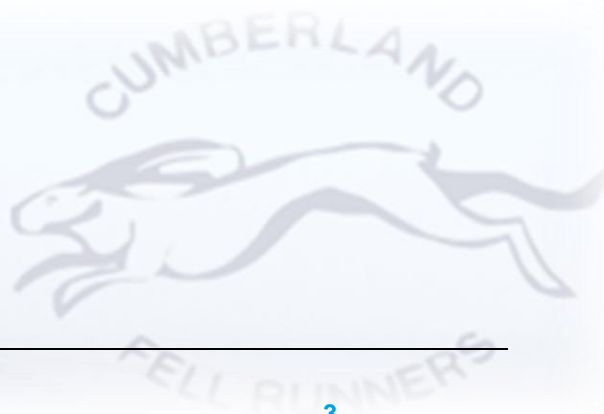

Cumberland Fell Runners

Newsletter
February 2022



Blake Fell: Photo: Tom Chatterley



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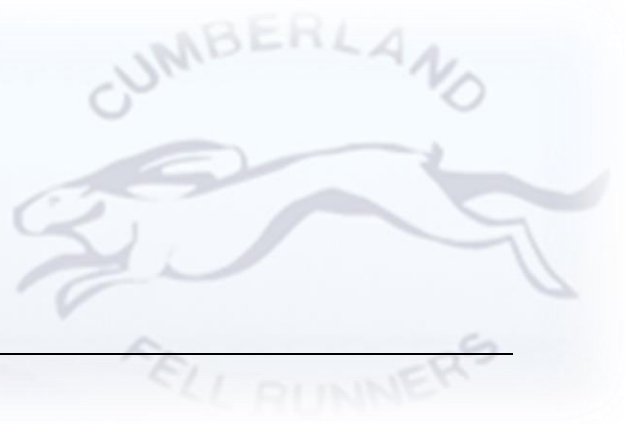
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Editor's note

Welcome to the 2021/22 Winter newsletter! Many thanks to all that have contributed, including photos on Facebook for me to collect.

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**

John
Fletcher



**Race selection
Committee**

Anita Barker,
Ryan Crellin,
John
Fletcher,
Peter
Crompton



Press Officer

Charlotte
Akam



**Website
Administrators**

Mario
Yeomans,
Darren
Parker,
Adam
Cresswell



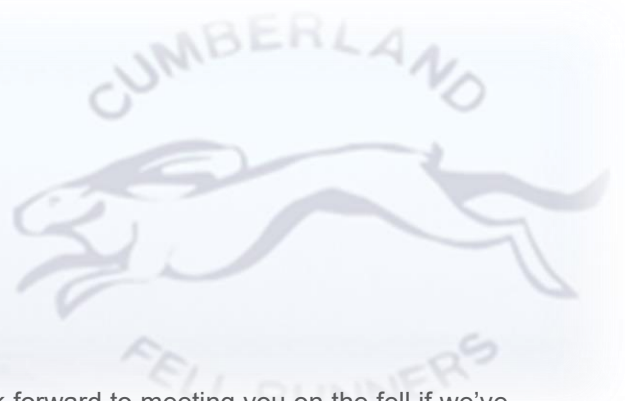
Team Captain

Andrew
Bradley



Newsletter
Editor

Jack Gilbert



New members

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

Carolyn Rigg
Vic Wilson
Peter Taylor

Lucy Dunn
John Swallow
Helen Daley

Gavin Pattison
Dan Wilson
Colin Graham

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 John Fletcher at johnfletcher65@icloud.com.

Next members meeting

The next members meeting will be 15th March 8pm. It'll be communicated by SiEntries and posted on Facebook as well.

Club meeting summaries

Paul Jennings

Members' meeting minutes - 18th January 2022, Shepherds Arms, Ennerdale

Championship races

Ryan presented the championship races (see link below), and a discussion was held around the main challenge with the race selection, namely that there are three club races in a row (Black Combe & Muncaster Luck from the main championship and then Jarrett's Jaunt from the winter league). After discussing the alternative options, the original suggestion was agreed to be the best approach and the championship was approved. The races and the criteria to complete the championship are on the website (<https://c-f-r.org.uk/pages/seniors.html>).

The show series race was presented (which will be on the same part of the website shortly). The number of races is higher than normal, for two reasons; firstly, not all races have been confirmed and some have a history of being cancelled due to bad weather so all eight may not take place, secondly once the standard local races had been selected there was very little room, had we stayed with 6 races, to introduce new ones. It was felt that a bit of variety may add some further interest in the series. This was approved. The discussion then moved to how many races were required to count – it was agreed to stay with the current figure of 3 races, with an additional race as a tie-breaker if necessary.

Club runs

A wide-ranging discussion was held on the topic of club runs (currently Tuesdays and Sundays) including the days, timings, nature of the runs. As part of the discussion, it was agreed that a questionnaire would be issued to ensure all club members are given the opportunity to share their views. Charlotte offered to put the questions together which will be reviewed by the committee before issuing.

Adam is informally reigniting and trialling SST - Serious Stuff Thursdays taking place on Thursdays, 1730 on Sale or Ling Fell. They are not serious but a friendly group-based interval session with frequent regrouping, try-as-hard-as-you-like vibe, and often pint in the Pheasant. Message Adam for the details!

Membership renewals

John gave an update on the current membership renewal status (114 to date compared to 220 last year), he also provided the number of members who have entered the Blake Fell race but haven't renewed yet (8 at the time of the meeting). The deadline for membership for the Blake Fell race to be counted is 1st February, after that, members must renew before the race to count [new members are given 24 hours after the race to join for the race to be included in their championship scoring races]. There are a further 15 juniors who have joined.

Paul & John to check all honorary members have been transferred across, and to identify any other regular members who may need reminding. It is anticipated that the number of members will significantly reduce after a year in which all memberships were automatically transferred across for free.

Club Kit

Ryan put a call out for club kit orders, which will be placed by the end of January. He also asked whether the club would continue to subsidise the kit – this was approved by the committee.

Communications

A brief discussion on communications was held, with a concern that some of the club organised events not being widely enough advertised. Ryan agreed to write a note explaining the channels which are used, and who has access to use them.

Trophies

Darren gave an update on trophies which are currently in for engraving. There has been a slight delay since the engraver is currently ill, but we hope to be able to return the trophies soon, possibly by the end of January. Jane is currently working on sorting out new bases for trophies that are now full.

Meeting location

The Shepherds' Arms were very accommodating for the meeting and there was ample space for all who attended. It was also felt that this is more central considering the spread of members. Discussion was held on the feasibility of enabling remote access to the meeting, but this was felt to be very challenging. Consideration to hold some meetings virtual will be made if necessary, although discussions in person have been much more productive. Therefore, it was decided to hold the next meeting at the Shepherds' Arms again.

Next meeting

15th March 8pm

Cumberland Fell Runners AGM - Saturday 11th December 2021

Shepherds Arms, Ennerdale

Attendees

Sophie Likeman, Paul Jennings, Andrew Bradley, Pip Conlon, Jack Gilbert, Alison Whitehurst, Jane Mottram, Brian Thompson, Anna Blackburn, Nick Moore, Jim Fairey, Darren Parker, Mike Harrison, Huw Jack Brassington, Gwen Brassington, Idris Brassington, Jenny Jennings, Ann Cummings, Steve Parker, Steven Breeze, Anita Barker

Apologies: Rob Stein, Ryan Crellin, Charlotte Akam, Steve Davison, John Fletcher, Jennie Chatterley, Pete Crompton

Chairman's report:

Club Championships went ahead albeit with lower numbers, but it was an achievement getting a championship series together in what was a condensed season.

Membership numbers are very healthy within the club.

Juniors are picking up again after a difficult period. Thanks to Tony Jewell for taking on the role as new coach.

Finances are looking healthy within the club.

