
Cumberland Fell Runners

Newsletter

July 2021



Hannah's Bob Graham

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Editor's note

Welcome to the Summer newsletter! Many thanks to all that have contributed and keep on adventuring!

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

Jack



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**

Jane
Mottram



**Membership
Secretary**

Rob Stein



**Championship
Show Series**

Dot Patton
Ryan
Crellin
Sam
Holding



Press Officer

Charlotte
Harle



**Website
Administrators**

Mario
Yeomans
Paul
Jennings



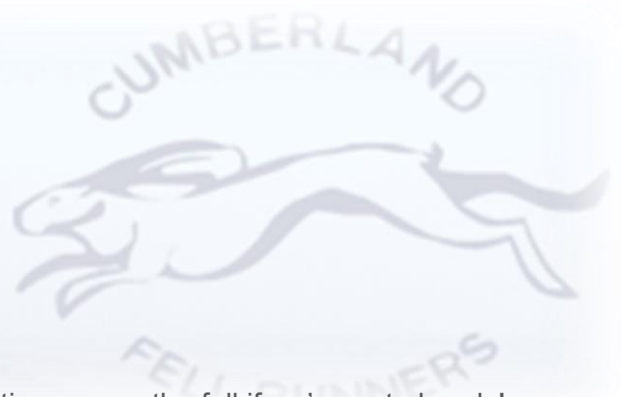
Team Captain

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!

Michael Rudd
Oliver Hammonds
Adam Bibby
Michael Hawley
Patrick Carroll
Jennifer Finley
Clare McGlasson

Mark Blackwell
Carol Carroll
Simon Hall
Tim Reid
Billy Stobart
Marc Davison
Alison Wright

Rob Tweddle
Alex Fairman
Arron Newton
Beth Ripper
Tim Ripper
Tom Nickson
Sarah Wild

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 on the 13 July 2021 at 20:00. This will be held via Zoom videoconference and all members should receive an email from SiEntries and it'll be on Facebook. Agenda to include Club Runs, Championship Races, Communications, Darren Holloway Memorial Race, Relays and Summer Social. Contact Paul if needed jennings.carrhouse@gmail.com.





Club meeting summaries

Paul Jennings

Notes from the Committee – June 2021

Mountain First Aid Course

We have been talking with Charmian Heaton (FRA chair & Black Combe Runners member) about holding a joint BCR/CFR mountain first aid course, with both clubs involved we should be able to offer a couple of dates as options. The FRA will subsidise FRA members so the cost is just £85 for the two day course (in Seathwaite up the Duddon valley). CFR will also subsidise the course to bring the cost to members even lower, the final figure is to be determined depending on numbers going. This is open to any active member of the club. Can you please let Paul Jennings (chairman@c-f-r.org.uk) know as soon as possible if you would be interested, we are currently looking at weekends in September & October but the dates are still to be agreed.

Club run changes

We have just started a series of Tuesday night club runs in the Wasdale/Eskdale areas. Whilst we have previously visited these areas, it has not been as regular or frequent as we would have liked. So please support these and our other club runs on a Tuesday night. It's a great way to meet other members, discover new routes and come up with daft plans for future runs out.

Details of all club run can be found in the usual place on our website:

http://c-f-r.org.uk/pages/club_runs.html

Unfortunately we have not been able to put on two runs around our "normal" areas - so the run on will cater for all levels – the faster ones will just have to double back more. Club runs will be discussed at next members' meeting.

Championship races

The following future races are all confirmed, if you haven't got an entry and the race is full it is still worth asking to go on the waiting list.

- 4th July Skiddaw
- 21st July Fellside
- 7th August Turner Landscape
- 18th September Three Shires

We will discuss the other races at the members' meeting.

London Marathon place

"An unexpected benefit of being in a fell running club" Nick Downes on receiving a London Marathon place to represent the club. Generally we get one place each year, with Chris Draper representing us next year having carried over his 2020 place to Spring 2022.

Congratulations Nick, and please keep up the recent club tradition of making it to the start line.



CFR EGM 4 May 2021

Present: Paul and Jenny Jennings, Isabel Mancebo, Harry Yarrow, Tara Walker-Rose, Ryan and Rebecca Crellin, Ann Cummings, John Reynolds, Darren Parker, Adam Creswell, Chris Draper, Charlotte Harle, Jane Mottram, Mario Yeomans, Stephen Davison, Rob Oliver, Les Barker.

Junior Constitution required AGM/EGM to change/approve. Proposed changes are:

- Junior bank account to merge with senior account (and close junior account)
- Juniors to move to annual fee, set at £5/year collected through SiEntries
- Removal of junior treasurer from committee

All voted in favour of changes.

Changes to committee (requiring senior committee approval):

- Sarah Rhodes to step down as treasurer
- Chris Draper to step down as chair
- Steve Davison proposed for junior chair (relinquishing his role as secretary)
- Nigel Youngman proposed for junior secretary

All voted in favour of changes.

The committee thanked Chris Draper and Sarah Rhodes for all of their work over the previous years.

Inclusion of key junior volunteers as social members:

- It was proposed that junior committee members, and non-committee junior coaches, who aren't active senior members are provided social membership of the club at no cost

All voted in favour of change

A request was made for more volunteers to support the juniors as it will be difficult to expand the junior club without more volunteers on a Saturday morning. Anyone who is interested either to contact the junior committee direct, or any member of the senior committee.

