



*A good turnout at High Cup Nick.*

# CUMBERLAND FELL RUNNERS

## NEWSLETTER- APRIL 2020

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

### Editors note-

Racing, club runs, Sunday socials – they may feel like a lifetime ago, but we can still look back to what we have done (with articles on the phenomenally successful Get friendly in the fells, the challenging Mid-winter tea shop round, articles from Lindsay trying to race in Italy and Dot a little nearer to home but still outside Cumbria), and what we will be doing again after ‘lockdown’ (with an article on the CFR long distance challenges website and books to keep us motivated and inspire us). We can also look at what we can achieve now even when many of our main events are on hold, the club seems as busy as ever with Creative Fell Runners (and what appears to be a sub-group covering ‘Cakes For Runners’), Barry is keeping us fit with the Isolate then Activate challenges, and Ryan is setting weekly Corona challenges you can do from your front door (actually you must do them from your front door). Also looking backwards Paul gives us the challenge of the Ennerdale Horseshoe quiz to inspire us for the next outing of this great race.

So having thought this would be a small newsletter with not much to say, I’ve been proven wrong yet again.

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

*Paul Jennings*

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## Committee

Chair- Paul Jennings  
Vice Chair- Ryan Crellin  
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Membership Secretary- Rob Stein  
Statistician- Darren Parker  
Press Officer- Andy Bradley and Charlotte Akam  
Junior Chair- Chris Draper



## Welcome to our NEW MEMBERS

A big welcome to all our new members

Mark Baxter  
Jasmine Dean  
Nicholas Downes  
Pete Faulkner  
Ian Fowler  
Mindy Fowler  
Isla Frost-Pennington  
Andy Grant  
Alessandro Lallo  
David Macgregor  
Diane Macgregor

Daniel Matzk  
Jordan Palmer  
Steve Parker  
Alice Rea  
Billy Robinson  
Dakotah Shirfield  
Christopher Snell  
Sian Spencer  
Kate Whitmarsh  
Elaine Wise  
Harry Yarrow

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) and you can arrange picking one up after the restrictions have been lifted.

## TRAINING

Club runs and other training events will return as soon as we can. In the meantime look elsewhere in this newsletter for Ryan's CFR Corona Challenges and Barry's Isolate then Activate workouts.

## CFR JUNIORS

Despite the dreadful weather, 2020 started well for the juniors with continuation of Saturday morning training and the presentation of last year's trophies, medals and some other CFR goodies for the kids.



Unfortunately, the year began to stutter with the unfortunate cancellation of the first championship race, Jarrett's Jaunt, and then stalled completely as it did for us all with lockdown. However, at least the sun started shining and we're all crossing our fingers that training resumes before the Easter Eggs that await the kids on their return, go out of date.



I hope all the kids are getting their exercise in some form or other. Louisa Draper has even invested in a CFR coloured bike for the turbo trainer!

Stay safe, and hopefully we'll be back at Nannycatch Gate soon.



## Winter League Report 2019/20

It seems a world away from where we are now, but the winter league presentation night was only on 3<sup>rd</sup> March!

There was great turn out at The Kirkstile for the presentation and both the men and ladies event was well fought out

Sam Holding won the title and Thom Noonan second. Thom was only one point ahead of Jack Gilbert with Andy Beaty in fourth place.

It was a close run thing between Lucy Stobbart and Jennie Chatterley, with Lucy taking the trophy by two points. Lindsay took third position just in front of Ruth Noonan

Sixty-nine club members who took part this year (with 177 races between them) which made it a very competitive event.

The races were well chosen to include old favourites and some of the Kong series

The Christmas Pudding run is always well attended and lots of us went up to do the Whinlatter Parkrun this year.

I was able to post out all the prizes except Lucy's which is still sitting on my spare room bed! Lucy was abroad racing when the presentation took place and then lockdown happened. I will get her trophy to her when we are allowed out again.

Thank you all for taking part and I hope you are keeping safe, well and fit until we can get back on the fells again.



I didn't have a photo of the prize giving, so here's a picture of a pint from the Kirkstile Inn instead

Male			Winter results			
Pos	Name	Cat	Number of races	Total Points	Best 3 races	4th race
1	Sam Holding	MSen	6	599	300	
2	Thom Noonan	MSen	3	296	296	
3	Jack Gilbert	MSen	5	490	295	
4	Andy Beaty	MV60	4	385	290	95
5	James Conlon	MSen	3	290	290	

Female			Winter results			
Pos	Name	Cat	Number of races	Total Points	Best 3 races	4th race
1	Lucy Stobbart	FSen	4	399	300	
2	Jennie Chatterley	FV50	6	593	298	
3	Lindsay Buck	FV55	5	482	293	
4	Ruth Noonan	FV45	4	387	291	96
5	Anita Barker	FV50	3	291	291	

## Get Friendly in the Fells

Thank you, today was another really good run! And thanks again for the breathing tips.

Many thanks to everyone for being such great company on today's run. Fabulous choice of route...and great cake!

*What a fantastic idea this was and what an amazing success it has been  
And continues to be!*



*Our first trip up The Hay, on the edge of Cockermouth*

The brainchild of Lisa Spratling, the Get Friendly in the Fells series at the beginning of 2020 has been a resounding success / an absolute triumph. So much so that the runners really wanted to carry on, and it became the CFR Sunday Social run.

*"Really enjoyed this morning!"      "Scenery was spectacular"*  
*"An amazing run"      "All in all, a pretty good day!"*

The response was incredible, with 29 runners from all over North and West Cumbria showing up for the first week, building up to over 40 runners on some later weeks! There can be no doubt in anyone's mind that there is a need to give road / trail runners a little helping hand to venture onto the fells.



The main aim was to provide the opportunity for runners (5km-ish) to experience off-road running in a safe, no pressure environment with plenty of encouragement, camaraderie and, inevitably, cake on offer! Everyone was welcome regardless of their speed, ability, experience, whether they were part of another club or not, etc. – this is very much part of / in line with CFR's mission to be and be seen as an open and inclusive club with something for everyone – it's not all about the racing!

