
Cumberland Fell Runners

Newsletter
December 2020



The Wasdale Womble's Birthday Celebrations

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Editor's note

Welcome to the winter newsletter! Although this edition is shaped by the impact the corona virus, it's only the lack of mass start races that make this obvious – everyone has been having lots of adventures and keeping the club alive and inspiring as ever, on foot, on wheels and in the water, near and far!

If you've articles ready for the next issue, or have comments and corrections, don't hesitate to email me at jackgilbert89@gmail.com.

Many thanks to all that have contributed and best wishes for the holiday season.

Jack

Issue 2: updated to include a missed article from Ryan on the No Cure, Always Hope Ultra (sorry Ryan!) and the AGM held on 8 December 2020.

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



**Newsletter
Editor**

Jack
Gilbert

New members

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

Ryan Parker
David Bowness
Jenn Bradley
Fayth Bowness
Robert White
Christine Denwood
Simon Franklin

Gavin Lockie
Ellie Debenham
Caitlin Pearson
Divya Conlon
Isaac Fielding
Neil Carrick
Denise Howie

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.

Next members meeting

The next members meeting is the AGM on the 8 December 2020 at 20:00. This will be held via MS Teams videoconference and all members should have received an email from SiEntries. It's also on Facebook. Contact Paul if needed jennings.carrhouse@gmail.com.



Dates for your diary!

- The Virtual Winter League is ongoing:
 - The Hay 12 – 20th December 2020
 - King of the Castle (uphill only TT!) 10th January 2021
 - Kong Virtual races to follow



Club meeting summaries

Paul Jennings

AGM 8 December 2020

Attendance: Paul Jennings, Jenny Jennings, John Fletcher, Andrew Bradley, Ryan Crellin, Sophie Likeman, Chris Draper, Charlotte Akam, John Reynolds, Jane Mottram, Ava Grossman, Jack Gilbert, Dot Patton, Mario Yeomans, Ian Chambers, Darren Parker, Steve Parker, Sian Spencer, Rob Stein, Denise Howie.

Apologies: Anna Blackburn, Claire Russell, Lindsay Buck, Howard Seal.

Chairman's Report - Paul Jennings

It has been a very different year to normal, with only one main championship race completed before the Lockdown. However thanks to many members the club has continued to flourish, and hopefully it has provided mutual support over this difficult year. Key highlights covered over the course of the year (together with the people the chairman thanked);

- Get Friendly in the fells & Sunday social – Lisa
- Corona Challenges – Ryan
- Greener miles challenges – Sian & Tara
- Summer Virtual Fell races - Kong running & Ben & Rupert
- Newsletter – Jack (& all of the contributors)
- Club runs – Charlotte, Jenny, Rob, Mike, Sian and Heidi
- Graystones Time trial – Sophie & Mark
- Sale fell virtual race & winter league – Jane & Jim

Membership Report - Rob Stein

- 173 members: 162 senior members, 5 social members, 6 Under 23s. This is compared to 166 last year.
- 36% are female, and 64% male.
- 16% Under 30, 32% Under 40, 55% Under 50 and 83% Under 60. Demonstrating a continued growth in the younger membership figures.
- As previously agreed there will be no charge for existing members to continue into 2021. No change in the fees for new members was proposed.

Treasurer's Report – Ann Cummings

The accounts show the club has £9,885 in assets (of which approximately £1,500 is held as stock – club vests & T-shirts & other garments). There has been very little expenditure this year, with the key items including the subsidy of the club cycling top. A question was asked on the impact of rolling over membership fees – it was estimated this would cost the club around £2,000 so reduce the assets down to around £8,000.

Junior Report – Chris Draper

Due to Covid-19 no championship has taken place this year, however there has been a group of around 10 active juniors attending the Saturday morning training which has taken place whenever



possible within regulations, and six juniors competed in the virtual Sale fell race. Chris requested that anyone who can help with the juniors to contact him – whether that is on the Saturday training, or any aspect of any of next year's races when they can restart, or any other support provided. The accounts currently show that the juniors currently hold £1,488.

Committee for 2021

No immediate changes were made to the committee, Jane Mottram stood down from the winter league organiser for 2021/22 but has agreed to continue with this winter's league.

Chair - Paul Jennings

Team Manager - Andy Bradley

Treasurer - Ann Cummings

Newsletter - Jack Gilbert

Secretary - Sophie Likeman

Press Officer - Charlotte Akam

Vice-Chair - Ryan Crellin

Statistician – Darren Parker

Membership Secretary - Rob Stein

Website – Mario Yeomans

London Marathon place

Due to the 2021 London Marathon taking place in October, the club entries are not yet open. Club applications will open in March 2021. A call out for anyone interested in a club place will be put forward once the club has been allocated a place.

Race Selection Committee for 2021

Due to the ongoing restrictions it is currently not possible to propose a race selection which matches the standard championship format. Therefore two proposals were put to the AGM for voting;

1. Put any decision on races on hold until March next year, and then have a special members' meeting to agree what to do about races.
2. Start races at the normal time (February/March) but with virtual races/time trials counting towards the championship, and to include the races as the opportunity arises (with suitable notice period).

The preference of the members at the AGM was option 1, so no race selection committee was chosen.

11 November 2020

Club runs

Club runs are currently on hold due to government regulations; it was agreed to re-start as soon as we are allowed. Very good turn out on recent club runs. It was suggested that the presence of a 'level 4' group was publicised on the website. Action Paul to speak with Rob O. Depending on regulations and interest a second 'level 4' group may be required.

Virtual races/winter league

The winter league got off to a great start with the Graystones time trial, and all is in place for the Sale Fell race. [post meeting note - which went very well as well!] It is still hoped that the King of the castle and Kong virtual races can go ahead, but Kong are awaiting updates on government guidance before arranging a winter league of their own.

Navigation training

Navigation training is still planned to go ahead, dependent on regulations. Currently 17 members are booked on the event.



Membership rollover

Membership roll over, this is still going ahead. Paul to speak with Rob S. to sort out process with SiEntries, it was suggested that we should check that individuals want to continue membership instead of assuming so.

Junior update

The restart of the junior training was going well until the recent lockdown, some juniors have entered the Sale Fell race [post meeting note - and have done very well!]

Newsletter

Jack Gilbert intends to pull together a winter newsletter shortly, and a request for articles will be posted soon.

Presentation night

We are still very keen to hold a presentation night, albeit virtually. Ryan to discuss options with Sophie, proposed evening for 12th December.

AGM

This is provisionally booked for 8th December, to be firmed up shortly.

FRA race registration

A discussion was held on Race Organisers' plans for next year, normally the ROs need to submit their races to the FRA for inclusion in the handbook, however the FRA are not publishing a handbook next year so there is no pressing deadline for registration. Currently all ROs in the club at the meeting are waiting to see how the virus pans out, no alternative plans for Covid secure races have been proposed yet.

8 September 2020

Social Evening

Currently we have a booking with the Loweswater Village hall for 14th November. It was agreed to hold this booking if possible, and as long as it doesn't involve making a deposit on the hall. We will watch this space and within 2 weeks of the event make a decision based on current guidance - the event would then be based on everyone bringing some food to share (if allowed) and drink.

Club runs

[Note the meeting was held just before the announcement about the limit to six people in a group, although EA guidance indicates this does not impact on club runs]

Currently we have around 15 people attending 2 - 3 club runs on both Tuesday and Sunday. Most run leaders are happy to continue with the current arrangements, so it is intended to continue as is. Rob Oliver will continue to lead a group tempo run, but the location will not be advertised on the website but either on Facebook or via a WhatsApp group to enable changes to plan based on conditions. Contact Rob if you want to be involved. The Random runs group is also available (and very random).

Newland valley races

The Newland valley races (Newland memorial and Teenager with Altitude) were postponed from April to November. Les Barker would still like to continue with the race but asked for views from the members before progressing further. A range of topics & challenges were put to Les, including the time the marshals will be on the fells in potentially winter like weather, potential issues such as very



wet parking fields, how the event will be Covid secure, overall race schedule. Les gave a good response to all of these challenges, but it was felt that to progress he also needed full backing from the FRA and National Trust [post meeting note he has received this backing from both groups].

Virtual Races

The committee started off by thanking Tony Jewell for the successful Virtual Ennerdale Show race which was well supported with 27 racers. Discussion was held as to whether additional Virtual races could be put on, and whether there was a desire to hold them. Sufficient interest was shown, however currently the forestry commission is not supporting any organised events on their land including virtual races and so many of our normal races would not be possible to put on. Three were selected as potential races - Sale Fell (Jane to investigate), Hay (Sian to discuss potential to hold a joint virtual race with DAC), Buttermere show race (Paul to discuss with Andrew Bradley prior to progressing further). A further option of Gavel was suggested if there are issues with the other routes.



Navigation course

Very positive feedback from the navigation course at the weekend was provided. Although this was initially pitched at more experienced navigators wishing to enhance their skills, the format actually allowed for a wide range of abilities. There appears to be sufficient interest in a further course, possibly aimed at less experienced navigators. Sophie to investigate options.


Christmas Pudding race

Jim and Jane have decided not to continue organising the Christmas Pudding race, the committee thanked them for all of the work they have put into this race over the past 10 years, turning it into a highlight of the Christmas season. It was decided not to arrange anything this year as the event would not be the same if run under the current restrictions. Discussions were held over the possibility of registering this race outside of the FRA as it probably would not come under the definition of a fell race (see below). Options were put forward but given it will not happen for over a year this was put on hold for now.

FRA licensing & rule changes

As our FRA liaison officer Ryan can a brief overview of the changes that the FRA are putting into place for next year's races. The key changes are summarised as;

- No FRA race will be allowed to use GPS for navigation, except in an emergency (and the race organiser cannot issue GPX files).
- Only fell races which go over 'genuine fell terrain' will be allowed to register with the FRA.
- Commercial races will not be registered - all races should either be non-profit, or only raise funds for charity, or minimal funds for clubs.
- Price banding based on different pre-entry dates is not allowed, although a different entry fee for pre-entry and on-the-day is allowed.
- Different entry fees for FRA members and non-members is allowed (but not mandatory as previously planned), up to a maximum of £2, £3 & £4 for short, medium and long races. Note



that the additional fees for non-members do not go to the FRA but are kept by the Race Organiser

- Flagging of routes is only allowed on sections to avoid dangerous ground or to avoid sensitive areas.
- Aid sections are not expected on fell races, except on exceptionally dry courses.

CFR club run fun

Jack Gilbert



It was with great pleasure members of CFR could continue meeting for runs 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. Thanks to all run leaders!

The November Lockdown put a stop to this of course, but we had a number of great runs out in great later summer and autumnal weather tiding us over into Winter. Thankfully, now the Lockdown as lifted (2 December 2020), English Athletics Guidance permits them once more.

We're looking for a run leader for the higher pace group(s). Get in touch with Paul if you're interested in leading. There's plenty of support and advice in the club, so don't feel like you'll be alone on it! jennings.carrhouse@gmail.com.

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
- 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 mostly setting suns – a great time to run to see the fells, skies, waters looking so golden.

Many thanks for sharing your snaps and for these photos here, Jenny Chatterley, Anita Barker, Rob Oliver, Mike Harrison, and Charlotte Akam.