It was great to see such high numbers of teams in the British Relays and to be back to being awarded 3 teams in the Hodgson's relays (as did have many years ago).

The club now has 3 regular club runs.

Winter series has begun.

The club currently has the Under 23 English fell Running Champion, well done Joseph Dugdale.

Membership Report:

Membership numbers have increased. 76 Female members and 141 Male. More women than men have joined in the last 7 years. We also have a very good spread of ages with 7 under 23, 19 members under 30 and 38 members under 40. Nine social members are also registered with the club.

Juniors Report:

New Coach – Tony Jewell. Tony is now alternating junior training on Saturdays between Sale fell and the leaps.

Sarah Rhodes retired as treasurer, welcome to Nigel Youngman who is taking over the role.

Chris Draper retired as chair; the club welcomed Steve Dawson.

Thanks were expressed from the meeting to Sarah and Chris for all of their work on the Junior committee, and to Tony for taking forward the coaching.

The club had proposed to hold a 'fun day' in the spring of 2020 to bring the Seniors and Juniors together for some fun activities. Obviously, we were unable to follow this through, but it remains an aim now for 2022.

Junior races are being planned for 2022. Request for senior members to help if they can, contact Steve for more information. The junior committee hope to continue to improve the transition for juniors' runners to move into seniors.

Thanks to Steve for the report.

Treasurers Report

A print out of figures was circulated in the meeting.

Bank account very healthy! Junior and senior bank accounts have merged.

The club will pay for any members interested in doing outdoor first aid course.

As previously agreed the 2022 fees will remain the same as 2020, and membership for 2022 is now open.

2023 fees agreed: £15 per member, or £25 joint/same household. £5 Junior/U23/social

Agreed to remain with SiEntries for membership platform.

Election of officers

Rob Stein is stepping down from the role of membership secretary, I'd like to thank Rob for all of his work over the past 4 years which has seen a huge increase in club numbers. John Fletcher is now taking over this role for 2022. All other positions remained the same:

Chairman - Paul Jennings

Vice-chair - Ryan Crellin

Treasurer - Ann Cummings

Secretary - Sophie Likeman

Membership Secretary - John Fletcher

Press Officer - Charlotte Akam

Statistician - Darren Parker

Newsletter editor - Jack Gilbert

Team Capitan - Andrew Bradley

Race Selection Committee

Anita Barker, Ryan Crellin, John Fletcher and Peter Crompton.

It was proposed at the meeting that the first race should be Blake Fell, remainder of races to be announced mid-January. Request that races do not clash with DH Memorial and English/British Championship races where possible.

Other

Darren is currently arranging for all the club trophies to be engraved. Agreed that the club would subsidise this for trophy winners.

Request for volunteer to be responsible for organising collection and engraving of trophies for the club. Speak to Paul or Darren if interested in taking on this role!

Suggestion for memento to be given to trophy winners as keepsake for their achievements after giving trophy back at the end of the year.

London Marathon Club Entry – Chris Draper has this place due to deferred entry from 2020. So there was no ballot for the club place this year.

Joss Naylor Lakeland Challenge

Presentation Evenings for the Joss Naylor Lakeland Challenge were reinstated in November following a year's lapse due to Covid restrictions and moved to a new location at Irton Hall.

The crossing traverses from Pooley Bridge to Greendale in Wasdale and is open to those over 50. It covers approximately 47 miles, 30 summits and has 17,000ft of ascent.

At this year's presentation successful completers for CFR in the V55 category (15hr time limit) were Simon Franklin and John Fletcher.



John Fletcher receiving his cup from Joss Naylor

FRA Club Updates

Ryan Crellin, FRA Club Ambassador, James Lowe, FRA Communications Officer

The FRA Website

As you may have noticed we have recently unveiled the new FRA website. As you can imagine this involves a huge migration exercise so if you spot anything that may appear to be out of place please can you contact Andy Watts at treasurer@fellrunner.org.uk. We must also extend our thanks to Andy for spearheading the new website's development and also to Brett Weeden for his tireless efforts as the custodian of the old website.

The Senior English Championships 2022

As we hope you are already aware the English Championships this year are as follows:

30th April 22	AM	Guisborough Three Tops
21st May 22	AM	Lower Borrowdale Skyline
18th June 22	AS	Buckden Pike
23rd July 22	AL	Old Crown Round
13th August 22	AS	Bradwell Short
8th October 22	AL	Langdale Horseshoe 50th Anniversary

Entries to the English Championships will open over the next couple of months. Any queries should be sent to the relevant race organisers.

Any club interested in hosting a round of the English Championships in future years should contact Nic Barber at championship@fellrunner.org.uk

The Junior English Championships 2022

Similarly, the Junior Championship details are as follows

26th March 22	Trawden Junior Race (details TBC)
24th April 22	Black Combe
7th May 22	Todd Crag
15th May 22	Great Whernside
22nd May 22	Guisborough Woods Junior Classic

Please distribute these to the Junior section of your club. For any queries on Juniors please contact Gareth Hardcastle at juniors@fellrunner.org.uk

Plea from Paul: There is a call out for volunteers and marshals to support the Black Combe Junior Race!

FRA Coaching Courses

The FRA has been working closely with UK Athletics to develop new coaching modules as part of the 'Leadership in Running Fitness' (LiRF) course. Development of modules to support the 'Coach in Running Fitness' (CiRF) is ongoing with details to follow. Upcoming pilot sessions for the new LiRF module are being held on the 5th and 6th March. For details or to express interest in future courses please encourage your club members to contact Nicky Spinks at education@fellrunner.org.uk.

FRA Navigation Courses

The FRA organises Navigation courses to support members in gaining key skills for accessing the mountains safely. The next course is on the 5th/6th March and places may still be available. To express interest in this or future courses please encourage your club members to contact Pauline May at navigation@fellrunner.org.uk.

FRA First Aid Courses

As you are probably aware the FRA also organises Outdoor First Aid courses to support Race Organisers, marshals and runners. If any club has 12 members interested in a dedicated course please contact Ian Winterburn at everythingoutdoor@btinternet.com.



2022 Club Championship Races

Date	Race	Distance	Info
Sat 22nd January	Blake Fell	Short	BS. 9.5km/429m. 12pm Start. £12 EOD/£11.05 Pre-Entry Note: New Route. See CFR Webpage for details - https://c-f-r.org.uk/pages/race_blakes_heaven.html
Sat 5th March	Black Combe	Medium	AM. 13km/1000m. 12pm Start. £10 EOD/£6 Pre-Entry via SiEntries.
Sun 13th March	Muncaster Luck	Medium	BM. 15km/620m. 11am Start. £6 EOD/£5 Pre-Entry. https://fellrace.org.uk/races/muncaster
Wed 20th April	Grisedale Grind	Short	AS. 4km/480m. 7pm Start. £5 EOD.
Sat 30th April	Coniston	Medium	AM. 14km/1065m. 12.30pm Start. EOD Only. £10 for FRA Members/£15 for Non-FRA Members (although this is against FRA rules as this is greater than allowed permissible difference. Should be max £3).
Wed 25th May	Latterbarrow Loop	Short	AS. 4.8km/250m. 7pm Start. £3 EOD.
Wed 1st June	Blencathra	Medium	AM. 13km/825m. 7pm Start. £3 EOD.
Sat 18th June	Great Lakes	Long	AL. 21km/2130m. 11am Start. £10 Pre-Entry via SiEntries from 1st March. https://www.amblesideac.org.uk/races/our-races/great-lakes/
Sun 17th July	Kentmere	Medium	AM. 19.8km/1006m. 1pm Start. £10 Pre-Entry Only.
Sat 6th August	Borrowdale	Long	AL. 27km/2000m. 11am Start. £14 Pre-Entry Only via SiEntries from end June.
Sat 10th September	Scafell Pike	Short	AS. 7.2km/914m. 1pm Start. £10 Pre-Entry/£13 EOD.
Sun 23rd October	Buttermere Shepherd's Meet	Short	AS. 5km/600m. 11.30am Start. £5 EOD.