*“Many thanks to everyone for being such great company on today's run. Fabulous choice of route...and great cake!”*

Six runs were planned building up to Jarrett's Jaunt for those who fancied having a go. Each run a little longer or hillier, in completely different places and with conversation themes around aspects of fell-running. We went to The Hay, Cogra Moss, Loweswater, Glenderaterra & Latrigg, did a Jarrett's Jaunt recce, Sale Fell was planned for week six with Jarrett's Jaunt race on week seven. We talked about safety, food (including cake) and drink, equipment – waterproofs...bum bags...race vests...shoes...clothing... layers, routes and terrains, fell races, benefits of belonging to a club, navigation, etc.

*“Thanks for a lovely run again – nearly didn't come today, but me and my sore head are glad we did!”*



We had every kind of weather - Sunny, frosty, cloudy, wet, misty, windy, very wet and very windy (Jarrett's Jaunt recce)! The storms started rolling in which meant that Sale Fell and the Jarrett's Jaunt race were both cancelled, leaving the group unable to complete the planned sessions. Many had really psyched themselves up to get a start time for the race, only to have nature snatch the opportunity away!



*On Dent summit during the Jarrett's Jaunt recce.*

*“I'm still going though – someone has to be at the back so it might as well be me!”*



The group had enjoyed the sessions so much that, even by week four, they had started asking what was going to happen after the six weeks, would there be more? And so CFR Sunday Socials was born! The weather improved and we enjoyed runs on Sale Fell (as it had been previously cancelled), Lord's Seat & Barf, Blencathra and Cold Fell before Covid-19 struck and all organised runs had to be cancelled.

But all is never lost – the storms didn't stop us and neither will Covid-19! We're still chatting away on our Messenger group chat, sharing what we've been up to – routes, photos, etc. and keeping ourselves positive, ready for when we can get together again and get out on the fells (and eat cake in cafes)! There have even been suggestions of other activities...lake swimming...there are always new adventures to plan for!



Here are some words that one of our group wrote for the Keswick Reminder – says it all really ☺

*"I work in Keswick and live in Torpenhow. I like to run but find it boring alone so lacked the motivation to go out by myself, especially on the road. I was reluctant to join in any club runs as I felt that everyone would already know each other and be faster than me, I didn't want to hold people up. When I heard about Lisa's group I thought this would be ideal, with everyone being new together and with similar apprehensions. There are mixed abilities, the faster people loop back and the slower ones are not left behind. I've met lots of new people and feel motivated to meet up with them each week. The car sharing really helps with this too, there's no excuse not to go when you've arranged it. Everyone encourages each other, it's really good fun."*

# Fell Running Out of Cumbria

*You can take a fell runner out of Cumbria but you can't take fell running out of a Cumbrian!*

I've always loved running in Cumbria (Westmorland when I was running at school – but that's another story!) I love the feeling of space and awe on the fell tops, the beauty of the waters and smell of bracken and mud. However when circumstances (or holidays) take a fell runner away from home I think we look for something high and off road to run up, not always easy to find but often interesting when we do.

Grandchildren have 'pulled' Mike and I to spend more time in Eastbourne for the moment so I've been exploring the off road running there and thought you might be interested to hear about the 'running scene' in a different area.

From my door I run straight up onto the 'Downs', very different running, not rocky, tuffty, steep mountains but smooth, rolling, grassy hills great for distance and speed (yes, I know I don't do speed – but try and imagine). The views are different too- vast expanses of ocean, sheer white cliffs, masses of blue sky (more days than in Cumbria) blankets of gently folding green... All very uplifting and endorphin producing. Not selling it to you yet? Well it is different and does very well as a temporary substitute for me.



Running Clubs abound in Eastbourne and anyone can turn up for any of the club sessions, just pay £2 on the night or £10 for the year. You can run every evening of the week and join a friendly social run on Saturday and Sunday of various lengths of 5 to 25 miles. They cater for a variety of runners from 'The Seafront Shufflers' for beginners, those recovering from illnesses or depression and Pam is their amazing 76 yr old leader who introduced me to all the other clubs – (I couldn't quite cope with calling myself a 'Seafront Shuffler'!). There's a triathlon club,

'Run@Wednesdays club and the more serious 'Meads Runners' trained by an ex-Army officer. So I haven't joined a specific club because I'm already in the best club but I pop along to a class if I can and do the drills and speed work along the promenade or up to Beachy Head. One club takes this 'shoefie' photo at every session, the right one was just as social distancing began before all classes were cancelled.



The Promenade, now that's a different experience too. There are 6 miles of prom passing a bandstand, pier, beach huts, regency hotels and a harbour. In winter the sea can be wild, crashing against the shingle beach or in Summer vibrant with happy smiling folk. High and Low tides add variety and sun set or sun rise is atmospheric. Of course some days it's like a dodgem course avoiding the roller skaters, kids on scooters, dogs, mobility scooters and runners! However there are no cars and it is well lit at night.





I also entered a race just to give me a target to run for, the Beachy Head 10k. Thousands of runners turned up for this and the Beachy Head Marathon, which is an iconic trail marathon, a target for next year? I couldn't believe folk complained about the hills!

The highlight of my stay in Eastbourne so far was when Jane and Jim came to visit and Jane and I ran 2 days on The South Downs Way. We have 5 more days to complete in the future when life is back to normal. This will be our 6<sup>th</sup> Long Distance Trail together and there are so many more to plan.

So whilst we are restricted to running from our door (I'm in Cockermouth at the moment) I'm taking the opportunity to plan future adventures in and out of Cumbria – and also make another photo book. We have lots now of running trails, Wainwrights and now Tarns and it's great to relive them all from the sofa.

Having said all the above my heart is still in the Lakes and Mountains of Cumbria!



Dot Patton CFR

### *Racing and not racing in 2020*

Jan

5th King of the Castle, great uphill only format and loads of CFR out racing.

11th Clough Head, wild wet weather. Kong Adventure did well to hold any kind of race.

12th Seascale Handicap, a Blengdale Runners club race, handicap format and very friendly.

19th Carlisle Resolution 10 km for me, 5km for Jim, an enjoyable day out, flat tarmac.

25th Blakes Heaven, sadly cancelled this year, who'd be a race organiser.

Feb

1st Stybarrow Dodd, shortened so didn't get to summit, wet wet wet.