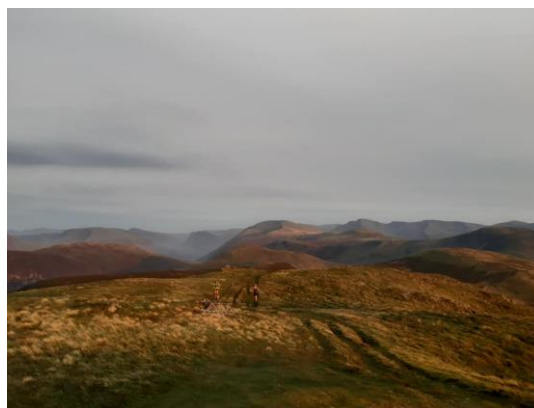


COVID-19 TIER RESTRICTIONS ATHLETICS & RUNNING: OUTDOOR



ACTIVITY	TIER 1 (Medium)	TIER 2 (High)	TIER 3 (Very High)
Outdoor Organised Group Activity / Group Coaching in Covid-secure environments	<ul style="list-style-type: none"> Permitted (adults and children). No socialising before and after sessions. Groups larger than 6 allowed. If running off-track avoid running into Tier 3 areas. Adhere to coaching ratios. 	<ul style="list-style-type: none"> Permitted (adults and children). No socialising before and after sessions. Groups larger than 6 allowed. If running off-track avoid running into Tier 3 areas. Adhere to coaching ratios. 	<ul style="list-style-type: none"> Permitted (adults and children). No socialising before and after sessions. Groups larger than 6 allowed. If running off-track avoid running into Tier 1 or Tier 2 areas. Adhere to coaching ratios.
Outdoor non Covid-secure environments (including unorganised and non-coached activity)	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. If running off-track avoid running into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. If running off-track avoid running into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted but required to follow the Rule of 6. If running off-track avoid running into Tier 1 or Tier 2 areas.
Outdoor Competition	<ul style="list-style-type: none"> Permitted. Adhere to England Athletics and government competition guidance. Do not travel into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted. Adhere to England Athletics and government competition guidance. Do not travel into Tier 3 areas. 	<ul style="list-style-type: none"> Permitted. Adhere to England Athletics and government competition guidance. No travel into or out of area to compete or officiate.
Outdoor Spectators/Supervision	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the venue. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating to adhere to government guidance on large events and be within the capacity of the venue. Parent/guardian supervision permitted (one per athlete). 	<ul style="list-style-type: none"> Spectating NOT permitted. Parent/guardian for supervision or safeguarding purposes.

PLEASE NOTE that guidance may change at short notice and restrictions may be reintroduced.
To stay up to date with England Athletics return to activity guidelines visit www.englandathletics.org
To stay up to date with the latest government guidelines visit www.gov.uk/coronavirus



Ennerdale Show Virtual Fell Race

Tony Jewell

The show in 2020 was cancelled due to Covid 19 restriction. It was decided to keep the tradition of the fell race alive and give the runners a chance to run the course over the week of the show 24-28th August.

Individual runners or small groups of runners were able to test themselves against the clock, submitting their times via social media to make up a results sheet. Twenty seven runners took up the challenge over the week. We had a mixed bag when it came to the weather; Monday being the best day but after that it came in poor including rain, strong winds and poor visibility, but this did not put runners off.

The fastest time was recorded by CFR runner Sam Holding in 13.46.

Fastest lady was Jennie Chatterley also CFR in 17.32.

It was good to see runners from other clubs taking part too:

- Black Combe Runners.
- Cumberland AC.
- Millom Striders.
- Bodyfit.
- Derwent AC.
- CFR.



Ennerdale Show Virtual Fell Race results 2020.

1. Sam Holding 13.46 M Senior. CFR **Winner of the Jock Ireland Trophy.**
2. Tim Ripper 15.01 M Senior. BCR **Age cat winner**
3. James Conlon 15.06 M Senior. CFR
4. Paul Jennings 16.19 M V 50 **CFR Age cat winner**
5. John Revill 16.58 M Senior CFR
6. Mike Harrison 17.12 M V 50 CFR
7. Jenny Chatterley 17.32 L V 50 CFR **1st Lady.** CFR Mug, Buff and shoe bag.
8. Ryan Crellin 18.11 M Senior CFR
9. Nick Downs 19.44 M V 45 CFR **Age cat winner**
10. Beth Ripper 20.04 L Senior BCR **Age cat winner**
11. Andrew Kelly 22.28 M Senior CAC
12. Angela Jackson 22.42 L V 45 CFR **Age cat winner**
13. Mark Holmes 23.09 M V 50 Bodyfit.
14. Angie Cooley 23.19 L V 55 **Age cat winner**
15. Sian Louise 23.57 L V 40 CFR **Age cat winner**
16. Kimberly Summers 24.05 L Senior DAC
17. Jen Frazer 24.15 L V 50 CFR **Age cat winner**
18. Jenny Jennings 25.19 L V 55 CFR
19. Michelle Kirkpatrick 26.15 L V 40 DAC
20. Rebecca Crellin 26.21 L Senior CFR
21. Jane Mottram 27.07 L V 65 CFR **Age cat winner**
22. Dot Patton 27.25 L V 60 CFR **Age cat winner**
23. Emma Jackson 27.48 L V 40 Bodyfit
24. Sharon Graham 28.30 L V 50 Bodyfit
25. John Hetherington 28.47 M V 60 Bodyfit **Age cat winner**
26. David Heardman 29.02 M V 55
27. Rachel Read 30.31 L V 50



The Virtues of Virtual

Jim Fairey

When Lockdown1 arrived in March this year it quickly became apparent that mass start races would not be possible. The idea of Virtual Races was muted but got reactions such as:

- Not the same as a real race
- No-one will want to take part
- Not suitable for a Championship event.
- Let's wait until end of lockdown when all will be right for real races.

However, even with end of lockdown, the replacing Covid restrictions just did not allow for mass starts. The idea of Virtual was re-visited and the Winter Series was re-designed with 6 races as usual.

Luckily, Race 1 took place when the Covid group limit was 6 persons. Sophie Likeman organized a Time Trial where Covid restrictions could be fully adhered to.



The November race was due to be the ever popular Sale Fell Race but, with a mass start of 138 in 2019, it was obvious that Virtual was our only option. Remarkably, the running community fully took to the format, conquered the technology and found it a great distraction from all the other world events which were trying to dampen our spirits.

So, here are a few facts about Race 2 – Sale Fell.

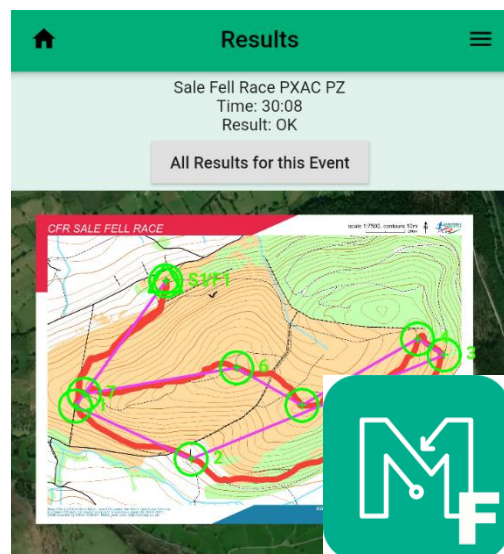
- 122 people expressed interest in the race
- 94 finished and posted a time including 36 CFR seniors and 6 CFR Juniors

- Of the 94 finishers, 56 did the course once, 28 did it twice, 9 did it 3 times and one person did it 5 times!
- 2 entrants renewed their CFR membership
- 1 new junior was added to that section
- £75 raised for CMRT.

Comments and feedback received were;

- Thanks for organizing – much better than just going for a training run
- My first Fell Race and I won a Category prize!
- Made me concentrate on my map reading
- The App worked really well
- Thanks – it's made me get out!!
- Enjoyed the daily updates – fun seeing how the leader board progressed
- Really enjoyed the course
- When is the next race?

So, Virtual has its place in our running calendar. Of course, it's not the same as a mass start event but it has given runners something to participate in, given CFR some valuable publicity and kept the organizer out of mischief for 9 days.

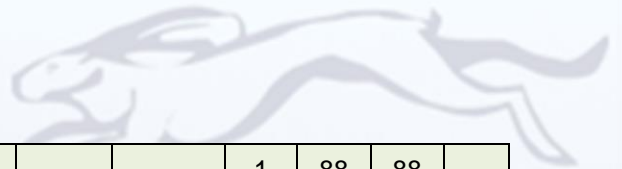




2020 Winter league results so far...

Jack Gilbert

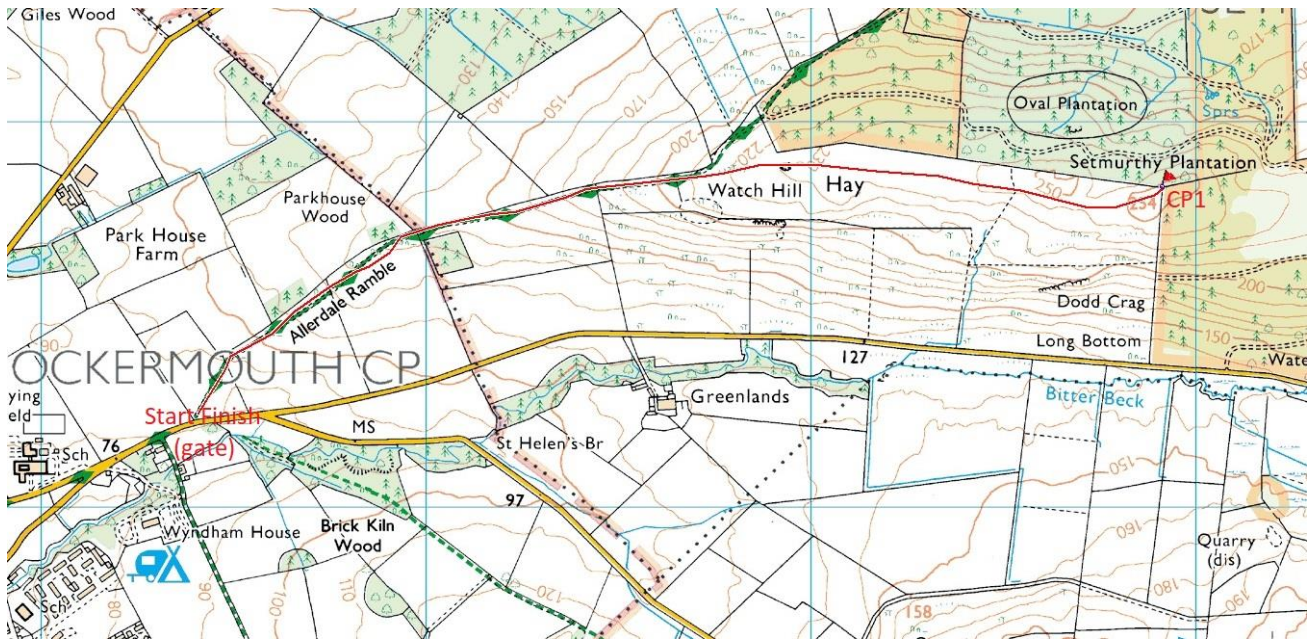
Open			Graystones	Sale Fell	The Hay	Kong 1	Kong 2	Kong 3				
Position	Name	Cat	22/10/2020	7-15/11/2020	12-20/12/2020	Jan 2021	Feb 2021	Mar 2021	# of races	Total Points	Best 3 races	4th race
1	Mike Harrison	MV50	99	98	-	-	-	-	2	197	197	
2	Andrew Bradley	MV55	95	96	-	-	-	-	2	191	191	
3	Paul Jennings	MV50	97	93	-	-	-	-	2	190	190	
4	Rob Oliver	MV45	90	94	-	-	-	-	2	184	184	
5	Jennie Chatterley	FV50	93	88	-	-	-	-	2	181	181	
5	Ruth Stanley	FSen	92	89	-	-	-	-	2	181	181	
7	Ryan Crellin	MSen	87	84	-	-	-	-	2	171	171	
7	Simon Franklin	MV50	89	82	-	-	-	-	2	171	171	
9	Ange Jackson	FV45	82	76	-	-	-	-	2	158	158	
9	Les Barker	MV50	83	75	-	-	-	-	2	158	158	
11	Darren Parker	MV50	84	72	-	-	-	-	2	156	156	
12	Graham Watson	MV55	85	67	-	-	-	-	2	152	152	
13	Jane Mottram	FV65	80	62	-	-	-	-	2	142	142	
14	Dot Patton	FV60	81	60	-	-	-	-	2	141	141	
15	Rebecca Crellin	FSen	79	59	-	-	-	-	2	138	138	
16	Mario Yeomans	MSen	-	100	-	-	-	-	1	100	100	
16	Sam Holding	MSen	100	-	-	-	-	-	1	100	100	
18	Jack Gilbert	MSen	-	99	-	-	-	-	1	99	99	
19	Rob Stein	MSen	98	-	-	-	-	-	1	98	98	
20	Harry Yarrow	MSen	-	97	-	-	-	-	1	97	97	
21	Sophie Likeman	FSen	96	-	-	-	-	-	1	96	96	
22	Mylo Jewell	MJun	-	95	-	-	-	-	1	95	95	
23	Peter Dawson	MV60	94	-	-	-	-	-	1	94	94	
24	Brian Thompson	MV55	92	-	-	-	-	-	1	92	92	
24	Steve Parker	MV55	-	92	-	-	-	-	1	92	92	
26	Claire Russell	FV45	-	91	-	-	-	-	1	91	91	
27	Daisy Woodcock	FJun	-	90	-	-	-	-	1	90	90	



