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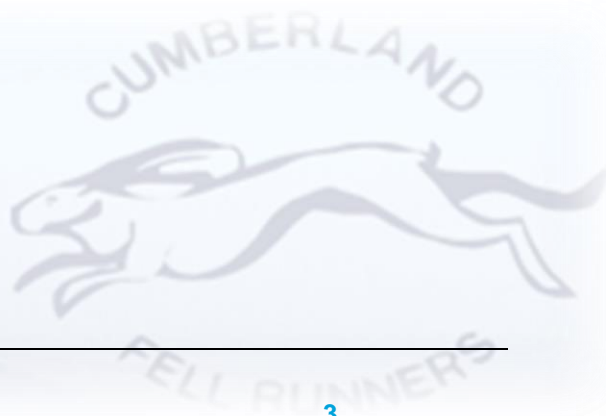
# Cumberland Fell Runners

Newsletter  
February 2023



Stevie Watson and friends.

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# Contents

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<b>The Committee</b>	<b>3</b>
<b>Club matters</b>	<b>4</b>
New members	4
Next members meeting (and social things!)	4
Members' meeting 10 <sup>th</sup> January 2023	4
Club AGM 10 <sup>th</sup> December 2022	6
<b>Junior Update</b>	<b>9</b>
<b>Stevie Watson</b>	<b>15</b>
<b>Jarrett's Jaunt</b>	<b>16</b>
<b>CFR Training Plans</b>	<b>19</b>
CFR Training Plan - Beginning at approx. 4.5hrs	20
<b>CFR Coaching and Training</b>	<b>23</b>
<b>CFR Winter League 2022</b>	<b>25</b>
<b>CFR Championship 2023 Preview</b>	<b>28</b>
<b>A rallying cry from mid-pack</b>	<b>35</b>

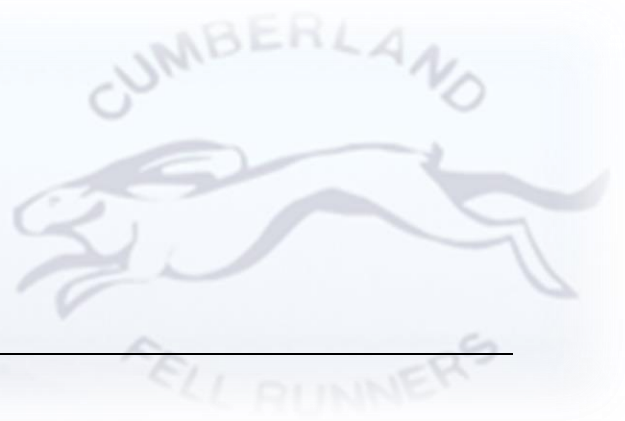
## Editor's note

Welcome to the Winter 2022/2023 newsletter and many thanks to all that have contributed! Lots of exciting running and racing and training psyche – I look forward to a big year fell running for all!

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

Enjoy!

Jack



# The Committee

Your wonderful club is brought to you by:



