

---

# Cumberland Fell Runners

Newsletter  
August 2020



Sophie on Steeple during her Bob Graham, 24<sup>th</sup> July 2020

---

---

# Contents

<b>Editor's note</b>	<b>2</b>
<b>Club Matters</b>	<b>3</b>
<b>Club meeting summaries</b>	<b>5</b>
<b>CFR club run fun</b>	<b>7</b>
<b>Corona Challenges</b>	<b>8</b>
<b>Kong Summer Series – Virtual Racing</b>	<b>11</b>
<b>Virtual Fell Running Champs</b>	<b>13</b>
<b>CFR Navigation Course Sunday 6<sup>th</sup> September</b>	<b>15</b>
<b>Yorkshire Three Peaks Race 2019</b>	<b>16</b>
<b>Strava Art</b>	<b>19</b>
<b>Orienteering/MapRunF</b>	<b>22</b>
<b>My Bob Graham Round</b>	<b>23</b>
<b>CFR news in the news</b>	<b>25</b>

## Editor's note

Welcome to the summer newsletter and a hello from me as new editor. This edition is very much shaped by the impact the corona virus, but it has not stopped us all having a good time and keeping the club alive and inspiring as ever. Thanks to all that have contributed and hope you like the new format.

Jack Gilbert

# Club Matters

## Committee

Your wonderful club is brought to you by:



**Chairman**

Paul  
Jennings



**Treasurer**

Ann  
Cummings



**Vice Chairman**

Ryan  
Crellin



**Statistician**

Darren  
Parker



**Secretary**

Sophie  
Likeman



**Equipment  
Officer  
Winter League**

Jane  
Mottram



**Membership  
Secretary**

Rob Stein



**Championship  
Show Series**

Dot Patton  
Ryan  
Crellin  
Sam  
Holding



**Press Officer**

Charlotte  
Akam



**Website  
Administrators**

Mario  
Yeomans  
Paul  
Jennings



**Team Captain**

Andrew  
Bradley

## New members

A big welcome to our new members!. We look forward to meeting you on the fell if we've not already!

Pip Conlon  
Therasa Paul  
Katy Pitchford  
Claire Kirkpatrick  
Becky Dawson  
Ian and Amanda Chambers

Kate Danchin  
Rebecca Tibbs  
Paul Dye  
Scott Rose  
Tara Walker-Rose  
Christopher Hufton

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).

## Next committee meeting

The next committee meeting will be held at the end of August or early September and via videoconference. Keep your eyes on the club Facebook page for details nearer the time.

## Dates for your diary!

- Navigation course 6<sup>th</sup> September 2020, Loweswater Village Hall
- We're hoping for a Club social, 14<sup>th</sup> November 2020, probably in Loweswater (village), subject to regulations at the time. Watch this space!
- And.... *Hot off the press!*

The (Virtual) Ennerdale Show race: up and down Knock Murton from the forestry track. Save the date 24<sup>th</sup> - 28<sup>th</sup> August. Details to follow on the website and Facebook.

# Club meeting summaries

Paul Jennings

---

## 30 June 2020

### Club Runs

The club intends to re-instate club runs based on the regulations & guidance from government and the FRA. Details will shortly be coming out, but we will need volunteers to lead each small group. If you are willing to lead a group (doesn't need to be Tuesday or Sunday) please let me or any of the committee know.

### Club challenges/virtual races

It is not intended to put on any club based virtual races at the moment, but the replacement for the CFR Corona Challenges will be more 'race like' and may end up including virtual races. Discussions were held on how to ensure these are inclusive and alternative or add-ons to the current plans were put forward. These ideas are being followed up and the new challenges will be publicised shortly.

We are also considering a single club championship race if it is possible, followed by a social event afterwards (e.g. Mellbreak two tops). This is very dependent on how the virus & restrictions progress.

### Club social night / presentation night

As long as we are able to, the intention is to hold a club social on 14th November - any awards from the challenges or other events will be given out at this event, however the main focus will be socialising (even more than normally at the club presentation!). We intend to hold this at the Loweswater village hall, and will be looking at providing some entertainment such as a ceilidh. Further details to follow.

---

## 19 May 2020 – Zoom

I'd like to thank everyone on the call on Tuesday for a very open and honest discussion, which at times felt like we had very different opinions but I truly believe that our views are very close and we all have the same goals.

### Club guidance on fell running activities

Paul to draft some club statement, which will be circulated to all present at the meeting and to members of the club who belong to the local MRTs, then to share with all club members via SiEntries.

### Virtual races

It was strongly felt that it is not appropriate to hold any virtual races at present, this will be reviewed if the situation or guidance from governing bodies change.

### Club communications

Concerns have been raised that not all members receive all of the information issued by the club, either through not being on Facebook, missing emails through SiEntries and other issues with our approach to communications. An app has been suggested (Spond) which could be used as a potential solution. This will be trailed across the committee initially. [note: it wasn't discussed in the meeting, but I feel that we need to understand how successful our existing routes of communication are, and how best to maximise reaching everyone in the club. If anyone can propose a method of doing this I will be eager to try it.]



The logo for Cumberland Fell Runners is located in the top right corner. It features the word 'CUMBERLAND' in a large, serif font, with 'FELL RUNNERS' in a smaller, sans-serif font below it. A stylized illustration of a runner is positioned between the two text elements.

## Presentation night

Although it is still very uncertain what the position will be in November there was a strong consensus that we should agree a date for a club get together so that we all have a calendar entry reserved. Sophie to agree a date and to review potential venue options.

## Next newsletter editor

A brief request for a newsletter editor for the next issue (one-off issue required only) was requested, but no takers came forward.

## FRA liaison

Due to time limitation this was skipped over, however the FRA has requested that each club nominates a liaison point, outside of the meeting Ryan has put his name forward. If anyone else has a strong desire to fulfil this role please let me know.

## Navigation course

As discussed previously it is proposed that the club helps members develop their navigation skills either through the provision of a course or other coaching methods. In the meeting online resources that have been made available during the Lockdown were briefly discussed, and WCOC are looking at opening up some virtual O courses on the low fells very soon using MapRunF. Steve Breeze to share the details of the WCOC courses once they become available.

## CFR Membership payment holiday

Although much is still happening within the club as highlighted in the recent newsletter, it has been acknowledged that the club cannot provide the full range of activities we would like to and racing is not permitted so representing the club at races is not possible. Therefore it has been agreed that for 2021 there will be a payment holiday for existing CFR members, such that anyone who is a member during 2020 will not need to pay to renew to be a member in 2021.

# CFR club run fun

Jack Gilbert

Following the relaxation of government guidelines, members of CFR have now been meeting on a regular basis since June with Sunday Socials, and small-group Tuesday Club Runs with several runs taking place at the same time but in different locations.

Please see the [website](#) for the latest details. Noted on the website, are the current arrangements we're working with to mitigate risks transmission of Covid. In summary:



- There are multiple runs in each Tuesday, organised slow to fast by 1 to 5 respectively
- Book your chosen run with [clubruns@c-f-r.org.uk](mailto:clubruns@c-f-r.org.uk)
- Apply common sense in keeping distance, minimise shared surfaces, and take a face covering if anyone needs assistance where you would be sharing personal space
- In line with guidance, we are now able to have 12 plus run leader, however the route will determine if fewer is prudent.



It's been great to see the club keep active, give our newer members a chance to meet us and allow everyone a bit more social interaction! Here are a few photos of recent runs in the sun.