28	Hannah Bradley	FSen	88	-	-	-	-	-	1	88	88	
29	Tim Cook	MV40	-	87	-	-	-	-	1	87	87	
30	David Bowness	MV55	-	86	-	-	-	-	1	86	86	
30	Lindsay Buck	FV60	86	-	-	-	-	-	1	86	86	
32	Luca Roberts	MJun	-	85	-	-	-	-	1	85	85	
33	Klemen Zafred	MSen	-	83	-	-	-	-	1	83	83	
34	Mark Wise	MV55	-	81	-	-	-	-	1	81	81	
34	Nick Downes	MV45	-	81	-	-	-	-	1	81	81	
36	Gavin Lockie	MSen	-	79	-	-	-	-	1	79	79	
37	Jenn Bradley	FSen	-	78	-	-	-	-	1	78	78	
38	Ann Cummings	FV60	-	77	-	-	-	-	1	77	77	
39	Fayth Bowness	FJun	-	74	-	-	-	-	1	74	74	
40	Nick Moore	MV60	-	73	-	-	-	-	1	73	73	
41	Sian Spencer	FV40	-	71	-	-	-	-	1	71	71	
42	John Reynolds	MV60	-	70	-	-	-	-	1	70	70	
43	Juliet Fullwood	FSen	-	69	-	-	-	-	1	69	69	
44	Ava Grossman	FSen	-	68	-	-	-	-	1	68	68	
45	Ian Chambers	MV40	-	66	-	-	-	-	1	66	66	
46	Phil Hawley	MV65	-	65	-	-	-	-	1	65	65	
47	Jack Hufton	MJun	-	64	-	-	-	-	1	64	64	
48	Jenny Jennings	FV55	-	63	-	-	-	-	1	63	63	
49	Jess Autie	FJun	-	61	-	-	-	-	1	61	61	
50	Barry Johnson	MV80	-	58	-	-	-	-	1	58	58	

Winter Series 2020/21 - Race 3

The Hay (virtual) Race



5.5km - SENIORS ONLY – Pre-entry required. £2

Request Registration and further details from

jim@fairey.org before 19th Dec

Race open Sat 12th Dec – Sun 20th Dec 2020 inclusive.

With your entry you can put in as many attempts as you like. Your best time will be used in the final results.

Start/Finish at the Gate: GR: NY 134 312

This is normally a Derwent AC event. We are grateful to them for allowing CFR to hold this virtual event as part of CFR Winter Series.

Supporting Cockermouth Mountain Rescue Team



Joss Naylor Lakeland Challenge - 15th August 2020

John Fletcher

Having lived in Wasdale for a few years and being fortunate to often bump into Joss when running on the fells, as I turned 50 years, he kept suggesting that I should attempt his "crossing". Knowing about the 12hour schedule, some of those who had completed it, and my abilities (or lack thereof) I kept muttering poor excuses to him, attempting to stall him for just 5 years!

I eventually found the perfect excuse as osteoarthritis took over my right knee resulting in even less of an ability to run and then a high tibial osteotomy to realign my knee which left me with a metal plate and half a dozen screws in my leg. Thankfully as the months of rehab went by, I was back on the fell and plodding once again, with 55 years of age (and an additional 3 hours for the crossing) coming into view!

I hatched the plan that this is how I would spend my 55th birthday in April and started training. Coronavirus and it's lockdown put a stop to that, albeit I was able to keep training and run from home onto the lower Wasdale fells during this time. My training concentrated on steady climbing - as the fell running legend himself said "get the climb in yer legs lad, and everything else will tek care of itself".

With that sound advice come 15th August I had managed 350,000ft of ascent over about 1000 miles since January. I had looked at the route a fair bit and particularly Leg 4 I like to view as my "back yard"

Cumberland Fell Runners and friends had been really generous with offers of pacing and support

- so much so that I had a reserve list to try and comply with Covid guidelines once the Challenge was reinstated. My thanks go to all.

I spent a pretty much sleepless night in a hotel outside Pooley Bridge and managed a 1.5 mile

warm up from there walking in to the village with all my kit, supplies and overnight gear. First tactical error.....

The weather forecast was the stuff of dreams but likely to be hot later in the day. No worries, I thought.

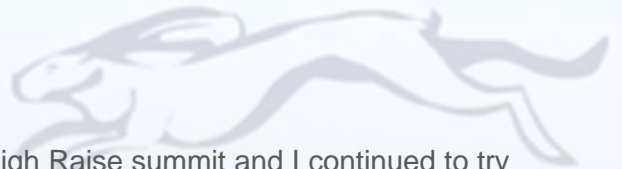
At 5am it was cool and still as I set off in the hugely capable and experienced company of Tim Ripper and Jimmy Walsh. A clear dawn was breaking and all was well. I felt rested, fuelled and quite emotional. On the road section before the campsite I turned to them and said, "I can't believe I'm actually doing this!" whilst grinning from ear to ear. Then it was up onto the Ullswater fells to be greeted by a stunning cloud inversion.



My schedule gave a little more time than the standard schedule on Leg 1 and aimed to make up this time on the later legs. The plan was for 14.5 hours.

As each top came and went it felt good to be shaving some time off. Worried about going too fast too soon, the advice I got was as long as I felt I was running within myself, try and get some time in the bank given the warming weather. How true.....

I had promised myself to try and run "in the moment" as the experts say, and not look too



far ahead. At this stage this proved amazingly simple given the conditions we were blessed with.

We arrived at Kirkstone 30 minutes up on schedule - so "in the moment" we had been that Leg 2 support had not been informed we were up on time which resulted in them scrambling for kit and supplies, which was quite a giggle. David Powell Thompson provided road support throughout and fellow CFR members Paul Jennings and Daryl Tacon saw me through Leg 2. The weather was starting to warm up as we climbed Red Screes and despite me saying I wanted to stay on schedule pace I naively pressed on and the wise heads with me tried to calm me down! The cloud inversion remained and we joked about those below who would probably be cursing the morning weather as another dreary Lakeland day!



A few minutes were shaved off again and as we descended through the bracken of Seat Sandal things were definitely starting to feel furnace like (I had a flash back to the Wasdale race in 2013 when many of the field retired early at Greendale due to the heat).

At Dunmail I took a seat and felt a bit queasy. David had bought a bag of ice to put in my replenished drinks. I declined, thinking it would mean I'd have less to drink and settled for putting ice under my cap - not thinking straight here!! Rice pudding and peaches helped and off on Leg 3 up the lovely Steel Fell with Mike Harrison and Sam Holding from CFR. It was mid-day and baking hot. Even the bogs of Brownrigg Moss felt warm. It was a relief to

reach High Raise summit and I continued to try and stay "in the moment" but thoughts turned to Bowfell as I felt after here, I was heading home. I made the most of the spring at the bottom of the ascent path near Hanging

Knotts with a good head dunk! At its summit I got a burst of adrenaline - nothing to do with heading home but the idiots who were on top blasting music out.

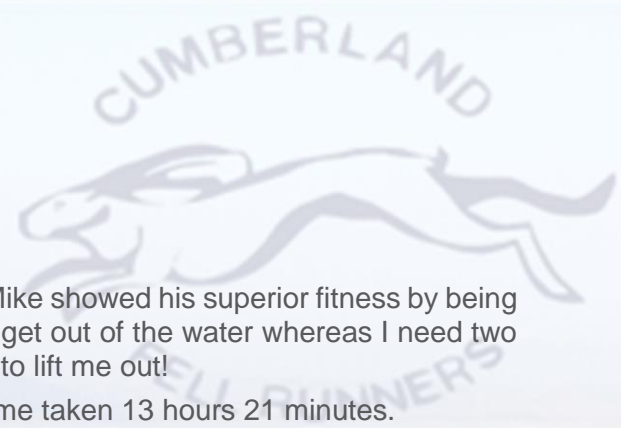
The heat continued to turn itself up with Esk Pike simply radiating. Mike and Sam were keeping

me on schedule to the minute but cramp was starting. Salt tablets and more electrolyte kept it at bay for a while but Great End Band did its best to work against those positive effects.

Arriving at Sty Head I got the ultimate lift. Joss had made it up there and I sat down for a word only to let out screams and expletives as both my calves locked up with cramp! I was struggling to eat now but was told I must open the sandwiches from Tracy my wife. I duly did to see another encouraging note within from her. That, with Joss telling me to "just get my head down" spurred me up Gable, ably paced by Bill Williamson and force fed (literally) jelly babies by Peter Ferris. Off there and up Kirk Fell, where I had my first doubts about finishing as both legs locked totally with cramp. Peter deployed his massaging skills there and then and I'm not sure which hurt more! He got me moving again. It felt as though the salt tablets were not working as well now so it was a case of relaxing as much as possible and moving smoothly - how easy it is to type that now! , we started to make a few minutes up on the Leg schedule as we picked up further support en route in the form of Sue Naylor, Paul Hayes, Debs and Chris Cripps and Klem Zafred.

Bill took us a slightly gentler line off Haycock that helped which really only left the Lakeland fell which has no father - Seatallen!

That done, David Powell Thompson and Mark Kendall made it onto Middle Fell also. Almost job done. Photo time and possibly my slowest descent ever of my home fell, whilst almost causing a couple of pacer pile ups as I went into emergency braking mode with cramp.



Greendale Bridge was humbling, being met by Joss again and friends and family.

I was soon followed in by Mike Robinson and his team which was great as we shared the

beck. Mike showed his superior fitness by being able to get out of the water whereas I need two people to lift me out!

Total time taken 13 hours 21 minutes.



NC500 à vélo

Pete Walmsley

Like most people, when lockdown round 1 hit, I suddenly found myself with too much time on my hands. When, after a week I'd got sick of running around Setmurphy woods, I dusted down the bike and started to venture a little further from home. I discovered the likes of Whinlatter, Honister, Newlands and Wrynose and had soon signed up for a 5-day unsupported biking event in Corsica (BikingMan Corsica) for October 2020 "oh yea this will have blown over long before then". I trained consistently three times a week for the six months in the run-up to the event, but two weeks before the big day, RyanAir decided to cancel my flights. With a week booked off work and six months of cycling in my legs, I needed a new goal – something close to home. A friend suggested to use the time to do the North Coast 500, although I think the suggestion was to take the van, I had other ideas...

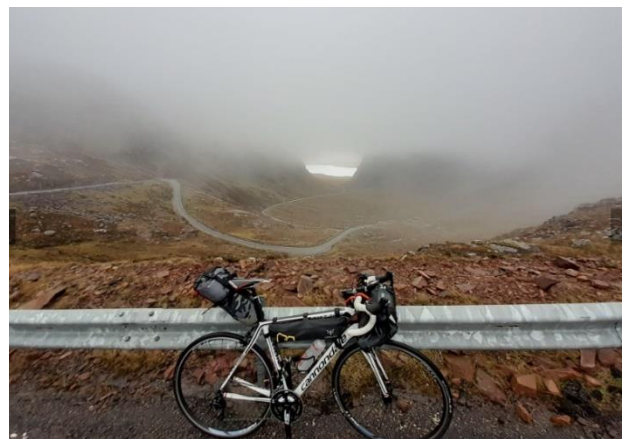
The route

The North Coast 500 (NC500) is a route which starts at Inverness, takes a main road West to the Atlantic ocean then, depending whether you're in a car/van or a motorhome, you either follow the main road North around the coast and back to Inverness or a series of very narrow windy roads which hug the coast ultimately ending in the same spot. The route was the creation of the Scottish Tourism Board to bring people to the North of Scotland and has been very successful - maybe too successful - there are known cases of hostility between locals and tourists. The route I decided to take was a variant on the standard route, taking in as much of the off-the-beaten-track and as little of the main road as possible. It was the brainchild of Mark Beaumont, the same guy who's cycled around the world in (less than) 80 days, who has the record for Cairo to Cape Town and who cycled the 497-mile North Coast 500 in 37 hours.