Member's meeting 4 May 2021

Club Championships

We waited until we are confident that races are now going ahead and with the races put forward recently feel that we can put on a club championship. The following format was proposed, and after a lot of discussion was accepted:

- Race Numbers: 5 short, 5 medium, 2 long.

This may need to change as season progresses, but this will be the target number of races, with the standard rules for championship completion applying (6 races, with no more than 4 in one category). If for any reason it is not possible to hold all 12 races the championship criteria will be modified.

- Race Type: Where possible "normal" (as opposed to time trials or virtual) races



- Race selection: To be announced as soon as possible when they are confirmed as going ahead. We will attempt to provide at least one month notice if possible, but absolutely no less than 2 weeks' notice.
- Race committee: Paul Jennings, Ryan Crellin, Darren Parker, Andrew Bradley, Jenny Jennings
- Initial race selection:
 - Ennerdale (AL),
 - Fellside (AM),
 - Turner Landscape (AM)

Langstrath (AS) was discussed as a potential race, however it was felt that due to the limits on numbers and the anticipated size of the CFR entries this would not be suitable. CFR may put this forward as a virtual race if required.

28 June 2021 update

See Darren's article below and the [website](#) for the latest on race selection, which is currently:

12/06	Ennerdale Horseshoe (AL)	
04/07	Skiddaw (AM)	Confirmed
21/07	Fellside (AM)	Confirmed
07/08	Turner Landscape (AM)	Confirmed
11/08	Steel Fell (AS)	TBC
30/08	Dark side of the Coombe (AM)	TBC
Sep	Grisedale/Coledale (AM)	TBC
19/09	Dale Head (AS)	TBC
18/09	3 Shires (AL)	Confirmed
13/11	Dunnerdale (AS)	TBC





Club runs

Currently the club places a voluntary restriction, based on EA guidance, of 12 runners plus a run leader. The Government limit on organised sporting event is unlimited in a 'Covid safe' outdoor environment. Once restrictions ease (17th May current forecast date), the limit on the general public would allow meeting of groups of 30.

Three options were discussed as how the club could organised club runs after 17th May

- Continue as-is (limit of 12 plus run leader)
- Increase the limit to 30 runners
- Remove the limit of runners at any organised club run

Discussion points included the need to consider parking as people are still encouraged not to car share. Multiple run locations, different paces and different times accommodate the wide array of members.

We agreed to remove the limit of runners at any organised club run, and to remove the need for booking onto a club run. We will continue to offer club runs with multiple locations and start times as long as there are run leaders available.

We are looking for run leaders and will put out a note on club communications. It should be noted that this does not need to be a commitment to lead a run every week, the ability to spread the load across many run leaders would be very beneficial.

Club communications

There is a concern that we have multiple club discussion groups and communication forums. Currently formal club-only communications are via Facebook and SiEntries emails, although it is accepted that some members may not see either communication. A lot of discussion was held providing a range of viewpoints, so it is proposed that subgroup is formed to discuss this further and report back to the committee with suggestions: The subgroup will be: Adam, Sian, Charlotte, Ryan, Les, Rob and Harry.

It was also agreed to include a Ladies' communication group, although it was felt this was best addressed through the sub-group to determine the most appropriate format, instead of setting up a Messenger or WhatsApp group straight away.

Other notifications

- Club summer social – the idea was warmly welcomed. We'll see what we can put on.
- Darren Holloway Memorial Race (Buttermere Horseshoe) – this is planned for 24th July, and we will need a large number of volunteers to help put this race on. Further communications requesting help to follow
- London Marathon – the club has one place for this October's race, further details on how to apply will follow.
- Jane is stepping down from organising the Winter League, so we'll be looking for a volunteer to pick this up and give us the drive to keep running through the dark winter!

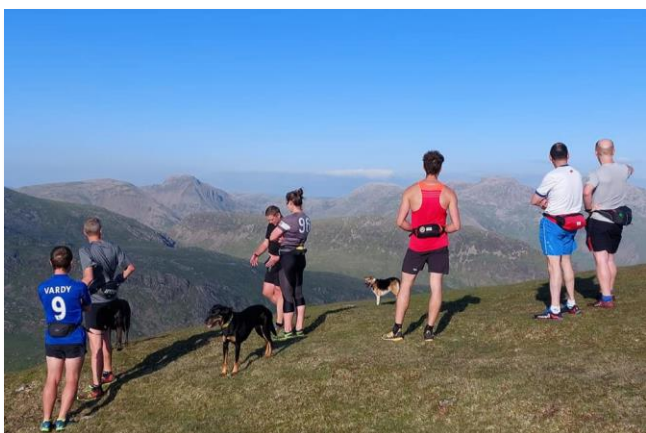


CFR club run fun

Jack Gilbert

Some snaps from the club runs! Thanks to all run leaders keeping them going!







CFR Winter League

Jane Mottram

The winter league is over for another year and it didn't come without its challenges!!

The winners were for the ladies:

Jennie Chatterley
Ruth Stanley
Juliet Fullwood

And for the men:

Sam Holding
Mike Harrison
Jack Gilbert

You will recognise them next time you see them by their adorable CFR bobble hats!!

It's been many years since Harry Jarrett first asked me to take over this event and I have thoroughly enjoyed my involvement.

With the help and support of Jim Fairey we have organised some great races and exciting running under all conditions.

This is my last year as I am stepping down and hoping that a new organiser will take on the mantle and the series will continue to evolve and grow.



Winners Jennie and Sam



CFR Championship

Darren Parker

The CFR Main Championship is up and running! The results after Ennerdale are on our website (in Seniors/Senior Championships 2021).