I've really missed the regular club runs – it's always great to get out without having to decide where to go or how hard to try. But it's more fun never knowing who you're going to run with, chat to, or meet next! Thanks to all meet leaders!



**Above: Sunday socials**

**Below:**

**The three runs on 21 July 2020.  
Rannerdale Knotts, Beck Wythop,  
Loweswater**



# Corona Challenges

Dot Patton

Thank goodness for Ryan's challenges! During 'Lock Down' it became harder to motivate oneself to run alone whilst club runs and races were impossible and I found these weekly challenges were something to focus on and an aim to get out and run.

I came upon them by accident really. Week one was something to do with Strava segments, I'm on Strava and noticed my run showed 6 segments so I asked Ryan if that counted, he said 'absolutely' so my name was added to the league table and I was hooked.

Each week Ryan posted a running task on the CFR members Facebook page and we were invited to post our results and a fierce competition evolved. I'm not sure if Ryan dreamed up these challenges or he found them somewhere but they were great, varied and challenging, involving speed, distance, route planning and creativity. Rules were simple 'follow government lockdown rules', which meant run alone, from home at first then later a short drive away and on low fells (to follow Mountain Rescue advice). Results were put in order and points awarded accordingly from 40 downwards.

The hardest challenge for me was 'run from your own house 10km with at least 400m climb'.

Sounds easy but I tried 3 times to get a route from my door with enough ascent in 10km without doing mindless hill repetitions, as it was I had to run from Cockermouth to Ling Fell then go up, down and up again.



The easiest for me was 'run at least 5km in fancy dress'! I could only find a cow onesie in





the house (left over from one of my kid's teenage pub crawls I think). I ran through town and Mike took photos and I got my highest score! Scooby Doo, a nun, fairies, reindeer and even Bob Graham went running. Excellently judged by Jessica and Isabel Crellin the winners were James the reindeer and Jenny Jennings dressed in a multicoloured hippy dress.

opportunity helped as I managed to complete all 12 challenges. James was the male winner and looking at his weekly scores well deserved this title.

So a big thanks to Ryan for taking the time to organize this and help keep us fit, sane and connected to our club.



The fastest 5km, 10km and 1mile were easy to do even though I was one of the slowest. The fastest 150m of ascent was ok to find as we could drive to a fell by then. Total weekly ascent and mileage not so easy as other members were running 10 times further and higher than me! 'Scarf's rule was interesting as this involved a calculation to find the equivalent flat distance of an uphill route. So when you're out for hours on steep hilly route and Strava shows you've only done a measly 5km it can be calculated to be much more and you feel much better about it!

The Strava art drove me crazy and I'm sure those with technical skills in planning did better than those of us who ran around like headless chickens. Many thanks to the judges Jessica and Isabel again.

I was dumbfounded to find at the end of 12 weeks I was the lady winner!! I expect time and

And the winners are.....

James Conlon and Dot Patton. Ta da!!!!

Well done everyone who took part especially the dedicated few who managed the full 12 weeks, who are worthy of a mention. They are James, Paul, Graham and Dot.

Thank you to all those that took part, and I hope you enjoyed it. I certainly enjoyed putting them on, thinking up new challenges that were achievable to do from your doorstep and trying to get into your devious minds to think through all the possible loopholes.

*Ryan Crellin*

## Complete results for the Corona Challenges

Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Total
James Conlon	39	38	39	34	40	40	40	38	33	26	31	40	438
Paul Jennings	36	31	38	39	36	39	36	37	36	35	34	36	433
Graham Watson	31	23	28	38	32	27	34	28	40	32	39	32	384
Mike Harrison	34	32	35	36	31	37	38	34	35	36	0	30	378
Andy Bradley	37	33	38	31	0	38	33	36	31	31	35	31	374
Sam Holding	40	40	40	21	0	0	39	39	34	40	36	35	364
Steve Breeze	30	37	32	32	0	32	29	30	38	37	22	38	357
Dot Patton	27	24	24	25	38	29	32	27	27	29	23	33	338
Nick Downes	33	34	31	24	0	30	25	29	26	38	28	37	335
Hannah Bradley	32	36	36	37	0	36	30	33	28	28	33	0	329
Sophie Likeman	38	39	25	40	0	0	37	32	37	34	38	0	320
Jenny Jennings	28	28	22	23	37	0	28	26	24	33	30	34	313
Chris Cripps	29	25	29	33	0	33	31	35	39	0	25	29	308
Chris Draper	35	26	33	30	0	35	35	31	30	0	24	0	279
Ryan Crellin	26	35	34	29	33	0	0	0	29	32	21	0	239
Rebecca Crellin	0	27	23	22	35	25	26	25	23	30	0	0	236
Ruthie Stanley	0	30	21	35	34	34	0	0	0	27	0	0	181
Sian Louise	0	29	27	27	29	28	0	0	0	0	27	0	167
Charlotte Akam	0	0	0	28	39	31	0	0	0	0	29	0	127
Darren Parker	0	0	0	0	0	0	0	0	0	39	37	39	115
Paul Johnson	0	0	0	0	30	0	0	0	25	0	26	0	81
Les Barker	0	0	0	0	0	26	27	0	0	0	0	0	53
Ben Opie	0	0	0	0	0	0	0	40	0	0	0	0	40
John Fletcher	0	0	0	0	0	0	0	0	0	0	40	0	40
Mark Likeman	0	0	0	0	0	0	0	0	32	0	0	0	32
John Bacon	0	0	30	0	0	0	0	0	0	0	0	0	30
Anna Blackburn	0	0	26	0	0	0	0	0	0	0	0	0	26

# Kong Summer Series – Virtual Racing

Sam Holding

It's a strange thing to find your calendar full of virtual races. Not long ago, it looked like we were staring into the abyss; nothing to work towards for the foreseeable future, a summer of racing stricken off, maybe try again next year. Thankfully, these were not the thoughts of more proactive minds than mine.

Firstly, Ryan brought us the CFR Corona Challenges (CC's); a much-welcomed and enjoyable series of 12 varying challenges that gave us a reason to move quickly or think creatively.

Now we have the Virtual Fell Champs and the Kong Summer series and all of a sudden, I find myself having to plan ahead to accommodate this wealth of virtual races, leaving rest days between them and long training runs. It's a wonderful problem to have.

As with the CC's, there's a great deal of enjoyment to be had in route planning for the Virtual Champs, but I'll cover the Kong Summer Series in greater detail here.

The series consists of 5 races:

Race 1 – Stoneycroft Horseshoe – 5 miles

Race 2 – To Hell and back – 15 miles

Race 3 – BB Kong – 5 miles

Race 4 – Borrowdale Bash – 17 miles

Race 5 – Buttermere Sailbeck – 9 miles

Full details of the series and results can be found here:

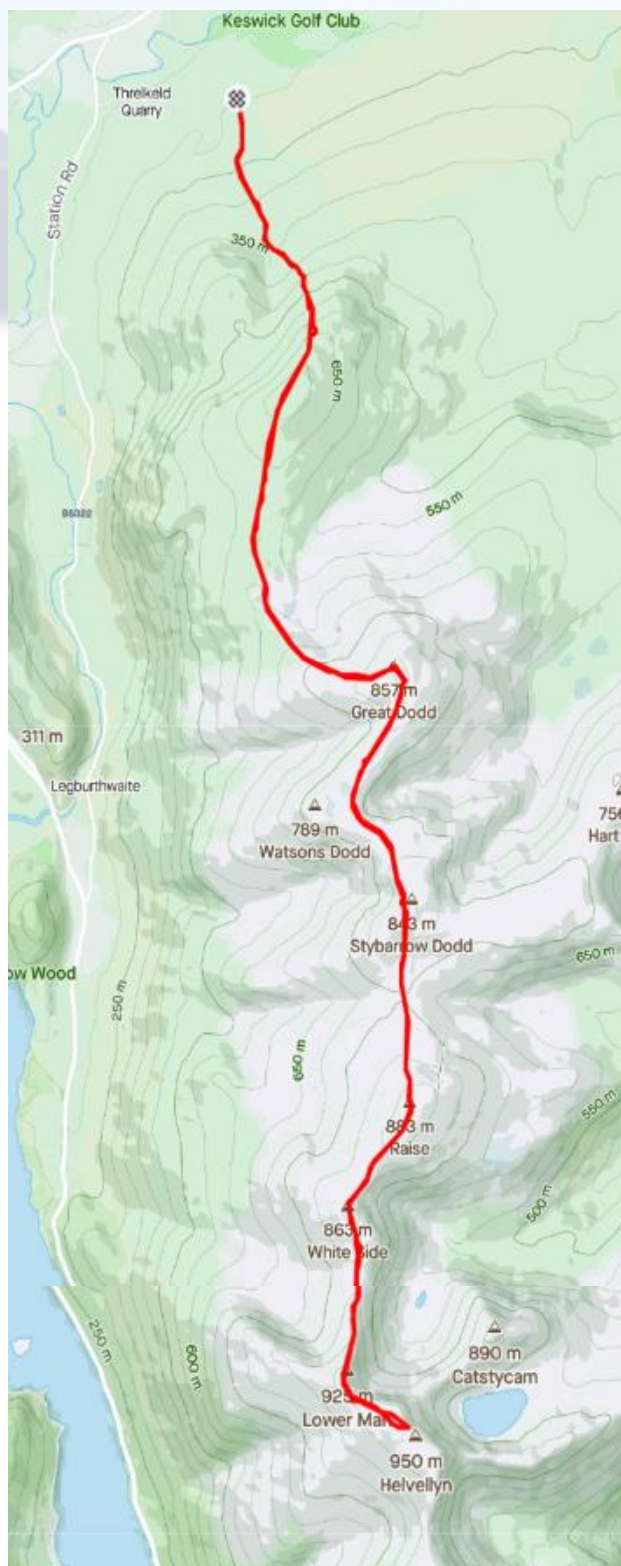
<https://www.kongadventure.com/kong-summer-series/>

Race 1 was a real shock to the system, having not moved uphill at any pace in what left like an awfully long time. Most notable was the effort involved in staying motivated to keep slogging away up Rowling End and then Causey without someone to chase. I was already fairly aware of it, having spent all winter desperately trying catch up with, failing to catch up with and then dreaming about catching up with the backs of Ambleside's Tom Simpson's heels, but it was



**Race 1 - Stoneycroft Horseshoe**





**Race 2 - To Hell & Back**

interesting to confirm just how dependant on Tom Simpson's heels I actually am.

Race 2 was interesting in the sense that you did, to some extent, have something to chase. This was due to the elevation profile of the course, with the vast majority of the climb being out of the way early on, by Great Dodd. Having worked out the average pace I needed to maintain, based on the time I wished to achieve, once I had summited Great Dodd I could steadily chip away at the average time on the display of the GPS watch.

Pacing based on summit times will be very old news to many in the club, but this was something I'd never really bothered to consider before (who needs to, when you have Tom Simpson's heels?) and I found this easily presented format, watching the steady erosion, a great motivator and I'll definitely be applying more effort to see if I can work out similar pacing for the rest of the series.

This was a good race for me. I was aiming for 9:45 min/miles, which I thought would definitely be testing and in reality, was expecting to fall a bit short of this and so I was very pleased to end up averaging 9:43. I also managed to avoid the unintentional spot of sightseeing I'd partaken of in the recce, earlier in the week.

Looking forwards to the short, long and medium that's left. I'd encourage anyone who hasn't tried the victuals yet to give them a go.

### Results so far....

Editor's note: *Sam came 4<sup>th</sup> in Race 1 and 2<sup>nd</sup> in Race 2 and seems to be on for a podium – go Sam!*

# Virtual Fell Running Champs

Mike Harrison

In this summer of no races, virtual racing has sprung up as an alternative for the competitively-minded (and as a means to raise from much-needed funds for charity). The Virtual Fell Running Champs is the brainchild of Rupert Bonington and comprises three races, nominally Short, Medium and Long for a small fee with any profits (and voluntary donations) going to Mountain Rescue. You can run any route of your devising as long as you meet the distance and ascent requirements of each race (plus any other rules that the organizer sees fit to make up as he goes along!):

Short = 4 miles, 900 feet ascent (27<sup>th</sup> June – 5<sup>th</sup> July)

Medium = 8 miles, 1800 feet ascent (11<sup>th</sup> – 26<sup>th</sup> July)

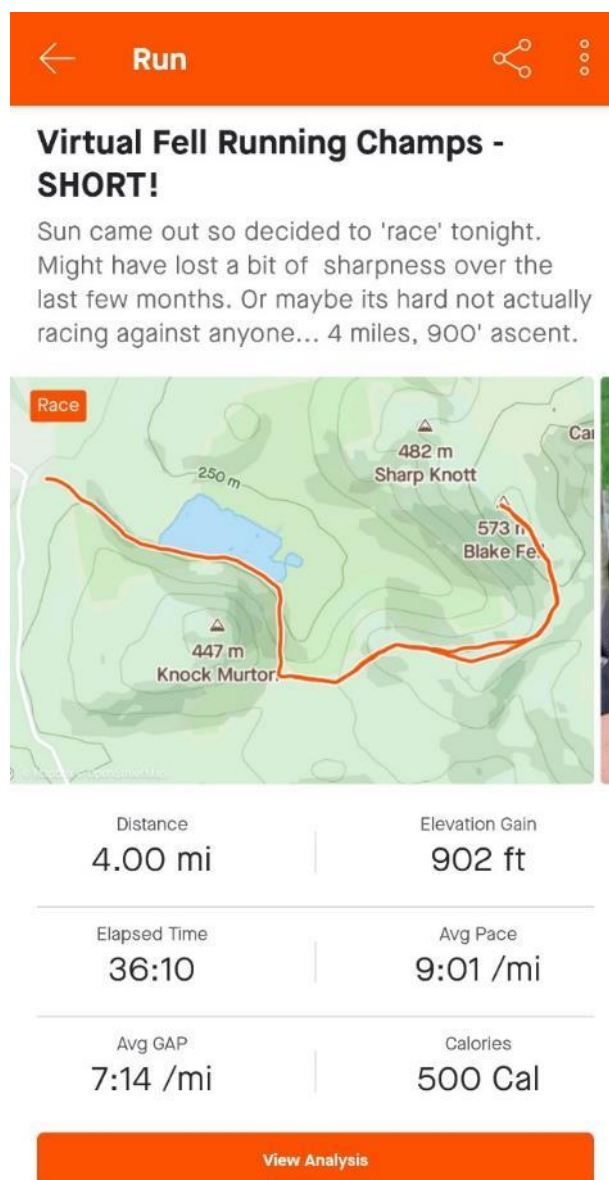
Long = 12 miles, 3000 feet ascent (1<sup>st</sup> – 16<sup>th</sup> August)

There's other rules to make sure your chosen route at least vaguely resembles a fell race, but that's about it. In fact, part of the fun is coming up with your route, with a reccy recommended to make sure that Strava (or other GPX file) behaves itself and meets the requirements. And, there's individual and team prizes, and spot prizes for entering into the virtual kit check picture competition. In fact, it was Ryan trying to drum up interest in the team prize after a bit of Instagram goading from Ben Mounsey that made my mind up to give it a go and sign up for all three!