Competitors can choose from the above five short, five medium and two long races. 6 races completed are needed to count, but you can only use a maximum of four short or four medium races.

A reminder that you need to be a current, paid up, member for you to gain points for the races. The only except this year is Blake Fell due to its early date, where the cut-off is 31st January.

These races, information and current standings are all located on the CFR Website:
<https://c-f-r.org.uk/pages/seniors.html>

CFR Winter League

Charlotte Akam and Sian Louise

Best 4 races count...

~~1. Sale Fell - 27/11/21~~

~~2. Stybarrow Dodd or Middle Fell - 04/12/21~~

~~3. Crag fell - 11/12/21~~

~~4. Christmas pudding race - 19/12/21~~

~~5. Whinlatter parkrun - throughout January~~

~~6. Clough Head - 29/01/22~~

~~7. Leopy Latrigg - 19/02/22~~

~~8. Jarrett's Jaunt - 19/03/22~~

May the best tinsel dressed mince pie eating fell runner win!!



Stybarrow Dodd, 2019. Photo Lindsay Buck

Blake Fell - A Marshalls view from Gavel Fell

Jim Davies and Lindsay Buck

The route to this week's marshalling point on the summit of Gavel Fell (1726 feet) over two miles away started by crossing the show field, into an even boggy field, and straight up the long gradual climb into thick (thick) mist.

The surveyor flags for the U17 route were a welcome aid in making my way and as I hit the fence line to Blake and turned right, Colin Graham appeared on his mountain bike. We approached the steep boggy climb to the summit of Gavel together and reported into race control that I was in position. Twenty minutes in driving rain to wait for the runners.

Eventually the Keswick trio of Harry Bolton leading John Battrick, and Mark Lamb were the first runners to appear out of the gloom. They turned around the summit cairn and headed back from where they came as quickly as they had arrived on the fence line to Blake.

The rest of the 132 field then started to come through with shouts of "thank you marshals" from many as they battled against the driving rain. Five minute

down and Cumberland Fell Runner - Sophie Likeman was first of the ladies though.



The gavel, lost to Keswick AC. Photo: Les Barker

The tally counter kept ticking over closing in on the total field. CFR's Jenny Jennings was last but one and said that there was one behind. A short wait and the ever young Barry Johnson (MV80) came into sight with sweeper Colin Valentine in his tracks.

"Mr Johnson.... I've been expecting you"! A bump of our fists and they were off in the direction of Blake disappearing into the clag.

Time to report back to race control, stand down and return to the show field. A great day out for the runners and support crew – success.

	Position	Name	Club	#	Gender	Category	Finish Time
Top 20	1	Mark Lamb	KESWICK AC	84	Male	Senior	00:37:38
	2	John Battrick	KESWICK AC	12	Male	Senior	00:37:40
	3	Matthew Atkinson	KESWICK AC	7	Male	Senior	00:37:49
	4	Harry Bolton	KESWICK AC	18	Male	Senior	00:37:58
	5	Josh Hartley	BLACK COMBE RUNNERS	65	Male	Senior	00:39:21
	6	Daniel Mills	KESWICK AC	96	Male	Senior	00:39:54
	7	Sam Holding	CUMBERLAND FELL RUNNERS	70	Male	Senior	00:40:00
	8	Harry Shuell	AMBLESIDE AC	121	Male	Senior	00:40:42
	9	Ben Abdelnoor	AMBLESIDE AC	1	Male	V40	00:41:03
	10	Nicholas Barber	HELM HILL	9	Male	Senior	00:41:38
	11	Rob Brown	KESWICK AC	29	Male	V40	00:41:53
	12	Calum Kitching	KESWICK AC	82	Male	Senior	00:42:33
	13	Tom Sabey	NETHERHALL AC	116	Male	Senior	00:43:04
	14	Tim Ripper	BLACK COMBE RUNNERS	112	Male	Senior	00:43:06
	15	Hamish Murray	KESWICK AC	101	Male	Senior	00:43:10
	16	Jacob Tonkin	KESWICK AC	133	Male	Senior	00:43:39
	17	Jack Gilbert	CUMBERLAND FELL RUNNERS	57	Male	Senior	00:43:46
	18	Craig Marsh	KESWICK AC	90	Male	V40	00:43:57
	19	Matthew Allen	BLACK COMBE RUNNERS	4	Male	Senior	00:44:03
	20	Sophie Likeman	CUMBERLAND FELL RUNNERS	86	Female	Senior	00:44:22



	Position	Name	Club	#	Finish Time
MV40	1	Ben Abdelnoor	AMBLESIDE AC	1	00:41:03
	2	Rob Brown	KESWICK AC	29	00:41:53
	3	Craig Marsh	KESWICK AC	90	00:43:57
MV50	1	Adam Jackson	NORTHERN FELS RUNNING CLUB	76	00:46:00
	2	Brian Taylor	NETHERHALL AC	127	00:46:53
	3	Guy Illingworth		74	00:47:07
MV60	1	Nick Sebley	BLACK COMBE RUNNERS	118	00:51:06
	2	Peter Compton	CUMBERLAND FELL RUNNERS	41	00:51:43
	3	Philip Pearson	NORTHERN FELS RUNNING CLUB	110	00:51:46
MV70	1	Mike Hind	BORROWDALE FELL RUNNERS	68	01:05:47
MV80	1	Barry Johnson	CUMBERLAND FELL RUNNERS	80	01:37:54
Female Senior	1	Sophie Likeman	CUMBERLAND FELL RUNNERS	86	00:44:22
	2	Holly Wootten	KESWICK AC	146	00:46:47
	3	Helen Leigh	BLACKBURN HARRIERS & AC	85	00:47:15
FV40	1	Kate Apps	KESWICK AC	5	00:57:23
	2	Elizabeth Adams	DERWENT AC	2	00:57:35
	3	Tamsin Cass	DERWENT AC	36	00:57:40
V50	1	Jennie Chatterley	CUMBERLAND FELL RUNNERS	38	00:54:46
	2	Gillian Atkinson	KESWICK AC	6	00:56:30
	3	Kerry Cornforth	KESWICK AC	44	00:58:08
V60	1	Lyn Thompson	KESWICK AC	130	00:58:24
	2	Julie Gardner	FRA	56	01:06:11
	3	Lindsay Buck	CUMBERLAND FELL RUNNERS	30	01:09:50
V70	1	Lesley Malarkey	KESWICK AC	89	01:10:40



The biggest smiles. Photo: Jennie Chatterley

I was asked to write a short article for this newsletter to give the CFR membership a little bit of the history of the Muncaster Luck race, given that CFR have once again selected it as a club championship race. I happily agreed to do so, although I suspect there will be a significant chunk of the membership who know a good bit more about the history of the race than me!

The race in its current form has been going since 2016, but it has a much longer history, first run to commemorate the silver jubilee in 1977. It ran in between then and 2000, organised by the CFRA, before falling off the calendar after the 2001 foot and mouth outbreak. The race traverses some seldom covered ground to the west of Devoke Water, with the route devised by Joss Naylor as a tough race to take runners across fells they may not otherwise visit. In its original form the race was generally run the day after Duddon or Ennerdale, with numerous instances of runners doubling up.

For many years Harry Jarrett made the race his own, winning it at least eight times (the archive race reports make interesting reading CFRA - Cumberland Fell Runners Association). What is interesting in reading the old reports is how the organisers lament the declining numbers of participants, one year the race future is threatened when only 33 competitors turn up. That field would have given me my second highest turnout.

