlikely to be broken by a CFR runner – this year. The ladies record of 20 minutes is also likely to challenge most CFR runners, male and female. This race used to be run the day after the Borrowdale Race and rumour has it that Kenny set this record, the day after the race – which is quite impressive. Not as impressive as setting it the day after the Borrowdale after race party though. Details on the Keswick website, which is [here](#).



### **Wednesday the 5<sup>th</sup> of June      Blencathra**

Medium      13 Km with 825 m of climb

Another great race. T' race committee have come up trumps again. Fell running at its best. Minimalistic approach, no fuss, £3 entry fee, no prizes. Run by runners for runners. Evening pub visit. Route starts from Mungrisedale, in a bog, races up through some gorse and onto the ridge. The running starts now. First checkpoint on Bowscale, second one on Blencathra, with a route choice of up Foule Crag or the sneaky trod across blue screes. Wonderful descent to the col above Mousthwaite Comb, before the drag up to Souther Fell, which always seems longer than you hope. Watch out for ghosts of an army of soldiers marching across the fell. Last sighting was in 1745, on midsummers day. Witnessed by sober and respected witnesses who swore on an oath that they had seen troops, cavalry and carriages in a procession that lasted some hours. If you do see them, will your testimony be taken as truth or will people put it down to over exertions and associated delirium? When you get home and recount the steepness of the final drop to your kith and kin, they will dismiss this and definitely will put it down to over exertions and associated delirium. Organise by Eden Runners, there are further details [here](#).



### **Wednesday the 24<sup>th</sup> of July      Fellside**

Medium      11 Km with 600 m of climb

You can run every step of this race. Just keep telling yourself that on the first climb. The race takes place on the Northern Fells from Fellside, and scoots round the summits of Brae Fell, Knott and High Pike. Making High Pike the most visited summit in the CFR championships this year. Plenty of scope for navigational fun should the mist be down. Featured in last year's championships, with the wettest ever recce, where we were delighted to find the cars again. Some route choice options, especially between Knott and High Pike. Some runners manage to take the long route from High Pike to the finish. Definitely worth a recce – watch out for it as one of the Tuesday night runs? Details are on their website, which means....click [here](#).

### **Saturday the 3<sup>rd</sup> of August      Borrowdale**

Long      27 Km with 2000 m of climb

Most runners have a horror story to tell about this race. Some runners think it is the best thing ever. Rough underfoot, with small trods to find, this Lakeland Classic is a real test of mountain running. You are going to have to demonstrate that you have relevant experience to enter it - runners must have completed at least two different category A or B long or two different category A medium fell races.

Which won't be an issue if you have really got stuck into the club champs. Plenty of scope for route finding. Plenty of scope for a really bad experience going up Dale Head as the final climb of the race – bearing in mind that comes after visiting Bessy Boot, Scafell Pike and Great Gable. Starts and finishes at the Scafell Hotel, which sells ~~protein shakes for runners~~ beer. Billy Band's record of 2:34 has stood since 1982. Jasmine Paris holds the ladies at 3:15. Pack your sandwiches. They haven't updated their website for the 2019 race yet, but the link to the 2018 race is [here](#). *Fun scree descent too.!*



### **Monday the 26<sup>th</sup> of August      Barrow**

Short      6.5 Km with 435 m of climb

Another relatively new race, though we have been there before. They moved Keswick show nearer to the hills a few years ago, and Keswick AC put a race on for them. Bank Holiday Monday – the only car parking left in Cumbria is the show field. A full family day out. A few fields before you get to the hills, quick nip up Stile end, followed by the pull up to Barrow itself. All runnable, possibly. Fine descent, before the run back through the fields to the show field, hoping to get a great cheer from the crowds. Shame they sort of didn't make the finish in the big arena last time, my cheer wasn't as big as I had hoped for. Went off to buy candyfloss and admire a cow or two to cheer up. The race will go ahead, even if the show is cancelled, again.

### **Saturday the 14<sup>th</sup> of September      Scafell Pike**

Short      7.2 Km with 915 m of climb

Classic race up England's highest hill. Never quite gets the crowds it deserves, certainly in comparison to Ben Nevis or Snowden races, which is a pity as it is surely a much better course? There is a race limit and pre-entry is possible (and indeed £3 cheaper than entry on the day). It would appear that since the last time we were here, they have restored the original run out and finish. But, oh my, it's a long way up and down. Route goes up over Lingmell nose before hanging a right in the direction of Scafell Pike. Fight your way past the throngs and find the yellow vested marshal, before reversing the route. Glance at your watch to see where you are when the record time has passed, 49:50 and 63:24 for the two sexes. From the start / finish line look up and ask yourself, "How can anyone get up and down there in 50 minutes". Assuming you can see the hill, that is. Organised by Cumberland Fell Runners Association, they have a website with details of entry, all the old results and a map. Click [here](#) for the map.

*Note –guaranteed litter free as our very own wombler Lindsay Buck will, I'm sure, have been up there the day before to clean it! Thank you Lindsay. (Dot)*

### Wednesday the 18<sup>th</sup> of September Crab Fair Race

The Egremont Crab Fair and Sports has been going for hundreds of years and has many activities over a week. This year will be the 752<sup>nd</sup>. I can think of a couple of members who could win the gurning competition – especially if some of Stephen Wilson's photos could be used. There used to be a fell race a few years ago, but it became poorly supported and was lost. A couple of years ago, the organisers approached CFR to help reinstate it. Paul Jennings has organised it, and hopefully it can be built up again. There is a mixture of terrain, with a long run out from Egremont to Cleator before running up to the summit Dent and back down via Uldale and more tracks back to Egremont. Full map of route by clicking [here](#). Watch out for the early start ....we need this because it will be gloomy by the time you get back. If you go walk about, it could well be dark. Details are on the CFR website, the link is [here](#).