2nd Cross Border 10km from Gretna to Carlisle, great event, very wet.

15th Jarrett's Jaunt very sensibly cancelled due to appalling weather forecast.

21st Unlike many hardier CFR members we chickened out of High Cup Nick in tough conditions and did Workington parkrun with Ponsonby fell enroute home for a mini climb.

29th Loopy Latrigg, final of Kong series & only a little bit of hail so good conditions & fun.

March

4th Headed off in the direction of a winter, night, snowy Vertical km in Italy. 1050 metres climb 5km distance. Massive amount of gear compared to usual including compulsory spikes.

Got to Turin to find race cancelled but Foreign Office and race organiser still saying no issues heading to Courmayeur. Arrived in total whiteout blizzard to stay in lovely traditional alpine hotel.



4 days exploring the stunning surroundings on foot and vowing to return next year to spend more time in this sublime place. People skiing, walking & enjoying clean alpine air next to Mont Blanc.

9th Return to UK and 14 days self isolation, no outdoors, no exercise except in our tiny house, a challenge! Gosforth village, shop, bakery, friends and fellow CFR members were great and we were kept supplied with all life's necessities including cake and Pilates workout. Lots of Burpees stairs, running on the spot, tiny house now very clean.

25th Out of isolation to new rules on social distancing and minimal everything else. The freedom of a walk a day is pure pleasure after being cooped up 24/7 for a fortnight.

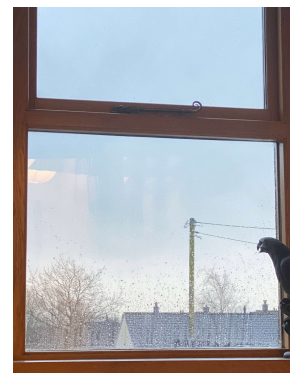
Many club mates like us will have vulnerable friends and family. Many CFR members are key workers, including NHS and essential workers in the efforts to contain this frightening pandemic. We owe them huge thanks for all their efforts, expertise and dedication.

No that isn't referring to Lindsay (Ed)

Early morning in Gosforth is very quiet so I walk from the village whilst Jim goes for a run, realise once more how much wildlife is around, hares, foxes, deer, lots of birds, no humans.

Much though we love our sport some things are more important, no doubt when we return to running and racing we'll appreciate the freedom and pleasure of the fells even more.

Lindsay & Jim @ Denton Hill





## **The Ennerdale Horseshoe Quiz**

2020 was set to be the year that CFR dominated Ennerdale. A bumper pre-entry list clearly shows that the thirst for these long classic fell races is very much alive and well. Alas, it was not meant to be. Instead, I challenge you to show your Ennerdale prowess by completing this armchair quiz. (Answers at the end)

1. What year was Ennerdale first run? [1]  
.....
2. Which club first organised it? [1]  
.....
3. In what year did CFRA take over the organisation of the race? [1]  
.....
4. How many times has Joss Naylor won the race? [1]  
.....
5. Which current WCOC member was a Crag Fell summit marshall during the inaugural year? [1]  
.....
6. Which current member of CFR presented the prizes in 1978?  
.....
7. Why was the 2003 race cancelled? [1]  
.....
8. What happened in 2014 and why? [1]  
.....
9. Who holds the current men's record?[1]  
.....
10. What is the current men's record time (hrs/mins)? [1]  
.....
11. Who holds the current women's record? [1]  
.....
12. What is the current women's record time (hrs/mins)? [1]  
.....
13. Who has the second fastest men's time? [1]  
.....
14. In what year did Ricky Lightfoot compete for CFR at Ennerdale? [1]  
.....
15. In 2004, there were five CFR runners in the top ten. Name each one. [5]  
.....  
.....  
.....
16. Which CFR ladies member most recently won Ennerdale? [1]  
.....

Total: /20 marks

## CFR Abrahams Tea Round Winter Solstice Run 2019 by Mike Harrison



The last time I did the Abrahams Tea Round, Duncan Potts stole my thunder. The last time I did a winter CFR Winter Solstice run, Glaramara stole my sanity. I still get flashbacks about aimless wanderings over all the wrong rocky tops in the dark wind and rain back in 2018.

Fast forward to October 2019 and up popped an invite to a Facebook Event for what now appears to be becoming a club traditional of daft overnight challenges on the Winter Solstice. 2019 would be an attempt at the Abraham's Tea Round – a relatively simple concept starting and finishing at the doors of George Fisher's in Keswick and taking in all the fells visible from the café window (and painted underneath for those frequent days when they can't be seen – see above). This seemed to be the favoured option on the basis it was a mere ~30 miles long with ~12,000' ascent, so apparently much easier than the No Cure Always Hope Ultra of 2018. Of course... makes perfect sense! And, I had a reputation to protect so with as much hesitation as a fell runner in front of the beer tent, I clicked the 'going' button.



The Abraham's Tea Round (ATR) is a relatively new challenge, gaining popularity thanks mainly to the promise of free tea and cake in the café, which means the best lines, routes and even which actual fells need to be visited are still being debated about.<sup>1</sup> And what debate there was! The early completers (myself included) generally took a vaguely clockwise route starting off up Catbells and coming down from Barrow, with most adding in Red Pike coming off High Stile and Hopegill Head (in a slight confusion over what 'Hobcarton' was) for good measure. However, a forensic examination of the options by the combined might of the club's foremost route finding experts plus a couple of stealthy reconnoitres under the cover of darkness decided that we'd be going anticlockwise, saving the massive steep climbs up High Stile and Robinson from Buttermere until the 2<sup>nd</sup> half of the run. Not an ideal choice, but I was happy enough with anticlockwise as it

was the opposite way to my previous ATR and it avoided coming down the awkward, potentially lethal in winter conditions, slippery stone staircase from Bleaberry Tarn. So, the route was decided. We would be doing (in order):

Barrow, Rowling End, Causey Pike, Sail, Eel Crag, Hobcarton Crag, Grisedale Pike, High Stile, Robinson and Catbells.

