



Stunning bluebells at Rannerdale by Stephen Wilson –Grand Day Out photography

# CUMBERLAND FELL RUNNERS

## NEWSLETTER- JUNE 2019

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

Editors note-I hope you enjoy this edition of your club newsletter. Cumberland Fell Runners is expanding rapidly at the moment. It's fantastic to see so many new members enjoying the club runs, turning up to race and enjoying the friendliness and support. I hope CFR provides both in their running ambitions and socially. CFR seem to be winning lots of prizes too, individual and team, including the Ladies team at Buttermere/Sailbeck. The blue and whites are, as Paul Johnson says, 'Painting the fells blue and white' . Keep it up !

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

Dot Patton

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## 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*



## Latest Club meeting summary by Jennie Chatterley.

### Website

> The website is being rebuilt and this may take some time. All information members should need, including contacting the club, will still be on there. (*this is already looking good thanks to Mario*)

>

> Training

> Clarity for new runners to Tuesday night runs will be on the website. Anyone joining the club run should contact the club via the website first.

>

> The Tuesday night runs have someone leading on the night who will do a regular head count and make sure everyone is accounted for. We all look out for each other during the run. Note, though, individuals are advised to carry kit and be able to take personal responsibility for themselves on the fell.

>

> Depending on the numbers and ability, we may split into 2 groups, with a quicker group going further. The decision is usually made on the night.

>

> Thursday training is going well on Sale fell. With more members situated in the west of the area, there is discussion to have training on Dent or St Bees cliffs. more to follow.

>

> Barry Johnson is organising occasional 'brick' training based in Loweswater/Crummock area on a Wednesday. To include biking, running, swimming.

>

> DHMR (Buttermere race) 22nd June

> More marshalls would be helpful

>

> Formalisation of the relay events (with a team captain)

> Andy Bradley has worked hard to organise these events in recent years. The organisation for these is now more formalised and the info will be put on the website.

> **NEXT COMMITTEE MEETING - DATE **Tuesday 11<sup>th</sup> June**  
**8.00pm Swan Inn—Cockermouth —after club run on**  
**Sale Fell****

## **WELCOME TO NEW MEMBERS**

Ben Cooper-Holmes

Louise Stubbings

Brian Thompson

Matthew Proctor - Under 23 – **moving up to seniors**

Louise Winter

John Parr

Lucy Stobbart

Marilyn Grant

Duncan Crawford

Matthew Wilson

Gary Parker

Huw Jack Brassington

Tim Cook

Elena Davies

Ian Todd

Iain Glendinning

Jennifer Finley

Jeff Goodwin

Lisa Spratling

Laura Clements

Heidi Martin

**And Welcome back to  
former members**

Rod Welford

Jo Grove

Chris Cripps

Ruth Noonan

### **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)

**Any new (or old) members wanting kit contact**  
**Ryan Crelin (vests& T shirts) [ryancrellin@gmail.com](mailto:ryancrellin@gmail.com)**  
**or Jennie Chatterley (hoodies, fleeces)**  
**[jennie.chatterley@gmail.com](mailto:jennie.chatterley@gmail.com)**



## **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.



## **DATES AND EVENTS**

### **A reminder of the remaining Championship races –by Andy Bradley.**

**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 Wilsons 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](#).

## Don't forget this seasons show race series

Monday 26/08 Barrow Keswick Show  
Wednesday 28/08 Ennerdale Show  
Sunday 1/09 Loweswater show

Sunday 15/09 Borrowdale show –Dalehead  
Saturday 28/09 Eskdale Show  
Sunday 27/10 Buttermere Shepherds meet.

Great events for a family day out or a short, sharp, steep, up and down run.  
Perfect to see if Mario's Thursday training has had any effect!



## 19th WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS

27th-28th-29th September - At Gagliano Del Capo, Puglia, ITALY

**Four members have already registered for this event and booked their flights and accommodation!**

**They are looking forward to a week of sun, sea and running!(and steps –looking at the picture)**

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.