Happy running, get your family calendars out and get the dates written on.

Remember it could be you in November picking up a clutch of trophies and vouchers at the Club Presentation night.

### Also

**Sat April 6<sup>th</sup> COLDEDALE HORSESHOE –a classic race very popular with locals and tourists.**

**Sat April 20<sup>th</sup> NEWLANDS MEMORIAL and TEENAGER WITH ATTITUDE —Organised for the first time this year by CFRs Les Barker (see below)**

**Sat 22<sup>nd</sup> June DARREN HOLLOWAY MEMORIAL RACE (DHMR) BUTTERMERE –organised by CFRs Paul Jennings (note date change)**

**Please let the organisers know if you can volunteer for either of the above two races.**

**See Darren's spreadsheet above for details.**

### 2019 JUNIOR CFR Club Championship Races (updated)

1. Saturday 26th January Blakes Heaven
2. Saturday 16th February Jarrett's Jaunt (Flatt Fell)
3. Saturday 30th March Clough Head
4. Saturday 20th April Newlands Memorial
5. Wednesday 22nd May Latterbarrow Loop
6. Sunday 2nd June Coniston Gullies (BOFRA)
7. Saturday 29th June Kirkby Gala
8. Saturday 17th August Rusland Pool (Provisional)
9. Wednesday 28th August Ennerdale Show
10. Saturday 28th September Eskdale Show

10 races in this year's CFR Juniors race series, a maximum of 6 races to count towards final league positions.

Categories are U9, U11, U13, U15 @ U17. Age on 31st Dec 2018, ie to race U9s you will have to be 8yrs old on 31st December 2019. Minimum age to compete is 6yrs old on day of race.





# NEWLANDS VALLEY FELL RACES-BY LES BARKER

**Cumberland Fell Runners** are proud to announce the return of the **Newlands Valley Fell Races**. As in previous years, eight races will be available. There are two adult races and six junior races on the day from 10:30 to 16:30.

Originally conceived and organised by Steve and Wynn Cliff, these popular races are an established tradition on the racing calendar.

Many familiar faces from Bowland Fell Runners and Bowley Scouts will be coming back to volunteer.

As always, once you have completed the races you can expect to be offered the traditional free half pint of beer, hot recovery food and tea and coffee.

## Event distances and requirements



**The Newlands Memorial Fell Race**  
18.5Km (11.4 miles) with 1100m  
(3,609ft) of ascent. No cutoffs. [More information.](#)

**The Teenager with Altitude** 24.7Km  
(15.3 miles) with 2300m (7,546ft) of  
ascent. Cut-off at Newlands Hause at  
2.5 hours. [More information](#)

**The Junior Races** U9 - 0.5  
mile/240ft: U11 - 0.8 mile/500ft:  
U13 - 1 mile/610ft: U15, U17 and  
U19 - 2.3 miles/995ft. [More  
information.](#)





# General event information

FRA Rules apply. It is up to you to find out how they apply to you. We want people to enjoy Fell Races, but fatalities can occur in this sport. May we suggest you join the FRA. Join The Fell Runners UK Forum. Contact your local club. Recce the route. Ask experienced fell runners if they think you are up to this race.

Entries close March 30<sup>th</sup>, 3 weeks before the race. I know many of you will leave it until the last minute, but I'm asking you to commit early this time. I want to be able to concentrate on detail in the final couple of weeks.

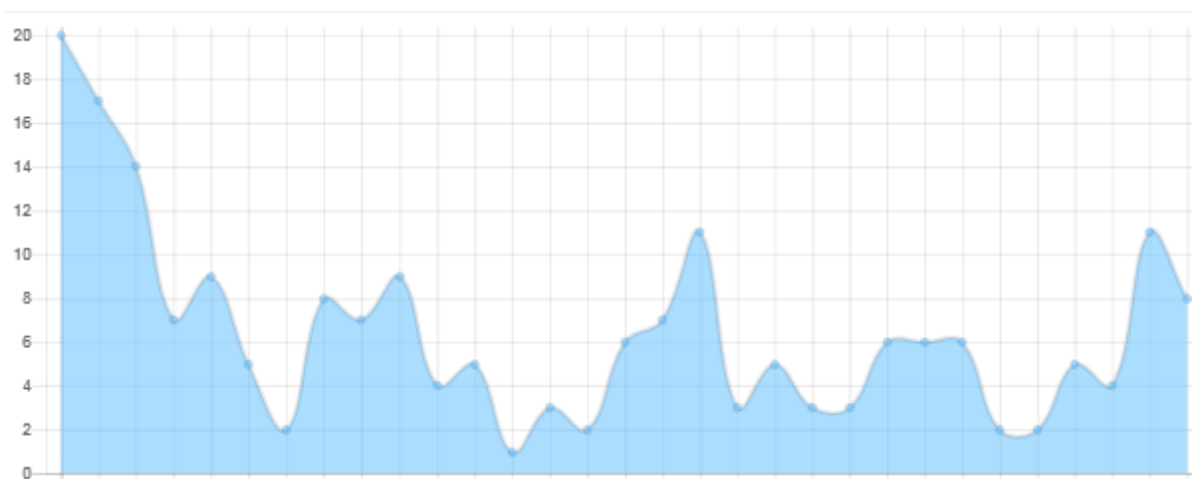
## The Race Organisers Perspective by Les Barker

I did think I would get a few years notice of becoming a race organiser, but this has been a short steep learning curve of 1 year. I have had 6 years experience volunteering at Fell Races and my career in Engineering and previous volunteer roles should stand me in good stead for this, but I'll not get over confident at this stage. There is still lots to do, but as ever we will get there.