Short race up first, and the first thing to do was decide on a route. Having Blake on the doorstep helps, as does not having to start and finish at the same place! So, I reckoned it was about 900' from the top of the donkey trod by Cogra (1000') to the top of Blake (1870') going via Low and High Pen and 4 miles if I ran back the same way, down the donkey trod, and along the track from Cogra to the gate above Felldyke. Should in theory be more descent than climb and mostly all runnable. A few tweaks of the route following a reccy (round High Pen on the way back to avoid excess climb) and I was ready to race!

Gentle warm up the donkey trod, then we're off. Start the watch and eyeballs out up Low Pen.

One thing never changes whether the race is real or virtual, I always start off too fast! Push hard for the summit of Blake, reaching the cairn, shout a quick hello to Jennie C who happened to be there at the same time; "sorry, can't stop to chat, I'm racing!". Then I'm on the descent, going fast at first down Blake, but then the trod round High Pen is a rougher than expected, it's a bit steep coming off Low Pen, and you can't really open up down the donkey trod due to its narrowness (and a little slip/trip/fall), all of which slow me down and I don't really gain much from



the extra descent. Frustrated I get down to the gravel path along past Cogra, up the short climb and then along to the gate to finish. It was tough not having anyone to go head to head with along the route, but especially when I started flagging on the flat. Finishing time for the race (after a little bit of judicious cropping on Strava to get the distance and ascent as close as possible to the requirements) was 36.10. Definitely would have pushed myself a little harder and been a little faster in a real race, but ~9 min/mile isn't a bad pace, so happy to upload my result to the [leaderboard](#).

It's early days for results so after being 2<sup>nd</sup> V50-59 for a while I slowly slide down rankings (as



expected) as the deadline approaches, but I end up 135<sup>th</sup> out of 313 'finishers' and 16<sup>th</sup> V50-59. There are some really fast times as the popular routes had taken advantage of relatively smooth, well graded forest roads and tracks. So, perhaps my choice of route wasn't optimum, but at least I went up a fell! Winning time was 23:23, with Mark Likeman and Sam Holding both sub-27 mins and in the top 20 overall fastest times (7 CFR runners in total).

Next up is the Medium Race (8 miles, 1800') and an important rule change! As a result of the easing of lockdown restrictions and the intention that this is a fell running championship, 'vehicle accessible' forest roads should be minimized (to 1 mile at most) and the route must now visit at least one summit/hill top/high point. We're also being encouraged to devise routes that would pass scrutiny by competitors if it was a real fell race, which perhaps excludes having different locations for the start and finish! This is harder than it sounds... the Lake District is not well known for its BM category races. Keeping the ascent down to 1800' over 8 miles isn't easy even on the relatively gentle grassy slopes of the Loweswater Fells, but at the time of writing I've reccy'd a couple of routes and still have 10 days to 'race' before the deadline... It's all to play for!



# CFR Navigation Course

## Sunday 6<sup>th</sup> September

Glenridding Village Hall, Penrith CA11 0PA

Hosted by Charlie Sproson, Mountain Run

This course will be aimed at those who consider themselves competent navigators, who want to improve. It will cover all aspects of open fell navigation, such as that required for mountain marathons and some orienteering.

This course requires the participant to have an existing understanding of how to navigate using a map and compass. For you to decide whether this course is for you, if you can answer yes, to most or all the questions below, then this course is for you!

Can you:

1. Read a map or have a good understanding of it
2. Orientate the Map
3. Use features to navigate and relate your position to the map
4. Make a compass bearing and follow it
5. Understand the contours [even in a limited way]

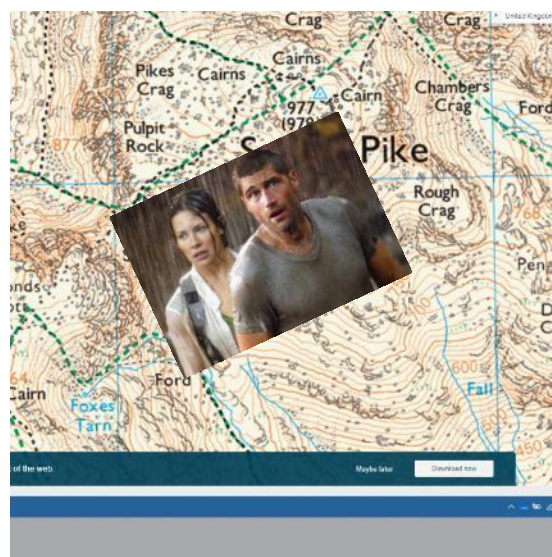
The course will last approximately 6 hours and comprise a mix of theory-based learning and practising out on the hills.

Instructors will be working on a 1:5 ratio. There is enough space in the village hall to ensure everyone is appropriately socially distanced at the 1m+ specification. Everyone attending would need to supply their own PPE, so face masks/buff, hand sanitizer etc.

If you are interested, and wish to express interest in this course, please email [secretary@c-f-r.org.uk](mailto:secretary@c-f-r.org.uk)

Places are limited, so please get in touch sooner rather than later to secure your spot!

If you answer no to the above questions, but are interested in developing your navigation skills, please get in touch. If there is enough interest, we can look to arrange a navigation course for beginners later in the year.



# Yorkshire Three Peaks Race 2019

Mark Wise



Stephen Wilson took this great photograph of two runners completing The Yorkshire Three Peaks Race on 27<sup>th</sup> April 2019.

In this difficult year for Fell Runners he posted it again on Fell Runners UK on the 26<sup>th</sup> April, which would have been the date of the 2020 race, with the caption:

“No duals this year with friends and rivals at the 3 Peaks Race. I love these two giving it everything in the final stretch but still showing the enjoyment from the race”

It was also posted on Cumberland Fell Runners Facebook page where it was seen by both runners, Mark Wise and Rod Welford. Mark is a member of CFR but at the time Rod was not. Stephen would not have been aware of any connection between the two. The photograph has been well received by a lot of Rod and Mark's family and friends and seems to have struck a bit of a chord.

As well as being a fantastic shot there is also an interesting backstory to this photograph.

Rod and I are in fact very good friends who live on the fringe of the Lake District and who both began fell running in 2002 after a night in the local pub. Once we got into it Rod, who always likes a challenge, suggested that we enter the Yorkshire 3 Peaks as it was such an iconic race. He is also a Yorkshireman which might have something to do with it. We looked at the entry requirements and, as a couple of novices, frightened ourselves but nevertheless made sure that we did enough to get an entry in 2003. Whether we would get round the 23 plus miles and the 5,270 feet of climb taking in the summits of Pen-y-ghent, Whernside and Ingleborough was another matter entirely.

We both managed it despite having made the mistake of doing the route the weekend before just to make sure that we didn't get lost on race day. Our families came across on the train for



the day and I remember my 4 year old daughter Emma seeing me running in and leaping at me from the side-lines. I had to catch her and the lunge caused some serious cramp.

We did it again in 2004, the 50<sup>th</sup> anniversary and one of the hottest race days on record with no fewer than 20% of the field dropping out with heat exhaustion.

The next outing was 2007. We thought that we had to do 2007 so that we didn't have to re-qualify for the event in 2008.