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

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

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

## The GREAT CFR BOB GRAHAM RELAY CHALLENGE

Inspired by the adventures of earlier CFR teams, we'll be painting the fells blue and white on Sat 20th July as we embark on a BG Relay Challenge. The idea is really simple with many aims: 1. To bring CFR together; 2. To have fun; 3. To make links with the past and present CFR; 4. To introduce BG aspirants to aspects of the route; 5. To have a glorious summers day on the fells.

The BG route is split into 5 legs. For the CFR relay challenge each team will consist of ten runners with a pair of runners doing one leg each. We currently have 4 teams (2 mens and 2 ladies) plus Bazza's All Stars. There will be various start times with the aim to all finish at the Moot Hall between 8pm and 9pm. Each team will have a tracker so any superfans can come and meet and greet each team at any point. If you would like to be involved or can help out in anyway please contact me on 07964417689



or track me down on Facebook.

I would like to thank all those who have committed themselves to this day out. Particular thanks should go to Mike Harrison, Daryl Tacon and Charlotte Akam for doing the bulk of the work with organising teams; Ryan Crellin for being the inspirational spark by resurrecting the original challenge from the archives; and Barry Johnson for his help, inspiration and guidance.

I look forward to meeting many new members and those from the original teams. With up to 50 CFR vests out on the fells this could be a grand day out. - Paul Johnson

*As originator of the initial CFR long distance relay events in the 80s and 90s I/ we am delighted to be part of the current twenty first century exploits all but at a snail pace and only on one of the stages Threlkeld to Keswick. but at least we plan to be with you. Round about 10 of us will endeavour to cover this section and finish at the Moot Hall to coincide with your scheduled finish times.*

*If anyone from the relay events of those bygone years would like to join us please contact me on 01900 823961 to have a reminisce and hopefully join in. All welcome.*



*Some of the club's many different relay events spanning over maybe a decade provided us with a means of exploring not only our own Lake District but further afield with events starting in Northumberland and the Scottish Borders always finishing with a beer or three.*

*Barry Johnson*

*Some of the ALL STARS we may see on the day.(Barry –middle row 2<sup>nd</sup> from the right)*

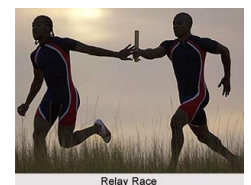
There have been lots of recces going on for this BG relay with routes and summits bringing much discussion. CFR will be the best informed club on the BG after this! It promises to be a great day out too! (editor)

## October relays - An early running up the flagpole.

We are hoping to build on last year's great successes.

There are two relay races to book in your diaries.

The Hodgson relays from Patterdale on **Sunday the 6th of October**, hoping to get an extra team to complement the open men and open women ( but this is unlikely ). Ladies ran really well last year, but we have the potential to have a great result here. Men's team will also improve this year. This is one of the best days out in Fell Running. Make a note of it.



Two weeks later is the British Relays .**Saturday 20<sup>th</sup> October** This year in the Dark Peak area, so a bit of a trek. We took 6 teams to last year's championships. Everyone had a great day out, again, get this on the calendar.

Details have yet to be released, and once they are an email will arrive requesting expressions of interest of running and teams will be selected.



By Andy Bradley

CFR ROUND UP A brief summary of what's been happening with club members (all seen on Fb )

Can anyone beat Andy Beauty's collection of race coasters?