Day 1 - 95 miles – 2,478 m elevation

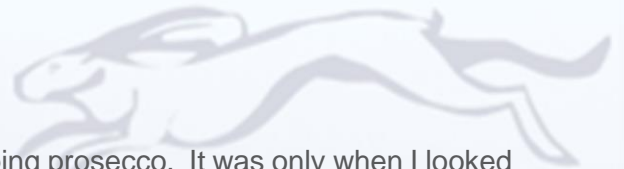


I parked the van about 20 miles north of Inverness and set off at promptly at 8 am (or thereabouts). I headed West, where I soon realised the rear light of my bike had fallen off. "No problems" I thought, as luckily, I'd decided to bring two rechargeable front ones. I made good progress, until I got to Bealach na Bà, a winding single track on the Applecross Peninsula. Built in 1822 and engineered just like the famous passes of the Alps, it features a series of winding hairpin bends rising at sea level to 626 m – the third highest road in Scotland.



Nearing the summit of Bealach na Bà

It had rained on and off all day, but I soon found that the weather is approximately 10 times worse at the Applecross Peninsula. I found I no longer had to cycle; the wind was blowing me up gradients of 20%! They say there's a fine



line between pleasure and pain, as I found when the direction or the wind suddenly shifted, and I found myself lying by the side of the road having been blown into a crash barrier. A cockney couple in a Kia Sorento pulled over next to me to see if I was ok "Yes" – I replied, just happy the bike was in one piece. I arrived at YHA Torridon at 6.30 pm, very cold but fortunate for the warmth and cooked meals and three of Scotland's finest real ales.

Day 2 – 116 miles – 2,463 m elevation



That night at the Youth Hostel, I'd booked an AirBnB in Loch Inver for the following day, approximately 115 miles away. I was carrying a bivvy bag (glorified plastic bag) and sleeping bag/mat but I decided that it would be as a last resort to have to use them. Conscious that I had no rear light, I set off at 7am, just as it was going light and I was in immediate awe with the towering mountains that I didn't notice the night of my arrival. The day was mainly uneventful, although I did come to realise the importance of eating. It was the end of October, the half term was the week earlier in Scotland, and being 'close season' there weren't many places open. I was limited to petrol stations, and these were few and far between. 40 miles is nothing in a car, but on a loaded bike it's a good few hours. I stopped at every opportunity, even in cases where there was a petrol station on entering a town and one leaving. It's fair to say I soon got sick of petrol stations. The scenery was incredible though, very Jurassic Park-like. I arrived at my accommodation soon after night fall, run by a very friendly Scottish army-mad bodybuilder called Craig, sat in his outdoor hot-

tub sipping prosecco. It was only when I looked at the accommodation options, did I realise that the following day would be big, to the order of 160 miles. I had to get from Loch Inver (part way up the West coast) to the equivalent position on the East coast, by traversing the North coast.

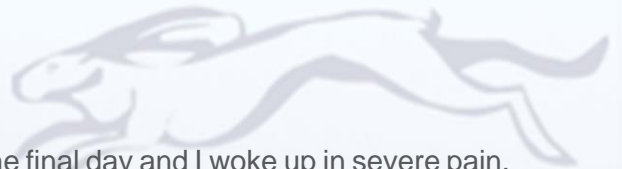
Day 3 – 158 miles – 3,640 m elevation



I snook out the house at 4.45 am and it was raining hard. I switched my front light on and hit the road. I was really struggling; the two preceding days were taking their toll. I passed through small hamlets and, as the sun started to rise, I noticed the outline of stags on the hilltops, observing me curiously. I made it to Durness on the North coast by 10 am, the sky was clear and for the first time in 3 days, I felt the warmth of the sun. The beaches here are truly beautiful, turquoise sea and white sands, it was like I was in Corsica after all!



Finally, at the North coast: beautiful weather just outside Durness on Day 3.



Nevertheless, it was tough going, steep climbs and sharp descents set the tone of the day. At about 4 o'clock, after nearly 12 hours on the bike, I reached the road which would cut from the North coast down to the East coast town, Helmsdale, where I'd be staying the night. "39 miles" the sign said. I pulled out the remainder of a 'Scottish tablet bar' I had tucked in my bib shorts, the end was a slight off-green colour but I'd refused to throw it away earlier and right now I needed all the energy I could get. The next three hours lasted an eternity, every mile here was equivalent to ten from the first day. The sun that I'd associated with the north coast soon gave way to blinding rain once again and, by half 5, it was dark. The light from my front light reflected into the fine rain leaving me squinting and with severe tunnel vision. I arrived at the farm where I was staying the night in a converted barn to the surprise of the farmer who "was not expecting a cyclist in October".

Day 4 – 85 miles – 1,156 m elevation



It was the final day and I woke up in severe pain. My Achilles were very sore. I rolled out of bed at 6.30, glad that this day should be by far the easiest day on paper. After a delayed start consisting of three cups of coffee and several hours of procrastination, I got on the bike and hit the road. Although I was very tempted to stick on the A9 and roll back into Inverness, I hadn't come here for an easy time and stuck to the planned route. I made good progress, the terrain was distinctly flatter than the previous three days and the going was easier. Unfortunately, Inverness is a major town and is well signposted, I soon found myself mile counting and time inevitably slowed; the rhythm of switching between being seated and out-the-saddle became a painful ritual. I eventually make it back to the van and ventured into town to find the sorts of food you can't buy in petrol stations, a vegetable biryani in this case. I stayed in a small AirBnB bungalow for a couple of days to recover where I ate a considerable amount of food and explored some of the local forests and a whiskey distillery.

Reflection

Multi-day long distance cycling is not something I'd done before so I was interested to see how I'd cope. I was prepared to suffer and although most of the time it was a bit of a sufferfest, it wasn't all that bad. As with fellrunning, there were plenty of incredible moments amongst the pain, staggeringly beautiful landscapes/sunsets /rainbows/ wildlife, and the feeling of being free from the incessant rush of life, if only for four days. I learnt a lot about cycling and bikepacking and, with my race entry for Corsica kindly deferred by the organisers, my goal for 2021 will be to complete BikingMan Portugal.



The Fell Runners Association (FRA) – Membership. Should I join?

Ryan Crellin

Following a plea at a recent (ish) FRA Race Organisers Meeting for clubs to support the FRAs aim to increase the number of active Fell Runners to join the FRA, I thought that I would write this article for our club newsletter.

As a club we have always encouraged CFR members joining the FRA, this has mainly been that you get 3 issues of The Fellrunner magazine and the annual fixtures handbook every year for £16. Which I've always thought was worth it. The magazine is good, and getting better and frequently has articles, mentions and photos by/of fellow CFR members and friends from other clubs. I also really enjoy, despite the races all being listed on the FRA website, sitting down over Christmas/New Year period with the handbook and planning out my races for year.

However, at the meeting the FRA representatives were keen to highlight other benefits, future benefits and other reasons as to why they would like more Fell Running Club members to join the FRA. So, I'll quickly run through the main reasons.

Benefits:

- Supporting the Organisation which enables you to race. This is the biggest benefit that I see the FRA providing as it means Race Organisers and Clubs can keep the sport low cost. Not sure if everyone realises this but all races that are registered with the FRA, as most of ours are, get all the insurances covered for free. We also benefit from some national agreements to enable us to run over land especially in the Lake District for free, the National Trust being the main one. Not only does it allow us to

run races in our beloved Fells it means we can do it cheaply. Compare the cost of Wasdale Horseshoe (£14) to Scafell Sky Race (£95). Yes, one is commercial and one isn't but the support from the FRA enables these races to stay non-commercial.

- Annual Handbook and Fixtures Calendar
- The Fellrunner Magazine
- Prioritised entry to English Championship Races
- Discounts with FRA Sponsors/Partners

Future Benefits

Differential Race Fees – Whilst this is not going to be mandatory in 2021. It is looking likely that non-FRA members will pay a higher race entry fee than FRA members. Similar to how at road races non-EA registered athletes pay a levy on the entry fee. It will be worth joining the FRA just to save money at races if you are doing 4 or more races per year. The argument for introducing this differential, is that it means that FRA members are no-longer subsidising non-FRA members in the administration of the sport.

So, in my humble opinion, £16 a year to ensure the future of your sport, support the ROs who put the races on and get three good magazines a year is an absolute bargain.

[Join the FRA here.](#)

Ryan Crellin CFR – FRA Liaison Officer



Q&A with Rosie on the New Story Run

Rosie Watson

Rosie kindly agreed to answer the questions raised on Facebook over the last week. You can read more about the [NSR here](#).

Which country has had the best/most novel running food so far?

The bean soup that they make in almost every mountain hut in Bulgaria definitely got me through the final push (for 2020) in September! It's the perfect fuel - enough protein, salty, nutritious, super thick, and really great with lots of bread. They also make the most incredible egggy-bread for breakfast - another great running fuel - somehow it turns out super crispy.

But the best food in general was definitely Albania - everything was so fresh. You would never find bread, cheese, or yoghurt in small shops as people just made their own; but if you asked for it they'd send a kid running off to a house who'd come back with homemade bread and fresh white cheese to sell (this was in the really rural hilly northern part)! They also had incredible salads - the classic was tomato, cucumber, cheese, green pepper and onion. Vegetables have so much more flavour there because of the sunshine - I'd never been much of a salad person before but these were amazing. And the chips were always freshly cut fried potatoes - never ever pre-bought - nicely salty for the super-hot weather.



How should parents encourage their kids to be adventurous?

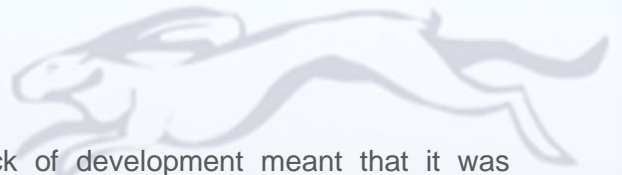
I haven't thought that much about parenting so will improvise an answer! 😊

I think being adventurous is more to do with a mindset than the outdoors (Al Humphreys' Living Adventurously podcast is a good example of this - he interviews chefs, business owners, writers, artists etc).



Maybe it's to do with having the curiosity and creativity to think of ideas and then the confidence to carry them through - and that's definitely something parents could help their kids develop. I think lots of it might be to do with giving kids lots of independence and not being too worried about health and safety, not wrapping them in cotton wool etc. I went on my first solo camp at quite a young age, for example! The other is being supportive of ideas they have - anything they're passionate about, not just outdoors stuff - don't ever be tempted to be a 'dream squasher'! Even if it sounds ridiculous, go down the route of 'wow cool idea, how would that work? How can we help?' I'm sure so many people don't ever do the things they'd wanted to do, due to having too many 'dream squashers' in their lives both in childhood and adulthood.

You can also gain a lot of confidence by having a good relationship with your body. I think that's



a massive challenge for kids now - especially girls (I am very glad I am not a kid in this age). Unfortunately, most messages we get 'from society' are strongly on the side of 'your body is all about how you look', and 'exercise is to make you look a certain way/be a certain size'. It's impossible to avoid those messages completely but the outdoors can be a great place to learn that your body can help you to do cool stuff, and make you feel good and strong! Girls are at a massive disadvantage in terms of this as they get so many more messages of 'being pretty is the important thing' - so try not to add to that by talking about how they look (e.g. "aw you look nice today" to your daughter, but "aw you ran so fast in football" to your son) - focus more on what they've done, e.g. "you looked super strong there/sounded really intelligent!" instead of "you looked great out there". It all makes a difference. But mostly I think it's important to support your kids in their interests, even if it doesn't interest you. Don't try and make them into a fell runner if they want to be a fashion designer. Both could be equally adventurous!

Finally a simple one could be having magazines and books around that show people doing adventurous stuff, or going to Kendal Mountain festival for example, to help them find role models that have the things I mentioned above (good relationship with their body, push their limits in some way etc).