The next race is Skiddaw (AM), Sun 4th July at 12:30. Entry is via SIEntries but unfortunately the race is already full. (12 CFR members have entered.)

Not all of the races chosen for the Championship have been confirmed and one AS race has yet to be decided, so changes may have to be made during the year.

A reminder of the categories and rules.

Age categories

The age categories are:

- Open – All members
- Ladies – All female members
- Senior Men (aged less than 40), Men's Vet 40 (aged 40-44), Men's Vet 45 (aged 45-49), etc.
- Senior Ladies (aged less than 40), Ladies' Vet 40 (aged 40-44), Ladies' Vet 45 (aged 45-49), etc.

Anyone whose birthday during the year would put them into the next higher age category has a choice of either staying in the lower age category all year, or only having races from their birthday onwards count in the higher age category. The default position is you will be in the age category of your first race. If you wish to move into the higher age category you need to tell me asap. (Have a look at the dates of the races and bear in mind you need at least 6 races to be eligible for a prize, so if you do wish to move to the higher category make sure there are enough races after your birthday.)

Scoring

Within each category the scoring is as follows:

- 100 points for first place, 99 points for second, 98 points for third, etc.
- No more than 4 races in any one distance category (short, medium, long) can count (except for the 60 and over ladies categories and the 70 and over men categories, for which there is no restriction and races from the Show Series can also count).
- To be eligible to win the trophy or a prize in a category you must have completed at least 6 counting races in that category.

Trophies and prizes

- In each category, the member with the largest total from their 6 highest counting races will be the winner and receive a trophy. In the event of a tie the trophy will be shared.
- In the Open category prizes are awarded to the first 3
- In the Ladies category prizes are awarded to the first 3
- All members who complete six counting races in their age category will receive a prize.
- The Cumberland Cup is awarded to the runner who completes the most Main Championship races. In the event of a tie the member with the most points (over all of their races) will win. There are separate cups for men and ladies.



Handicap competition

An award is given to the member that improves the most compared to the previous year based upon a handicap system. The handicap values have been carried over from 2019 and for those without a handicap value, one is assigned after your first Championship race.

To be eligible to win the trophy or a prize in the Handicap Competition you must have completed at least 6 races but there is no restriction on the number of races from each distance category. The member with the largest total from their 6 highest scoring races will be the winner and receive the trophy. In the event of a tie the trophy will be shared.



Enjoying the process

Hannah Bradley

On the 5th of July 2021 I successfully completed my Bob Graham Round. It was an amazing experience and a personal achievement that I am very proud of. Now, many people before me and after me will complete their own rounds and mine was in no way record breaking.

Sometimes as runners we can get very caught up in external validation; who have I beaten? Who has beaten me? Was I faster than last time? This can be a great motivator and can actually allow us to take on challenges, like the Bob. But it can also be our own downfall, by encouraging us to base our self-worth on external factors. My lovely spoon full of sugar antidote to this... Enjoying the process!



Before

I first seriously thought about doing a Bob after helping my other half, Nic Barber, successfully complete his round last summer.

As I'm sure I don't need to remind anyone, we had another two lockdowns since then which meant we were unable to get back from Middlesbrough, where we currently live. Having a genuine enjoyment of spending time outside, in the elements and getting to move my body helped get me out to do the training needed to complete a Bob.

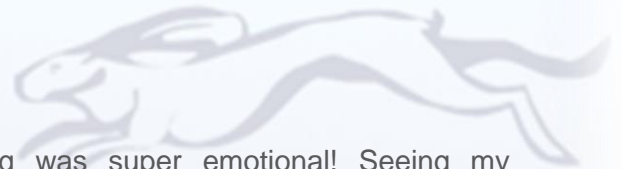
Enjoying the process also helped me deal with the unknown, specifically if going up and down the Tees link (half a mile with 200m of climb) over and over and over again was going to translate into going up and down big hills! Spoiler alert, it does!!

Finally in April, I was able to get over into the lakes again, and it was so worth the wait! I made some fantastic memories running over the fells whilst reccyng the legs. Some highlights included days out around Leg 2 with Dad and Mark (first fell run of the year for me!), a warm Wasdale with my Dad, some snowy Leg 3 with Nic and helping out on Miriam's Bob. I definitely got a taste for how good the moon and dawn are on the fells! There was plenty of *can I, will I, should I moments*, but enjoying the training meant I had done enough and had plenty of cheerleading from my family and Nic.

During

Trying to be in the moment throughout my Bob was something I really wanted to do to help me enjoy it as much as possible. The sunset, the never ending orange glow on the horizon, the sunrise around Fairfield and the breaking of dawn were some of the most amazing moments I've had on the fells.

Being surrounded by such an amazing support team definitely kept me going.



Their positivity and rubbish chat kept me going especially through some low patches and set me up for a lot of laughs in the high points.



Finishing was super emotional! Seeing my nearest and dearest waiting for me to come in and having Nic and our dog Pebble run in with me was just the best feeling!



Whilst preparing to enjoy the actual process of putting one foot in front of the other, I was aware that I would not feel good for every step.

Leg 4 was particularly hard, eating was not fun anymore and just before Gable I thought I was going to get to Honister too late to finish within 24hrs. Being realistic and knowing these low points would come helped me focus my mind and tell myself that feeling better would come, even if that was when I finished! One thing that struck me was as soon as I could look back on a part I had found hard was that I could pick the good bits out of it which helped power me on. Standing on the summit Robinson with my Dad, knowing it was all downhill from there was the most amazing feeling!