The reincarnated version of the race has tried to stay true to the original, but a few minor changes have been necessitated by encroachment of thick vegetation in the years between demise and resurrection. The most notable changes are in the descent from the Pepper Pot and route to the finish at Muncaster Castle. The previous route down from the Pepper Pot is heavily choked with gorse, briars, and other unpleasant plants, so a slightly circuitous route down is now needed. An alternative route into the castle has also been devised, to avoid lots of running on the busy and narrow A595. It is this later diversion that dictates the date of the race.

as a second crossing of the River Esk is needed here, and on this reach the river is tidal. To avoid losing some of the shorter competitors to the tide, a date is chosen that coincides with low tide at the time of the race.

Something runners who have run both generations of the race comment on is the change in the nature of the ground cover, chiefly on the ground between Raven Crag and the Pepper Pot. On this part of the route one area in particular has become particularly

THE CUMBERLAND FELL RUNNERS ASSOCIATION

1ST MUNCASTER FELL RACE RESULTS JUNE 12TH 77

CLUB

MEN'S EVENT

		H	M	S	
1	A. MCGEE	1.16.44	43	P. NUTTALL	1.53.30
2	J. NAYLOR	1.20.11	44	T. TARGETT	1.56.15
3	K. TAYLOR	1.20.20	45	F. WOOD	1.56.30
4	M. SHORT	1.20.45	46	W. KNOX	1.57.20
5	H. JARRETT	1.21.27	47	D. FRAIN	1.57.55
6	R. WHITFIELD	1.25.00	48	H. DAVIS	2.03.31
7	S. BRECKELL	1.25.05	49	G.T. BELL	2.07.30
8	P. WALKINGTON	1.26.53	50	A. BRIGGS	2.07.48
9	I. HOLLOWAY	1.27.03	51	M. ROBERTS	2.08.40
10	A. STYAN	1.28.44	52	D. MOULDING	2.08.59
11	M. HUDSON	1.29.00	53	R. PHILLIPS	2.08.59
12	D. HUGHES	1.29.35			

LADIES EVENT

13	D. HARRISON	1.29.56			
14	S. OLIVANT	1.30.10			
15	J. WAGSTAFFE	1.30.50	1	J. DAWES	1.26.05
16	A. LAMB	1.31.47	2	J. LANCASTER	1.29.32
17	N. MATTHEWS	1.32.06	3	M. BANES	1.30.35
18	R. HALL	1.32.20	4	C. WALKINGTON	1.30.45
19	K. SHAND	1.32.26	5	J. GLASS	1.30.46
20	D. BERSFORD	1.32.32	6	A. BLAND	1.31.45
21	D. WINTERBOWE	1.32.45	7	G. NAYLOR	1.43.55
22	W. LINDSAY	1.32.50	8	C. DALTON	1.45.10

RETIRED A. TODD

23	P. BLAND	1.33.00			
24	L. DOLAN	1.33.50			
25	W. TODD	1.34.15			
26	J. JACKSON	1.35.10			
27	K. LEDWARD	1.37.10			
28	A. SUNTER	1.37.15			
29	P. JACKSON	1.37.40			
30	C. WILSON	1.37.40			
31	S. TOSH	1.37.50			
32	P. DAWES	1.38.05			
33	E. FOLEY	1.43.54			
34	R. WOMERSLEY	1.44.10			
35	B. TATHAM	1.46.19			
36	W.E. SMITH	1.48.30			
37	S. VALENTINE	1.49.15			
38	B. HOLDEN	1.51.39			
39	C. FIRSTBROOK	1.52.00			
40	P. WHEWELL	1.52.28			
41	M. STAWRING	1.53.05			



hard going due to the increase of tussocks and scrubby vegetation. It's only about 400m in length, but it is the bit most people remember (and complain about). Organising does give me a good excuse not to run my local race, as anyone who knows me will be able to attest, running on rough ground isn't my forte.



The race was brought back at the instigation of Ewan Frost-Pennington. He cornered me after his 'Race the Tide' event back in 2015 and suggested getting 'Muncaster Luck' back in the calendar. Ewan is very enthusiastic and persuasive, so I agreed, so long as he helped. To be fair to him, he did contact most of

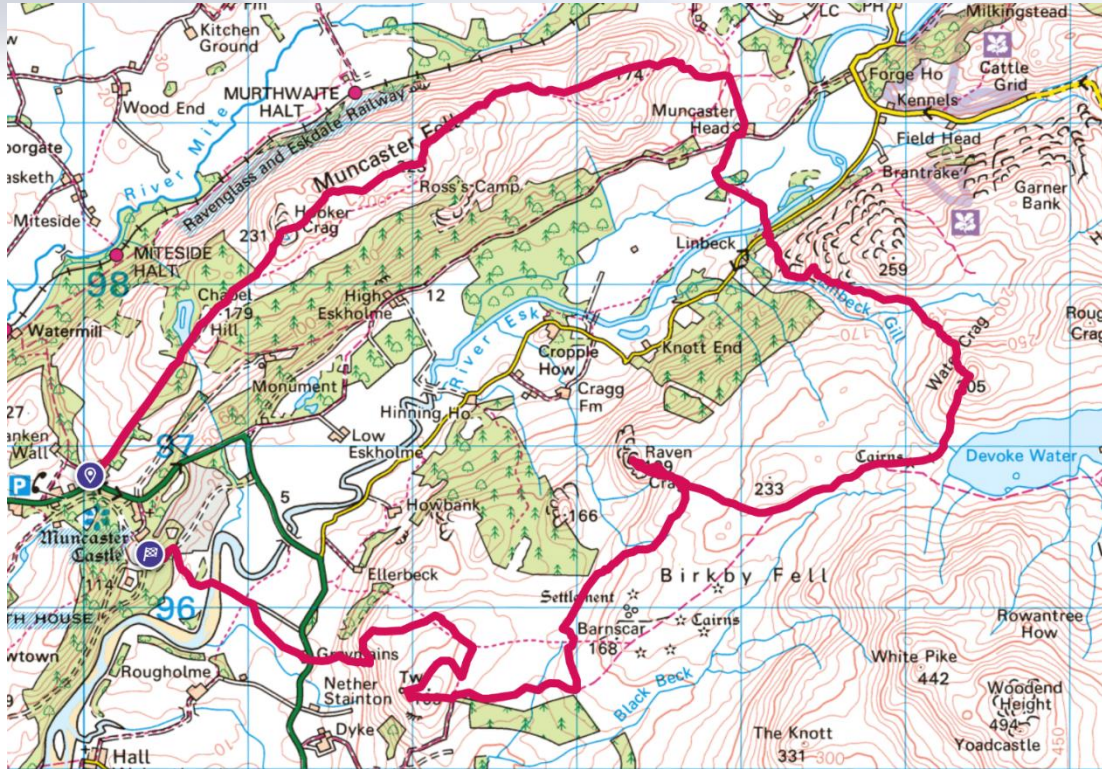
the landowners (although given that the major one is his mum, that wasn't too hard), but that was about it! However, without his enthusiasm I don't the race would still be going.

Organising has been more of an undertaking than I expected, mostly trying to persuade people to help with the marshalling given the number of checkpoints on the route, and the two river crossings. So far, I have scraped by with enough help, but it is always touch and go and very stressful, trying to cajole enough people to help.

Particular thanks must go to Jim Davis, who has been an ever present at the Pepper Pot checkpoint, and to David Atkinson who has undertaken the trudge up to the Raven Crag checkpoint every year. Scoffer has also been a great help, turning up every year with his race gear and general organising knowledge. For those of you who haven't twigged, this is also a subtle plea for help from anyone who might be free but not running.

I must also extend my thanks to CFR as a club, who have been massively supportive to me in getting the race back. I am generally assured of a good number of blue and white vests toing the line at the start, and for also providing positive feedback at the end. Hopefully I will see a good number again this year.