Hope that helps!

Which country was your favourite and why?

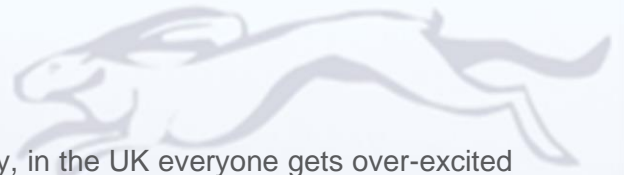
Probably Albania. I only went through the northern part, but it felt really different from any other European country. It only recently (90s) came out of being totally cut off from the rest of the world due to what was called a communist regime but sounded more like a dictatorship. Maybe that's why it feels so different? The way of life in the northern mountains though is really cool to see - a lot of people still travel and transport things (including over big mountain passes) with donkeys/horses, there are villages tucked away in mountainsides not connected to roads, and people are really connected to their land.

The lack of development meant that it was perfect for my trying to avoid tarmac roads - most 'roads' would be dirt tracks which helped my feet/legs a lot! There were very few trails marked on any maps which was annoying at first, but became more of an adventure when I just embraced it and tried to use Google Earth images or guesswork to figure out where tracks might be (varying degrees of success)!



The best thing though was how friendly people were - cars would often stop to chat and find out where you were from, people in villages would call you over to ask how you were, if you asked for a water bottle top up you'd get a bottle of ice back and three cucumbers. Most people didn't speak English but would still make loads of effort to communicate. It's a really important part of the culture to treat visitors very, very well in Albania, so I felt warmly welcomed everywhere. Mike jokingly described Albanians as almost having 'aggressive hospitality' - which I agree with - for example I was hosted for so many nights at one point that I really missed camping, but because of how people were there I had to actively try and avoid people as the evening got closer as I knew someone would stop and start asking if I had a place to stay, and be totally horrified about the idea of letting me camp! There was also a few days where I'd run out of cash but whenever I asked at a place if they took card the answer was always "no, but please just take whatever you want, stay for free or have some food!" (at a village shop, a guesthouse and a restaurant).

I could go on! Albania is just great - the mountains are incredible too.



What type of projects you visited do you think make the most difference? Does it matter how much difference it makes?

I focused more on individual people and their motivations as opposed to taking an 'overall project' view. One of the main things I found was that people seemed more effective, happy and motivated in what they were doing - whatever that may be - was when their work was connected to a place that they really cared about, and/or a place of 'nature'/wilderness, or something they loved doing. Basically combining 'taking action' with something that was important to them on a personal level seemed to be a winning formula!



In terms of projects making a difference - yes, it is important. One of the biggest challenges I think, is that so much could be improved in the world, that it can be easy to get consumed in things which are actually really tiny compared to the bigger picture. For example, in some Eastern European countries they have a lot of problems with waste (lack of bins, no recycling etc). That's a really visual, obvious problem so most projects are really focused on it, usually as their main 'thing'... when actually the amount of pollution from cars and lack of public transport is a much bigger deal in terms of the climate crisis, but barely anyone is talking about that!

Similarly, in the UK everyone gets over-excited about electric cars, when most of that energy would be better off being directed at trying to get better public transport (this is especially relevant to the Lake District).

Every person or project or organisation has a limited amount of 'energy' they can distribute/direct towards certain things, and one of the best ways of creating change is learning what things have the most impact, and so should be given the most energy.

On an 'individual person' level that means not worrying too much about what shampoo or socks you buy, and using any energy you might have for 'climate action' to try and change things in your workplace, running community, or other groups and societies you are in - which will make much more difference (and is also usually more fun too).

Why Mongolia?

I had Mongolia as a vague idea in my head, as I've really wanted to go to lots of the countries between the UK and Mongolia for a while - and Mongolia also looks amazing! But when I came up with the idea of the New Story Run, I actually didn't want to set a definite end point, because it seemed so big to even think beyond the first month or two. So, I had left it open ended, until I must have mentioned Mongolia to a local newspaper and the title of the article ended up being something like 'Rosie is running to Mongolia!'. So that kind of solidified the idea! It's also a place which is massively feeling the impacts of the climate crisis already - whole livelihoods are changing, sadly being destroyed because of changes in the rain/heat/seasons, so it seems a symbolic place to end.

Thanks Rosie! If you'd like to hear more, she [presented at the Kendal Mountain Film Festival.](#)

Wasdale Womble Birthday Celebrations

Wasdale Womble

Challenges for big birthdays are fun to plan and mine was going to be 60 plus races between 11/10/19 and 11/10/20. This all changed with Covid 19 and I wanted to also find a fell related challenge which might be of use to Wasdale Mountain Rescue Team who once lockdown eased were extremely busy.

Some CFR members may remember my 50 at 50 which was ascents of Kirkfell (I finished on a total of 123) also for the Wasdale Mountain Rescue Team, some of who are CFR members.

The Gosforth 10 mile, 10km, 5km and Lingmell Dash fell race usually raise funds for the team who also now require extra PPE. We are so lucky to have these selfless volunteers helping those in need on the fells.



Many members also litter pick and for me it's a bit of an obsession for everywhere I go! it drives me mad that anyone ever chucks down what they don't want for others to wade through, disfigure the landscape and to eventually end up in the oceans. The roadsides local to me in Gosforth, the Wasdale valley and my favourite training fell Scafell Pike are always a focus but the huge number of people visiting post lockdown saw the amount of rubbish increase by a sometimes overwhelming amount.

Scafell Pike has my husband Jim Davis; Mick Pearce from Egremont, and; Dave Womble on

the corridor route plus other likeminded folk trying to keep the fell clean of the cans, bottles, tissues, masks, discarded food, wrapped dog poo and many other delights.

It seemed an idea for my birthday that I could ask for contributions to Wasdale Mountain Rescue Team so Chris Cripps a member of CFR and WMRT set up a JustGiving page on my behalf.

The challenge

The challenge was as many litter picking road and Scafell Pikes as safely possible in my 60th year. Jim and Andy Holden took some great photos to show how big this problem is but also that anyone can put on some gloves pick up a bag and make a difference.

This is a soft option compared to many of the epic efforts made by CFR members this year but it seemed a positive way to help out locally.

Jim provides endless support including the luxury of a lift in the car instead of the greener and more usual cycling from home in Gosforth to Brackenclough car park with a bin/basket on my bike for the roadside detritus.





The National Trust allow me to dump the often noxious finds with them, the sheer volume from road and fell can be considerable.

It has also become obvious and a real worry how many people are very fit but unaware of navigational requirements and gear required to be safe on the high fells.

The FRA is right to be addressing this so that newcomers to running and racing on the hills can learn to enjoy our wonderful sport safely, nobody is born able to navigate and it can be easy to take what we know through experience for granted.

It also illustrates how much clubs such as ours can assist newcomers to fell running to enjoy our great sport safely.

Result!

The huge generosity of fellow runners, friends, family and people I just met on the fell saw over £2,500 raised by my 60th, heartfelt thanks to all who donated.

Please if you don't already consider getting gloves, a bag and have a go at plogging (running and litter picking) we can all make a difference.

The total for the 12 months was 155 (safe ascents) of Scafell Pike. The current number for

2020 is 161 & 80 days were missed through Italian trip followed by self isolation & lockdown.

It's been brilliant to meet on several occasions CFR members on Scafell Pike this year - always a huge bonus.



Thanks to all you fellow Lakeland Wombles.

The Bens of Jura: Not Just Another Fell Race

Barry Johnson

The very first Bens of Jura Fell Race ran from 1973 to 1975.

Following a break of eight years, Donald Booth from Holmfirth Harriers resurrected the race in the format we enjoy to date.

Donald is a charismatic character, full of energy, and a great organizer. He created the support team, the main sponsor of the Jura Distillery, and developed most importantly the support of the local community in so many complementary ways.

Pete Nelson, Phil Stones and I competed in the first race under this new organization. None of us had been to Jura before; it was just by word of mouth from Donald himself that we decided to travel to Jura by bike with camping gear. We sailed from Ardrossan to Brodick on Arran, cycled round the island to the Lochranza ferry and across to the Mull of Kintyre. Then there was a second bike ride to the main ferry to Islay from Kennacraig. From this ferry, you get your first real sighting of Jura and the majestic Paps of Jura. A short ferry from Port Askaig follows onto the one and only road of Jura. The final bike that day was the eight miles to Craighouse and our camp on the lawn of the Jura Hotel.

Craighouse is the HQ for the race. We had four days before the race and we needed them to recce the course. Pete is a brilliant navigator and we relied mainly on his expertise to take us around the whole route which took us all day. The following two days were spent familiarizing ourselves with the topography of the three main summits. Direct routes are not always the quickest, there are boulder fields to avoid and scree run descents to negotiate. Our perseverance paid off. Although depleted by race day we all returned respectable times and positions. Pete under 5 hours and Phil and I under 5.5. On later events my times for four or five races were two or three minutes on either side of 4.5 hours. We also encountered Andy Styan there doing the same training and navigation practice. He won the race, thanks to

his navigational skills. In later years I was to share both a tent and team leader responsibilities with Andy on the Everest Marathon. His preparation on that race was equally thorough.



We, fortunately, didn't have to cycle home from that first race as Val, my wife and Barbara, Pete's wife drove up to join us. This became a familiar long weekend with friends and club mates for many years. Val and I with our son Simon had some of our best holidays on Jura.

Getting to Jura is not easy. Over the years of competing in the race, we have cycled and used the main ferry and travelled by car and camper van. We have also chartered a transfer from the mainland by a private boat hire company based just near Kennacraig. This is a great convenience, not expensive but you can never guarantee where you will be disembarked because of the tides and weather. Take your bikes!

Accommodation on the island is limited. Camping is the easiest with good open camping on Corran Sands or the Jura Hotel front lawn which you will need to book. Bed and breakfast at the hotel and private cottages are available but quickly gets reserved. We stayed a few times at the Manse which was amazing with the minister of both Jura and Islay as host.

Jura has a lot to offer other than the race. It is well worth spending a few days exploring the coastline with lovely little hamlets and coves. Walking across the island to experience the



remoteness, raised beaches and wildlife is worth the effort. A bike ride to see the Corrievechan Whirlpool is a good hard day, passing some fabulous private properties and estates. The cottage where George Orwell wrote 1984 is on the way. Wildlife is in abundance - deer herds, wild goats, white mountain hares, eagles, and be careful, there are lots of adders. The sea life is teeming with seals, dolphins, otters and birds galore.

So, what of the race? It is not for the faint-hearted. It is technically difficult and requires serious navigation in poor visibility. The ascents and descents are steep and rough. CFR has had club meets there and it is not uncommon to see someone in blue and white. Notable performances by CFR runners over the years have come from John Hunt 4th in 1997 and the following year 3rd in a time of 3.44. Joss won the O50 category and held the record for his age group for a few years. And in 2019 Rosie Watson gained 4th place in the female category.

The race itself is magical, a true mountain race. In my estimation it is one of the very very best.

There are eight checkpoints. The first three take you close to the first of the Paps but the descent from Aonach Bheinn, the third one, takes you almost back down to sea level. The climb to Beinn A'Chaolais is steep, rocky, and straight up. From the summit, you go straight back down. The scree runs here are exhilarating. There is a col for a short respite then you scramble up gullies and rocky ridges to Beinn An Oir which is followed by another even steeper and very loose descent before the final Pap of Beinn Shiantaidh and more boulders, a short scree run and across rough ground to the short climb to Corra Bheinn - but don't relax, it's a long long way back to the checkpoint at Three Arch Bridge and the final flat road back to the finish line. Take my word, it doesn't feel flat. You can hear the bagpipes playing at the finish but they don't come easily.

The prizes are normally local produce, whisky galore, then an evening ceilidh, and just a few beers. Recommended.

Kong Summer Series – Virtual Racing

Sam Holding

In the previous newsletter, I wrote at some length about the heels of Ambleside's Tom Simpson, and my aspirations concerning them.

As the Kong Summer Series of virtual racing developed, an entirely new set of heels came into view; the virtual heels of Keswick's Matthew Atkinson. In much the same way as the lion doesn't concern himself with the wheezing and spluttering of the pursuing sheep, I'm sure Matthew is oblivious to this very one-sided, motivational relationship.