After

At time of writing, I am currently 2.5 weeks post BG. Going from running so much during training to allowing my body time to properly recover is a bit of an adjustment. I've been focusing on using this time to do some different things other than running. I've been on my bike for the first time since after my Frog Graham in 2019. Turns out pedalling away is super enjoyable!



Thankfully, I'm still in one piece, unlike after my Frog, so things are looking up already! But, if anyone sees me on a start line any time soon, please tell me to go home!



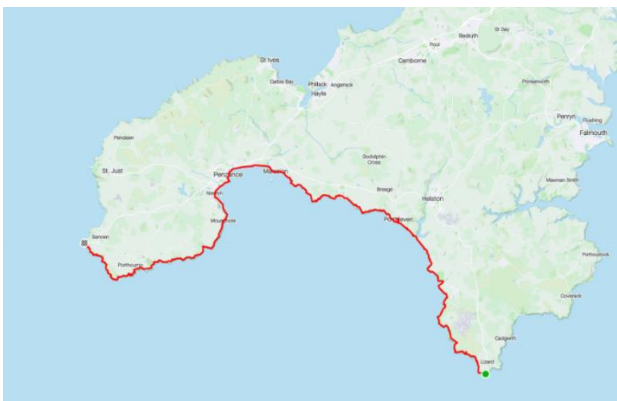
A Classic Quarter (74km, 2300 m)

Paul Jennings

Running from the most southerly point in main land UK to the most westly point just has a nice ring to it in my mind. All the better for being a challenging, but feasible, 46 or so miles. The route from Lands End to Lizard point forms a race during each summer (a little later last year) but our holiday plans didn't fit in with the race date so at 8am one cool September morning I set off on my own, with plans for Jenny to meet and water me along the way.



I realised whilst doing this run that a key difference between a fell ultra and a trail ultra is that on the fells you are thinking of the run in terms of ticking off the summits, whereas on the trails it seems much more about the journey albeit with various milestones along the way. There was a slow, gradual but constant change of scenery as I traversed across the coastline so let me share with you my journey...



Stage 1 Lizard Point to Portleven

Given that we were camping very near the finish of the route, driving for an hour before we arrived at the start main me realise how far the run was. Starting from a deserted National Trust site the first few miles just flew by, easy running taken at an easy pace. The first memorable event was Kynance cove, a beautiful little cove with deep still waters... just where the path went. Perhaps I should have checked for the tide? This early on the extra ascent was much more preferable to a full body soaking so I climbed back out and traversed around to one of many quiet inlets with a few traditional Cornish cottages.





After just under 3 hours of running I met Jenny at our first rendezvous. As well as bringing encouragement and extra water she brought fresh t-shirts. The day was already warm & humid and at every stop I dropped off a t-shirt that weight a tonne in sweat and lightened the load considerably as well as feeling so much fresher.



Stage 2 Portleven to Penzance

This is where I struggle to remember which order everything comes in; I think it was Praa sands that the only route was straight across with the soft sand preventing any attempt at running. I can also see on my Strava trace that I made a few minor wrong turns as the signage for the coast path just wasn't there at the right time, I definitely deviated from the race route going across the stony beach just before Marazion.



The next four miles I do remember well, as they were all on the pavement, fortunately away from the main road, but hard hard going. The heat of the day and six hours of running were taking their toll. At times I was only able to walk, forcing myself to run for 5 minutes and walk for 5, spying lampposts to target for my next walking stop. I was only just beyond halfway and struggling this much was very demoralising. Fortunately my second support stop wasn't too far away, and I was very tempted to call it a day at this point.

Stage 3 Penzance to Porthcurno

Refreshed from the break, a change of t-shirt, watered and fed, and so I was back on my way. The next stretch was still on the road, but I knew it wasn't for much longer and was away from that never ending section on Penzance. There is a final long slog up the road at Mousehole before I was off road again, but as soon as I was I was fully re-energised.



With the scenery changing again woodlands, country houses, low thick branches along narrow lanes – I won't show you the state of my head, and fortunately Jenny didn't take a photo at the time but to say she was shocked and worried at our next rendezvous would be an understatement. I think if it was a race the medics would have pulled me off the course.



Heavy legs, heavy fatigue but deep satisfaction from a long day out running kept me company for those last few miles, knowing that I'd been on a journey, a journey from the most southerly part of the main land UK to the most westerly part via a lot of beautiful countryside.

Stage 4 Porthcurno to Land's End

Nearly there, but I had mixed feeling about it ending as the scenery around the tip of Cornwall is just stunning. However, before I could reach Land's End there was still the matter of some of the roughest and hilliest sections of the coastline starting with the steep climb up to the Minack theatre (if you haven't been there for a show I strongly recommend it).





Sian's Ennerdale Horseshoe Account 2021

Sian Spencer

The background

Out running in the fells one sunny Spring day in 2020, a friend mentioned the fact her husband was, that same day, running all the way from Ennerdale village, up and over Great Borne and Red Pike to Green Gable and back to Ennerdale via Pillar and a host of other mountains I had never heard of. My face must have betrayed my emotions, as she immediately sought to reassure me, showing me what ought to have been his live progress on an app (though it had seemingly crashed due to GPS issues). "Don't worry" she said. "He's done this route lots of times before. He'll be fine".

I'd recently made a move from fell walking to (attempted) fell running. I'd only started *enjoying* the fells in around 2015 though I had, as a child, spent an awful lot of time enduring fell walking in various UK and European mountain ranges due to my mountaineer father. There had been a break from exercise in 2016 for the birth of my second child and a bad car accident (yes, sadly the two coincided). In June/July 2016 I couldn't walk the 800 metres to and from the GPs from my door.