Members at Duddon (-Hannah Bradley)

Rosie Watson wins Ennerdale Horseshoe.  
Lucy Stobbart at Glaramara

Rosie, Les, Neil and Mark at the Isles of Jura Fell Race

Buttermere/Sailbeck



Ryan and Jim at the finish of the  
Old County Tops Race



Good turnout of CFR members for Latrigg . Lucy 1<sup>st</sup> Lady Elenor 3<sup>rd</sup> Lady & Peter V60



## A to Z (ish) of some favourite fell races By Lindsay Buck

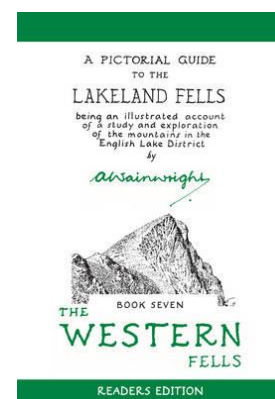
- >A - Alva, short, steep, Scottish
- > B - Sailbeck, Black Combe, scenic lakes races
- > C - Crag Fell, Causey Pike
- > D - Duddon, long and short versions, Dunnerdale, late season mini classic
- > E - Ennerdale, the long version and the show
- > F - Fairfield, Farleton Knott
- > G - Grassmere Guides, steeped in history, Glaramara, deep in Borrowdale
- > H - Harrison Stickle uphill
- > I - Ingleton, up and down from the village gala or enroute as part of Three Peaks
- > J - Jarrets Jaunt, good catchup start of season
- > K - Kirkfell, only 2.4 miles but 2,300 ft of climb, or more civilised Kirby Gala, King of the castle
- > L - Lingmell, raising money for Wasdale mountain rescue, needs more support please
- > M - Muker, cracking dales show race, Muncaster, finishes at a castle, masters races
- > N - Nannycatch handicap races used to be a favoured alternative to races in times gone by
- > O - Outerside & Barrow, part of the excellent Kong winter series
- > P - Patterdale, country show and dog days, Arnison crag races for both
- > Q - Quirky, eg Ras Beca, leaders must don dresses & axe gate down, remember the riots!
- > R - Reeth show, Rusland show, Round Latrigg (especially now it's not..)
- > S - Scafell pike, Snowdon Twilight, Screes, Stair runs, an urban alternative
- > T - Torver country fair, Turner Landscape,
- > U - Uphill only, a great discipline for dodgy knees and poor descenders
- > V - Vertical kilometres, at least 1000 km climb in 5 km distance uphill
- > W - Wansfell, more up than down
- > X - Sorry give up
- > Y - Y Garn, for the pre race encouragement in 2002 from Barry to enter the masters trial race
- > Zzz - Sleep needed to dream of many more fell races.
- >
- > Happy racing to CFR members old and new
- >
- > Lindsay



## The Western Fells By Darren Parker.

The Western Fells route has always appealed to me – circular, very little there and back, the longest mountain leg of any book (road to road) at 64km, and including many of my local hills. I'd love to be able to say I had a great time but I didn't.

I'd pre-emptively put Compeed on my usual rubbing points on my feet and then taped over them, and I was also using new insoles. I was surprised that my toes starting to immediately feel sore and after three hours I stopped to put on more Compeed and tape. There was no improvement and it eventually dawned on me that it was pressure caused by having increased my foot volume, not rubbing. I removed my insoles and the pressure reduced but the damage was done and subsequent steep descents were agony.





Despite this I made reasonable progress, a little longer than expected because I hadn't taken into account the rougher underfoot conditions. I had a break after Middle Fell (almost 10 hours in) but a new problem was rearing its head – feeling sick. Half a butty helped to settle my stomach a little but the problem became increasingly worse.

Ascending Lank Rigg I managed about 4 pieces of popcorn (I was going for variety on this trip!) but that was it. I never ate or drank anything substantial for the final eleven hours – not great for energy or hydration. I couldn't even tolerate sips of water. Things came to a head on the flanks of Banna Fell when I lay down and retched – nothing emerged, no liquid, no carrots, my stomach was completely empty. If I could have gotten a phone signal I would have called my wife for rescue; if I walked back down to the road I'd probably still not get a signal. So I continued but a few minutes later I retched several times, but this fortunately made me feel a little better.