Then we had to decide a start time, which is usually determined by a combination of when people finish for Christmas, Carol Concerts and what time we can get breakfast in Keswick (and maybe meet up with the Grisedale Pike Pagan Breakfasters). Little Chamonix was the breakfast venue, opening at

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<sup>1</sup> The ATR has no time limit, you can take as long as you want, go any route, any time, as a team, a relay, supported or unsupported.



9 am, so aiming for an overnight run time of 11 - 11½ hours<sup>2</sup>, it would be a 9.30 pm start on Friday December 20<sup>th</sup>. Known locally as Mad Friday. How apt!! Also known as Black Eye Friday. Hopefully not!! And the final roll call of CFR members also clicking 'going' and taking part numbered 9; myself, Paul Jennings, Paul Johnson, Darren Barker, Les Barker, Mick Allen, Peter Walmsley, Sam Holding and Daryl Tacon. Some with a point to prove after the events of 2018...

After all of that organisation and we were finally ready for the off. And I haven't even mentioned everyone's favourite past time in the lead up...weather watching! Desperately trying to find a forecast somewhere, anywhere that predicts a dry, cloud-free (stars or moon will do), and still evening. Not to be this year, as with all Winter Solstices since for ever. So, it was a bit of cloud, a bit of rain and a bit of wind expected... no surprise there then. Full Paramo Quito jacket weather (mandatory kit). Parked up in Keswick at just after 9 pm, and who should rock up next to me but Squadron Leader Johnson. We were early! And the Fellpack café was open. "Do you fancy a coffee, Mike?" "Well, I don't normally drink coffee this late as it keeps me awake all night". Ah, right, yeah, OK. So, to the bemusement of the diners enjoying their bistro desserts, we entered (in full kit) "Two double espressos please!!" After explaining what on earth we were doing to the bar staff (who were slightly less bemused, Fellpack does have a fell running theme promoting the BGR and its own 'Walla Dash' challenge), we were served some deliciously strong coffee, a welcome pick-me-up at a time on a Friday night when I'd normally be settling down with a nice single malt to enjoy 'Have I Got News For You'. Suddenly it was time to go. The team were assembling outside George Fishers. Pictures taken, GPS devices started, it was 9.30 pm, we're off.



There's quite a long run-out to Braithwaite via the main road before the first climb up Barrow that's mostly spent engaged in a bit of bants and trying not to run too fast along the flat tarmac. Finally we're on the main path up Barrow, familiar as the descent on the Coledale Horseshoe. We soon reached the top, touched the cairn and carried on down the other side. The next short section is a little awkward, pathless through the heather, which meant we split up into a couple of groups as people took slightly different lines up the hillside. Some were better than others but we all met up at Sleet Hause ready for the out-and-back path that goes to Rowling End. Well, we thought we'd all met up! A quick head count when we reached Rowling End revealed only 8 of us. Les was missing! How on earth had we misplaced Les? We were only on the 2<sup>nd</sup> top!! I'm still not entirely sure what happened, possibly got carried away and was heading

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<sup>2</sup> Brennan Townsend holds the male record of 5.30 hrs and Joasia Zakrzewski the female record of 7.45 hrs.

straight up Causey Pike... so, we called him back and after a little wait were on our way again...

Back along to Sleet Hause, up Causey Pike and all the way along the ridge to the cairn on Crag Hill (Eel Crag) via Sail. So far so good! We'd already decided to avoid the crags on the direct line to Coledale Hause used in reverse on the race route, but we did cut the corner following Mr Parker's expert line. Having been illuminated by the lights of Keswick up until that point, heading off-path into the blackness of the small valley between Crag Hill and Grasmoor punctuated by small banks of snow was a reminder that we were on a bit of an adventure.

Another out and back, up to Grisedale Pike taking in Hobcarton Crag, then all the way back to drop into Buttermere on the fantastic descent from Whiteless Pike. And what was waiting for us? Les' mobile red horse box café! What a great spot to have a break, some food and drink. And with a definite festive theme. I couldn't manage the mulled wine (thanks Sam!!), but a mince pie went down well with some finest chocolates. We were basically just putting off the biggest challenge on the whole route – up and down High Stile...



Easy enough to begin with, up the steps to Bleaberry Tarn, but then the chosen line was to aim directly up to the summit. Never having taken this route before it was odd that I seemed to be leading everyone else up! At this point, the weather turned a bit for the worse and the cloud closed in and the ground got decidedly rougher, so we fuffed about on the top actually finding the correct (807 m) summit cairn (thanks ViewRanger!). Almost bang on. But, the next challenge was to find our way off along the rocky NE ridge. I'd only been this way once before, but in the opposite direction and in good, clear daylight conditions. After a couple of false starts down some wrong 'uns, I gave up being the leader happy to follow until we were on easier ground. I remembered it being not too bad in ascent! I'm sure the tiny trod should have been a bit more obvious. We were led down on a good line below Low Craggs by someone who'd actually recce'd the route and then it was over. Gatesgarth ahoy!



There was a good degree of relief about getting up and over High Stile unscathed, so much so that I think we'd put the climb out of Buttermere up Robinson out of our minds. We'd been going for 8 hours and about 19 miles by this stage so fatigue had definitely started to creep in, but we were all still going! A massive improvement on 2018. A full complement of finishers was definitely on. A



quick change of clothes at the bottom as folk were now overheating in the valley, we girded our loins, and headed up by Hassnesshow Beck through the little stand of trees. It was like hitting a wall and felt just as vertical. And it went on and on. And on. And on. And on.... And on. Needless to say there was a bit of flagging up this bit and the group splintered. No talking, just head down, one foot in front of the other... But, we made it up eventually re-grouping on the summit of Robinson.