Last month I met up with many of the team who have been volunteering for these races and they filled in some of the gaps in my knowledge and informed me what they normally did. There has been hundreds of hours already done and there will be hundreds more to do, so don't volunteer to organise a race unless you are prepared to make this a labour of love. Everyone has been so supportive and the races are clearly much loved.

I want everyone to run who wants to run the race, but if you would like to volunteer drop me a note at [newlandrace@gmail.com](mailto:newlandrace@gmail.com) and detail your existing experience and when you are available. It doesn't matter if your experience is zero as we all have to start somewhere. I want to spend time with volunteers in March to ensure they are happy with the roles they will be allocated, so we run as smooth as possible on the day. We have a strong volunteer team already, but we need a few more people. The logistics of giving 600+ runners a day to remember is going to be a great opportunity for fun.

An interesting statistic for race entries this year for these races.... Registrations seem to peak on Mondays and Tuesdays?



Don't leave your entry too late. Entries close at the end of March and it looks like maximum numbers will be reached by then..

I look forward to seeing you all at the races. Good luck with your training.

### Winter League 2018/19-by Jane Mottram

Well ,what an amazing competition ,over 60 CFR runners took part in

the series this year 43 men and 23 ladies the most competitors I can ever remember.!

It was a very close run finish for the men, with Tim Irlam just piping Ben Opie and Jack Gilbert to the post with Adam Cresswell in 4<sup>th</sup> place ,only 2 points spit the first 4 runners.

For the ladies only 4 points split the first 4 runners,Kate Beaty was the winner with Ann Cummings 2<sup>nd</sup> Lindsay Buck 3<sup>rd</sup> and Tasmin Cass 4<sup>th</sup>

Many congratulations to all who took part and especially Nick Moore who completed all 7 races

We enjoyed a great supper at The Kirkstile on Tuesday when all the prizes were presented.

Check out all the results on the CFR website

Look forward to doing it all again next year



*Nick, Adam, Tim and Jack*



*Jane and Nick*



*Ann*

### Racing and Running Resolutions 2019 by Lindsay Buck

- L. Litter pick, everywhere but especially on Scafell Pike (50 plus ascents)
- I. International races, masters and at least one VKM
- N. Navigation, practice and reccy races whenever possible
- D. Don't forget to thank all those who organise, marshals and help so we can run
- S. Stay sound, cross-train, recover and rehydrate, listen to your body (race,race,race!)
- A. Attempt to run faster without injury, at least 15 park runs



Y. Yoga and Pilates classes plus extra at home

B. BOFRA race series

U. Uphill only races including Snowdon Twilight

C. CFR race series

K. Keep putting the blue and white vest on, fell races at least 50, road/trial at least 10

Happy running and racing to all CFR members old and new, young and old, have an enjoyable year on our glorious fells.

### **Junior Cross Country Report- By Richard Jewell.**

Rickerby Park in Carlisle was the location for the final event of the 2018/2019 Cumbria Cross Country Series on Sunday 20th January.

CFR Juniors turned out in force on a sunny but chilly afternoon. The first race of the day was the U11's. This age group always attracts the most runners and has been hotly contested the whole of the series, CFRJ had a no less than 8 runners taking part. 3 Kendal AC runners led the field away from the start into the distance, but as the field came back into site along the bank of the river Eden It was CFRJ that had taken control of the race. A brilliant effort saw CFRJ finishing 1st (Mylo Jewell), 2nd (Ben Wrigley) and 3rd (Leyton Roberts). Zoe Brannon had great run to finish 3rd girl and 3rd overall in the series, Mylo finishing 2nd overall in the series.



Next up it was the U13's and the lone CFRJ representative in this race was Fayth Bowness who had great run to finish 5th. Fayth is one of the CFRJ runners that have been selected to run for Cumbria at the Inter-counties cross country finals in Loughborough.

Jude Davidson, Emily Swarbrick and newcomer to CFRJ Zhu Li McGurk had brilliant races in the U15's. Jude finishing 4th in the boys race with Emily and Zhu Li finishing 5th and 6th in the girls race. Emily finishes the U15's girls series in 2nd place overall.





Emily, her sister Olivia Swarbrick and Mia Easthope will be joining Fayth running for Cumbria at Loughborough.



It has been a great series, the weather has been in general kind and the CFRJ team have thoroughly enjoyed competing in the series.

Congratulations to these CFR Juniors who have qualified to run for Cumbria on Saturday in Loughborough at the Intercounties cross country Championship so well done to Olivia, Fayth, Emily, Zhu Li, Anna and Mia.  
GOOD LUCK everyone. Hope it all goes well.

### Cumbria League Cross-Country, Winter 2018/19 by Claire Russell

The Cumbria cross-country league is a low-key affair but don't let this fool you into thinking cross country is 'easy'. I mean running round fields can't be that difficult can it?? I've done at least a couple of races in the series most years and I'm always reminded very quickly at how tough it is. It is basically fell running done at road running pace. This year I managed to do all the 5 races including the separate County Champs. The race venues are usually the same, with slight variations on the actual course. Local clubs take turns organising 'their' event e.g. Derwent AC and Cumberland AC to name two. Most races are about 8-9km and 3-4 laps depending on venue.