Ascending Gavel Fell (now in the dark) I lay down and almost fell asleep, not good as light rain had started. I felt good ascending Blake Fell, my local fell, but the nausea and retching kept returning every 40 minutes or so. I'd texted my wife to say I was struggling and she offered to pick me up – it was so tempting, just a short hop from Loweswater to my car at the Kirkstile, but I didn't want to be beaten by the nausea, especially as my legs felt good and I could keep up a brisk walking pace upwards and jog down shallower descents. The rain became heavier ascending Fellbarrow and I was forced to put on my waterproof – I wasn't in a fit state to cope with getting wet and cold, although the prospect of getting hot and sweaty didn't appeal either.



I finally allowed the thought that I was going to complete the round, and after an agonising descent of Low Fell I reached my car, 21 hours and 31 minutes after setting off. It's the longest single outing I've ever done and I stand in awe of those people who get up the next day and do it all over again.

## The power of friends. By Graham Watson

### The Joss Naylor Lakeland Challenge

Nine months ago I was profiled in the Cumberland Fell Runners newsletter (really, they'll take anyone!), and answered the question 'Any ambitions?'. Second on a list of 3 was the Joss Naylor Lakeland Challenge which I had down as 'doubtful' in the 55 year bracket, but 'maybe' once I became 60. So I'd had the Challenge in mind for a few years, realising that a 12 hour crossing at 50 was well beyond me, and wondering how long I should wait. Also mentioned in that CFR profile was my first foray into the Bob Graham, pacing Nicky Lavery-Hoffe on her winter round in 1999. Chatting away to Barry Johnson on that day it didn't occur to me I could manage a BG but as Barry pointed out, how would you know? I didn't, I tried, I did a BG. So it seems very fitting that my dithering about the Challenge was kicked into action when I was



pacing Mick Hoffe with Nicky in October 2018 on his successful completion. After all Mick was 66, and he did it in less than 14 hours, and the pace on that last leg was so slow! If Mick could do it so could I! Funny how I ignored all the logic - when Mick races he's a good 20% quicker than me; that last leg is at about 23 hour BG pace, so the preceding 3 legs must have been considerably quicker; compare my race times to others in my age class and I'd be well over my 15 hour limit.

Of course a BG or Joss is a different beast to a race, and you really don't know until you try. I'd decided early on that the key for me would be to do lots of ascent, so off the back of pacing Mick, and a summer holiday in the Pyrenees I focused on doing 3000m+ of ascent per week, and more or less managed that from August through to February. Cross country skiing in March put a stop to that but at least had me on my feet for several hours each day for a long week. And then suddenly the date started looming up really fast. A few recces gave me confidence I could make the times, and some shuffling of the schedule gave me a five minute lead instead of a deficit on the first leg. A fantastic team of pacers came on board, with some top class last minute additions.

The day dawned a perfect blue sky day! Les and Steve Birkinshaw took me from Pooley Bridge at 5am to Kirkstone. I was very relieved to find my tinkering with the schedule put me very slightly ahead of time. Food went down OK, plenty of drinking - Les and Steve did a great job of making sure I was well looked after. Into Kirkstone, watching the Fred Whitton cyclists fly by, and 5 minutes for some rice pudding and tea. It was great to be greeted by Rainer Burchett (completer no.56 in 2005; and 31 London Marathons!), and then Mick Hoffe and Dave Appleyard of Helm Hill took me on the direct way up Red Screes - a bit of a shock after the easy slopes of leg 1, but nice to then be greeted by another friend Paul Hughes at the top. Everything kept going to plan, food was going in slowly, and I kept wondering how long it could last! Lots of chatter helped (don't often catch up with Mick) and we came into Dunmail bang on time.