The attempt at fell running involved walking up hills then running along and back down again. I loved it. I'd go solo mostly; plan a route to a nearby summit then go further than planned, with a 'let's just see what I can do' mentality. Running in and through local woods was my favourite. I would listen to audio books as I ran and felt like I was running into other worlds. I'd mentally call our local woods 'the story woods'. They became a place of sanctuary and escape from the real world. Also, shaded from the elements, I could run in all weathers and really enjoy it.

My first experience of a fell race was Sale fell in November 2019. I entered because another friend (Jane Mottram) had mentioned it to me as something I might be interested in. An eminently

'do-able' 5km. Around, up and over Sale; one of my most local fells. I went for it and surprised myself by not coming last.

Following that, I took part in 'Friendly in the Fells' organised by Lisa Spratling in January 2020. Growing in confidence and not deterred in the least by the pandemic, I joined Cumberland Fell Runners and got to know a few other members over lockdown, largely via social media and the virtual challenges which I helped organise. I gradually emerged from the story woods, joining life on the open fell side. I've not looked back since.

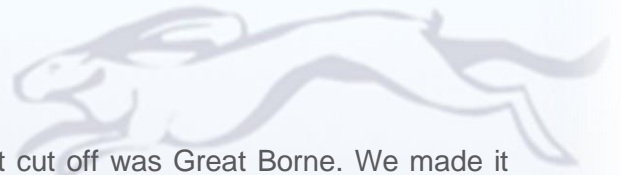
Fast forward to the aforementioned sunny Spring day in 2020 and the reference to what I would later understand to be the Ennerdale Horseshoe route. This was the start of my love affair with the Ennerdale valley and all of its surrounding fells.

Of course, for a good deal of 2020 we were housebound. Locked down by the government as a result of Covid-19. Access to the fells was hugely curtailed (I was limited to the Hay, Ling and Sale when running from home). However, whenever the lockdown was lifted, I naturally gravitated back to Ennerdale. I was fascinated by the challenge of exploring new ground and pushing physical boundaries. As the year progressed and turned from 2020 to 2021, I began helping another friend prepare for her first Ultra marathon. This often involved running longer distance runs than I was used to which improved my stamina and endurance. It also often involved running up the forest trails from Bowness Knott to Black Sail and back which further familiarised me with my new favourite place.

When the opportunity arose to enter Ennerdale, I took it.

The race

I ran the race as an 'event', not a race, with one of the badgered friends (Isabel). The other badgered friend (Charlotte) had unfortunately



sustained an injury as a result of her Ultra and had had to drop her place. Despite this, she was with us in spirit throughout. It was important to Isabel and me to think of the race as an event. To imagine racing anyone or anything (other than the clock, regarding the cut off times) was too scary a prospect. So long as we reached Pillar by 4pm, that was good enough for us.

The first cut off was Great Borne. We made it with a surprising amount of time to spare. By Red Pike, the cut off for Great Borne still hadn't passed. This lulled us into a false sense of security. There was an equally false sense (despite numerous recces) that having summited Red Pike we were almost at Scarth Gap. Not so!



As the race started, everyone (everyone) ran past us. The women first, swiftly followed by the men, most of whom had caught us up by Herdus ridge. A series of "well done ladies", "keep going CFR" and one "even your feet are in sync" partly helped and partly hindered. It helped that there was a wave of goodwill and friendly cheer. It hindered that with every overtaking happy person, a small part of my ego disintegrated. Isabel was more mentally resilient, continually reminding me that we were running the *event* "our way" and not racing anyone whatsoever.

By Blackbeck Tarn (the third cut off) we were 20 minutes behind schedule. We'd hoped to reach Blackbeck Tarn by 1:15. We reached it at 1:35pm. Based on earlier timings of recces we believed that we needed to be at the top of Green Gable by 2pm to stand any chance of reaching Kirk Fell by 3pm and Pillar by 4pm. As we refilled our bottles, my mood was low. Isabel, as always, remained resilient and positive.

We reached the top of Green Gable at 2:20, giving ourselves just 40 minutes to get to Kirk and the aptly nicknamed 'Gully of Death' to



navigate first (the scree bank from Windy Gap). Cheered on by Jane, Jim and a host of jelly babies, we ploughed on. Unfortunately at this point we ran straight past my dad and brothers, who'd been sitting on the fellside waiting patiently to surprise us for about 2 hours. The small consolation was that they didn't recognise us either!

I don't think I have ever sworn as much as I did on the way to Kirk fell summit. One reason was that I had fallen over at Windy Gap and knee-butted a very sharp rock. It also seemed directly proportional to the amount of effort I was having to make. The greater the effort; the more the swearing! At the foot of the climb, we left one very tired and disoriented racer who simply seemed to have burned out. He asked us to tell the next marshal that he had retired the race and having offered him food and drink, he turned around and we carried on up the hill. We'd also earlier overtaken at least three men around Scarth gap but didn't realise that at the time (we wrongly assumed they'd found a short cut over Haystacks and disappeared into the distance ahead of us).

We made Kirk fell with 4 minutes to spare then immediately had to face the next hurdle: Pillar by 4, via the second nicknamed Gully of Death (Joss' Gully?). Having followed the (wrong) fence line coming off Kirk, we eventually bum slid our way down the Gully to Black Sail pass where we were kindly met and refuelled by Jenny J and Paul (who had had to drop out of the race due to hip problems). At this point we had 45 minutes to get to the top of Pillar. Jenny to Paul: "Summit to summit, you'd do it in 45 minutes wouldn't you" Paul to Jenny: "Yes, something like that".