The series consisted of 5 races:

Race 1 – Stoneycroft Horseshoe – 5 miles

Race 2 – To Hell and back – 15 miles

Race 3 – BB Kong – 5 miles

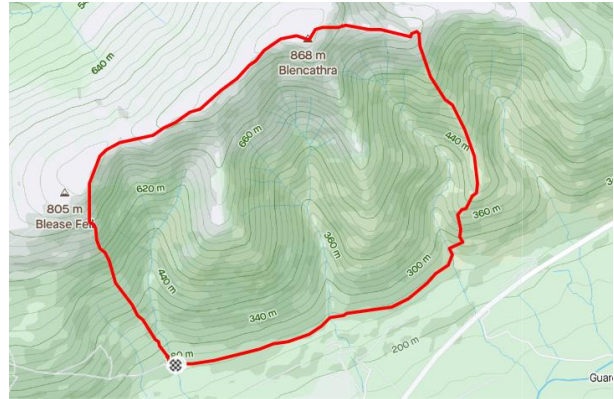
Race 4 – Borrowdale Bash – 17 miles

Race 5 – Buttermere Sailbeck – 9 miles

Full details of the series, including route maps and results, can be found [here](#):

I covered races 1 & 2 in the previous newsletter, so I'll report on the remaining three here.

Race 3 – BB Kong – The last remaining 'Short'. The race was effectively a quick up & down of Blencathra, broken into four sections. First, a quick, flat dash, before a thoroughly enjoyable climb up Doddick to Blencathra summit. Then, another quick, relatively flat section along to the final checkpoint before a fast descent alongside Knowe Craggs. I came in 0.4% behind Matthews time, vs 1.2% from the previous race (yes, it is around this time that imagined Keswick vests began to be projected onto racecourses). Pre-Covid, Kong had planned a short summer series centred around Blencathra, which I'd been greatly looking forward to and, twinned with the good weather, this race was a particular highlight of the series.

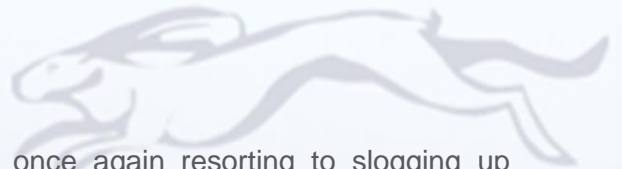


Race 3 - BB Kong

Race 4 – Borrowdale Bash – No virtual Atkinson's to chase this time, so I thought I'd try "running my own race". This is something I feel more experienced runners are able to do, whereas, not being great at pacing, I'm heavily reliant on knowing there's someone I ought to be close-ish too nearby and tend to hover over their shoulder for validation. This obviously led to me setting off a bit too quick, but nothing too detrimental.

I have been known to become lost on signposted trails, but I managed to get round the seventeen miles, including some new ground, doing a reasonable impression of knowing where I was going. There were some brief detours and many inefficiencies, but as long as there's no 180-degree errors, I'll call it a win. Thankfully visibility was good, else I may have long since perished, somewhere near High Seat.

There's great running to be had from Catbells to Watendlath, but the stretch of bog between High Tove and Bleaberry is somewhere I won't be returning to in a hurry. I'm sure the purists love that sort of ground, but I get no thrill from the threat of finding myself waist deep at any moment. That said, it is good when a race takes you over ground that you would otherwise avoid and, all things considered, it proved another good morning out on a pleasant summer's day.



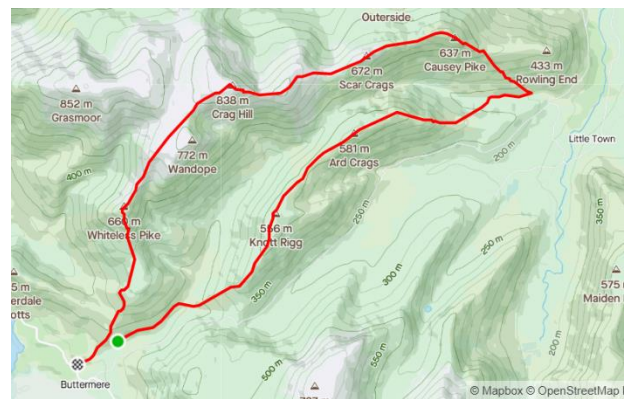
Race 4 - Borrowdale Bash

Race 5 – Buttermere Sailbeck – A favourite race route for many, though not one I’ve done before (though, having done silly things that resulted in spending the first two summers of my fell running years injured, and then being thwarted by a pandemic on the third, there aren’t many summer races I have done). A race with a lot of ups and downs, interspersed with some exquisite top-trotting.

The first climb up to Kott Rigg is a long one and requires a conservative approach to stay strong enough for the rest of this deceptively energy sapping, nine-mile race. The run from Knott Rigg along to Ard Craggs is a joy, as is the following descent, though it was a bit muddy to maintain an aggressive pace this day. After crossing the beck, I believe there’s a fairly straightforward direct path up to Causey Pike, though I hadn’t found it on the recce the previous week and didn’t do any better this time

around, once again resorting to slogging up through the bracken.

There are two sections to that climb, and the second part is always longer than I remember. From Causey onwards it’s all good running ground to Crag Hill and beyond, with some outstanding views on a good day (though vis wasn’t great this time). It’s a long but quick descent from Crag Hill down to Buttermere. I hadn’t had a great race, not being able to push as hard as I’d like, but this made for a fun, final descent, that I could enjoy on legs that hadn’t managed to reach the ‘wobbly’ stage.



Race 5 - Buttermere Sailbeck

The virtual races have been great for putting something in the calendar to work towards and, as with our own winter series, the organisers have my most sincere gratitude for making the effort to keep racing alive. While hoping to watch Matthew Atkinson’s actual heels disappear into the distance as soon as possible, I’m very much looking forward to the next round of the virtual winter series and taking on The Hay.

Massive congratulations for Sam and also Jennie Chatterley for keeping up the motivation and completing these races – there are plenty of podiums between them!



My first fell race

Mike Elmers

Why did you do your first fell race?

For me, it was the climate crisis what made me do it.

The Sale Fell digital race in...November?! (It's anybody's guess with the way time works in this insane year) - in which I came first (in the half-Greek, 33 year old people called Mike category) - was my first ever fell race. Also, the first 'competitive' thing I've taken part in for a long LONG time. Unless you count the Park Run in Bulgaria for Rosie's birthday, which you'd be perfectly valid in counting. Though I was even less competitive in that. I feel like I'm digressing.

I got to the race on a bike. Now, I mean that in two ways – I cycled to the race, and it's also because of a bike that I was anywhere fell-y in the first place.

I'm not a 'runner'. It's funny that I should be running a fell race, as I am too competitive to run a race and at the same time, I essentially see fell running as a way of doing a hill walk more efficiently. That means I want to take time to admire the view, take a few snaps and maybe eat a snack. Needless to say, despite Graham Watson hyping me up – and getting into my head enough that I set off at a pace that drew a taste of blood to my mouth that lingered throughout the run – I went round in a thoroughly unremarkable time. Who put all these hills in the way?!

I'm not an 'adventurer'. It's funny that an adventure should have led me to this race. I have been on a 10 month – so far – bikepacking (bike touring for people who think they're 'rad and gnarly' and like faffing with bags) adventure/ journey/ bumble towards Mongolia. I'll leave you to guess just why that has been interrupted, it rhymes with 'Bovid mine queen'. This journey, the New Story Ride, I've been doing twinned with CFR's very own Rosie Watson and her ridiculously great New Story Run. And so, it has come to pass I've become

a temporary Lake District resident with the encouragement (demands) of Rosie to get running.



It was the climate crisis what made me do it.

Right now, we're in something of a sticky situation. You know the story: Things are terrible, wildfires, ice caps melting, hurricanes, people are mean and greedy. In the Lake District the 'once in 500 year floods', happening [twice in less than a decade](#).

Except, this is just the prologue to the real story. I've been on the New Story Ride to share pieces of the transformation story, of people, communities, islands and whole cities (they're like loads of Keswicks one after another but even busier sometimes) that are showing ingenuity, compassion and cooperation as they make strides (running pun intended) towards a good future. For instance:

- The musician who changed from flying around the world on tours to create an e-cargo bike that converts to a stage to "bring the party to the streets".
- A former management consultant who'd set out to rethink Austria's food culture with the humble lentil and some tasty recipes.
- The fisherman who now educates tourists about the fish in the sea,



purposefully catches fewer fish and now has time to drink tea with his wife in the morning.

- Women being trained in the next generation of foresters in Kosovo in a country where only 1 in 10 women are in work.
- The roving solar cinema that not only educates children about local and global issues but empowers them to have a voice.
- The two hundred people I rode with to demand better cycling conditions in Belgrade.
- The islands of Silba and Prvec in Croatia that are completely car-free. The island of Zlarin, which is not only car-free but is trying to become plastic free.
- The whole region in Bulgaria where people have formed a community from stopping a gold mine and instead making the area an eco-tourism destination.
- The village of Kute in Albania who've helped to protect the Vjosa, the last –

and maybe the first - wild river in Europe.

- Tirana, a city that is transforming away from cars to make space for people in a country where there's huge status connected to the car.

Now what does this have to do with a fell race? Remember that question, why did you do your first fell race? What was your answer?

I'll bet none of you thought "because it was easy". None of the above has happened easily, but where it may be similar is that it has happened with joy and with passion, with friendly people, tasty food and (often) beer. Sometimes the challenge and joy become one and the same when you're doing something you love.

Read more inspiration of the new story that is out there:

www.newstoryride.wordpress.com

For more of the riding 'action', have a look for #NewStoryRide on the social media of your choice as long as that choice is one of Twitter, Facebook, Instagram or occasionally LinkedIn.



Lockdown Freedom

Paul Johnson

Lockdown life, lockdown strife.

*No races, no faces, is there a focus,
where's the motive?*

The cancellation of races back in March/April brought conflicting emotions. On the one hand, I would be unable to enjoy the bittersweet feeling of cramp somewhere on Haycock on a hot June day in Ennerdale; I would be unable to enable the beautiful first sip of a Newfield beer whilst still covered in salt sweat and Duddon mud; I would miss the camaraderie and chat.

But all this brought new freedoms. No longer was there a pressure to have to train to race (or race to train) – no pointless analysis of whether I should over or under a stile.

Instead there was the freedom to do whatever I wanted (within my limits). And so I did!

I enjoyed months of sunny morning cycling, interspersed with a bit of a running and a dabble into the murky underworld of open water swimming. What a summer it turned out to be. I had many wonderful moments puffing and panting alone on Honister Pass, singing my heart out down Borrowdale, jogging the lanes near my house and taking the steps into wet suit fantasy land. The latter was always accompanied by other experienced swimmers who kindly guided and coached me along the way. I have many wonderful memories of these swims often ending with numerous coffees and scones at the KI courtesy of swishi Rishi.

All of this culminated in a happy day one September morning along the shores of Crummock. Here a group of CFR and other like-minded people took part in one of Barry Johnson's 'Try-a-Tri' events. Briefly, the swim went for a mile to the two islands on the south-eastern part of Crummock, the bike went up and

over Honister and back over again, and the run went over Rannerdale col and to Lad Hows summit.

Needless to say, it was a great morning made even more special by the company and the leadership of Barry. I would not have been capable of doing either the bike or swim had it not been for the freedoms caused by lockdown. What a bizarre irony.

I am hoping the pictures speak for themselves. Thanks all. It's been a fascinating year.







Moon Valley Running Festival, Norway 2020, in three lists

Graham Watson

More by luck than judgement we were very fortunate to visit Norway this summer. Our elder daughter Charlotte and partner Mark are living there so it was always in the plan but at the end of March, and as time went on, it seemed very unlikely that we would be going. In the end events conspired to give a window of opportunity for travel which we grabbed. Even better with no Easter or May holiday taken we had longer to enjoy it.