From Dunmail I knew I might not keep time to Rossett Pike and despite John Slater and Paul Jennings getting me on the best line, and doing a great job of trying to feed me (not going down so well now!) a few minutes went astray. I asked John or Paul how time was going, the answer being 'well, if you could just up the pace...'. However I was hopeful that I would get some time back, so the reply was 'let's see how I'm doing at Bowfell'. And so it proved, a couple of minutes back on each top and down to Sty Head bang on time again. At Sty Head, despite 4h40 still to go I really thought I might make it. Seeing Steve Breeze, Mario Yeomans, Kate Charles and Barry Johnson all there was a boost. 5 minutes for tea and rice pudding and off we go again. Up Gable seemed a long time, down went really well. We bumped into Joss and party on the way up Kirk Fell - brilliant to see him on the hill. The views were amazing, still blue sky and cool breeze. Kate offered me a drink seemingly every minute so there was going to be no excuse for grinding to a halt through not drinking. Food was a different matter and Hula Hoops were about the only thing I ate on this last leg. Seatallen felt so steep and went on for ages, and eventually I ground to a halt on the way up



Middlefell and needed a gel to get me going again but by that time the pressure was off, and there was time for a pause at the last top. I couldn't quite believe I done it at Greendale Bridge, 14hrs 43mins, but sure enough Joss was there. 'Well done lad', and a handshake to end a brilliant day.

Friends eh. They put you up to it, then they get you through it better than you ever thought possible. You really don't know until you try. Thanks so much everyone!

Graham Watson, M55. Joss Naylor Lakeland Challenge 12 May 2019. 14 hours 43 minutes





# **CFR JUNIOR NEWS**

Members of CFR Juniors represented Cumbria in the Year 5 and 6 Primary and Year 7 National Schools Cross Country Finals at Prestwold Hall in Leicestershire on 23rd March. Parents and runners made the long journey South following trials at Casterton School, Sedburgh in February.

It was a sunny day in Leicestershire for the finals. With well over 300 in each race getting a good position going into the 1st corner was vital. The relatively mud free, flat courses meant that all the races were very fast.

Each county year group is made up of 24 runners (12 boys, 12 girls). CFR Juniors had 7 runners in the 3 different year groups.

The Cumbria teams performed well against strong opposition. There was some great team and individual performances.

## **Year 5 Girls**

Zoe Brannon - 51st (3rd Cumbrian)

Daisy Woodcock - 91st (7th Cumbrian)

## **Year 6 Boys**

Mylo Jewell - 43rd (3rd Cumbrian)

Leyton Roberts - 84th (6th Cumbrian)

Ben Wrigley - 85th (7th Cumbrian)

## **Year 7 Girls**

Olivia Swarbrick 94th (6th Cumbrian)

## **Year 7 Boys**

Thomas Adams - 127th (11th Cumbrian)

## **Attached photos:**



1. Mylo Jewell - Year 6

2. Zoe Brannon - Year 5

3. Ben Wrigley - Year 6



By Richard Jewell



## **A report on the 1st race of the junior championship. CLOUGH HEAD**

The first race of this years FRA junior championship was held on Saturday 30th March at Clough Head. The race was run in sunny conditions, a far cry from the weather on the day of the test event in January.

CFR Juniors turned out in force to compete in all age groups against the best young fell runners in the country.

Some great running from CFRJ has seen them placed very well in the 1st issue of the championship table, putting them in a strong position leading into the next race at Kettlewell.



## **KETTLEWELL -FRA English Championships**

Round 2 of the FRA English Championship was held on 13th April at Kettlewell. CFR Juniors was represented in all age groups from U9's to U17's.

It was a blustery, cold day in Yorkshire for the race, more jackets and hats were required than expected.

Runners had to deal with long steep climbs before they had a chance to catch their breath and attack the descents.

Fantastic running from the juniors has some of them placed very well in the championship tables with 4 races to go.

Attached photo: Aiden Crickett - U11



## **Marathon Des Sables**

CFR member Lisa Spratling from KE travel tackled The Marathon des Sables earlier this year. What an epic race this is! Read about her adventures below by following the link.