The series usually starts off with Cockermouth in late September, based in the lower fields of The Hay (just past Cockermouth School). This is the most undulating of all the courses and probably the one fell runners would feel most at home on. It can be quite rough ground due to grazing cows recently departing the fields. I had to cycle to this race due to a car malfunction in the early hours of the morning in Maryport after a late night teenage party pick up. Not the best pre-race preparation, but needs must. On the ride home my bike broke so I had to walk the last few miles home. Good job I had my fell shoes with me.

Next race was Penrith (the two relays being a good warm up on the two previous weekends). It is held at Hunter Hall School next to the football fields at French fields. This is my favourite course: undulating but good fast, runnable ground. As at every race, there is a real mix of runners and I think Carl Bell and Jenn Mattison did the double for men and ladies.

Third race was Workington: Curwen Park to be specific. The ground can be quite heavy with it being low-lying next to the river. There are also some sneaky steps to throw you off your stride and a quick whizz past the queuing Christmas shoppers. All the venues hold junior



races first, but there was a special under 9s race at Workington (they normally have to run with the next age group up - under 11s).

Last race before Christmas was Keswick. Twisty-turny laps up and down the two levels of Fitz Park. It also incorporated the Vets champs which basically meant you paid an extra couple of quid for an extra number on your vest and the honour of being over 35. That doesn't mean it is expensive to do cross-country, quite the opposite in fact. I think it is £10 for the whole series (if you pay up front). It was quite an interesting last few hundred meters for me as I narrowly avoided throwing up (twice). Unfortunately that cost me a medal.

Early January, and a good test of Christmas indulgence levels, were the County Champs back at Penrith. Pretty much the same course as before, expect for an extra sneaky little hill. Not much to look at but by your third lap it might well have been Skiddaw. Also a good way of sorting out the fell runners from road/track runners - cross country is quite a unique meeting point for runners from different disciplines. With it being the County Champs, there were different faces, fancying their chances for selection for the inter-counties in March.

The last race of the series was Carlisle: Rickerby Park and FLAT (apart from a slight pimple round some trees). This was the longest course of all and felt like it went on forever. I did slightly regret the pace I set off at..... You also need to be quite tactical in your toilet visits as the nearest are at the Sands Centre, a good 10 minute walk/jog away.

Cross-country is a great way of incorporating speed and endurance training into your running and as long as you can count to a maximum of 4 (laps) you can't really go wrong.

Handy hint 1: make sure you are responsible for your own timing as the results can often take some deciphering.

Handy hint 2: If you want to have a go at it next autumn/winter you will need an English Athletics number.

## CFR Book Club- by Paul Johnson

*founded September 2016*

All our members have successfully completed a continuous traverse of all the fells listed in one of Wainwrights 'Pictorial Guide to the Lakeland Fells'.

The aim of the club is to recognise the achievements and efforts of those who have completed 'A Book' and to encourage others to follow suit. To achieve full membership an individual must complete 'A Book' in a continuous run, either circular or linear; there is no time limit. Certificates of completion are awarded at the CFR presentation evening held annually in November.

### Committee

**Chairman:** Paul Johnson

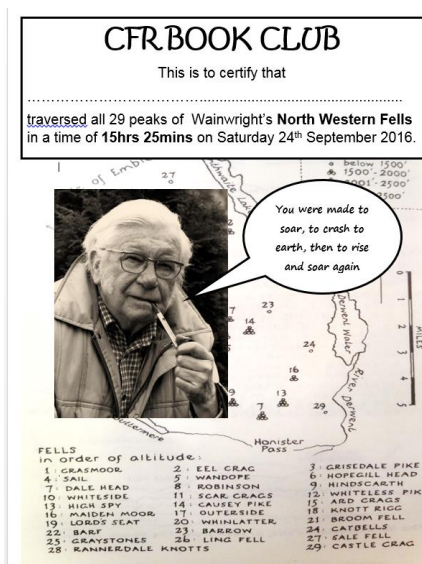
### Members List

**Honorary Members:**

Les Barker

### **Founding Member**

Jack King. Jack completed the Northern Fells (we think) before we did the North Western Fells. We are trying to how many hours/days it took him or what year he did it whether he did it all). But someone said he did and enough for us; he's our new founding member.



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## **CFR Book Club: Winter Update 2019**

*founded September 2016*

### **Central Fells**

Darren Parker took everyone by surprise in January by posting to his 6 followers on Strava a route that indicated he had completed a linear journey of the Central Fells. This quickly went viral and he became something of a mini-celebrity. This was a solo, unsupported journey covering 43.5 miles and 11,000ft. He started at 8am on a cold, bright January day. This is what he had to say, "I predicted 12 hours and it took 16.5! Since this is by far the easiest of the Wainwright books it makes the others look increasingly difficult, although not doing them in winter should help. The weather was perfect – occasional sunshine, cold, no wind, bogs often frozen. Wore only a thermal top for much of the day. Wet feet couldn't be avoided, although my toes never went completely numb, meaning I could feel their discomfort all day! The ground north of Ullscarf was particularly heavy going, more so in the dark. I could still walk quite briskly at the finish but running had become a shuffle that was no quicker. I meandered about a bit at times. "

### **Northern Fells**

That man Parker did it again. On Valentine's Day feeling the love of the fells all on his own.