2008 and the Three Peaks Race was chosen as host to the 5<sup>th</sup> World Long Distance Mountain Challenge with entries being filled within 36 hours of opening. In what other sport can average runners line up alongside the world's elite? Not many I guess. Once again we got round and what a great occasion it was.

2010 was the next outing and another completion.

We won't talk about 2013 as I ended up on the bus of shame. Rod got round and I hated myself.

2014 the 60<sup>th</sup> anniversary was the next outing and 2015 and 2016 were also completions.

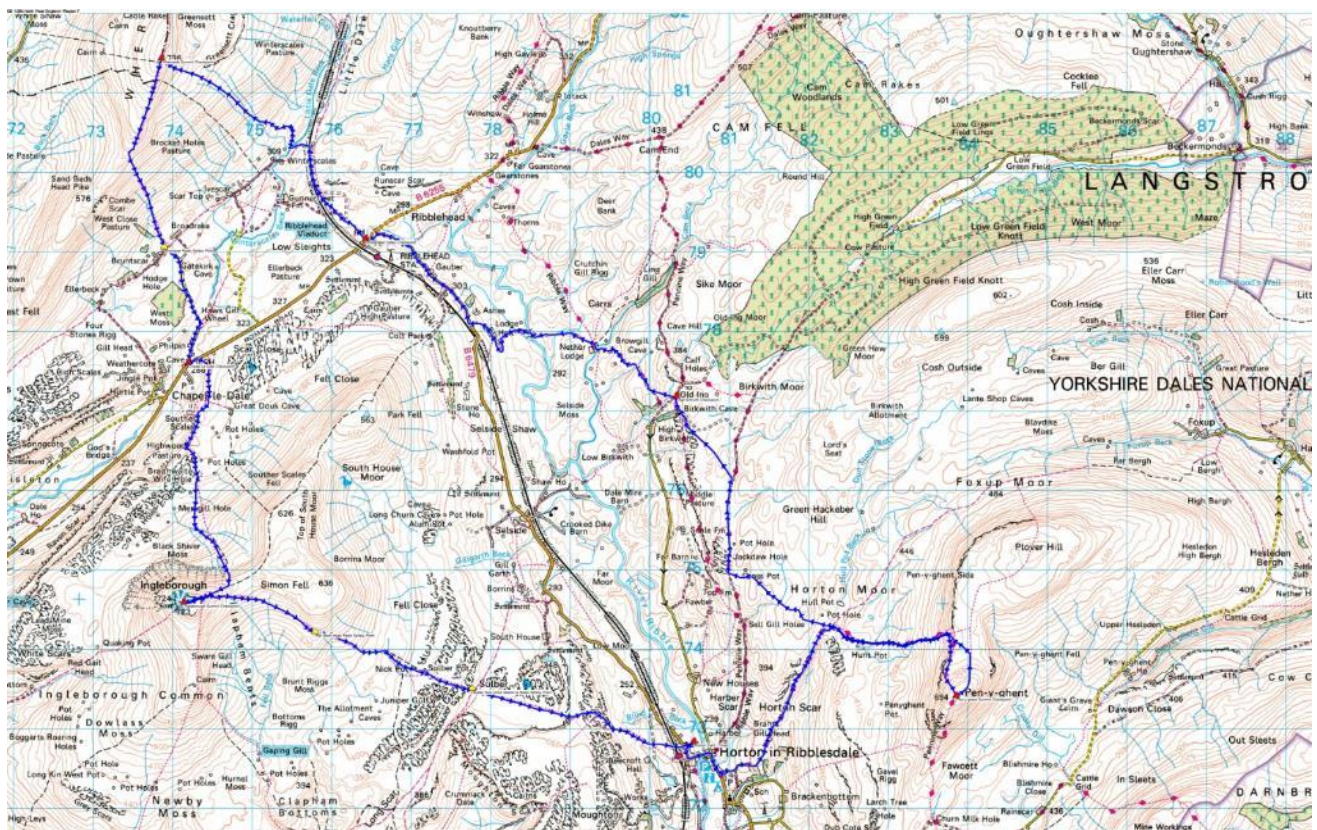
I don't want to get Rod into hot water but the 2017 race was a strange one. Rod is a very accomplished paraglider and after a beer or two

kept saying that what he really wanted to do was fly the race on race day but making sure that he hit all the checkpoints. I really did not take him at all seriously but on race day in 2017 about 20 minutes from the start he disappeared with a strange look on his face only to reappear carrying his ultra-lightweight wing which only weighs 3 kilos. The weather conditions were favourable apparently. He ran alongside me up to the checkpoint on Pen-Y-ghent and took off only to land close to me on the long run in to Ribbleshead. He did the same off Whernside and Ingleborough managing to dib at all checkpoints and ended up beating me by 6 minutes. A moral victory for me in that he was only on the hoof for about 17 miles.

2018 Rod did not start but I got round.

2019 was in effect the tenth Three Peaks that the two of us ran together discounting my DNF and the paragliding.

What I have omitted to say so far is that I have never beaten Rod. He has generally been about half an hour quicker than me but over the last 5 years the gap has narrowed. I have been improving with age and taking things more seriously. You need to as you get older (I am 58) whilst Rod being a few years younger (53) is perhaps slowing up a bit.





## This is the story of the 2019 race and the photograph.

We drove across from Cockermouth the night before and parked up Rod's horsebox at the campsite bearing the usual gift of local ale for Chris the proprietor of the Home Farm site at Horton. We have got to know Chris quite well over the years and what a character he is. Once settled in our usual spot then it was the short walk to the pub for a meal and a couple of beers for pre-hydration purposes and to calm those pre-race nerves. We usually see people who are regular racegoers and then a relatively early night with a nip of whisky as a nightcap knowing we will be woken early.

Breakfast at around half seven and then along to the organisers tent for registration and catching up with people that we know. The Three Peaks Race is fantastically well organised and there is always a great atmosphere making it well worthwhile arriving the night before. It is always a credit to the race committee and the hospitality of the inhabitants of Horton-in-Ribblesdale is always excellent.

The hour before the race is always a bit tense and nervous. The same thoughts emerge without fail every year. Why are we doing this? Why are we so nervous? If only we had done more training. All daft thoughts and questions really as we know we are never going to win anything. The dreams of having a fantastic run, competing with the best, quickly vanish with the realisation creeping in that it will soon become all about just getting round the 23 or so miles with those 3 big climbs and not feeling too done in at the end.

We set off at 10.30 at the back of the field simply because psychologically it is better to slowly overtake people than be overtaken. We had no

intention of attempting to run it together however we both dibbed simultaneously at Pen y Ghent. Rod was marginally ahead at the next three checkpoints and was 13 seconds in the lead at Whernside. I managed to pull it back and got in slightly ahead at Hill Inn but at the Ingleborough checkpoint in the cold, hail and mist Rod was out of sight with a 49 second lead. I couldn't see him and thought... here we go again, I have blown it. I kept going however and with about a mile to go, caught up. We both thought, but without vocalising it, that we should run in together but great respect for each other and a little bit of red mist just did not allow it, and we both kept at it with the lead regularly changing until that last few hundred yards when we were neck and neck at the road tunnel. We really gave it everything when we hit the show field and got a big cheer from the finished runners and spectators. It almost felt like winning. In reality there was no separating us but I forgot to dib and ended up officially 2 seconds behind Rod but with my own PB 17 years after my first outing.