With that reassurance, we went on.

We quickly realised that a) Paul must be a lot faster than us and b) we had probably spent too much time refuelling and being reassured. At one point, we even stopped a passing walker and informed him we that we only had 20 minutes and needed to get to the summit in that time. His hesitant and unconvincing response: "you'll *probably* squeeze that in" turbo charged both effort and associated swearing levels.

We reached Pillar summit in a flurry of swear words and sweat, 20 seconds after the 4pm cut off according to my watch, but we were told by the marshal that we were actually 4 minutes inside cut off. We had no idea why or how, but we were elated. We had never had any concern that we might not get round the route. The concern had always been making Pillar by 4pm. We'd done it!

Our pace slowed, the swearing reduced, and the overall mood lifted. We carried on to Scoat, where we were met by family, dogs and a picnic. We had a sit-down eating session and a rest. After that, we felt almost human again and ready to continue. Once again, we set off and this time, over easier ground where we were actually able to run in places. Haycock was a blur. Iron Crag; a joy. The feeling of running on springy grassy ground felt like coming home again. My knees were protesting by this stage, but my energy levels remained constant to the end (probably due to having eaten religiously every 30 minutes from the start). The final push came on Crag fell, where we were overtaken by two men who (unbeknownst to us) had been behind us the whole time. We wondered, temporarily, whether they'd do the gentlemanly thing of allowing us to beat them. No, they wouldn't. And fair enough!

Up and over Crag fell we went, then down to the scout camp. My daughters were waiting for us on the final stretch; the little one (4) determined to run the last bit with us. Being at lake level again felt a little surreal. Being so late in the day, we expected a ghost town at the scout camp but to our happy surprise Jenny and Paul had waited to cheer us over the line, along with the race organisers, a few members of my family and Isabel's friend who had driven up specially to welcome us at the finish. We dibbed for the final time and then we stopped in disbelief. It was done!



I'm glad to have had the opportunity to write all of this down. It is a heavily condensed account of 8 hours of my life I will never forget. I hope that one day I will be telling this story to my grandchildren, at some future point in time. I'll keep a copy of this small epistle for that day. Hitch my Nora Batty tights up (gen Z – google

it), pour the tea and state with some satisfaction: "Now then dears. Did you know that a long time ago, before you were born, your old Grandma here ran the Ennerdale Horseshoe route?".



Andy and Mel's LEJOG Adventure, swapping studs for cleats

Andrew Bradley

'I'm really sorry but we must put safety first and we cannot support you cycling to Land's End. We will be arranging transport to the next stage at Fowey and we will review the situation tomorrow.'

This was the starting brief of the trip as we nervously congregated after breakfast at St Just 10km North of Land's End on day 1... Not only was it misty rainy and cold but the SW wind was gusting at 50 mph... So, they did have a point. Needless to say us 'Northern Toughies' from CFR were not going to see a bit of bad weather take the shine off our trip and so along with a few other intrepid souls we decided we would at least give it a go and if necessary we could turn back. About half of our 22 strong team made the journey. Sadly, it was too much for the tandem. It was a bit scary at times and one or two of us were blown off into the hedge bottom but once we made Land's End the wind was at our backs and actually it wasn't that bad, so the CFR team of Bradleys and Whitehurst's set off on their 1100 mile pub crawl.

I have always wanted to do this journey and in these tricky COVID times, when foreign trips seem unlikely, 2021 seemed a good time. After a bit of research, we alighted on Peak Tours, a Glossop- based company, who run a wide variety of guided cycle and walking trips both in the UK and abroad. We opted for a fully supported tour, staying in pre-booked, Bed and Breakfast accommodation, with en-route



Leaning into the South Westerly weather warning at Lands End, which was soon to be a 70 mile tail wind.

guides, mechanical expertise and organised lunch and brew stops. I must admit Peak Tours were fantastic, being well organised, supportive and experienced enough to cope with every eventuality. Some would say we're getting soft in our old age, but it was supposed to be a holiday? All we had to do is cycle on average 72 miles per day for 14 days, but with a monster 100 miler thrown in around Edinburgh. No problem?

Our route, which we loaded onto our Garmin devices each morning to ease the navigation, was well planned and where possible, chose minor, traffic- light roads. One of most enjoyable parts of the trip was appreciating the variety and beauty of the British countryside. For such a relatively small and densely populated island we have it all. From the spectacular coastal sections of Devon and Cornwall to the rolling

lush green of Shropshire Herefordshire and the Welsh borders. We experienced wild open expanses of moorland such as Dartmoor and of course the incredibly beautiful Cumbrian fells and awesome mountain back drops of Scotland. We also took in some notable man-made landmarks and were very impressed to cycle over the Clifton, Severn and Forth Road bridges and enjoy the delights of Wells Cathedral (bells and all) and Tintern Abbey. Cities of Bath, Exeter, Edinburgh, Perth and Inverness were successfully incorporated into the journey.



Approaching the summit of Glen Shee in glorious sunshine.

After the bumpy start the weather improved and although we got a severe hypothermic soaking over Dartmoor and practically swam up the Wye

valley we were blessed with some unprecedented hot sunshine and beautiful blue skies in Cumbria and unbelievably in Scotland too.



Mel and Alison find a bench in the middle of somewhere which celebrates how far we have gone, and how much further there is still to go. Still in waterproofs.