**Chairman**

Paul  
Jennings



**Statistician**

Darren  
Parker



**Secretary**

Charlotte  
Barker



**Equipment  
Officer**

Jane  
Mottram



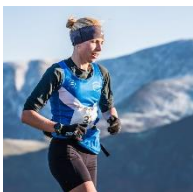
**Membership  
Secretary**

Adam  
Cresswell



**Race  
Organiser  
Coordinator**

Andrew  
Bradley



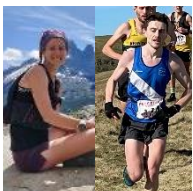
**Press Officer**

Pip Conlon



**Race selection  
Committee**

Ann  
Cummings,  
Andrew  
Bradley,  
Steven  
Breeze,  
Darren  
Parker



**Team Captains**

Sam  
Holding,  
Sophie  
Likeman



**Website  
Administrators**

Darren  
Parker,  
Adam  
Cresswell



**Lead Junior  
Coach**

Tony  
Jewell



**Newsletter  
Editor**

Jack Gilbert



**Lead Senior  
Coach**

Barry  
Johnston



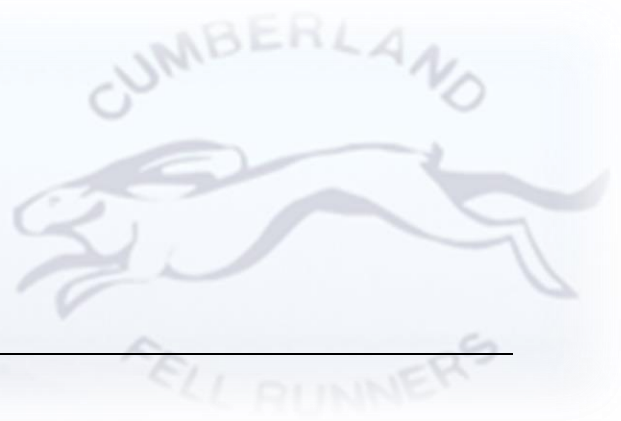
**Welfare  
Officers**

Sian  
Spencer,  
Isabel  
Mancebo



**Treasurer**

Ann  
Cummings



# Club matters

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## New members

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

Alice Hardy	Fred Boardman	Paul Harrington
Andrew Graham	Freddie King	Richard Pawson
Anna Marie Giddings	Heather Catherine Marshall	Robin Steels
Ben Mitchinson	Jack Thwaite	Ron Fletcher
Calum Fraser	Joseph Giddings	Sadie Hawley
Colin Webb	Matthew Proctor	Sam Bennett
David Wood	Max Hawley	Tara McGuirk
Divya Conlon	Michael Hawley	
Edward Steels	Oscar King	

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 Adam at [a1cresswell@googlemail.com](mailto:a1cresswell@googlemail.com).

## Next members meeting (and social things!)

The date of the next members' meeting is on Tuesday 14<sup>th</sup> March 2023, 2000, Shepherds Arms, Ennerdale and will be communicated by SiEntries and posted on Facebook as well.

There's also:

- Kong equipment presentation evening at 1900 on Wednesday 8<sup>th</sup> March at Kong Adventure Keswick
- Winter league presentation social at 2000 on Tuesday 21<sup>st</sup> March (post club run!) at the Countryman, Lamplugh

Please see invites on Facebook or contact Paul and Charlotte respectively for a place.

## Members' meeting 10<sup>th</sup> January 2023

Present: Paul Jennings, Charlotte Barker, Jack Gilbert, Sam Holding, Dan Worsell, Andrew Bradley, Ann Cummings, Darren Parker, Dot Patton, Jane Mottram, Isabel Mancebo, Tony Jewell, Steve Breeze, Jennie Chatterley, Juliet Fulwood, Adam Creswell and Lee Dixon (17)

## Championship races 2023

a) Clough Head – 4.2.23	g) Hutton Roof Crag – 27.5.23
b) Black Combe – 4.3.23	h) Blencathra – 7.6.23
c) Muncaster Luck – 19.3.23	i) Bash Up Bessyboot – 12.6.23
d) Eskdale Elevation – 15.4.23	j) Old Crown Round – 22.7.23
e) Coniston – 29.4.23	k) Loweswater Show – 3.9.23
f) Two Tops Dash – 20.5.23	l) Eskdale Show -30.9.23

Thanks provided to the race selection committee.

Emphasis provided to local, deviation from the normal selection and supporting. Struggled to find medium races as a number have not yet been registered.

Championship races are approved by the members present.





## Show races

- a) Grasmere Senior Guides Races – 27.8.23
- b) Ennerdale Show – 30.8.23 (added after discussion)
- c) Loweswater show – 3.9.23 (both main championship and show series)
- d) Eskdale show – 30.9.23 (both main championship and show series)
- e) Wasdale Show – 7.10.23 date not yet confirmed
- f) Buttermere Show – 29.10.23

6 races and 3 count for the series (with a tie breaker based on a 4th race if necessary)

Could add more show races if needed. Emphasis to be placed on attracting members to the show races due to low turnout during 2022.

Raised by Dot whether there should be a reduction in races for over 60 due to the number of longs and mediums. It was agreed to add the Ennerdale Show into the series to provide an additional race for the over 60 ladies (over 70 men) which was agreed by all.

## Meeting Location

Has been raised by Isabel and others that the Shepherds' arms is not the most accessible location for the meeting especially for those working late. To consider using the Countryman with a run from Fell dyke. Charlotte is to contact the Countryman for details.

## Spending club funds

- a) Winter skills has been raised but there was a query as to the extent of winter skills required and whether this could be a matter factored in to club runs during the upcoming winter months. Could request a trip with the fell top assessors for this training.
- b) Navigation training has been raised especially ahead of the race season starting. Charlotte is to contact Sarah for details of her courses along with dates and costs.
- c) Travel costs to English and British Championship races has been raised as a method of using some of the funds and assisting members with racing in these championships. It is agreed that requests made to the committee by members for reimbursement will be considered.
- d) Race kit needs to be refreshed such as signs, arrows, boiler and water bottles. It is approved that funds can be spent on race kit by Jane and the race organisers.