Having spoken to Charlotte it transpired that they were planning on going to the Moon Valley Running Festival, and the 7 Lakes Run looked like a great race for me. At 26km with 2300m climb (actually turned out to be about 28km/2000m), a start near sea level and on steep mountains up to about 950m high I expected it to be similar to the Skyline Scotland Ring of Steall. As it turned out there was a little less climb but more spectacular and rougher ground. The races are at Mandalen (pronounced morn-dahl-n) which is near the town of Andalsnes, several hours drive north of Oslo on the coast, and near the famous climbing area of Romsdal and the Troll Wall.



And we're off. 200m of track Kilian's local track sorts the fast from the shufflers.

Five things that made this a great race:

£70 entry fee. What! Well, if you're only going to do one race in a year.... And it starts to look better when me and Debbie got 3 nights free van camping, I got a decent race t-shirt*, plenty of food and drink at the halfway point, and a small meal at the finish.

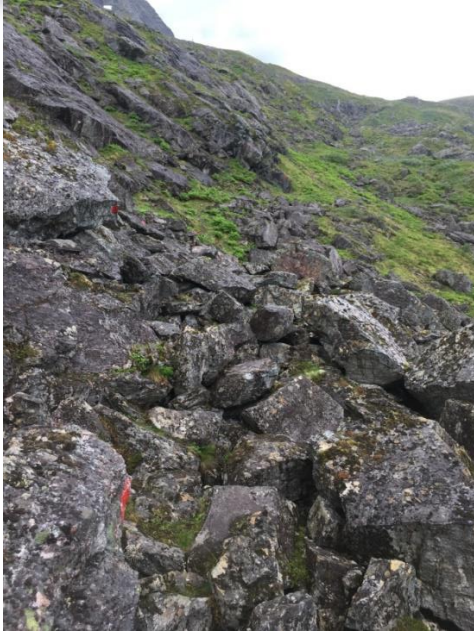
Amazing welcome at the check points:



You get to run around Kilian's local track at the start and finish.



Amazing terrain – path, boulder, snowfield, mountain woodland, on and off path, with a very gnarly descent down loose moraine (not sooo great!)



Narrow path (photo does not do the drop on right justice!)

Small field so no queuing, expect to navigate and maybe to run alone for the majority of the race. After the first hour I couldn't see anyone ahead or behind me for most of the race, perhaps not surprising in a field of 30!

*actually, I could do without the t-shirt and I'm fairly sure next year they will offer a Trees not Tees type deal.

What was the race like? I came back in 6h19 having chatted to marshals and stopped a few times to get photos. Despite having a route description it still needed plenty of mountain sense, I loved it and I'd love to do it again – what more can you say.



Charlotte on way down after the Klauva Opp. Typical scrubby woodland terrain below 700m

Five things that might take you by surprise:

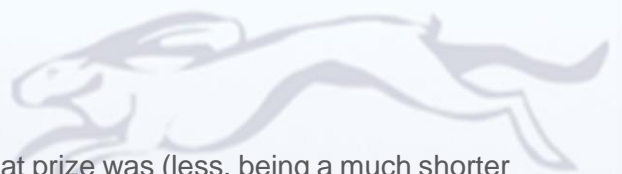
The race starts up the Klauva Opp* route, comparable to the nose of Grasmoor but perhaps a little steeper and longer. The Klauva Opp is a separate uphill only race, 4km/750m (although you only climb 100m in the first 2.5km). Nice warm up! Lindsay, you'd love this race, once you got to the steep bit!



What path? No path, red marks not easy to follow.

The kit list includes GPS device with the official route downloaded, a phone and a powerbank for recharging these devices. Well, I had all that but never having followed a route using my watch I found a map and compass very useful!

Despite all the tech, or even a paper map, you'll be glad of a detailed course description and even then, you'll need to keep your wits about



you to choose the best route over the terrain. Some of it is on small paths, but there's a fair bit on boulders and other rough ground. And the bit where the description says, 'you MUST find the very exposed path between the cliffs to traverse round!'

Even if you do the longer 17 Lakes race which starts at 5am, and you're last one back from 55km and 4800m of what looked like very rough mountain terrain, the organisers team will still be wildly cheering you in at 9.30pm despite there only being 19 starters, first one having been back in under 8 hours (well, it was Kilian Jornet and he was over an hour ahead of second finisher. That's home advantage for you

☺)



Checkpoint marshals seemed to be a family outing!

You might win and find that it's well worth it! Yes, there are some very good runners but only 1 woman starter on the 17 Lakes who came in to take the £400+ prize money. Charlotte won the Klauva Opp and I can't remember how

much that prize was (less, being a much shorter race) but it covered her entry a few times over.

This is the second year we've been to Norway and under the circumstances it was unique. We didn't see another British car or van in Norway and the weather was incredible for three weeks - we really didn't think that finding parking spots in the shade was going to be a problem we'd have! However, even in a 'normal' year with more people and mixed weather it is a great place to go. There are loads of good reasons, but here are a few of them.



Norway is packed full of mountains, more so as you head North. We had 3 camping trips into the mountains in different areas, all quite different and spectacular. We used a walking guidebook to identify some good areas to go, but you could probably stick a pin in the map and find somewhere equally good.

Walk or run up through the natural tree line at about 700m and up into the uplands and at any point look down round your feet and see more richness of plant life than you've ever seen in the UK. (When you get back run up to Coledale Hause, look down around your feet and it'll make you think about what we've done to our uplands ☺)



Swimming sometimes a bit chilly!

There's no language problem unless you are desperate to speak Norwegian and everyone speaks English to you because they know you'd find it easier.



You can go flight free, either by driving and ferry Newcastle to Holland and Denmark to Norway, or by ferry and train. This race would be perfectly feasible by train and ferry and would allow great mountain running in the race area and/or visits to places like Oslo or Gothenburg. Yes, unfortunately it is quite expensive but I think either of the above

options would be comparable for two or three weeks to what many people spend on a week's ski holiday in the Alps.

I could say a lot more about Norway but I'll just leave you with a couple of bits of info. Get in touch if you want to know more.



Online Norway mapping at

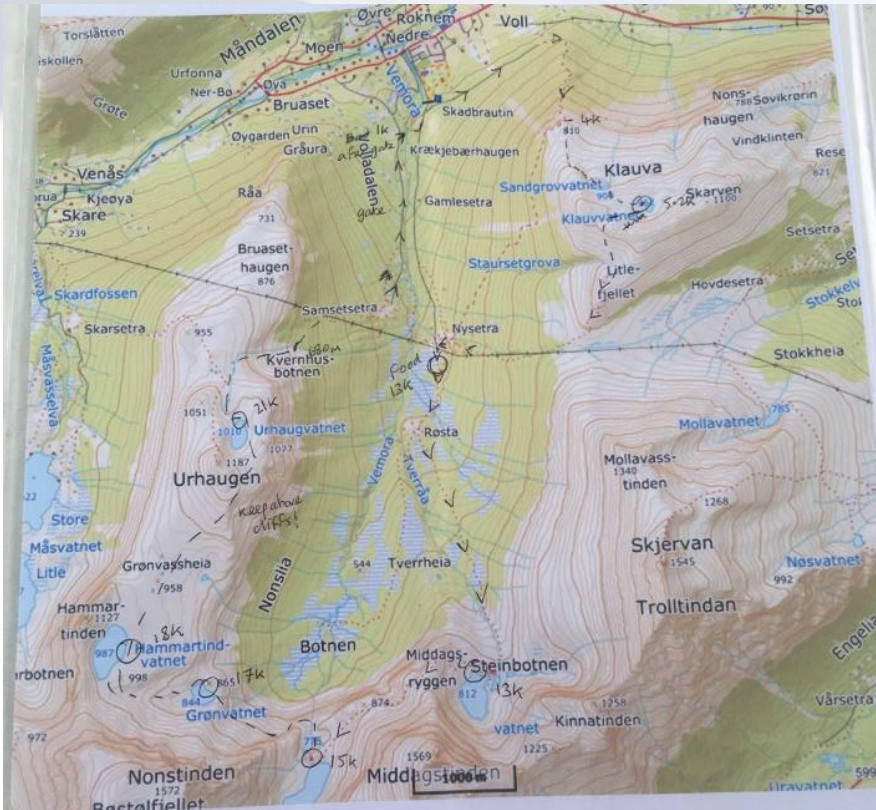
<https://www.norgeskart.no>

Moon Valley Running Festival at

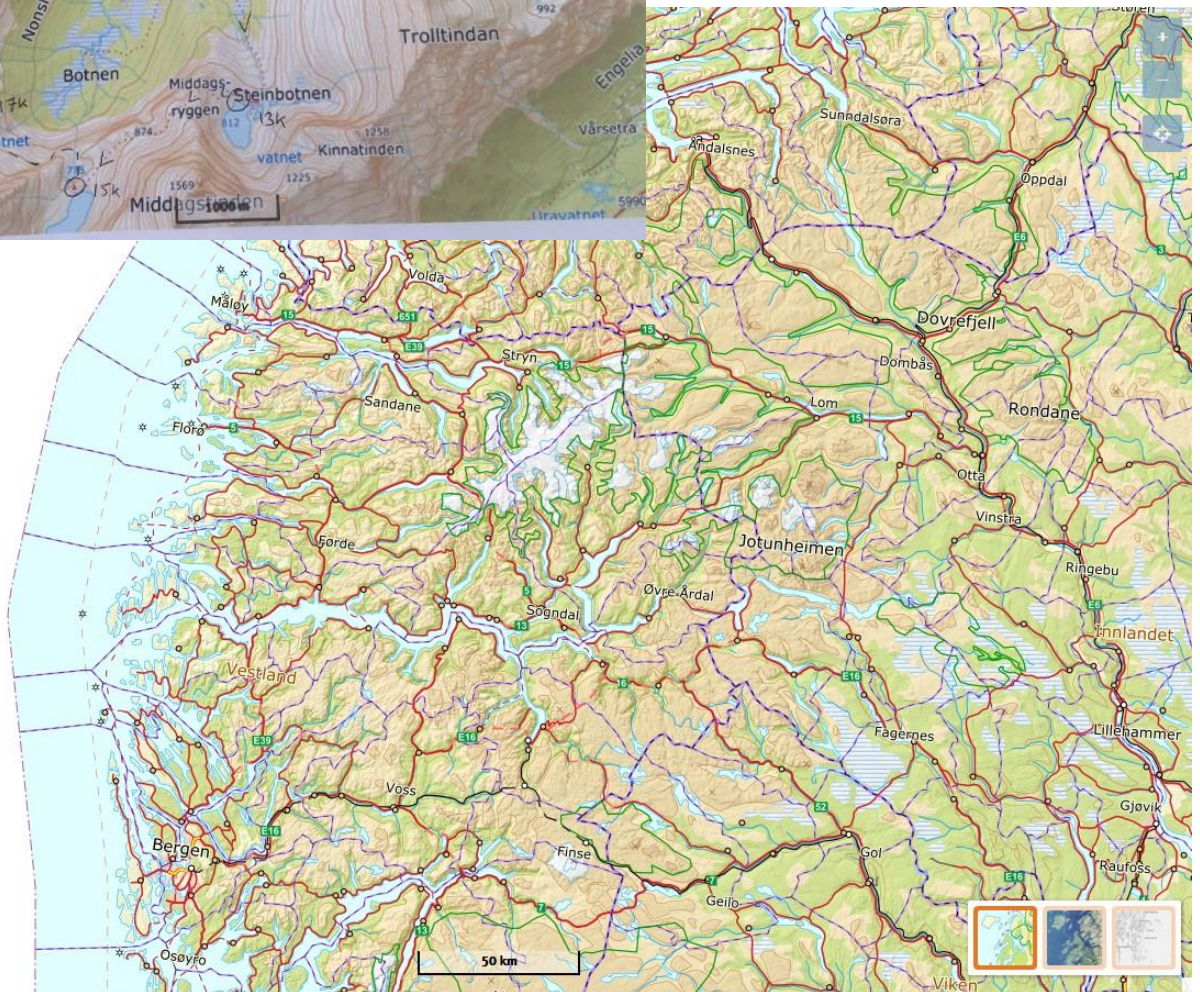
<https://www.moonvalleyrunfestival.com/>



After going over the left hand sunlit mountain the route drops into the valley to avoid the next rocky peak, then back up to the next tarn, and traverses linking all the tarns before going over the final peak (on the left behind the snow patch), before a very steep and gnarly descent back to the valley.