One of my favourite rides on the trip was Lancaster to Penrith. Skirting the Bowland hills, we took the small road through the Howgills to lunch at Tebay , then a beautiful sweep of the Eden valley to finish. The weather was fantastic, and I felt so proud of our home turf and really quite emotional. The journey through the Caledonian mountains was also something special . The 20% pull up the Lecht to the ski resort and the descent off Glenshee with views of the snow-capped Monroes were as good as many an Alpine route. My least favourite, and only low point of the trip, was the last 40-mile section to John O' Groats with a final full on head wind which was a real grind but probably more weather related than anything

Another great aspect to the trip was the camaraderie and support of our fellow riders. We were quite an eclectic bunch, but everyone was very friendly, and we enjoyed getting to know some really interesting characters. Needless to say, there was much rehydration and carbo- loading banter in the bar each evening.



CFR colours worn. Stripe the right way.

I would thoroughly recommend the trip (and Peak Tours) to anyone who fancies a challenge and / or the chance to appreciate our beautiful and varied countryside . The question is .. what next?

I would also like to take the opportunity to say a huge Thank You to all of those who have

generously donated to Cancer Research . So far we have raised over £2,500 . Good effort everyone.

[Mel Bradley is fundraising for Cancer Research UK \(justgiving.com\)](https://www.justgiving.com/MelBradley)



“Champagne” at end of the 14th day of cycling making a change from Lager, beer and wine.



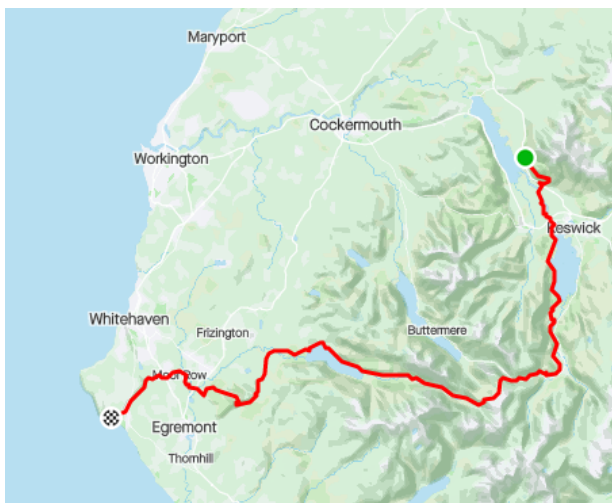
St Bega's Ultra

Charlotte Harle

Only those who will risk going too far, can possibly find out how far one can go.

T.S Elliott.

For me this quote sums up my entire journey of preparation, running the St Begas Ultra and the post ultra section of a good day out. Covid19 brought lots of new challenges to many of us, some big and some small but all challenges. My challenge was a large one, namely redundancy. Those that know me well in CFR, know that I am a daydreamer with clear goals for life (I am not sharing them in case some of you steal my running goals!). So when faced with redundancy I turned to a routine of daily training in my home made gym and running on the trails of Broughton with Bertie when it was my turn for daily exercise outside. This routine needed focus or for a better word a goal and that goal very quickly became the big question "can I run an ultra". Surely, it couldn't be that hard or could it?



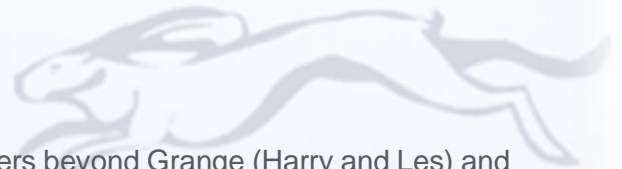
The St Begas Ultra was organised yearly as a race from Dodd Wood to St Bees school by Jon Raymond. The route follows the route of the legendary Irish princess St Bega between the two chapels that bear her name. St Bega has some interesting folk lore and history attached to her name including miracles for people from Millom, Workington and St Bees. Admittedly, I

had no idea of any of this until after the race when Nick's mum told me about the history of the route. I discovered the route from Strava when Blackie (Mark Blackwell) decided to complete the route as a solo attempt. I borrowed the GPX file from Blackie and set my sights on becoming an ultra running princess rather than a miracle working Irish princess (I am from East Yorkshire after all).



I followed the training program in a handy book that I discovered on the living room bookshelf (thanks Nick for the 2018 Christmas present). Lots of structured training with slow days, fast days, hill rep days, strength training days and the occasional rest day. After the first few months this felt the norm and a run post work or before work was the routine. During the post ultra weeks it has felt a little empty without this structured routine. Back to the preparation, I quickly discovered that running from my front door to Fellbarrow and back was 21 miles (thank you to those that sparked this idea during lockdown).

The date became set as 17th April 2021 for the big day. The research into the shoes, socks, food, hydration and more importantly who I could whinge at increased as the date quickly appeared. I had started training in May 2020 so 11 months later was plenty of time to build the



muscles for the SBU and the extra little section to the sea (37.8 miles according to my Suunto).

Leg 1 starts with a hill (Dodd), my glamorous very chatty assistants (Pip and Isabel) ensured that my plan to stay energy efficient was executed well by walking the first mile up Dodd. The route then takes you down through the gill path, across the A591 and along the fields in to Portinscale. This leg included being chased in circles by 2 young lambs. The key for this leg was to fuel, hydrate and maintain a speed of 10-13 minutes per mile.