[https://www.keadventure.com/adventure-travel-blog/item/629-tackling-the-hardest-race-in-the-world-the-marathon-des-sables?fbclid=IwAR1uXzvnLPf7II537S0AgiqPub\\_V8PBff868Ddm\\_qhE3XF\\_J6fSdECfLAV8](https://www.keadventure.com/adventure-travel-blog/item/629-tackling-the-hardest-race-in-the-world-the-marathon-des-sables?fbclid=IwAR1uXzvnLPf7II537S0AgiqPub_V8PBff868Ddm_qhE3XF_J6fSdECfLAV8)





## The Cotswold Way –By Dot and Jane.

This long distance path was so different from the Lake District or Scottish routes we'd done but really picturesque, interesting and runnable.

From 'picture box' cottages and lush gardens we ran through bright green beech woods, varied crop fields, up and down gentle slopes and over golf courses. On route we visited monument towers, historic burial grounds and battle fields. We even ran over a hill left by the devil because he didn't like all the churches the folk were building! (or so Jane told me, probably to keep me going!). The countryside provided wide open views and the most gorgeous flower meadows along with birdsong and bleating lambs.

For me the running was hard , my knees suffered the distance so we skipped a few road miles by hitching a lift along some road sections from Jim and Mike our trusty support. Still 102 miles in 4 days was perhaps a big ask.

The support from Jim, Mike was amazing. They drove miles shuttling us to and from the route, popping up at unexpected places to provide sustenance on route and were quick with the Tea, cake and Gin and Tonics at the end of each day. Ella of course helped navigate!

Not sure what next year's plan will be but there will certainly be something!



Chipping Camden to  
Bath  
along the Cotswold  
escarpment



## Cumberland Fell Runner's Profile



<b>Name</b>	Sophie Noon
How long have you been a member of CFR? Which category do you run in ?	Approximately 2 years Senior Women
How did you begin fell running?	I used to mostly compete in triathlons but always enjoyed running the most, particularly training off road, so ended up tagging along with friends on training runs and fell in love with the mountains! Blakes Heaven was my first ever fell race.
What is your favourite training route and why?	I love hills, so I would have to say some sort of interval session on a steep but runnable uphill. Blake fell is one of my favourites, Ladyside, Hopegill head and Grisedale pike loop is also up there!
Which is your favourite Fell race and why?	I'd probably have to say Blencathra... for me, it epitomises mid-week summer fell races. A bit longer than the usual midweek race, steep but runnable ups, fun down hills and (hopefully) some spectacular views!
Proudest running moment?	Last year I came 3 <sup>rd</sup> in the Snowdon International whilst being part of the England Ladies team.
Most embarrassing running moment?	I can't think of anything that is newsletter worthy!!
Any ambitions?	To be competitive in the English Fell Running Championships, and wear an England vest again. In the future I'd like to have a crack at some well-known longer distance challenges!
Fell Running Heros / Heroines ?	Jasmin Paris, Emilie Forsberg are the obvious heroines. All of my local fell running friends and acquaintances who balance training with work and family life all inspire me!!
What motivates you most?	I just love moving in the hills and exploring new places. Races are a good way of doing that, and the fell running community are a friendly bunch.
What else do you like to do when not running?	I enjoy cycling and swimming in the lakes, spending time with my dog Winnie. I love cooking and baking... and eating!!
Can you tell us about your family and work?	I work as a community physiotherapist in the NHS, based in Keswick. I work in a private clinic in Workington aswell. I am engaged to fellow CFR runner Mark Likeman, and we are getting married later this year!!



# **CFR profile Daryl Tacon**

CFR Member Since 2013    MV 45 |

## **How did I get into fell running ?**

Met the inimitable Andrew Bradley in the workroom at Cockermouth school got talking about running and showed up to my first club run in the dark on Blake fell if my memory serves. Probably my first run in the dark also.

**Fave training route** is a difficult one. Whitesidehopegillgasgale gill if I'm short on time.

Ullock Pike-Skiddaw is another fave

Red Pike-High stile-high Crag from Buttermere

Great Gable from Honister

## **Fave race**

Toss up between 3 Shires and Borrowdale.