We were now back in the clag, but everyone knows the route off Robinson, right? You just head off along the path in a vaguely NE direction... Classic rookie error was to follow, that is not following a compass. So, a bit of aimless wandering in a general westerly direction followed for a short while until there was a gradual realisation of wrongness, compasses were produced from various pockets and pouches and we got ourselves back on track. Only one peak left now, but still quite a lot of running, down off Robinson and through Little Town towards Catbells. But wait, what's that? In the skies above Newlands Church? A bit of brightness! Can it really be dawn already? What a relief to see some light in the sky after being in the dark for over 10 hours. Right, let's get this thing done. Up the 'River of Stones' on the path up to Catbells and finally we're there. All of us by the unusually quiet trig point on the final summit



There was definitely a range of paces now. Many of us (myself included) were reduced to a minimal shuffle, barely able to lift our feet off the ground. And it's a long, long run back to Keswick from the top of Catbells. Of course, the younger members of the group were (annoyingly) spritely. There was still time for a few shenanigans finding our way round Lingholm and Nichol End Marina, with the usual suspects going missing. But, once we'd found each other (again) we were back on track through Portinscale. It was like some bizarre slow race

seeing who 'run' with the minimal shuffle. Les was particularly good at this with an amazing rolling technique that just got his feet off the ground with enough momentum to still go forward. Finally we were heading up through town, this time past the Moot Hall back to George Fishers. All of us!

Quick check of the watches, and it was 9:46 am. The time wasn't important, but the 12.16 hrs it took us, whilst not in any danger of challenging Brennan's and Joasia's amazing records, was still the record for the "biggest group to complete the round overnight". And in winter!! I'll take that, even if we are the only ones to date... All that remained was for us to head off to Little Chamonix for a well-earned breakfast. Nothing was going to stop me doing that despite the legs no longer appearing to work! Best. Cup. Of. Tea. Ever.



Thanks to everyone for their fantastic encouragement on another grand CFR night out. I wonder what this year's Winter Solstice Challenge will be...

## CFR Winter Solstice Abraham's Teashop Round by Daryl Tacon

Up until the 2-3 days before the tea round I wasn't doing it. We were staring down the barrel of Christmas, it was the last week of the school term and things had been mental as per usual. Strangely reminiscent of the previous year when we'd attempted the No Cure Always Hope Ultra in the Winter in the dark. Whose crazy idea was that I hear you say? I don't think I need to tell you but polite answers on a postcard.

So I found myself on the Friday night packing my running pack and trying to think of things that I definitely shouldn't forget, spare headtorch battery and spare gloves being foremost in my mind. Not for the first time that evening I was thinking whose bloody stupid idea was this (again).

But fortunately I didn't have too long to think about or did I? For on this particular evening as I sat in my kitchen waiting for the imminent arrival of one Les Barker the minutes began to tick by ominously. As I sat there pondering life the universe and everything I thought he's bloody forgotten me!!!!

Which he had, fortunately after a jogged memory and a few expletives he remembered and returned to fetch me and we were off to the Bridge in Buttermere to meet Sam Holding. The aim of this was to leave Les's horsebox there at the halfway point as a safe haven so if people needed to bail out they could and so we could all regroup before the second phase.

Then it was off to Keswick to Abraham's for the start. I wasn't entirely sure exactly who was taking part in this latest expedition but was glad to see Mick Allen, Paul Jennings, and Darren Parker were in attendance. Pete Walmsley, Mike Harrison, Paul Johnson, Les Barker, Sam Holding and myself made up a crack (or crack pot) team.

So after gooning for obligatory press shots watches were fired up and away we went trotting down Keswick high street past the Moot hall (A different night time start for a different run ☺). All were in good spirits, Les was filming and the weather was currently good. As we were going Anti-clockwise the first summit would be Barrow so we followed the BG route in reverse out of Keswick over the FB through Portinscale en route to Braithwaite clipping along at a nice pace.

As we began the ascent of Barrow I was struck by how different the weather was from the previous year. A moonlit night calm a marked difference from this time 12 months ago for the No Cure. After summiting Barrow I was a bit unfamiliar with the route to Causey so dropped off and let the big guns takeover.

We're fortunate in the fact we have several exceptional navigators in the group and if in doubt follow Harrison. Besides he's my paramo twin so he must be right. The only slight issue about Causey on the tea round is that you have to do an out back to bag Rowling end on the way up. So we trotted out to the summit of Rowling end and had a quick pit stop. It was a little bit like where's Wally for a moment whilst Les did a magical mystery tour and then we were all back together again for the climb up Causey.



It's a climb I'm now pretty familiar with but challenging in the dark. From here it's fairly nice and runnable and the weather was still with us over Scar crags, and on up the zigzags onto Sail, and Crag Hill. We then descended towards Coledale and headed up Grisedale Pike. It was particularly windy by this point and we didn't hang around long on the summit.

We descended to Hobcarton and then meandered round the familiar route to Whiteless. We were going well spirits were high and there was a fantastic sense of camaraderie. There was no talk of faster runners going ahead. Pace was unimportant. This was all about us all getting round together and supporting each other. I was chuffed that my ankle

was holding up as I'd recently been injured and my ability to complete this was something I'd thought long and hard about.

We quickly made our way down Whiteless to the approximate halfway point all looking forward to the comforts of the horse box. Well what do they say 'any horsebox in a storm'. Oh no I'm forgetting myself no one says that ha ha. Having said that the horse box was a welcome respite. We had some good craic and refuelled for what would be one of the hardest climbs on the round. Food was plentiful, shared Brandy was drunk and after not too long we were ready to go again.

Les was struggling a wee bit at this stage. And I think if it was me I probably would have bailed at this point. But Les's mental toughness is second to none. So after some fodder and a Les power nap he was ready to go again his resolve renewed. So once more we headed out into the night.

Nine head torches blazing, I kept thinking of "Nine mortal men doomed to die from The Lord of the Rings". But I kept that one to myself. We headed through the Fish towards the Red Pike climb. The weather had turned by this point and it was windy and raining. Standard CFR winter conditions for a venture such as this one. After all it does often seem if there's a challenge to be had someone, again I mention no names, will think of a crazier, more awkward way to do it. 'Tis the CFR way (Laughs).

Fortunately or unfortunately it had been recently concluded by the good folk at Fishers that you couldn't see Red Pike from the tea shop so we didn't have to go up there. But we did have to climb High Stile which is a bugger. We climbed as far as Bleaberry tarn and then again it was a case of follow that man Harrison, he didn't let me down again choosing an optimal line onto High Stile. We coalesced again as we approached the summit Les guiding us to the right spot as it was blowing a gale and raining intermittently at this point and we were a little undecided.