### **Current Book Club Membership List:**

#### **North Western Fells Book**

1. Peter Crompton. 24/09/16; 15hrs 24mins
2. Mick Allen. 24/09/16; 15hrs 24mins
3. Graham Ansell. 24/09/16; 15hrs 24mins
4. Paul Johnson. 24/09/16; 15hrs 24mins
5. Duncan Potts. 24/09/16; 15hrs 24mins
6. Phil Archer. 24/09/16; 15hrs 24mins
7. Ryan Crellin. 24/09/16 & 29/12/16;
8. Darren Parker 25/02/19 14hrs 19mins

#### **Northern Fells Book**

1. Paul Jennings. 8/09/18; 12hrs 49mins
2. Paul Mason. 8/09/18; 12hrs 49mins
3. Ben Opie. 8/09/18; 12hrs 49mins
4. Sam Holding. 8/09/18; 12hrs 49mins
5. Darren Parker. 14/02/19; 14hrs 31mins

### **Central Fells**

1. Darren Parker. 2/01/19; 16hrs 33mins

### **Ales, Pies & Wainwrights (the sister club of The Book Club)**

*The club does not endorse foolish or reckless behaviour. Any individual choosing to partake in the 'Ales, Pies and Wainwright's' challenge does so at their own risk. It is highly recommended that you don't do it and it is best that this record is left to stand for eternity. This is not associated with CFR.*

**Current Record Holder:** Les Barker: 3 pints, Full English Breakfast (including 3 black puddings) followed by 8 Wainwrights.

There have been no attempts on the A. P & W's since September 2016

### **Future Plans**

1. Parker is a wildcard. Will he get all books done in time for the presentation night in November?
2. There is talk of a possible attempt on the Western Fells. This is likely to be in the school summer holidays.



## Post Script ...

**Darren Parker has done it yet again Completing the North Western Fells very recently**

His elapsed time for the NW fells was 14hrs 19 mins. He had this to say: 'Well that's enough of those for a while. Lovely day, got too hot, dehydrated, couldn't eat, felt sick. Too much pain when descending. Time to do some proper training and increase my speed for the coming race season!' See report below...

## Getting a Little Carried Away

### Doing the Wainwright Books in Winter- By Darren Parker.

I was inspired at the Club's annual get together last year by those who'd completed all the Wainwrights in a book in a single outing and spent several of the following days planning routes for all seven books, greatly helped by Steve Birkenshaw's 'continuous' route. At the turn of the year I decided to make a start with the easiest – the Central Fells. I parked in Dale Bottom just outside Keswick along the A591 and caught the bus down to White Moss car park. Sixteen and a half hours later I arrived back at my car. I'd predicted twelve hours so that was way off the mark! This was partly due to spending nearly eight hours in the dark rather than the three and a half I'd anticipated. The weather was perfect with occasional sunshine, cold, no wind, bogs often frozen and I wore only a thermal top for much of the day. The ground north of Ullscarf was particularly heavy going, more so in the dark. Whilst ascending High Rigg I petered out of energy completely forcing me to stop and make up an energy drink arriving at the summit eventually; then it was a mile back to my car, arriving at 12:30am. At the end I could still walk quite briskly but running had become a shuffle that was no quicker. The car showed the temperature was 1 °C. Interestingly, whenever I ran, the slight increase in wind chill was enough to make my ears cold – good job it hadn't been a windy day! I was pleased I managed to keep going for so long with no major body part failure, especially as I hadn't done anything longer than three hours since the OMM two months before. I found running in the dark much trickier than I remembered – the pool of light burning out any chance of seeing the shape of the land and judging distance was almost impossible.

(Time taken-16:33; stopped for 0:29; 7:49 in the dark.)

## Northern Fells – First Attempt

After the Central Fells the next easiest book is the Northern Fells and on the 1<sup>st</sup> February I made an attempt. The hills were covered in snow and the temperature low. Difficulties began as my wife drove us up to Latrigg car park. Fortunately for us a sunrise photographer was first up the road and unfortunately for him his car had slid backwards, turned 180 degrees and slid into the fence. His car blocked the road and prevented us from suffering the same fate. After I'd gingerly reversed the car back down to bare tarmac, I said goodbye to my wife and set off. The snow covering the ground was in the form of calf-deep soft powder, some grippier patches and some of the dreaded soft snow topped with a weak crust. The writing was on the wall on the ascent of Lonscale Fell – it was simply too exhausting, not helped by a 5.5kg rucksack containing spare clothes, lots of food, ice axe and spikes. Ten metres from the cairn on Jenkin Hill, I hit knee-deep snow and it took me two minutes to travel what should have taken ten seconds; what should have been an easy 8 minute jog down to Bakestall was a 16 minute struggle through deep snow – not a good ratio. I decided to call it a day while ascending the flank of Little Calva – I was never going to complete the round and if I'd continued I would have gone away from my car and required rescuing later on. The 5 miles back to my car were not without incident – at one point my foot broke through a crust of snow astride a small gill and my whole leg disappeared – I thought I was falling into a crevasse!



Skiddaw summit

The beautiful Skiddaw range



# Northern Fells – Second Attempt

I decided to have another attempt at the Northern Fells two weeks later, circumventing the problems of doing the route in winter by waiting for spring to arrive. This time I would follow my circular route – only the Western Fells naturally form a circular route, all others being linear, but the Northern Fells can be made circular for an extra 9km of distance and 400m of ascent. I got up at 3:45am – I hate mornings, even 9 o'clock ones, so this was purgatory, but at least my wife wouldn't have to suffer. I parked below Binsey and set off into the darkness at 5:05am, only 5 minutes later than my target. It was windier than I'd expected but I was warm enough in my usual base layer top and thin leggings with shorts over. I made fast progress although my trainers felt rather loose. Strava told me I'd run more than 500km in them and recently I'd worn them with waterproof socks. When new they were too tight, they'd stretched enough to become comfortable, now they'd gone too far and were becoming loose. The path was boggy and although the temperature of the air had risen the temperature of the water in the bogs had not. My big toe immediately went numb, sensation never having completely returned after doing the Central Fells. I purposefully stepped in a foot-sized patch of snow – although it was my nemesis two weeks previously, I was sad to see it go. Snow adds an elegant form to the mountains and adds interest to features where in summer there's none.