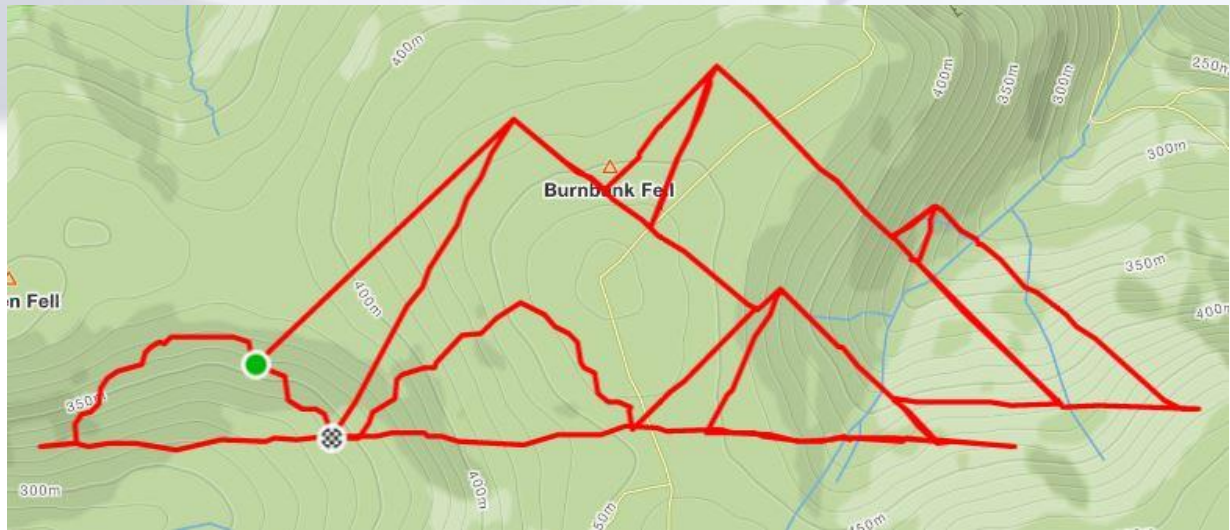
The photograph shows us almost synchronised and quite accidentally wearing similar gear. It is a great photograph which sums up 20 years of friendship, camaraderie and fell running, and very fitting that it was taken at the finish of our 10<sup>th</sup> Three Peaks Race completion and a dead heat at that.

Rod, in the tent shortly after finishing, announced that it was a fitting way to end his last Three Peaks Race which I must admit took me by surprise. We usually stay at the campsite the night after the race and were joined this year by other friends and after another meal and a few beers I did detect a change of heart in Rod.

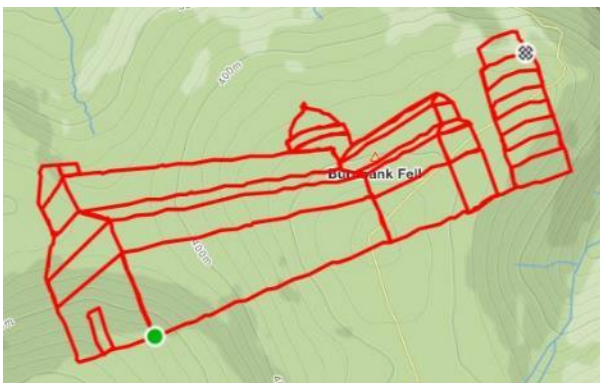
Yes, you guessed it, we both entered for this year's race.

# Strava Art

Darren Parker

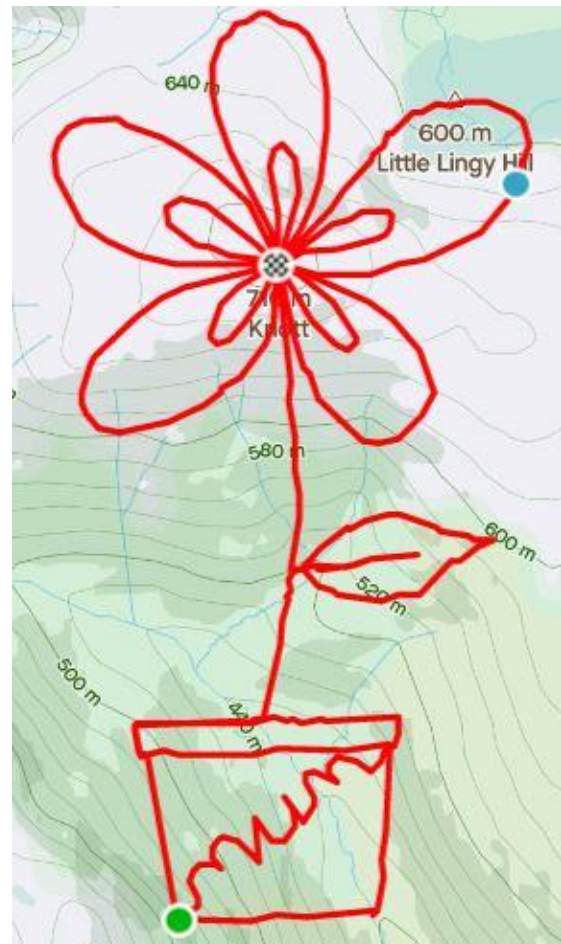


My first memory of someone drawing with Strava was a BBC news article about a cyclist drawing a snowman one Christmas (the earliest reference I can find is [2016](#)). Quite why it popped into my head just before Mother's Day I've no idea. The Covid lockdown required runs to be done close to home so these proved a good way of fulfilling this requirement and covering a good distance at the same time. After starting with the flower, I decided on the theme of iconic buildings to remind us of the world beyond our diminished horizon. The first part of this article describes the fun to be had out on the hill, the second the technical side of creating the plan (so you skip over that one!), and finally are short report of my final building!



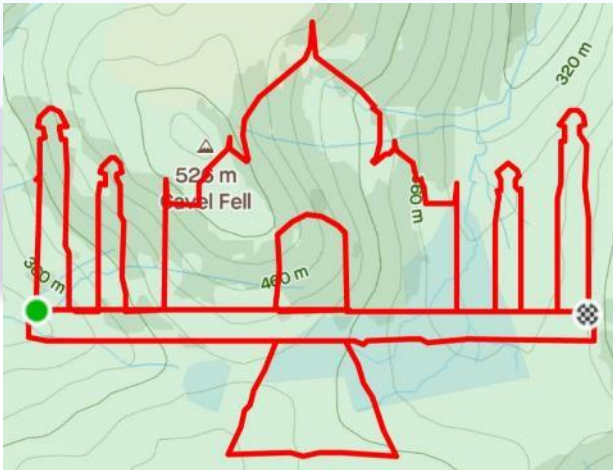
## Walk the Line

Other than making an interesting picture, the challenge is to follow the line as closely as



possible – there's no avoiding heather, bogs or steep ground. I've only been defeated a couple of times, once by a craglet topped with gorse and by a 2m drop into a beck, both of which