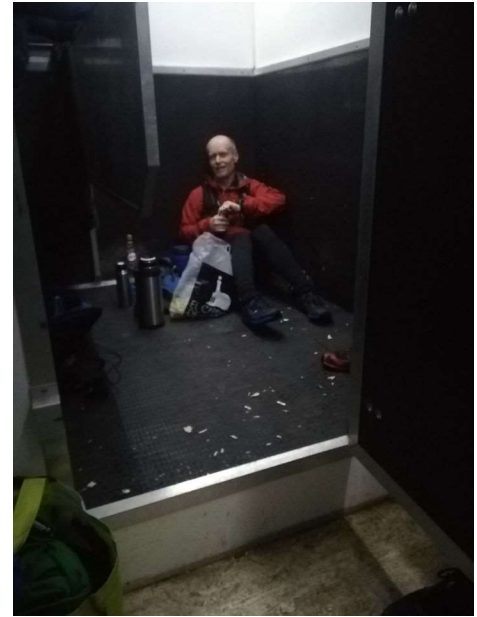
I think I made some terrible Les Dawson joke at this point something about persistent wind and a kite. But it made sense at the time or so I thought. And the only thing worse than the ascent of High Stile is the descent of High Stile.

Ultimately I'd say High Stile is the trickiest part of the round, however we were all still together and looking out for each other a proper CFR team effort. But the sense of relief coming off High Stile was palpable. It was a fairly technical descent and fairly slow going as we headed down towards the far end of Buttermere.

It was at this point for whatever reason Paul's headtorch began to fail and for some unknown reason his spare battery didn't work either. Luckily a couple of weeks before when we'd recce'd this section a similar thing had happened to me and I'd bought a spare. I was just happy to be able to help Paul as we have the same headtorch and mine was still going strong. This was the ultimate bench test.

After what seemed like an age we started spotting recognisable landmarks indicating we were nearing Warnscale beck and the valley bottom. As we hit the road we came together and started on the approach to Hassness along the road. I was blissfully unaware of what was to come. After a brief pit stop we started to climb and boy was this a climb?

Everyone was beginning to feel it at this point. Pete Walmsley, Sam and Mike leading. Les, PJ and Mick bringing up the rear. The climb up Hassness beck is brutal I'll make no bones about it and in the early hours of the morning on tired legs after several hours in the dark and poor weather





well you can probably guess how it feels. We reached a stile over a wall and I had a measure of how hard this was going to be when Sam said "Oh god are we only here".

PJ and Mick were feeling broken at this point. But it's at times like these where the characters of the group really shone through. We'd discussed earlier that the making and/or breaking of something like this was all to do with the makeup of the group. One cross word or fall out could have derailed the whole thing. But thankfully that was never going to happen. The weather had been improving steadily from High Stile and it eventually dried out as we approached the summit of Robinson. It seemed to finally blow itself out.

Again another milestone was reached the penultimate climb had been put to bed and arguably the last tough one. Only Catbells to go. As we descended off Robinson PJ<sup>3</sup> decided he needed a little power nap. Could have only been 5 mins but it seemed to really do the trick for him. As we headed on towards High Snab and Little Town it began to get light. After 10.5hrs in the dark with only the window of a headtorch this was a massive lift for us all. Conversation struck up again and we all debated how extended periods of either dark or light could send you crazy.



We approached and passed the familiar walls of Newlands church and the mood of the group was further elevated as we headed into the familiar territory of the Newlands valley in the light. We could see the slopes of Barrow where we'd been only a few short hours earlier and I think there was also a realisation we were going to get this done. I personally felt quite good and wakeful which was a massive relief as the furthest I'd run recently was about 5 miles.



As we headed up Catbells I was chatting to Darren Parker and we were discussing Winter Bob Graham rounds and I was reaching a conclusion that maybe I didn't really want to do one of those after all. Les was flagging a bit at this stage but like a dog with a bone he just would just not give up. As we approached the summit the mists finally cleared revealing beautiful views of Derwent water and our final destination Keswick which kind of made it all worth it. It's one of the many reasons we do these crazy things.

The group were in good shape with Darren taking the high path to the summit of Catbells and Mike and myself and others contouring to meet him. We all gathered at the viewpoint for a congratulatory group hug and then headed down Skelgill bank for a job almost done. We joined the road at Hawse end and cut through the wood to Nichol end and then hopped back onto the road to Portinscale. We were then steady away on BGR final approach trajectory over the foot bridge en route to Keswick.

As we hit the high street in Keswick our long dark tea time of the soul had almost ended. Mick and myself picked up the pace a bit in an effort to reach the door to Fishers first and it all felt a little odd to be running past the door to the Moot hall after a long run such as this. But in the end nine of us started and nine of us finished .... together which seemed and stills seems massively important. And afterwards there was much rejoicing 😊

PS the breakfast in Little Chamonix was awesome well done Irlams.



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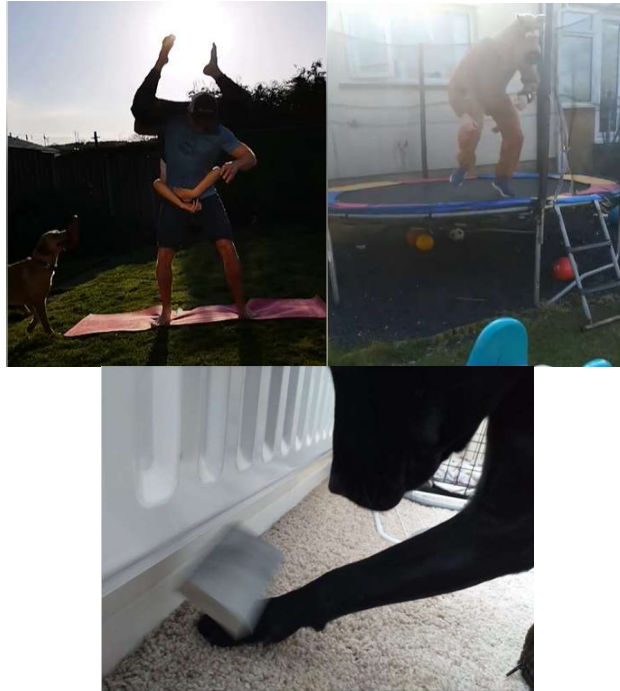
<sup>3</sup> Ed – Not me - the other PJ!