CUMBERLAND FELL RUNNERS ASSOCIATION
MUNCASTER 'LUCK' FELL RACE RESULTS 2000

Pos.	Name	Cat.	Club	Time
1	Harry Jarrett	V40	CFR	1.31.55
2	Paul Singleton	V40	Ambleside	1.32.49
3	Shaun Addison	V40	Kendal AC	1.33.16
4	Richard Unwin	V40	CFR	1.34.24
5	Dave Allen	V40	Dark Peak	1.37.40
6	Richard Lamb	V40	Lancs & Morecambe	1.38.19
7	Keith Smith	V40	CFR	1.39.00
8	Mike Addison	V40	Kendal	1.39.25
9	Damian Jones	V40	Hoad Hill Harriers	1.43.00
10	Peter Edgerton	V40	Rucksack	1.44.45
11	Mark Yearsley	V40	CFR	1.46.24
12	Michael Litt	V50	CFR	1.49.33
13	Robert Ferguson	V40	CFR	1.52.18
14	Alan McCluskey	V40	CFR	1.54.30
15	Steve Brailey	V40	CFR	1.54.31
16	Simon Maytum	V40	CFR	1.55.24
17	Les Stephenson	V50	Kendal	2.06.23
18	David Shorrocks	V50	Darwen Dashers	2.07.16
19	David Owen	V40	Ambleside	2.17.50
20	Harry Catlow	V60	CFR	2.18.33
21	Annette Morris	L	CFR	2.18.56
22	Lindsay Buck	L	CFR	2.23.21

Retired: Su Campbell LV Totley

Congratulations to Harry Jarrett for his incredible eighth win in the race. A special mention is also due to Annette Morris for her second victory in the women's race and to Mike Litt who once again won the Vet50 prize. Other notable performances were those of Shaun Addison (3rd) and Damian Jones (9th) who both beat last year's time despite the extra mileage to avoid the river crossing. Commiserations to the runners who managed to lose their way coming down from the Pepper Pot despite the flags!

Thanks to the runners for providing us with another good race. They were few in number this year owing to the bad weather and the competition from other races, but it is good to see familiar faces returning year after year.

This was my last Muncaster race as organiser. I have decided after 12 years to take a back seat and hope that someone else will take over. I might even be able to run in the race next year, which I last did in 1989. If anyone is interested in taking up the reins I am available for advice and assistance.

Finally, thanks to all those who have supported the race over the years and to all those who have given up many hours of their spare time to help with the organisation.

Robert Davis



Talking Training

Sam Holding

I must start by saying that I don't have a single training/coaching qualification. The content of this article is based on the product of ~2.5 years of personal reading/research, conversation, practical trial & error, the exchange of a few emails with one highly respected coach and one 1-hour zoom call with another of equal repute. This really is a very limited bank of accumulated knowledge/experience but, for the purposes of readability, rather than saying, "to the best of my knowledge so far" after every point below, be aware that every statement presented as fact should not be taken as such; it is purely what my all-too-fallible-self thinks, on balance, to be optimal at the time of writing.

There are others in the club who are qualified, and I'm sure they would be able to offer advice of greater quality. However, following a few queries on structured training, and despite an acute sense of imposter syndrome, here we are.

With that out of the way...

My primary sources of information are the book, "*Daniels' Running Formula, Fourth Edition*", by Jack Daniels (not the whiskey guy) and Sage Canada's YouTube channel, "*Vo2maxProductions*". I'll leave links to relevant videos from the channel at the end of this article.

If this article is found to be helpful to anyone, I'll follow it up in subsequent editions with content of greater detail, focused on more specific areas. Please do feel free to get in touch with topic areas you'd like to see covered in the future.

I thought it would be best to start with what I've found over the last couple of years to be the most beneficial principles of structured training, each of which I wished I had known earlier, and which can hopefully be of immediate use to members. Since it appears as good an order as any, I'll list them roughly in an order that would probably be the most beneficial to a beginner runner just starting out.

1. Run slower.

I think one of the most common reasons for not being able to maintain consistency, is not taking 'easy' runs easy enough. I have extensive first-hand experience of this, having spent around 50% my first 3 years of running injured, thinking that I needed to be 'working' to get something from each run, and I see the same attitude in many other runners. The idea of running slower to improve running performance is very

counterintuitive and can be hard to accept without investing a fair amount of time reading into why.

Mario introduced me to the idea during a club run descent of Gavel and, in the face of his race performances, it was hard to argue with. I subsequently read Matt Fitzgerald's "*80/20 Running*", which I would recommend (I have a copy out on loan somewhere, which anyone is welcome to read if it resurfaces) as an introduction to that philosophy of training. The idea is that we should spend at least 80% of our training time running at easy pace, with the remaining 20% being made up of various higher intensity workouts.

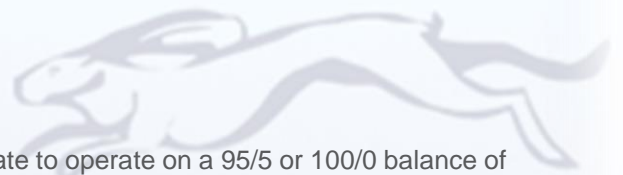
An easy run should be very easy. A useful, practical way of assessing easy is pace is to ask ourselves if we are running at 'conversational pace', meaning we can chat away without being at all out of breath. When running alone, we can test this by singing part of a song for a while. If we have to speak in broken sentences at all, we're working too hard and we need to slow down. This may well mean walking uphill. In heart rate terms, easy running should be below the aerobic threshold, lower than around 75% of max heart rate. It is, however, pretty difficult to accurately measure our max heart rates, so it's usually best to stick with conversational pace as our guide.

If in doubt, run slower.

A good take away I took from the "*80/20 running*" book was to undertake a 'week of slow'; spending one week running really, really slowly, to recalibrate and move away from that desire to run a little too hard all the time. If our running plans are measured in years, one week is a very small investment.

I appreciate the way Jack Daniels always talks about the need to understand the 'purpose' of any run/training session. On the subject of 'easy running', my notes from his book list the purpose as being:

- Building resistance to injury.
- Strengthening the heart muscle (as much as other paces).
- Increasing vascularisation (improves delivery of blood to operating muscles).
- Developing the running muscles (training the muscles to accept more oxygen and convert more fuel into energy in a given period of time).



He goes on to say that the minimum duration of an easy run should be 30 minutes (because you'd spend more time getting changed and showered if it was less), and the maximum should be 2.5 hours, even if training for a marathon (can be longer if training for ultra-distance events). The main importance with easy running is to maintain good running mechanics; if our form is starting to slip, we will gain more benefit from stopping the run than from continuing (it's not worth the injury risk).

2. Build volume, maintain consistency, don't get injured.

The whole principle of spending at least 80% of our running time/distance covered at easy pace goes hand-in-hand with the idea of building an 'aerobic base'. In practice, this means gradually building our average weekly mileage with a lot of easy running; developing solid foundations in the aerobic & musculoskeletal systems, upon which we can gently layer some high intensity work to propel our performance further.

Until our weekly mileage reaches the 60-80 miles (96-128 kilometres) range, the single most beneficial thing we can do for our running performance is to increase volume; run more miles per week, consistently.

If we currently run 20 miles per week, our race times will improve after spending a while consistently hitting 30 miles per week. However, increased volume is an additional training stress, and increasing our mileage only to get injured is obviously less beneficial than staying at 20 miles per week; weekly mileage of 20 + 20 + 20 is preferable to 20 + 30 + 0.

With this in mind, we need to take care to introduce new stressors that only slightly stretch our current abilities. The '10% rule' of adding 10% to our weekly mileage per week e.g., 30 miles followed by 33 miles and so on, can be a useful rule of thumb but is not always beneficial. If you're used to higher mileage and are returning to training, it may be too conservative, and in other cases, treating it as a target rather than a limit would be far too great an increase in training load e.g., 40, 44, 48, 52.5, 57.5, 63 – going from 40 to over 60 miles in just 6 weeks is likely to leave us overly fatigued at best, with a high risk of injury. Instead, as Jack says, we would be better served by maintaining volume and intensity at consistent levels for 3-4 weeks at a time before increasing one or the other.