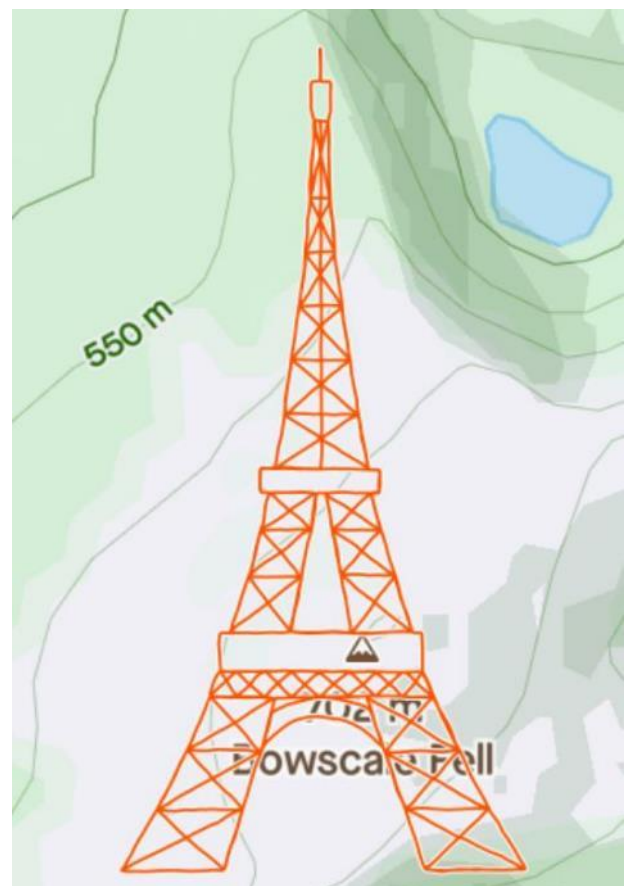
could be bypassed by a small deviation, and once had to pass through a thigh deep swamp. It's quite surprising just how rough the ground can get not far from a path – it's good Mountain Marathon training! I've done similar things in the past, where I've followed a watershed as closely as possible – I'd be walking on the crest of a ridge with a perfectly good path a few metres away! A chap named John Fleetwood did a similar thing a few years back – he traversed the Lakes following a northing line, allowing himself a 400m wide corridor. I can imagine him scrambling up some loose scree whilst watching people ascend a path nearby. It certainly gets you into unusual parts of the landscape.

Following straight lines proved the most difficult and errors are obvious in the resulting picture (no cheating by pausing track logging!); errors are less obvious with curves but you must keep making small adjustments to your line. Following a straight line is made easier if there's something to aim for (and I don't have to stare down at my GPS all the time) – I've headed for fells, gills, villages, trees, tussocks, fences, sheep (somewhat unreliable!), the sun and distinctive clouds or patches of blue sky (also unreliable). An annoying error can occur when descending quickly – as a satellite dips out of view, your position can suddenly jump to the left (followed by a corrective step to the right) which can spoil an otherwise nice line (that's my excuse anyway!). Corners are tricky and I usually end up 'ballooning' round them as I overshoot or try to determine if I'm on the correct line (and the screen of my old GPS unit has the annoying habit of going blank just at this moment as its processor struggles to determine the parameters of the new leg).

## A Cunning Plan

I search the web for a line drawing or photo, print it off at the correct size and sellotape it to a graphics tablet (which fortunately can detect its pen through paper and is more precise than using a mouse). I open Memory-Map, begin a new route and trace the drawing as line segments, remembering that it's as if I can't lift the pen off page and trying to minimise repeating sections. I spent much of the time when doing the Mother's Day flower wishing I'd drawn it on a smaller scale, so I wrote a bit of code to translate, rotate and scale a route by operating on its gpx file. I use this code to enlarge the route so I can tidy it up before shrinking and moving it around until I'm happy with its size and location (time, height gain, avoiding crags, etc!). I do the route as large as my enthusiasm allows to minimise the effect of my errors and those of the GPS. I load the route into my handheld Garmin GPS (and my phone as backup) then head into the hills. I use the Garmin GPS because it allows me to zoom in more than any phone app (smallest distance per mm of screen) thus allowing me to follow the route as closely as possible.

## La Tour Eiffel





The final building was completed on the 1<sup>st</sup> August and it was by far the most ambitious. I covered 17.2km, ascended 1100m, made 135 (significant) turns and it took 4 hours, 10 minutes. The canvas only measured 0.7x1.4km making this trip the largest distance I've ever covered confined to such a small area (I guess it's what track runners do all the time!). Bowscale Fell was the area I had ear-marked for this one when I planned it back in May – no large tussocks, shin-shearing heather, bracken, bramble or life-threatening swamp. The location was also good for the large selection of surrounding hills to aim for. I developed a new

technique when doing a turn – as I approached I looked at the trace on the screen to estimate the angle change; I would then hold an arm out at the same angle and glance to see where it was pointing; I could then immediately set off in the correct direction. It did improve accuracy most of the time but I was still a long way off on occasion; and it did make it look like I was giving hand-signals to imaginary drivers (fortunately the hills were quiet)! I now have a small inkling of what it must have been like to bolt all those cross-braces together – it must have seemed endless.



# Orienteering/MapRunF

Steve Breeze



MapRunF is an App for your Smartphone that has seen a rise in popularity during the lockdown was imposed upon us. It's free to download and was created by a keen orienteer in Australia. It is supported

round the world by a team of volunteers (well-known Borrowdale fell runner Steve Birkinshaw is looking after Cumbria). The whole thing has a bit of a homemade feel and is a little clunky but getting better all the time. There does seem to be a high concentration of software types amongst orienteers that have now developed MapRunG which will run on your Garmin Watch (presumably once they've overcome their cyber-attack).

The App allows orienteers to create courses without putting out those well-loved orange and white flags. If you have the App running you receive a notification once you're in the correct location (the GPS tolerance can be changed to allow for use by cyclists).

What's this got to do with a fell running I hear you ask? I'm sure we'll all agree that good navigation skills are essential for running in the fells but are rarely called upon during a race. Most runners seem to train over familiar ground, so navigation skills are rarely tested. Whilst the best fell runners aren't always great navigators. The best orienteers make great fell runners. My ears always prick up when I hear a fell race was won due to superior navigation. In the year that Victoria Wilkinson took the women's record for the Yorkshire Three Peaks race, the men's race was won by Murray Strain when the leader made an error from the top of Whernside. Taking the right lines in thick fog helped Rhys Finlay Robinson take the British Fell Running Champs in 2016. Many CFR members have had personal experience of thick cloud during the Black Combe fell race, and the subsequent embarrassment that can result.

Like most things, the best way to get good at something is to practise. The world's most successful orienteer was said to practise his navigation for 10 hours a week on top of his regular run training. With no fell races at the

moment now is the perfect time to get to practice. The navigation required in orienteering is certainly different from that required of a fell runner. Fell runners are not likely to enjoy hunting for a 1m high boulder, 1km into thick forest. However, once you can do this, taking the right bearing off a fell top will feel a cinch. That being said, one thing orienteering teaches you quickly is that anyone can make a mistake and this is far more likely when under pressure of a race.

So...West Cumberland Orienteers have set up several MapRun courses over some familiar terrain to CFR runners. Maps are downloaded from the WCOC club website. Once you have printed your map, you select your course on the App and head to the start. Then, navigate between the controls. You have the option of [uploading your result to the database](#) if you wish.

Currently on offer are:

Mawbray sand dunes – great for getting to grips with reading contours as these are marked at 2m intervals.

Sale Fell – This familiar fell to many might feel less familiar on an orienteering map.

Threlkeld Knotts – will be great for testing your compass bearings as you traverse diagonally across steep slopes.

Longlands – probably the course that will give the best 'Mountain Marathon' feel.

Leaps – another familiar area that will leave you feeling a little less familiar by the end.

There is an easy option for all these areas which is great for getting your kids/ grandkids navigating – following paths and making decisions at path junctions.

Being the perfect socially distant sport, competitive orienteering is making a return in August. If you fancy giving it a go, keep an eye on the club WCOC website for details.