## CFR – Creative Fell Runners

Around the time when restrictions were beginning to come into force, when uncertainty was rife and the natural concerns of fell-top-freedom-loving folk were rattling around inside us all, Barry Johnson had an idea. An online space to stimulate some positivity, inviting others to share in the delights of a thing brought into being, sowing some seeds of creativity amongst friends.

And so, the Creative Fell Runners page was born.

It's gotten off to a terrific start and imagination has blossomed. You'll find few other places where Kola's, Scooby-Doo and decorating Labradors hang out...



We've had glimpses of the places we love, carefully captured or created, making us wistful of carefree times and excited for planning new adventures...



We've been treated to many marvellous creations, stirring a multitude of emotions, but perhaps above all... hunger.



It's been wonderful to see the sharing of everyone's creations. I can only imagine it will grow further, with ideas and inspiration being broadcast amongst us all.

If you haven't joined the page yet, a link can be found in 'Members Only – Cumberland Fell Runners' Facebook group.

Also worth mentioning outside of the group is Julie Carter's 'Veg for Victory' Facebook page. This is an open group where people have been sharing their stories of growing their own fruit and veg at home, including some guidance via video tutorials from Julie herself.

Happy creating, SH

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To supplement Sam's article I asked for contributions from some of the participants from the Creative Fell Runners group – perhaps it should be called the 'Cakes For Runners' sub-group (to keep the CFR title theme) – as you will see;

### **Banana butterscotch (or chocolate) muffins**

*I amended this recipe to accord with what I had in my kitchen*

1. Preheat oven to 200 deg C.
2. Line a 12-bun muffin tin with muffin papers (I used fairy cake papers, because that's what I had, and made little cakes)
3. Mash 3 ripe bananas (I had only one so reduced all quantities proportionately, and made 12 fairy-cake-sized muffins)
4. Put 125 ml vegetable oil in a jug (I had only sunflower) and beat in 2 eggs.
5. Sift 250g flour (recipe did not specify but I used self-raising), 1 tsp baking powder and 1/2 tsp bicarb into a bowl. Add 100g caster sugar (I used granulated). Mix in the oil and egg mix, then the mashed bananas
6. Fold in 150g butterscotch morsels (I had about 100g of ancient cooking choc so chopped that up and used it instead).
7. Divide up mixture between your muffin tins (approx 1 dessertspoonful per fairy cake paper) and bake for 20 mins.



Good luck!

Anna





### **Soda bread recipe by Ruth**

500g any flour /combination of flour lurking in the recess of the cupboard

1teaspoon bicarbonate of soda

1egg

400ml buttermilk or use milk and the juice of 1 lemon or 1tablespoon of jif lemon juice

Combine the dry ingredients

Add the wet ingredients

Mix to a blob

Turn onto floured surface and shape into a ball. Cut an X in the top. Bake 40mins 200oC

Best eaten on the same day.

## *CFR Corona Challenges (CFR CC)*

Challenges will run from Wednesday to Tuesday, with a new one being set Tuesday night ready for the Wednesday, see the closed Facebook Group for the latest challenge. Competitors will earn points for their results in the weekly challenge, 40pts for 1st place, 39pts for 2nd place, down to 1pt for 40th place. Weekly points will be totalled up until lockdown ends and we will have an overall CFR CC winner. If enough people participate as well as having overall winners, I'll organise prizes for category winners.

### CFR Corona Challenge (CFR CC) Week #1

From your own house, on your own, run 10k with at least 400m climb as fast as possible

### CFR Corona Challenge (CFR CC) Week #2

From your own house, on your own, run up to 10k and collect as many individual Strava Segments as possible. Each Segment is worth 1pt. Bonus points are awarded for being top ten (5pts) and being CR holder (10pts).

### CFR Corona Challenge (CFR CC) Week #3

From your own house, on your own, run 5k as quickly as possible (In progress so no results yet)

### CFR Corona Challenge (CFR CC) Week #4

Highest total weekly mileage. Slow burner this week, no last minute pulling bunnies out of hats for the fast ones. Committed all week will rule this challenge.

### CFR Corona Challenge (CFR CC) Week #5

Fancy Dress Run. Run in fancy dress. Various bonus points on offer!

Standard Rules:

- 1) Stick to all Boris's latest advice and be safe.
- 2) Total Strava Running miles only. No treadmill or manual entries.
- 3) Maximum of 1 run per day.

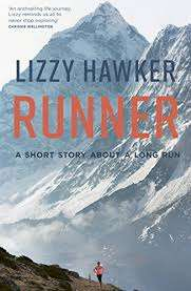
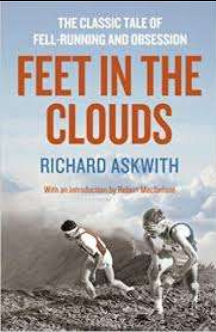
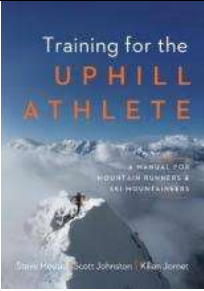
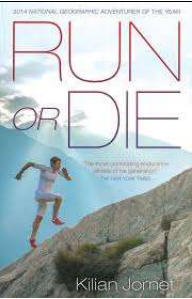
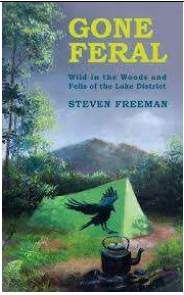
### **STOP PRESS – Results Amnesty until the end of Week 5 (5<sup>th</sup> May)**

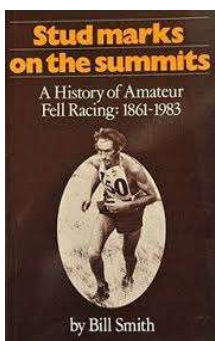
Complete any of the above challenges before 5<sup>th</sup> May and submit to Ryan (either by email if you are not on Facebook, or on the club's Facebook group).

# Lockdown Reading

By Ryan Crellin

Stuck in the house or the back garden? Here is my pick of running books which I think are mandatory reading and since you've got so much time on your hands.....