The 80/20 principle is always a useful guide, but in the aerobic base building phase it is usually more

appropriate to operate on a 95/5 or 100/0 balance of easy running/high intensity work.

When I started taking training seriously, I spent around 18 months doing practically 95% easy miles and 5% high intensity (with the 5% being the odd winter race). On reflection, this was grossly over conservative and it would be advisable to start adding in some strides (10-15 second 'fun-fast' efforts with 1 minute of recovery jogging in between) after 3 weeks or so of exclusively easy running, followed gradually by 200 metre repetitions and so on. However, relative to my previous running history (having not done very much), this did lay down a large, solid aerobic base, minimising the threat of injury and it is impossible to overstate the benefit of simply being able to continue running; not getting injured.

3. Add higher intensity carefully.

If we're struggling to maintain consistency, conducting the 'week of slow', followed by at least 3 weeks of easy miles would be a good way to reset and make sure we get some good foundation mileage in.

At this point it would be sensible to add in some strides (as above) to a couple of our easy runs each week. These strides should be done on the flat, or gentle uphill gradients. It's best to avoid downhill for these strides due to the greater impact force associated with downhill running.

Once we've completed perhaps a couple of weeks of including strides in some easy runs, we should next add the 'long run' into our weekly training cycle (or however long our training cycles are). Long runs should be limited to around 25-30% of our weekly mileage total, or 2.5 hours, whichever comes first, and should be worked up to gradually. Long runs should be performed at easy pace, so they aren't strictly 'high intensity' workouts, but they do introduce a new training stress and so should precede other, high intensity types of training, rather than being introduced at the same time.

After at least 6 weeks of training in this way, with largely easy miles, adding in some strides and long runs, we can think about adding in some repetition workouts. The purpose of repetitions is to increase anaerobic power, speed and running economy. Later we will introduce intervals and threshold runs, but both of these come with two stressors: speed & increased demand on the aerobic system. Repetitions only introduce the speed stressor, with little demand being placed on the aerobic system, so we are not asking too much of ourselves at once. Typical repetition workouts include 200 or 400 metre



repeats performed at a pace that is a little faster than 5k race pace, with full recovery in-between each repetition. Repetitions should last less than 2 minutes each, meaning it is usually not appropriate to undertake 800 metre repetitions, unless we are a very advanced runner. Running these short distances at only a little faster than our current 5k race pace shouldn't be overly taxing and if we're struggling to complete the full workout towards the latter repetitions, we are probably working too hard.

Later, we can add intervals (lasting no greater than 5 minutes) and threshold runs to maximise aerobic power (Vo2 max) and improve endurance. Further detail on the various types of quality workouts would demand its own article so I won't go into this in any further here, though I will say that balancing of each of them is very specific to each individual and can be the hardest part of building an effective training plan.

To determine the most effective training plan that we can, we should first identify our top priority races/targets and work backwards from there to determine how much time we have for each phase of training and when to implement progressions in the training load (volume and intensity).

Use the Jack Daniels "*VDOT Running Calculator*" to work out what pace repetitions, intervals and threshold runs and easy runs should be ran at based on recent race times:

<https://runsmartproject.com/calculator/>

4. Run on the flat, including tarmac.

When reading Steve Chilton's book, "*Running Hard: The Story of a Rivalry*", I read the training diaries of Kenny Stuart and John Wild with a sceptical eye. Why are two of the greatest fell runners of all time spending so much time on flat tarmac, with Kenny forever talking about the importance of leg speed?

Well, lo and behold, the 3:20 Ennerdaler may have known what he was talking about. Shocking, I know.

Running performance is largely dictated by 'running economy', which is effectively a measure of how much energy it takes us to get from point A to point B. If it currently takes us 100 units of energy to run 10 miles in 1 hour and we improve our running economy through training, it might now only take us 90 units of energy to cover 10 miles in 1 hour. We

can use the energy saved to either go further, or cover the same distance quicker.

We can improve our running economy by increasing weekly mileage, adding in speed work, intervals and tempo runs, engaging in strength & conditioning training and working on running form/technique.

The often-unpalatable news for fell runners is that running on the flat can really help improve all of the above. We can cover more miles each week; the harder running surface builds leg strength; we can often train for longer, or rest more, because it takes less time and is less fatiguing; and we can achieve greater speeds, chasing that all-important leg speed sought by Kenny & John.

I've found a ratio of around 1,000 feet (305 metres) of elevation per 10 miles (16.1 kilometres) ran per week to be a good upper limit, often doing more like ~650 feet (198 metres) per 10 miles ran during winter base building mileage.

The coach for both Beth Pascal and George Foster has both of them spending a good deal of time on the road for the reasons listed above. Even Billy Bland, famous for endless fell miles spent the vast majority of his winter training on the road (largely because of a lack of headtorches, but you can't argue with the results).

Summary

Conscious that my word count is approaching essay values, and with a 3-month-old daring me to think about writing more, I'll wrap it up with a quick summary:

- Run slower – Easy runs must be truly easy (conversational pace or slower) and make up the vast bulk of weekly mileage. If in doubt, run slower.
- Don't get injured – There is nothing more beneficial than continuing to run.
- Aerobic base comes first – Build solid foundations with progressively greater volume and be careful and smart about adding higher intensity.
- Run on the flat – Improving your road 10k time will directly benefit fell racing performances.



Suggested video links from “Vo2MaxProductions”:

Easy pace - <https://www.youtube.com/watch?v=aWf1q37vW4Q&t=380s>

Aerobic base building - https://www.youtube.com/watch?v=rGpuz_ZRydc

80/20 training - <https://www.youtube.com/watch?v=tu0ghks1NfA&t=261s>

The 10% rule and balancing mileage & intensity - <https://www.youtube.com/watch?v=NwVTJkay6v4>

Improving stamina with easy miles - https://www.youtube.com/watch?v=rIEJcZ_PCeA

Adding speed and intensity - <https://www.youtube.com/watch?v=5BaiivOnWaA&t=33s>

Running economy - <https://www.youtube.com/watch?v=OJPw3WO3z3U&t=259s>



The CFR Almanac 2022

Ryan Crellin (with some wording robbed from Andy)

A preview of the CFR Main Championship Races

The last one of these was written by Andy Bradley back in 2019, which was the last time we had a main championships setup in the usual fashion. So this is a great opportunity for everyone to look forward and get those races in the diary, so whether you've never raced before or a veteran of the fells, the championship is setup for everyone to enjoy.

There are 12 races in the main CFR championships. Five short, five medium and two long. The first CFR runner home in each category scores 100 points, the second runner 99 points and so on. You must finish six races to complete the championship, but you can only use a maximum of four short or four medium races. The very senior runners can use the show races to complete their six races. Trophies and prizes are awarded in November at the presentation night.

The results through the course of the year are collected and sorted by Chief Spreadsheet Guru Darren Parker and posted on the website. Details and info for the races are all on the FRA website as we have selected races that have confirmed they are going ahead, [Fellrunner — Races](#).

This year's races:

Saturday 22nd January, Blake Fell, Short

9.5km with 429m of ascent

New RO and new route. This race has obviously already taken place as it was an early counter pre-selected at the AGM. It was a very runnable, very fast course which started in the Ennerdale Show Field at Leaps Beck, following a route that most members who have ever attended a Tuesday night club run will know well. From the start it visited the first CP on the top of Gavel, then turn around and head up to the second CP on top of Blake. After that just eyes out full tilt down the pens to the finish.