**Strava image of Black Combe Fell Race**



# My Bob Graham Round

Sophie Likeman

On Friday 24<sup>th</sup> July at 1am, I set off on a Clockwise Bob Graham Round. This was not the plan until only 12 or so hours before.... I had planned an attempt on the Saturday 25<sup>th</sup> July, I had 2 or 3 pacers organised for each leg, in quite an organised fashion. Then the weather reports started looking vile, "90% chance of rain" "poor visibility" wind speeds rising... then thunderstorms!! If only I was setting off 24hours earlier I thought, where the weather looked far more favourable. I casually started asking my team of helpers whether anyone would be available, and it started to look doable. Mark very kindly spent the Thursday running around making last minute arrangements whilst I tried to finish work as early as possible. I felt sick with nerves, but knew I needed to fully commit to this change of plan for it to stand any chance of coming off.

So, 1am Friday 24<sup>th</sup>, I set off from Moot Hall with Andy Bradley and Sam Holding. Mark and Winnie waving me off, how exciting!!

Leg 1 started off with poor visibility, and very wet conditions under foot, but as first light hit coming off Blencathra, we were treated to a mini cloud inversion, it all seemed worthwhile. After a quick sock change and mouthful of tea and porridge, I was off on leg 2 with Paul Johnson and Phil Archer. Leg 2 felt quite magical having the Dodds all to ourselves. The light was



beautiful and each of the summits felt as though they were arriving quickly, I wanted to bottle up that feeling, it was perfect.

I was accompanied by Phil Archer and Howard Seal on leg 3 who kindly volunteered to help me at very short notice. The dreaded Steel Fell passed quickly, and I settled into the leg which I was most nervous about. Uphill's felt good, it was not until Great End where I started to get a bit tired of the rocky terrain, particularly downhill, but I kept plodding on. Beth Pascall, as some will already know, was out attempting to break the women's record for the BGR, flew past us at an impressive speed coming off Broad Crag. We braved the masses on Scafell Pike and passed [Daisy the St Bernard](#) before she refused to come down off the mountain! Phil led me down into Wasdale perfectly where I think we were both pleased to stop for a rest. I was so happy to see Rebecca Crellin waiting for us in her usual wonderfully organised fashion! A quick snack and sock change later, (thanks Ryan!) I was off up Yewbarrow with Ryan



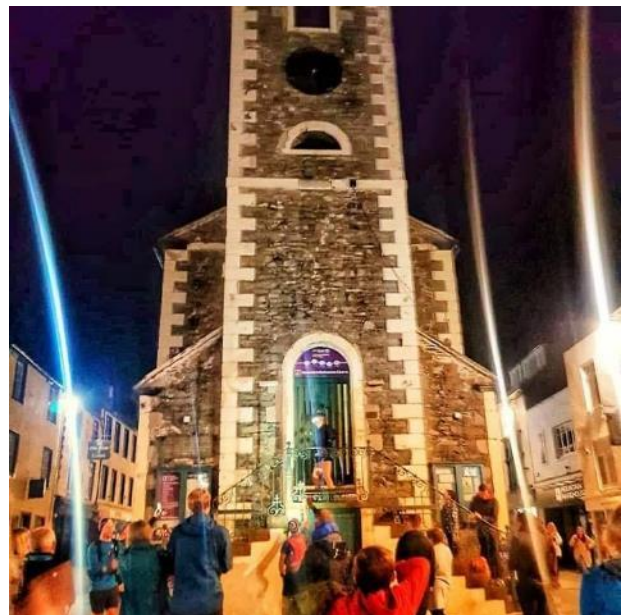


Crellin, Mark Fussell and Huw Brassington. We met Mario Yeomans on Red Pike where he had ran over from Honister. There were points on this leg where I could not breath for laughing, I do not think there was a moment where someone wasn't chatting!! This helped the leg pass quickly, as I was feeling tired at this point. My pace on the flat ground and descent were not impressive. Thankfully, I managed to balance this slow pace out by climbing well, and a sense of humour failure on Great Gable later, I was finally trotting down to Honister Slate mine, a little behind schedule, but not far off.

Rice pudding, potatoes, and coconut water later, I was off up Dale Head. It would not surprise me if people in Keswick could hear my



pacers made up of Miriam Leonard, Mark (husband), Ryan, Huw, and Charlotte Harle, as they giggled and chatted up the fells. Honestly, I found their energy invigorating, even when they were taking the mickey out of my food choices!! Anyway, I forgave them for eating all the haribo as they got me to Moot Hall, encouraging me as I shuffled along the road through Portinscale. I returned to Moot Hall at 11.02pm, having had the most wonderful day out on the Lakeland fells with friends. A day which I think really epitomises what the Bob Graham is all about, and a day which I will never forget.



Thankyou to everyone involved, all the people that sacrificed their time to help me on the Saturday, and those that were able to change their plans at such short notice. Special thanks must go to my husband Mark, for zooming around for me, and for putting up with months of incessant Bob Graham chat and my absence at home due to long training hours!

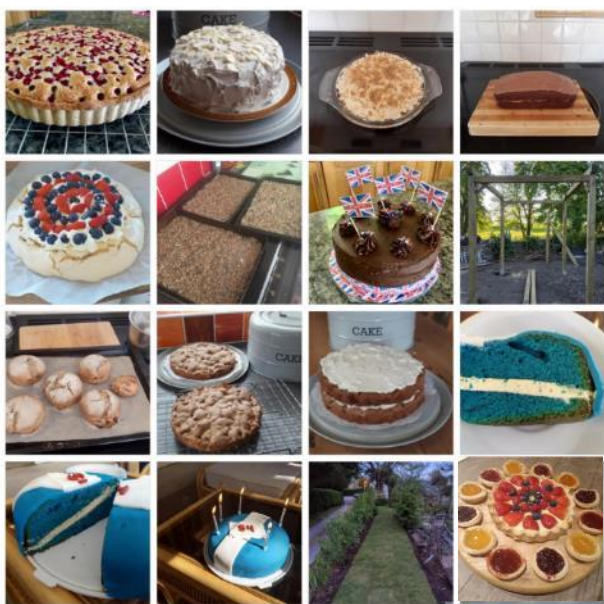


# CFR news in the news

Jack Gilbert

## Cake, anyone?

Lockdown also fuelled further creativity with a little Facebook fun and the formation of 'Creative Fell Runners'. Needing little excuse to make cakes, bread, tarts, wraps, tray bakes and the odd bit of DIY, it has been fun to see what everyone's getting up to. It has viscerally made up for the lack of cake eaten in race HQs and it was seeming to me the club might need a cake based competition series – delicious.



Cake!

## Wainwright for sale?

It came to the attention of Steve B that part of Low Fell was being sold off, and as presented by Mitchells, there was a unique opportunity to [acquire a Wainwright](#).

We're still working on convincing our treasurer that the £175,000 is worthwhile investment. Maybe cake sales will get us there.

## Twenty four hours of run fun for CFR

CFR also made local news with a double page spread in the News & Star regarding the Greener Miles Running - 24 hour virtual relay challenge, where teams had to clock up the



Nearly Low Fell?

most distance in 24 hours with each member running for one hour. Our two teams, team Flora and Team Fauna (52 CFR, so that's slightly less than an hour's running each) cumulatively covered 295 miles. Team Flora and Team Fauna were rallied by Charlotte Akam and Sian Spencer and members were encouraged to document their entries with flora, fauna, and cake.

It was good to have an excuse to put on the club vest but others opted for fancy dress. My favourite quote on the event is from Charlotte:

'We had a lesser spotted Copeland penguin, a cow, frog, owl and Gruffalo.'

Team Fauna, captained by Charlotte, ran 143 miles and Team Flora, captained by Sian, ran 152 miles.