It was highlighted that skills and knowledge can be gained from discussions. It is agreed that kit lays for races can be included in upcoming newsletters and on the members only Facebook page.

## Vacancies

- a) Website coordinator - Mario is stepping down from his role of website coordinator. Mario is thanked by all for his hard work and time used to rebuild and maintain the club's website.  
Discussions as to whether DACs new website could be copied for ours to ease the coding skill requirement. It is agreed that at present the website is fit for purpose and serves the club well.  
Require somebody to work alongside Adam and Darren to keep the website updated. This individual is to have knowledge of the website coding and can ask Adam and Darren for more details. Any interested individuals are to pass their names to Charlotte.
- b) Sunday social runs coordinator – Jenny wishes to step away from the organisation role. The club thanks Jenny for her efforts and time placed in to the Sunday Socials. Any interested individuals are to pass their names to Charlotte.
- c) Senior coach – Barry Johnston has been elected as senior coach.

## Team building / club socials

- a) Charlotte is organising a fell running murder mystery evening and details are to follow in due course once finalised.
- b) Pie night is suggested and this is later confirmed as a suitable evening for the winter league presentation evening. Charlotte is to obtain suitable dates for this.



## Club runs

It is raised by Isabel that there are concerns held about speed and ability for club runs. It is confirmed that there are two groups running a similar route on a Tuesday evening at two different paces, both are open to all. The slower group is currently being overseen by Andrew with help from Mel and Anita.

It was noted that there is more looping back by members which has made the run feel more inclusive. Further discussion was held about the questionnaire on club runs which highlighted that that perception is a large part of forming a barrier for some members.

The details for the two groups are to continue to be published each week to keep all members informed of the options available to everybody.

## Club Kit

Tony has taken over the role of ordering and distributing the club kit from Ryan. The club is very grateful to Ryan for his kit supplying and sorting.

It is agreed that more vests are to be ordered in a range of sizes. There will be a push for other kit once vests have been sorted.

It is agreed that once the juniors have attended 10 training sessions that they can receive a club vest.

## Membership Renewal

Annual reminder that the membership for CFR does not automatically renew via direct debit similar to FRA membership.

## Stevie

The club is very saddened to hear of the recent death of Steve Watson (Stevie). Stevie was a big personality within the club and a very skilled runner/racer. He proudly wore the CFR vest for a number of years at local and international races. A write up is to be included in the next newsletter.

## Club flag

Jane has bought a second flag to ensure that there is definitely one available for all CFR races should the race organisers want to use the club flag (weather dependent).

## Next meeting

Tuesday 14th March 2023 at 8pm at the Shepherds Arms, Ennerdale Bridge.

## Club AGM 10<sup>th</sup> December 2022

Shepherds Arms, Ennerdale

Attendees: Sophie Likeman, Paull Jennings, Charlotte Barker, Sam Holding, Darren Parker, Andrew Bradley, Mario Yeomans, Ann Cummings, Barry Johnson, Steve Davison, Paul Arts, David Wood, Steven Breeze, Anna Blackburn, Jack Gilbert, Pip Conlon, David Burton, Ross Coles, Dot Patton, Mike Harrison, Steve Parker, Ian Grimshaw, Peter Crompton, Mark Wise, Elaine Wise, Nick Moore, Nick Downes, Tony Jewell, Ian Chambers.

Apologies: Jenny Jennings, Isabel Mancebo, Kath Farkas, Sian Spencer, Adam Creswell.

- The minutes from the last AGM were approved.
- Paul thanked Darren for sorting out engraving of trophies.

## Chairmans Report

Successes:

- Successful Club Championship series. All trophies but one handed out.
- Large club representation at British Relays, Hodgson Brother Relays, World Masters Running championships and English Championships.
- Lots of other activities going on in the club.

Challenges:

- Poor attendance at club show series.



- Low female participation in races. There is now a new Facebook discussion group in place.
- Ideas required from members of ways to spend club funds!

### Treasurers report

See separate report of figures,

Notes that surplus from races goes to CMRT. It was suggested that some funds are donated to Wasdale MRT also.

Set fees for next year, agreed to keep at £15.

Charlotte wanted to recognise that Mark Likeman (Timing Up North) offers timing for club at reduced rate to support the club

### Membership Secretary Report

Figures provided for this year show current levels of membership for each category:

	2022	
	No.	%
Total	177	
New members	38	21%
Renewals	139	79%
Joint memberships	45	25%
Seniors	119	67%
Social	12	7%
U23	1	1%
Men	114	64%
Women	63	36%
EA	19	11%

### Junior Report – Steve Davision

Recognition of growth in membership

Attendance for training very healthy with over 20 members each week. Led by Tony Jewell.