Contours are 20m, thick contours every 100m.



Bergen near the bottom left of map, to Måndalen near Andalsnes at top middle is 7 or 8 hours driving with at least two ferry crossings. Speed limits are slow which makes driving relaxing and allows you to take in the amazing scenery.



Great Gift Peaks Round (36 km, 3,000 m)

12th September 2020

Paul Jennings

On 11th November at 11am in 1918 the Armistice was agreed which ended the First World War.

In the early years following the war, three very special gifts were made to the National Trust to look after on behalf of the nation.

The first mountain to be gifted to us was Scafell Pike, England's highest mountain, by Lord Leconfield. Then Castle Crag was given as a memorial to 'the men of Borrowdale'.

Shortly afterwards, 12 Lake District summits were given to the Trust by the Fell and Rock Climbing Club in memory of the fallen. This included famous climbing crags and a large gift of land surrounding the iconic peak of Great Gable. It was described at the time as the "[world's greatest war memorial](#)."

In 2019 Hamid Reza Kashefi created a natural round to take in all 14 peaks as 'the great gift peaks round'. Over the following year a handful of people completed the round, and on 12th

September 2020 the record stood at 8 hours 24 minutes (Steve Rhodes).

Like many this summer with no races going on I occupied myself with many long runs and personal challenges (such as the three big Lakeland races – Ennerdale, Wasdale & Buttermere on consecutive weekends) and then the Tea Shop round. It felt like I was going really well & looking for the next challenge – and the Great Gifts Peak Round just fitted the bill.

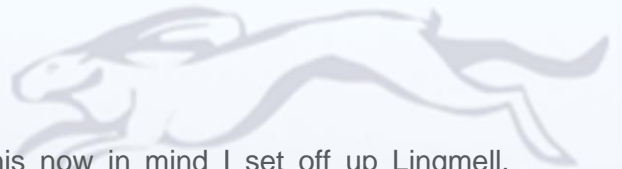
With only a few completions there doesn't seem to be a set round, however looking at the peaks there is really only one decision to make: Clockwise or anti-clockwise?

Clockwise: The key issue is the long long plod up onto Glaramara which I didn't like the look of.

Anti-clockwise: Just thinking about the descent off of Kirk fell makes my legs go all wobbly, memories of the Wasdale show race & the resultant DOMS still haunt me.



Source: <https://www.nationaltrust.org.uk/features/a-great-gift-in-the-lake-district> and FRCC



I only made my mind up during the car journey over to Wasdale – ACW, I'll worry about Kirkfell later.

The rules of the round are summed up on the Facebook page:

1. All rounds should start at St Olaf's Church gate, the new location original memorial plaque from Great Gable.
2. A gpx file or timing sheet (time at each summit) and evidence of having visited each peak (time & GPS stamped images) should be provided to ratify your round.
3. Time limit for the round to count is 11hrs (just because ceasefire was declared at 11 O'clock, on the 11th day of the 11th month)
4. You should respect the land you travel on, be responsible for your safety and collect any litter you see on route.
5. Anyone attempting the round should consider donating to raise money for Fix the Fells (you are welcome to raise money for another cause as these are only suggestions)
6. All 14 summits (highest points on each fell as shown on OS maps) should be visited in any order. They are Grey Knotts, Base Brown, Great Gable, Green Gable, Kirk Fell, Scafell Pike, Lingmell, Broad Crag, Great End, Glaramara, Castle Crag, Seathwaite fell (Great Slack), Allan Crag, Brandreth.

Prior to the run I walked through the grounds of the church, noticing a number of local surnames on the gravestones – especially Naylor, and then I read the plaque on the North East wall. This helped bring the meaning of the round to me before I began – it didn't feel like just a fun run, but a remembrance of the people who gave their lives for our freedom, and the appreciation shown by the local landowners of the sacrifices made.

With this now in mind I set off up Lingmell, quickly separating from the small crowds already starting on their way up onto Scafell Pike from the Head. Much of the route is familiar, some parts more so in reverse such as Scafell Pike to Broad Stand. Cutting off of Great End on the Joss Naylor Challenge route I'm making a rough guess in the thick mist as to what is a good line, hoping I won't end on top of some big cliff. Although the inclusion of Castle Crag greatly extends the round it is all good running & enjoyable ground. Back on the anti-clockwise BG route up to Grey Knotts was very familiar from last year's club BG relay, but I wasn't sure which summit was the accepted one for this round – what the hell I'll do both. Brandreth to Base Brown is definitely new ground for me – it looked very dodgy Brandreth but went very easily but the energy was starting to go coming back onto Green Gable.

Nearly there, just Great Gable & Kirk Fell and then it's all downhill – which was the problem. It was very steeply downhill – very very steeply downhill. At least I wasn't racing it so I could rest the thighs every now & then, not that it made that much difference. What a relief to get down to the flat by the pub – if only I had some money for a pint I may have been tempted, although it is only a short jog back to St. Olaf's once down.

Knowing how long it took me to do the Tea Shop Round I thought the record might be possible, but it was still pleasing to get 7:39 and my first FKT! More to the point it is a great round for anyone looking for something mixing the familiar and with a few different lines, all combining to a great day out.

My FKT didn't last long, on 27th September Matthew Atkinson & Harry Bolton did the round in 5 hours 20 minutes – a much more worthy record. At least I held it longer than John Kelly held the Pennine Way record and I think I've still got the fastest solo time!

No Cure, Always Hope Ultra, September 2020

Ryan Crellin

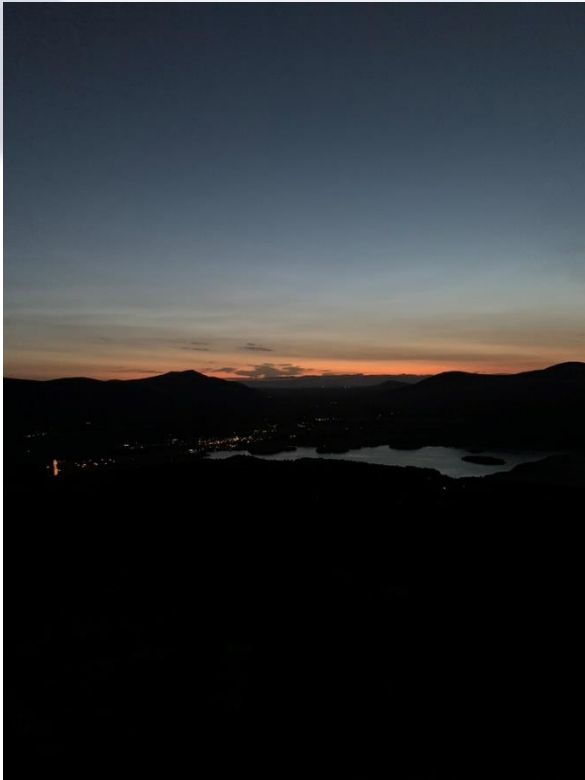
So this time I jumped in on Jim's plans to complete this challenge, 67km and 4300m of climb, as he had signed up to it just as I had committed to give the BG a go. I had kind of ignored he was doing it, as I thought well I'll be in no state to have a stab at it. However, one of life's great lessons, if you're going to fail, fail fast, which was the case with my BG. Although this did mean physically, I didn't need to recover, mentally is a different thing but a long run with Jim would be a good way of getting back on the figurative horse.

For those that don't know (where have you been there's more CFR names on the Board in the Swinside Inn than any other club), it's a route that was created by Borrowdale FRs, Simon Booth, as a challenge to support fundraising efforts for his brother Duncan in aid of MS Society UK.

It weaves together the three 10in10 walking challenge routes to take runners on a circuit from the Swinside Inn up Causey Pike, over Sail, Crag Hill, Wandope and Whiteless Pike, before descending into Buttermere. There he will head up Dodd, Red Pike, High Stile. High Crag, Seat, Haystacks, Grey Knotts, Brandreth, Green Gable, Seathwaite Fell, Allen Crag, Glaramara and Thorneythwaite Fell before a descent into Rosthwaite. Then the climb up to Castle Crag, Maiden Moor, High Spy, Dale Head, Hindscarth, Robinson, Snockrigg and Newlands Hause, before arriving back at the Swinside Inn.



The idea was to have a long day out in the fells, with the usual good craic and the only time limit was the pub being open to get something to eat and drink afterwards. We set off from the Swinside in the dark, followed the usual path up Causey Pike in the dark. By time we got to the top the sun was just starting to come up, at which point we knew the weather was going to be good for the day. The light coming up was amazing making the view better than usual.



Scousers and Geordies on the fells considering they had meant to be in lockdown. But once in Borrowdale I fell apart, the temperature on the tops was lovely but it was way too hot in the valley. I'd also convinced myself that I'd be able to get a can of coke at one of the small cafes. Jim said "not a chance" and "don't get excited", but as we ran through Rosthwaite the little café was open. Haha up yours Jim its open, cold refreshing coke here I come!! I get to the door and a sign on it reads "Cash Only", reading that felt like the worst moment of my life (yeah I know a bit over dramatic) I only had my phone equipped with apple pay. So, we shuffled on, only a little more dejected and getting warmer. The little climb up Castle Crag was like climbing stairs in a sauna, my need for a cold coke only grew (I mean who only takes cash in this day and age especially during a pandemic!).

We made good time to Buttermere, but the climb up to Dodd and Red Pike really started to take it out of me. I then felt awful on every climb from that point. But never mind, I was looking forward the run across the tops down to Scarth Gap. Along this point we bumped into a solo runner who as it turned out was also running the route, but meeting some mates along the way. Once we got to Scarth Gap it was quite nice to go up Haystacks, rather than traverse around it as per the Ennerdale Race route. Not sure I agree with Wainwright, but Haystacks was nice enough. We continued the tradition of never taking the same route though all the tarns and had the usual conversation of who takes the best lines through it, either on the Ennerdale or the opposite way on the Daz Holloway (Buttermere). We bumped into the other runner again between Grey Knotts and Brandreth, this time with a few of his lycra clad mates (they even had poles). This was the last time we saw him. Between here and Borrowdale everything was ticking along okay (other than me feeling slow on the climbs), the banter was mainly around the number of



Then the climb up Maiden Moor, which is off piste through the bracken and my ability to go up hill was diminishing by the minute. I ended up walking a few minutes then lying down for 30 seconds and then repeating. At one point when I got up from one of my many lie downs



and I couldn't see Jim. "Ah bollocks". Where's he gone, what's happened? I found him wide eyed and stuffing his face next to one of the becks. He'd had a funny turn and decided that eating was required, but when Jim eats on a run he proper eats. In the time I'd managed to stuff half a pork pie in my face, he'd ate half a sandwich, a high calorie liquid food thing and then ate the other half of pork pie! Which by this point in the day looked like a sweaty pile of mush, yum! Anyway I slowly dragged myself to the top, and staggered my way over High Spy and zombie walked up to Dale Head. Then it felt like we were on the home straight, a quick picture on the last top, High Snockrigg, and then just a short road run to the pub.

Short my arse, those last 7km lasted forever and Jim made me run it all as the pub was calling. We even put on a good show for our families as we ran up the last hill up to the pub, I then sat on the floor with my back against the wall for 10 mins just to get my breathe back.



A quick change of clothes and into the pub, despite being really hungry I couldn't face eating so I had a pint and an orange juice. Jim's ability to eat regardless of what is going on was demonstrated again. He was just going to have a few snacks, but then when the waitress came over he ordered the largest burger in existence, along with fries and onion rings. We all (not me I fell asleep) watched him demolish the plate full. They do say that Ultra Running is really an eating competition, and if that's the case Jim has got it nailed.

The last thing to do was the obligatory picture by the finishers board, which turns out to be a picture that makes me laugh every time I look at it, I look tired but Jim looks off his nut!



It's a great route that see's less completions than some of the other Lake District long distance challenges, this might be because it is hard and with some proper fellrunning in it rather than following the established paths. But it's definitely worth looking at if you like long and hard. Oh errr.

Footnote: I was then in bed for the following few days with a stonking head cold, which lingered for a couple of weeks. So my official excuse for taking longer than I wanted and being slow on the climbs was down to my underlying man flu.