Leg 2 continued from Nichol End to beyond Grange. My early glamorous assistants continued on this leg and became much more military with the fuelling. This regular fuelling assisted me later as my blood sugars remained around 9mmol to 11mmol (yours will be between 4-7 mmol). The leg was faster with the knowledge that the lake was starting to pass and the climb was starting. I had split the route in to tick off points of get to Portinscale, get beyond Derwent, get up Honister, get to Gilerthwaite then the rest was unknown territory distance wise. I collected Leg 3's eager

supporters beyond Grange (Harry and Les) and was informed (I was already aware of this from the WhatsApp messages) that they had been incredibly eager and turned up several hours earlier than required. This is definitely the CFR spirit and support that makes fellrunning such an amazing community to be a part of. I eagerly chatted about the ford crossing at Rosthwaite which signals the amusing start of Dale Head race, in doing so I missed the turning and my watch shouted in response to being "off route".



Leg 3 was much more focused as Les was head down and my serious/seasoned navigator for the day. Harry was keeping me chatting and querying "do you need more food". They quickly learnt that every mile that passed resulted in a beep of the watch and a cheer of the total. I was nervous about the climb up to Honister Slate Mine as I did not have time to reccy this section. The path from Seatoller quickly gave way to the climb up to the path along the road. Surprisingly this was nowhere near as steep as my brain

had imagined and my brain turned to the car full of food sat at Honister. Watermelon was the topic of choice for the final 1.5 miles up to Honister. Thank you Sophie for your electrolyte refreshing idea from your Bob Graham!

Team Leg 4 were eagerly waiting with cheers from CFR's loudest cheerleader (Sandra), barks from Bertie and Brodie along with a cheerful wave from our Honister cheerful face (Scott). What I learnt from the carpark was allow people to help! Talc on the feet and watermelon eaten we were back off on the route. When I say we, I mean the Leg 4/5 gang (Les, Paul, Ian and



Harry). The chatter and swapping of stories aided with my plod up the mine track to Drum House. From here it is a case of letting the landscape guide you down to Black Sail Hut. There are several paths down from Honister and ours was quite broken up but the laughter definitely helped with the picking up of my pace. I had read numerous times that the body will keep going, but it is the mental battle that makes or breaks an ultra. Surround yourself with CFR and the miles will fly by! We dropped to Black Sail Hut and joined the extremely familiar valley path. Memories of Bronze and Silver Duke of Edinburgh expeditions reappeared and the stories continued to fuel our journey along the harder valley tracks.



Leg 5 continued with Paul, Ian and Brodie. The path follows the Ennerdale valley path and quickly starts to find dog walkers, cyclists and families. I continued to shout the miles but the tiredness started as we ticked through the early 20s. The sun was shining but the endless feeling of the Ennerdale trails started to hit. Bronze DofE whingeing of how far it was from Black Sail Hut to Ennerdale Scout Camp played

on my mind however I had told myself that if I got to Ennerdale and wanted to say "I want to go home" then that would be fine. We quickly reached the Scout Camp perimeter and the miles were edging closer to a marathon! As my watch showed 26.2 miles, I started to feel a tear forming of happiness however my team support where on a completely different page and chatting away about cricket or Ford Escorts so my tear did not form as nobody really cared.

We reached Ennerdale Bridge to a party like atmosphere of chatter and CFR members out in force. Sam and Mario both drove past to a response of a tired wave. Here I repacked with a view to sustain the long lasting carbs but also to focus on salt as the sun was still shining and cramp as not too far away. An Aldi rice pudding, some more watermelon and an amazing latte from the Gather (thank you Sian!) we set off. Leg 6 was made up of Sian, Sandra, Paul, Nick and Bertie who let me keep my head down and allowed me to plod along the roadside. The route then reaches the back of Nannycatch and takes you up the path beyond Chimneys or the local name of up Bummers. This climb was tougher than Honister and my blood sugars started to drop. This is when the first gel of the day had to be sourced for a very quick sugar boost. The path on to Dent gave way to running again and the watch beeped to signal 31 miles (50km). This had been my goal and I could see the sea and St Bees head in the not too far away distance.

We continued down the coast to coast path or to us fell runners the familiar route of Jarrett's Jaunt to meet Anna, Paul and Ian. Where we started the "urbanised leg" aka the journey through Cleator and Moor Row. The route follows the coast to coast route along the cycle path to Moor Row then to the bridge where you drop down to the fields near the Science Park. I am not sure what St Bega would make of this section of urbanisation in comparison to her journey! This is where the tiredness set in, I felt good and my legs were continuing but my mind knew that the end was getting closer. I had recently read an article by Damien Hall who helpfully suggests eating when the mood drops. A handful of squashies later, I was back and



ready to go. It is surprising what 10g of carbohydrate/a handful of pink sweets can do! We were met in the fields by the earlier eager supporters/cheerleaders (Pip and Isabel). Their excitement was contagious which caused me to do my usual determined approach of head down and push against what you face. We waved to the train and the Leg 7 DJ started her song choice (thanks Pip and Sian for your singing and music videos). We appeared through the woods and gates to the edge of St Bees school to what is traditionally the "finish" however 1.7 miles extra never hurt anybody if it means a dip in the Irish Sea. We collected Rob as we ran through St Bees to several carefully selected songs "Gotta get thru this" and "Here comes the Hotstepper". The sea appeared and my tired legs remained strong as the cold water cheered that I had done it. I had run an ultra! I had completed the SBU plus a little bit.

St Bees beach had lots of happy familiar faces of friends, support crew and race organiser, Jon (thanks Howard)!

Now on to the next goal/daydreaming of long runs...