Out the gloom appeared Lingy Hut, a small bothy which I had no recollection of seeing before. I've been on these hills many times but often use them for navigation practice picking off sheepfolds, stream junctions, and so on, along their flanks. I peeped inside the bothy – it looked cosy and a shovel had thoughtfully been provided for number twos. Could I make use of it? Not yet. I was pleased to be able to turn my torch off, but in the dim light the hills looked a long way off. This seemed to be the case all day, whether it was quality of the air or my brain, I don't know. The path firmed up and I was covering ground quickly. On the downside my usual niggles had started, my right Achilles tendon and knee were hurting, and a new one had started – the inner thigh muscle of my left leg. The former hurt going downhill and the latter uphill so I was rarely pain free.

My first stop was at the River Caldew in Mosedale. The river was quite high and fast flowing and there was no easy way across. I pulled my leggings up as high as they would go and stepped in. As the cold hit, every ounce of my being wanted to sprint across, but the slippery rocks could've resulted in total immersion or worse a twisted ankle. The slope up Bowscale was good and I took the opportunity to eat. Going uphill seems the right time but I always struggle to eat and breathe at the same time. It was fast to Bannerdale Crag and along Souther Fell. My plan was working – I wanted to get to the other side of the range as fast as possible to limit my ability to bail out! From Souther Fell I retraced my steps (it is the scourge of the Wainwright books but there's not too much retracing of steps on this route) and passed the first person I'd seen since starting four and a half hours previously. Ascending Scales Fell the wind increased substantially and I entered cloud. I stubbornly refused to put my windproof on. "I'll be descending soon" is my usual refrain. I get obsessed with not stopping, not to take my rucksack off; I have everything to hand in the side pockets. I don't know why, I'm not trying to break any records. At Mungrisedale Common it was the last obvious place to bail and head for the car. I quickly turned left – the Rubicon was crossed, the die cast, I'm not stopping this time. On the valley track I attempted to eat a chocolate bar – my forearms were so cold I hardly had enough grip strength to open the wrapper – I really should've put that windproof on.

It was a very pleasant, sunny, ascent of Latrigg. I passed a guy and said "Hello." Nothing. Don't you just hate that? I always mumble, "Miserable ba\*tard." I'm not after a big conversation, a single word would suffice. One big climb down, two to go – the downside of knowing the route so well is it's hard to stop my mind galloping ahead! I've now just got to do what I did two weeks before. The snowless ascent of Lonscale was much easier; another world. I passed a large group of elderly folk wrapped up as if in the Arctic. I descended to Dodd and parked myself on the bench overlooking Keswick and removed my trainers and socks. I felt sorry for the young couple already on the bench enjoying their Valentine's Day walk. I'd been pretending it wasn't happening but I had to face that fact that my trainers were rubbing and prospects weren't good if I continued. I was surprised to discover that I already had a blister on one of my heels. I carried a cut-down first aid kit and unfortunately had no pin with which to burst the blister. Fortunately, the bench was surrounded by small flakes of slate, so I found one with a sharp corner and used that. I took the opportunity to ring my wife to update her on progress. I was ahead of schedule, despite being stationary for 20 minutes (agh!). I began the difficult pull up Long Side. I caught up and overtook some elderly folk out for a walk. The racer in me always makes me feel inappropriately smug. Running towards Ullock Pike I passed a man flying a drone



Where's the snow gone?

to one side of the ridge, his partner having left him behind as he played with his new toy. I'm in two minds about these devices – their noise is deeply irritating and out of place but the geek and photographer in me would really like one! On reaching the windy summit of Skiddaw I knew I'd cracked it. Descending Bakestall I could wait no longer and had to have a chat with the bears in the wood. Now where's that shovel? I was annoyed with being stationary yet again. I tried to run along the track towards Skiddaw House but my leg muscle made it painful. I took the BG line up Great Calva which was much more distinct than the last time I ascended it ten years ago and has become a boggy mess for the bottom two-thirds. I forced myself to eat – Mini Cheddars (something savoury rather than chocolate) but they just sucked the water out of my mouth. The ascent is not steep but as a consequence goes on for a long time and I stubbornly looked down all the way, not wanting to see how far there was to go. Descending the path from Great Calva I started singing a song I often do near the end of a long day: "You Gave Me a Mountain" by Elvis Presley (yeah, I was really cool kid at school). Then something unusual happened – I started crying, well it was more like uncontrollable sobbing. Now it's a sad song (as many of Elvis' later songs are) but it doesn't usually have that effect on me. Obviously, as I was ascending Great Calva my mental state was descending. I continued sobbing through a few more songs including "Cool Water" by Marty Robbins (who incidentally wrote YGMaM) a song about two cowboys crossing a parched desert – always good for when I'm dehydrated. Perhaps it was because I knew I was going to finish and it was an emotional release from the effort or maybe because I'd been running with painful legs for so long. Fortunately, it didn't seem to slow me down and the feelings passed. The torch had to come back out at Trusmadoor and then it was across the fields and roads to the foot of Binsey. I passed my car, studiously ignoring thoughts of the bottle of coke that was waiting inside. I thought I'd be on my own in the darkness on my ascent of Binsey and was surprised by three torches ahead of me. I caught up and passed the three elderly gentleman attached to them – inappropriate smug face. A quick photo at the top, no time to dawdle, it's a circular route. I thought I wouldn't be back till midnight but I was home in time for a bath, a curry and Death in Paradise at 9pm.