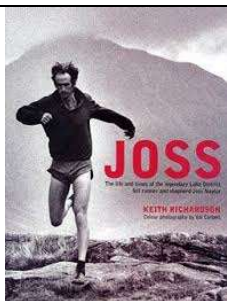
	<p>5-time UTMB winner Lizzy Hawker and her story of running, life and injury. Very good read.</p>
	<p>A classic book which helped introduce a lot of people to Fell Running. It does feel dated now, mainly due to the comments about the aging nature of the sport, over commercialisation, race insurance costs and talk of off-comers.</p> <p>Like it or not it's a classic.</p>
	<p>Training Manual but readable (or at least it was for me) specifically for mountain runners. I've personally used quite a lot of this in my own training.</p>
	<p>Memoirs of Killian Jornet from birth up to 2016. Wonder what he has been up to since then?</p>
	<p>Not read this one yet, but Rebecca says it's good. Steve Freeman lives in the woods, goes fell running and has opinions on stuff. What's not to like?</p>



The definitive work on early Fell Running, and an expensive one at that as it has been out of print since 1986. A quick google and I found a copy for £230, but luckily for us the FRA has an electronic copy on its website.

<https://www.fellrunner.org.uk/studmarks/?p=1>

It covers the history of the sport, racing, rounds, mountain marathons and athletes. It's got some great little gems of history about CFR and some of its early famous runners.



Big coffee table book with some great photography, which tells takes you through the life of "Iron" Joss and some of his many exploits.



Steve Birkinshaw's account and aftermath of his 2014 214 Wainwrights record.

Hopefully it isn't spoilt for you like it was for this amazon reviewer: "I would have liked Steve to have used British or imperial measures of height and distance rather more (alongside metric of course) mainly because Wainwright himself felt very strongly on the issue. For him, Mont Blanc may be 4808 metres but Bowfell will always be 2960'. And, after all, if it were not for Wainwright, this challenge would not exist."



## Ultra Distance Challenges

When the hills are once again alive with the sound of footsteps, then the CFR website will provide you with the inspiration for your next ultra distance challenge. At the presentation evening of 2018 I was inspired by tales of Wainwright book adventures and immediately began planning routes for each book. I realised that by just knowing what others had achieved made it easier to believe such feats were possible. After having completed all the books I fancied another long run but wanted a break from planning – step up Mike Harrison. I downloaded his gpx track of the Abraham's Tea Round from Strava and off I went (of course, safe in the knowledge he'd gone the right way!). I thought it would be great if all this information and knowledge were pooled in one place to both inspire and make planning easier. Mario Yeomans offered to design a page for the club's website and together we've spent several months discussing, designing and collating. Originally, we only included challenges that are local and the kind that you organise yourself but we've widened it to include some local ultra races and non-local challenges such as the Paddy Buckley Round, Charlie Ramsay Round, UTMB TDS and Dot Patton's and Jane Mottram's running 'holidays'.

Mario has spent many hours creating an attractive and easy to use page on the CFR website which looks good on both PC and mobile phone. A screen shot is shown on the left below. Clicking on a challenge displays its statistics and a link to an official website if one exists, followed by a list of names of those who've completed the challenge. If you click on a name then details of their completion are shown and links to their gpx track and report (if available).

If you complete one of these ultras or even one not listed then it would be great if you could provide the details to [webadmin@c-f-r.org.uk](mailto:webadmin@c-f-r.org.uk) so they can be added.

So there you have it – a website of ultra challenges that:

- provides a list of local ultra distance challenges plus some further afield
- is an easy to use source of information to help you plan (including gpx tracks)
- pulls together reports in one place
- acts as a record of completions
- shows you who to ask for advice

So what are you waiting for? Oh, besides an end to lockdown. Happy running!



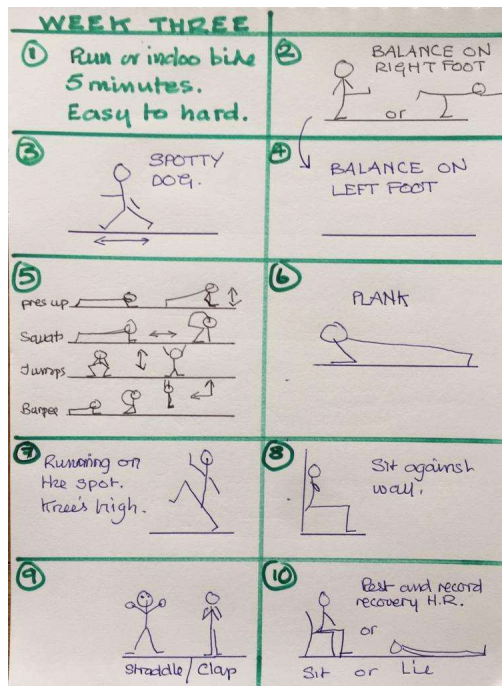
No Cure, Always Hope	
Distance: 62 - 39 miles Ascent: 5,200m - 17,000ft <a href="#">Official website</a>	
21/12/2018 - Mike Harrison	
Time	14:38:00
Solo	No
Support	Yes
Season	Winter
Conditions	Clag, rain
Intended Route	-
<a href="#">Actual Track</a>	

## Isolate then Activate

Following on from the Monday night "Conditioning For Runners", Barry's winter training sessions, Barry Johnson is ensuring that we continue with our conditioning routines to reduce the risk of injury and improve resilience. A group has been set up on WhatsApp with weekly sets of exercises and much banter and encouragement across all of Barry's groups.

As you can see clear instructions are provided, complete with demonstrations (unfortunately I can't add a video to this newsletter otherwise you could see a full demo!).

If you want to join the group just message Barry and he will happily add you to the group.



## Ennerdale Quiz Answers

1. 1968
2. WCOC
3. 1970
4. 9
5. Pete Nelson
6. Barry Johnson
7. Not enough entries
8. Race was altered due to risk of lightning
9. Kenny Stuart
10. 3hrs 20mins
11. Janet McIver
12. 4hrs 1min
13. Simon Booth (in 3hrs 21 mins)
14. 2004
15. John Hunt, Brian Taylor, Ricky Lightfoot, Jerry Dawson, Ian Cousins
16. Rosie Watson