Both fantastic routes



**Proudest moment** has got to be my BGR last year. Just a fantastic day on the fells I enjoyed every minute. And fantastic support from friends in CFR and others I met along the way

**Embarrassing moment(s)** I always manage to fall over when fell running so much so that it's become a feature of my running. As a consequence I've become quite good at it !

Out training on Leg1/2 for BGR left a car at Wythburn and left car keys in the other car in Keswick. We had to be rescued by my running mates girlfriend at Thirlspot.

## **Ambitions**

Complete all Lakeland classics races

Anti clock Winter BGR

Wainwrights book club runs

## **Heroes/Heroines**

Joss Naylor

Billy Bland

Nicky Spinks

Jasmin Paris

Carl Bell


## **Motivation**

Enjoyment and that brief moment in time in the early morning when you feel it all belongs to you

## **Family and Work**

I'm also a keen cyclist, like to read as much I can. Messing about with my family

Teacher at Cockermouth school, live in Cockermouth with my partner Jo and 4.5year old son Thomas.

<b>Bill Williamson</b>	 <b>CFR PROFILE</b>
<p>How long have you been a member of CFR?</p>	<p>I originally joined CFR when I was 17 in 1981 and remained a member for a couple of years until I discovered rock climbing and this took over my life eventually leading many of the classic E5s in the UK and eventually redpointing 7C+.</p> <p>When the kids came along my climbing went from traditional then sport and finally bouldering that's when I found I was strong but very unfit aerobically and started taking running more seriously with a goal of completing the Bob Graham Round so I re-joined CFR around 2007?</p>
<p>Which category do you run in?</p>	<p>V50 unfortunately only a couple of years older than many of the top runners from the 90s who are still going strong so V50 prizes are now slim!</p>
<p>How did you begin fell running?</p>	<p>I was inspired by the Ovett and Coe races in the early 80s to take up running and went from a chubby lad who got lapped during the mile race to beating some of the top runners at school within six months so I thought I'd better join a running club, the only one in the area was CFR!</p> <p>I'd been fell walking since I was 10 and thought fell runners were superhuman so was very apprehensive about joining but Harry Jarret made me realise with a bit of hard work and dedication you can actually run up mountains!</p>
<p>What is your favourite training route and why?</p>	<p>It depends what I am training for, the NW ridge of Grasmoor or Great Bourne via Rake Beck are fantastic steep climbs and the technical ridge from Hopegill to Whiteside with a setting sun never loses its appeal but there is something about running on Flat Fell whether it's doing a tempo around the loop, fartlek in Nannycatch or the first recovery run after a ultra I always feel I am home running here and always lurking in the shadow of the forest is The Hound.</p>
<p>Which is your favourite Fell race and why?</p>	<p>I love the Teenager with Altitude race, all the climbing in the first half then the long run to the finish on tired cramping legs. The Old County Tops is a close second though it's always a hard day out to get that t-shirt as when I am with a partner who is running better than me I always dig deeper than I would on my own.</p>
<p>Proudest running moment?</p>	<p>In the past I would've said completing the Ramsay Round after I had four failures and a break of two years but my Joss Naylor Lakeland Challenge in 2017 is my proudest.</p> <p>To run the JNLC you must make at least £100 for a charity and I had decided to donate to the MND Association, my friend Steve Cliff who was diagnosed with motor neuron disease and his wife Wynn had come out to support me at the road crossings and would be waiting at the finish but at Styhead I was 30 minutes behind the 12 hour schedule for the challenge.</p> <p>With the help of my support crew I ran the rest of the route at race pace, my times were faster than I have done during the Ennerdale Horseshoe Fell Race, to make it to the finish with six minutes to spare!</p>
<p>Most embarrassing</p>	<p>Doing a circle around Great Dodd one morning for a contender doing the "Lakeland Triathlon" he'd already swam across Derwent Water and completed the</p>