The following day whilst shopping in Morrison's I was saddened to see an elderly lady obviously in pain while struggling to take a few steps with a walker. It will come to us all one day, so although it might hurt a little, let's get out there while we can.

(Time taken-14:31; stopped for 0:35; 3:19 in the dark.)

## North Western Fells

A quick résumé of this one. These are my local fells so I could picture all but a few kilometres of this route before I started. The weather was sunny and warm, I got badly dehydrated for 3 hours during the hottest part of the day and, by the end, I couldn't eat and felt sick ascending Castle Crag. I was in pain when descending which slowed me down. Despite these difficulties, I had an enjoyable day, since any day spent in the North Western fells is a good one (but perhaps I'm a little biased).

(Time taken-14:19; stopped for 0:19; 2:31 in the dark.)

Mist in the valleys from Grisedale Pike



## No Cure, Always Hope Ultra – Winter Solstice 2018 Run by Mike Harrison

Just woken up from a nightmare. I was running in the dark, wind and rain on the fells, my entire world a small illuminated spot of light in front of me. I was with several friends to start with (Sleepy, Dopey, Bashful, Doc, Grumpy and Happy), but they just kept on disappearing one by one. There was one bit where we just ran round in circles. At one point there was even a café in a horsebox. Then a never-ending wall of dead bracken and heather to climb and climb and climb. Then a search for the world's smallest cairn, then finally a ribbon of tarmac stretching off into the



distance as far as the eye could see... Hang on a sec, I appear to be missing a day and I ache from head to toe. Perhaps it wasn't a dream after all?

The annual 10in10 (10 peaks in 10 hours) walking challenge was conceived in 2011 by Yvonne Booth as a response to her husband Duncan's diagnosis with multiple sclerosis in 2010 at the age of 39 to help raise money into this cruel illness. In 2015, Simon Booth inaugurated the 'No Cure, Always Hope Ultra Run', weaving together the three 10in10 routes to create a tough 39 mile fell running challenge over 25 peaks with 17,000 feet of ascent. The route sets off and finishes at the Swinside Inn, where the Roll of Honour board already lists several CFR completers...

[www.10in10.org.uk/events/no-cure-always-hope-ultra-run/](http://www.10in10.org.uk/events/no-cure-always-hope-ultra-run/)

It was Paul J(who else?) who originally had the crazy idea of making an attempt at the NCAH running through the night of the 21<sup>st</sup> December to mark the winter solstice. In his words "the dream is to be running into the dawn light as we merrily trot down Newlands with thoughts of mince pies, mulled wine and breakfast with the pagans. It'll be an icy, crisp, clear winter's night". Sounds idyllic, so when I was invited to join the group late on, I thought it sounded like a fantastic way to sign off 2018. Reality was, however, somewhat different...

In the end, it was 6 high-spirited lads who set off from the Swinside Inn just after 8 pm; Paul, Peter, Daryl, Rob, Mario and myself. In fact, we were in such high spirits that we missed the main path up Causey Pike and had to go for an early off-piste correction up through the heather! The first section is on pretty familiar ground along the ridge after Causey to Sail, Crag Hill, Wandope and Whiteless Pike before dropping into Buttermere. Poor visibility, and a bit of rain made it slightly unpleasant. Mario and Peter had already declared their intention finish at Buttermere; we'd stashed some food there – Peter had stashed his car!!

It took about 2 hours to do the 7 miles of 'leg 1'. To be honest, I hadn't paid much attention to split times or distances as it was all about just getting round. It would take as long as it would take. Daryl also decided to call it a day at Buttermere as he wasn't really feeling it and was worried he wouldn't be able to keep up. He needn't have worried!! So, leaving Buttermere we now numbered three with the long climb up Red Pike (not forgetting to bag Dodd on the way up) to look forward to. 'Leg 2' is a monster, 18 miles all the way through to Rosthwaite in Borrowdale. We optimistically thought it would take 5½ hours...

Rob led the way with a good pace, and having reccy'd this section through to Scarth Gap, so in poor visibility we found a good line off High Stile and along to High Crag and down to Seat (with the summit slightly off the main path). We had a brief pit stop at Scarth Gap before scrambling up Haystacks, wandering around slightly to find the summit, and then wandering around a bit more attempting to find the right line off. But find it we did with some electronic help (the magic GPS breadcrumb trace) and on we went to Blackbeck Tarn.

From Blackbeck Tarn we'd planned to follow the Ennerdale race route briefly before cutting east to join the ridge along to Grey Knotts. I'd reccy'd the cross-country direct line, but in the clag we thought it was safer to follow the fence line all the way. Well, most of the way, and it took a few more wanderings to find Grey Knotts and then a few more to find Brandreth! A better line to Green Gable followed but the climb seemed to go on forever. The weather was starting to improve a bit, and we dropped out of the clag all the way down Aaron Slack to Styhead Tarn for the next climb to Seathwaite Fell. Finally my reccy paid off and we were pretty much bang on the summit, which had the potential to be very tricky in the dark.