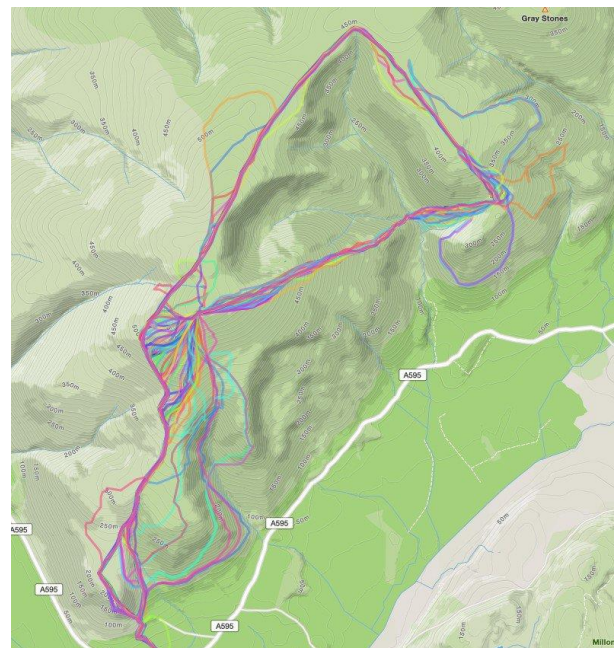
Saturday 5th March, Black Combe, Medium

13km with 1000m of ascent

A classic race which features two (yes two) climbs up Black Combe, and regularly features some of the best Strava fly-bys when folk go walkabout in the clag. The first climb up Black Combe (North Top) is fairly straight forward, either following the masses or the main path to the top. Then a lovely run down to White Combe, a steep drop down to Whitecombe

Beck and then look up!!! All you'll see in the steep grassy second climb back up to Black Combe (South Top), get your bearing, head down, hands on knees and tough it out. It does end, no time to rest as you then hit the descent all the way to the finish. Followed by a great pie in the village hall. Entries still open until Thursday 3rd March at 17:00:

[SiEntries - Black Combe Fell Race](#)



Sunday 13th March, Muncaster Luck, Medium

15km (or more) with 620m of ascent

I won't say too much more on this as the RO, John Heneghan's, article in this newsletter covers it nicely. It's a historic race that was traditionally organised by CFRA up until dwindling numbers and foot and mouth killed it off. It's a race that really benefits from our support, and our support should be given as it is nice race (most of it is superb, just the short section which everyone complains about) over lesser trod areas in traditional CFR heartland.

4km with 480m of ascent

Keswick Athletic Club (keswickac.org.uk)



Another absolutely classic race, amazing ridge running with one of the best descents of any race down from the Old Man. Entry on the day only will make some of our members leap with joy, this is always a popular race and has a good turnout. A big, long climb up Wetherlam, is followed by the rocky descent to Swirl Hause and the rocky climb back up to Swirl How. Then find some grassy lines from the summit, and then either over or traverse Brim Fell, up to Conistone Old Man. Then either be boring and follow the tourist path down from the summit or take a Southerly sweep through the quarries, this is much quicker if you can find your way through it all (or disastrous if you can't). Both paths end up at the same track junction which you then follow all the way to the finish field.

4.8km with 250m of ascent

The second of the mid-week races, and the good weather has been booked. The description of this race depends on how much rain has come down in the days and weeks prior, but the race usually

involves some bog trotting. Run round Swarth, down to the river, up to Latterbarrow, grassy running over to the second top and then descend to Lankrigg moss to the CP at the sheep fold. From there climb up to Swarth Fell, then the short descent to the finish. Good midweek fun! Info on CFR website: [Cumberland Fell Runners \(c-f-r.org.uk\)](http://Cumberland Fell Runners (c-f-r.org.uk))



Wednesday 1st June, Blencathra, Medium

13km with 825m of ascent

One of the races I've never done, and I still won't this year as I'm on holiday, so words from Andy:

"Another great race. T' race committee have come up trumps again. Fell running at its best. Minimalistic approach, no fuss, £3 entry fee, no prizes. Run by runners for runners. Evening pub visit. Route starts from Mungrisedale, in a bog, races up through some gorse and onto the ridge. The running starts now. First checkpoint on Bowscale, second one on Blencathra, with a route choice of up Foule Crag or the sneaky trod across blue screes. Wonderful descent to the col above Mousthwaite Comb, before the drag up to Souther Fell, which always seems longer than you hope. Watch out for ghosts of an army of soldiers marching across the fell. Last sighting was in 1745, on midsummers day. Witnessed by sober and respected witnesses who swore on an oath that they had seen troops, cavalry and carriages in a procession that lasted some hours. If you do see them, will your testimony be taken as truth or will people put it down to over exertions and associated delirium? When you get home and recount the steepness of the final drop to your kith and kin, they will dismiss this and definitely will put it down to over exertions and associated delirium." Info on Eden Runner website: [Blencathra Fell Race \(edenrunners.co.uk\)](http://Blencathra Fell Race (edenrunners.co.uk))



Saturday 18th June, Great Lakes, Long

21km with 2150m of ascent

The first of the Longs, and the "easier" of the two, but it's still an absolute monster. Last in the club champs in 2015, and I think a few members are still get flashbacks. Starting from Stool End Farm in Langdale, the route includes 5 of the highest peaks in the Lakes, including Scafell Pike. I would suggest a recce, or an in depth desktop study, of the section of Middle Earth between Slight Side and Pike O'Blisco, it's long, largely pathless and traverses the wilds of Upper Eskdale and Mosedale. Entries open on SiEntries on 1st March. Info in Ambleside AC website: Great Lakes - Ambleside AC.

Sunday 17th July, Kentmere, Medium

19km with 1000m of ascent

Now known as the Pete Bland Kentmere Horseshoe, following Pete's passing last year. A lovely enjoyable race with mostly gradual climbs, a great race for those that like running. It is also a good introduction for members building up confidence in the longer stuff, unless the clag is down then it gives you great opportunity to practice your navigation skills.

Saturday 6th August, Borrowdale, Long

27km with 2000m of ascent

One of my favourite races, but it is one of those races that you either love or hate. Rough underfoot, loads of little trods, visits Scafell Pike and Great Gable, it's a tough race. Starts and finishes at the Scafell Hotel which serves that great post run beverage, beer. You

are going to have to demonstrate that you have relevant experience to enter it, runners must have completed at least two different category A or B long or two different category A medium fell races. Entries open end of June.

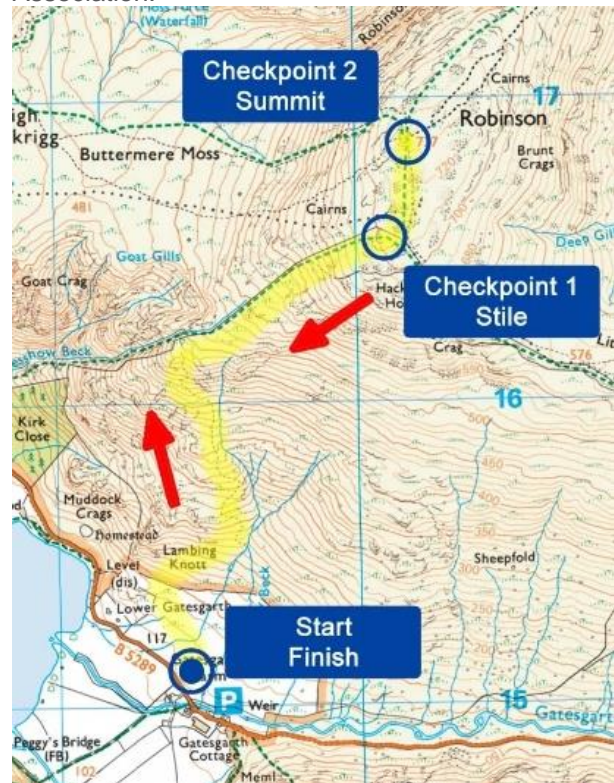


Saturday 10th September, Scafell Pike, Short

7.2km with 914m of ascent

If your aim is to get the Cumberland Cup this year and competed in all the club championships, then this will be the 3rd time you visit the summit of Scafell Pike. Luckily for you on this occasion it's the only peak you'll visit, unfortunately for you it's a big climb and a big descent. Another classic race organised by CFRA, but much quieter than the other races that visit our nation's highest peaks. Ben Nevis and

Snowdon always have a waiting list and loads of disappointed applicants, whereas at Scafell Pike you'll be part of an exclusive small group of runners and be able to enter on the day (although they do pre-entries and you'll save £3). See CFRA Website for details: CFRA - Cumberland Fell Runners Association.