running moment?	Fred Whitton route! We popped out on the top of Great Dodd above a very thick cloud inversion after our circle but I didn't have any idea what direction to head in as the sun was still below the cloud, luckily he was very patient and had a lie down while I got out the map and compass and took a bearing to Watsons Dodd.
Any ambitions?	Get a bit faster and stick to single day adventures, the winter Bob Graham is still on the list but I need at least half of it to be in decent weather and wear some warm clothes to have a chance!
Fell Running Heros / Heroines ?	Joss has always been a hero of mine from first seeing him running effortlessly up Blacksail Pass during the heatwave of 76 and then the various challenges he has completed over the years.  In the modern era I admire both Steve Birkinshaw and Jasmin Paris and how humble both of these runners are considering their ability and achievements
What motivates you most?	Being on the top of a fell feeling the wind and rain on my face and thinking yes I'm alive!
What else do you like to do when not running?	I like to relax playing games on my PC or console, I am a fan of Bethesda role playing games but have never finished an Elder Scrolls game preferring to explore the game worlds!  I enjoy building my own PC every five year so I can choose my own components, I have been doing this since the 1990s.  I also love to read, mostly non-fiction though I do occasionally read fantasy novels.
Can you tell us about your family and work?	I met Jean in 1981 I first took her fell walking then we started climbing and had many adventures together, we married in 1990 and now have two wonderful girls aged 19 and 21.  I now work as a Health and Safety advisor for a construction company which I find very rewarding as I have a great deal of experience to draw on from my previous career in the chemical industry and my adventures in the outdoors.

## Also...

Here's a recipe for some energy bars – really easy to make – very tasty and no additives etc as you put in what you want.

Got Jane and I round Arran and The Cotswolds

Try em!



## And Finally...

Thought members might like this article copied from Cumbria Wildlife Trust (with permission)

about hares.

It contains some interesting information about our namesake and if you think of a CFR runner when you read 'hare' it makes perfect sense!

(apologies for the reproduction)



### JACK FORRESTER

*I usually see hares in the evening or early in the morning. Sometimes I see a brief glimpse of a shape darting across the road, or when I'm looking into a field something pops up, like a patch of disturbed earth, to then disappear into the long grass or hedgerows. With its distinctive long ears and rapid speed, often running in a zig-zag pattern, the hare is a staple of the British countryside. It is familiar to us through some of the world of literature, from Aesop's fable of The Hare and The Tortoise to the March Hare in Lewis Carroll's Alice's Adventures in Wonderland.*

Like the rabbit, the hare is not a native animal. While the rabbit was brought over during the Norman Conquest, the hare arrived far earlier, coming across with European farmers in the Iron Age.

The most common is the brown hare, easy to distinguish by its black-tipped ears and white tail. Although their appearance is similar, the hare and rabbit have significantly different behaviours. First of all, hares are a lot quicker, getting up to speeds of around 50mph. To put this into context, that is about double the speed of Usain Bolt! When a rabbit is frightened, it will scurry down a burrow, whereas a hare will stay out of sight by pressing its body as close to the ground as possible, in depressions called 'forms'. Brown hares are at their most visible in early spring, when the breeding season encourages fighting or 'boxing'. This is when they stand on their hind legs and fight one another, using their paws to rip out bits of fur. However, this could equally be a female batting off the advances of an unwanted male. Females can produce three to four litters of two to four young (known as leverets) a year.

Worryingly, reports in the south of England last year highlighted an increase in the number of deaths of hares, leading to speculation that Myxomatosis may now be affecting them, though no evidence has yet been published. This disease is fatal to rabbits and there is a fear in some quarters that it could 'jump' to non-resistant hares. Hare populations have also been affected by the intensification of agriculture and hunting, which has left the hare in a perilous state.

However, all is not lost: many animals such as the rabbit, otter and buzzard have been able to make significant recoveries from diseases, as well as different environmental and human pressures. Thanks to the important work being done nationally by the Wildlife Trusts and other organisations, the various threats facing British wildlife are being voiced and heard.



**Cumbria**  
Wildlife Trust

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