But what was that bright white light suddenly appearing in the night sky? It was the full moon we were hoping to have illuminating our way all the way round. It made a brief appearance through the clouds giving an atmospheric run around Sprinkling Tarn and along the main path towards Esk Hause. Allen Crag was simple enough, but the weather suddenly closed in. Wind and rain battered us as we headed along the path towards Glaramara. Ah, Glaramara. This is where the real nightmare began. Even now I still have flashbacks. But, we were confident enough to begin with, Rob's watch led the way, and we were on the path, who needs a map? But then we lost the path,



thought we were on the summit and Rob's watch suddenly started telling us to go in the opposite direction. We meandered this way and that and eventually my cold wet hands got my phone out to see where Viewranger reckoned we were (too late for the map by now). Turned out we were on Looking Steads ~½km short of the main! So, after 20 minutes of wandering we finally found Glaramara. It felt like 2 hours. Rob refused to scramble up to the rocky top, having already declared his intention of calling it a day at Rosthwaite. Paul wasn't speaking very much, and what he did say was incoherent and slurring. In fact, his eyes were half-closed and he looked on the verge of falling asleep. Time to get off the fell and down to Borrowdale.



But, the fun continued for another hour along the ridge over Thorneythwaite Fell, then the short run along the road to where Les, Owen, Yvonne and Duncan were waiting for us with breakfast. In fact, they'd been waiting for us for some time as we were 2 hours overdue!! It was 5.30 am, we'd been going 9.5 hours and had covered 25 miles with 9,000' ascent. Les' mobile horse box café greeted us, with tea, bacon sarnies, and an amazing array of confectionary. Fantastic, just what we all

needed. At that particular point I'd also decided to call it a day. However, the refreshments worked wonders, and with Yvonne and Duncan providing some much-needed inspiration and a reminder of why we were there, and Paul in no fit state to continue, I decided that someone had to finish this thing.

But, I wasn't in a fit state to continue by myself. I'd need some moral support as well as a navigator as I was too tired to make sense of a map and compass (paper or electronic). So, who should step up to the plate? That's right, Les was a total star and agreed to accompany me on the final 15 miles of 'Leg 3'. So, at about 6.00 am we set off towards Castle Crag with Les leading the way. I'd been warned about the direct climb up Maiden Moor from Grange, and it didn't disappoint. A wall of dead bracken and heather that seemed to go on forever. But finally we were there and it was starting to get light! That made a whole world of difference and although it might not have put a spring in my step, it did give me a bit of extra energy. From Maiden Moor we made our way up to High Spy, then another climb up to Dale Head. Still being battered by the weather, which hadn't really let up all night, we continued on to Hindscarth and Robinson. One more 'summit' to go... Snockrigg across s Buttermere Moss with the world's small cairn on top. Not the most spectacular peak to finish on, and it forces the route down to Newlands Hause and along the road back to Newlands. At least Owen was waiting there for us with another life-saving cuppa.

The road section back to the Swinside was purgatory. 'Only' 4.5 miles and all downhill, but on tired legs, it was just a case of putting one foot in front of the other for another ~45 minutes. And then I was back! There was even a small gathering of people to cheer me over the line – Ange, Daryl, Owen and Francis (a friend of Yvonne and Duncan). Leg 3 had taken ~4¾ hours with the whole route 14 hours 38 minutes. I am the first to complete an overnight mid-winter NCAH round, and may be the only one for quite a while as I'm sure no-one else is crazy enough to repeat it!!

I'm so glad I did carry on to the finish – certainly an experience I won't forget in a hurry, and very humbling with everyone's help and support making it possible in the end. Massive thanks to the 6 'dwarves' who accompanied me along the route, and especially to Les for stepping in for the last leg, Owen on road support, Yvonne and Duncan for their inspiration and waiting for 2 hours in Rosthwaite at 3.30 am, and especially everyone who donated to a very worthy cause. Perhaps I'll give it another go in the summer... in the daylight!!

Always hope.





## MORE CLUB MEMBERS NEWS



Elena Davis completed her first half marathon at the [Village Bakery Wrexham Half Marathon](#).

quote 'I think these fells might be helping..'.  
1:32:12

Jack Gilbert enjoying the snow at the Skybarrow Kong Adventure race



Really great to see Rodger Whittiker racing again and winning Vet 70 at Loopy Latrigg . Also Sandra Mason back after injury completing 3 races in the Kong series. Watch out for these two in this years club champs.

Sandra has to get out again to support Paul with his BG training.! Keep going Paul and Sandra

*CFR gang at the North Lakes Half Marathon 7<sup>th</sup> Jan .  
Jane went on to run Castle Crag straight after –madness!*



The best supporters ever!! Jessica and Isabelle Crellin.





A great turnout for Jarrett's Jaunt in early February.  
A handicap race on a varied route over Dent and Flat Fell.

Well organised by Andy Bradley with plenty of ace prizes for all.

This was well reported in the Times and Star too,



Some imaginative fancy dress at the Christmas pudding run in December ! This is an annual CFR organised race by Jim Fairey and Jane Mottram. Great turnout as usual with just enough Christmas puddings for all this year.

## Stop Press

English Championship race Stretton Hills - Sunday 17<sup>th</sup> March

[https://www.sientries.co.uk/event.php?elid=Y&event\\_id=5472&fbclid=IwAR0-PR7DNjDZ96BBVzUb1A03Sth4nGiJkfgTUw6JMiAey8jIF1eLLygIMXw](https://www.sientries.co.uk/event.php?elid=Y&event_id=5472&fbclid=IwAR0-PR7DNjDZ96BBVzUb1A03Sth4nGiJkfgTUw6JMiAey8jIF1eLLygIMXw)

So far 13 CFR members are going down to Shropshire and there are still places to enter. Andy Bradley is organising transport.

We wish them all luck in the first race of the English Championships.

Note the change in Darren Holloway Buttermere race date now 22<sup>nd</sup> June (due to parking issues)

16 CFR members have pre-entered Black Combe on Saturday !