Sunday 23rd October, Buttermere Shepherd's Meet, Short

5km with 600m of ascent

New route in 2021 following the change in location of the Shepherd's Meet, a proper up and down route to the summit of Robinson. Deserves a big turnout and to establish this as classic fell race.

Info on the CFR website: [Cumberland Fell Runners \(c-f-r.org.uk\)](http://c-f-r.org.uk)



Solstice Reverends Round

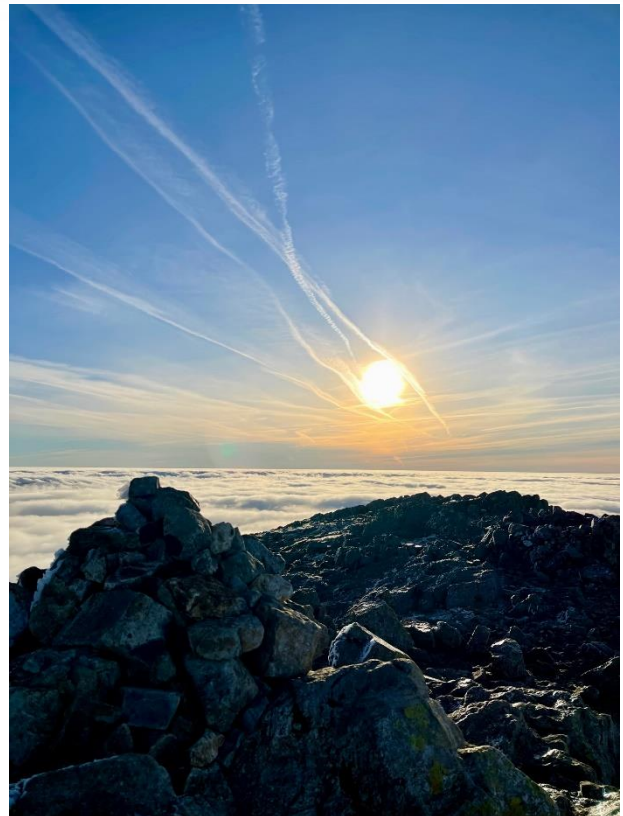
John Fletcher

It has become a tradition that a few of us who frequent the Wasdale fells have a local outing on the Winter Solstice followed by a beer (or two!) in The Strands in Nether Wasdale. For a variety of reasons it couldn't happen this year so I decided to go it alone and undertake a round that I'd been meaning to do for ages.

The Reverends Round is thought to be the first record round and the basis for the Lake District 24 hour record. It was completed by the Reverend JM Elliott of Cambridge in 1864. It comprised of an anti-clockwise circuit of the fells surrounding Wasdale in eight and a half hours and a record that stood until the 1890s. So, my sights were set on Scafell, Scafell Pike, Great End, Great Gable, Kirkfell, Pillar, Steeple, Red Pike and Stirrup Crag, Yewbarrow.

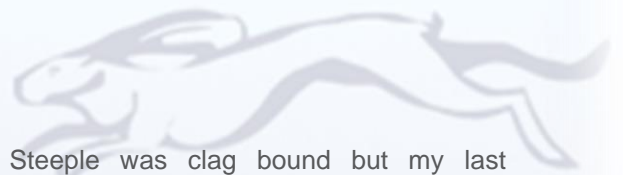
Given the name of the round it felt most appropriate to set off from St Olaf's Church at Wasdale Head. It was a very cold damp morning with the fells covered in thick clag. The forecast didn't give much hope at this stage of things changing for the better. I'd figured I could get around in daylight so had a sensible 8.30am start. As I trotted off through Down in the Dale I did my best to get warmed up and did a double take as I passed by the National Trust campsite and saw a (fool) hardy camper sat in a deck chair! Soon after at Brackenclose there was the common sight of two lads gathered around their phone wondering which way to the summit of the Pike. Not wanting the responsibility for sending them into the clag all eye contact was avoided on my part as I jogged past and a lecture was avoided!

I took the direct route through the intake fields up onto Green How and started to shake off the curious stiffness in my calf muscles from the CFR Christmas Pudding Race a couple of days before. On the rocky pull up to Scafell summit the dense clag started to brighten and my excitement grew at the thought of an unforecasted cloud inversion. More climb, more brightness. Then just before the summit, the sun hit me and I had that amazing privilege of being above the clouds. I stood on Scafell summit looking at most of the rounds objectives sticking out of pure whiteness. Filled with excitement I moved on.



Ideally, my line to the Pike was going to be down Deep Ghyll, West Wall Traverse and into Lords Rake before Mickledore. Most of the recent snow had disappeared but it can hang around in the cold shelter of the West Wall I had a back up plan knowing the entirety of Lords Rake was passable. So it transpired that Deep Ghyll was banked out with neve. First mountaineering decision of the day - Lords Rake it is. The descent was fun in the swirling atmospheric mist. Once over Mickledore I was back in the warm sun onto the Pike summit and past a group of four shouting about how they had "smashed it". As I quickly trotted off and descended to Broad Crag col I reflected that I must be getting old, or miserable, or both!

Back into the freezing clag and it was getting colder it seemed. The summit of Great End was only just out of it so I stopped for a warm and a bit of food, with a Brocken Spectre for company. Into the misty descent down the Band and I was looking forward to the next few fells, intending to take the lines I took when completing the Joss Naylor Lakeland Challenge. Sty Head came and went without the



intense cramp that I had on that occasion when Joss told me to "get my head down" up Gable.



The summit of Gable was disappointing with the freezing fog now covering the summit. It was very dense and not the place to hang around. Off I toddled and knew my direction didn't feel quite right. The bearing I prefer is 316 degrees and it's etched in my mind, however, I fuffed around trying to make it up for a few seconds. Second good mountaineering decision - gave myself a rollicking and got my compass out - and off I went. Problem sorted.

So, pride comes before a fall? True. Descending to Beck Head I had a complete failure to watch where I was putting my feet on the icy rocks and fell backwards landing ribs first. Ouch that hurt and I had to take a minute or two to compose myself before gingerly setting off with my side throbbing. I was determined to carry on and brushed off a few thoughts of bailing at Beck Head.

Onto Kirkfell and was rewarded with a clear summit and another Brocken Spectre. As I ran off on the plateau it seemed surreal that the spectre was running alongside me - so much so I ran back and forth a few times before it disappeared! I should have videoed it but had only just put my three pairs of gloves back on. Pillar gave a repeat summit performance with fantastic views but diminishing

warmth. Steeple was clag bound but my last inversion glimpse was from Red Pike as the sun started to set. As tempted as I was to sit that out I pressed on to Yewbarrow scrambling up Stirrup Crag. The descent was via the BG trod which can have great views but is fiddly - especially with a throbbing rib cage!

I was back at Wasdale Head just as the light was disappearing. Things were a bit painful but I was chuffed with the varied conditions throughout the day, over 18 miles and 9000' climb in just over 6 hours.

I didn't imbibe in the traditional Solstice beer, opting to head home for a different sort of painkiller!

I'd thoroughly recommend the Reverends Round.

Footnote - two months on and the ribs are almost healed.....