Good results seen at races.

Gift from Lindsay and Jim to be used in 2023.

### Special Resolutions:

1. Integration of Junior and Senior committee to reduce duplication of work and bring members together  
Unanimous yes. There will be an EGM in 2023 to finalise this and take forward.

2. Proposed changes to constitution:  
Club Objectives Unanimous yes.

Update roles within the committee to include new roles of Team Captains x2, Publicity officer, Junior coordinator, Lead junior coach, Lead senior coach, Welfare officer x2. And Race organiser coordinator.

Unanimous yes.



Finance; have additional committee members (treasurer, secretary and chair) as signatories for club account.  
Unanimous yes.

Membership; changes of wording as proposed.  
Unanimous yes.

Alignment of UKA Template; Club to refer out to UKA policies on GDPR, Safeguarding code of conduct, Governance and disciplinary policy and Inclusion.  
Unanimous yes.

### **Election of Committee members**

Welfare Officers: Sian Spencer & Isabel Mancebo

Team Manager/Captain: Sam Holding & Sophie Likeman Lead Junior Coach: Tony Jewell

Secretary: Charlotte Barker Publicity Officer: Pip Conlon

Race Organiser Coordinator: Andrew Bradley All other committee members remain in post.

Election of Race sub-committee: Ann Cummings Andrew Bradley Steven Breeze Darren Parker

### **London Marathon**

Club place was won by James Conlon.





# Junior Update

Richard Jewell

## Buttermere Shepherds Meet - 24th Oct 2022

It was a blustery and showery day for the 2nd running of the Buttermere Shepherds Meet Fell Races from Gatesgarth Farm. 8 runners took part in the junior race that catered for all age groups up to U15. Winner of the U11's race and a decent sized tub of Quality Street was CFR runner Callum Taylor in a fantastic time of 17m 43s.



Photo 1 – Callum Taylor

## Cumbria XC Series – Penrith – 29th Oct 2022

Cumberland Fell Runners were represented by 7 runners in the U9, U11 and U13 races. The Penrith course is a notoriously hilly course, not for the faint hearted. The 4 runners in the U9 race ran well to take to the team prize.

Oscar King – 8th

Freddie King – 9th

Austin Ellis – 14th

Sullivan Vickers – 15th

A recent recruit to CFR is Jack Thwaite who had a brilliant run to finish 9th in the U11 race. Samuel Youngman who is getting stronger with each race had an excellent run to finish 19th.

Evie Youngman followed up her win at the Cockermouth event by having a great run to finish 4th in the U13G race.

## Cumbria XC Series – Carlisle – 12th Nov 2022

There was a bumper CFR turnout for the 3rd race in the series. The Carlisle course is a lot different to Penrith, flat and fast. The U9 boys especially were out in force running well to take 3rd team prize in a row.

Thomas Tacon – 4th

Arthur Prosser George 6th

Oscar King – 8th

Freddie King – 11th

Jonny Frankham – 15th

Austin Ellis – 16th

Charlotte Mathieson was the lone CFR representative in the U9G race. As always Charlotte had a brilliant run to finish 5th.

The U11 boys ran really well to take 2nd team prize

Jack Thwaite – 5th

Reuban Prosser George – 11th

Oscar Frankham – 13th

Samuel Youngman – 18th

An ever-improving Ethan Hughes-Rudd ran well in a fast race to finish in 11th U13B. Evie Youngman ran another fantastic U13G race. Evie beat a strong field to get her second win of the series putting her top of the U13 standings after 3 races.





Reuban and Arthur Prosser-George and Oscar Frankham

### Cumbria XC Series – Workington – 3rd Dec 2022

It was a cold but sunny day in Hall Park for the fourth event in the Cumbria XC Series. It was another great turnout of blue and white vests. The race was not without incident, after a mix up by marshals the U9's ended up running the U11's course. The young runners handled the extra distance well. All returned safely, smiling, much to the relief of a horrified head coach. Thomas Tacon was the first CFR boy, crossing the line in 2nd place.

Charlotte Mathieson also enjoyed the extra distance winning the U9G race.

Once again, for the fourth event in a row the unstoppable U9 boys took the team prize

Thomas Tacon – 2nd

Oscar King – 3rd

Freddie King – 6th

Jonny Frankham – 8th

Austin Ellis – 9th



Freddie

The U11's were represented by Jack Thwaite and Oscar Frankham, both of which have another couple of years running in this age group. Both boys held their own finishing; Jack finishing 6th and Oscar finishing 12th.

Charlie Tullie and Ethan Hughes-Rudd lined up for the U13's race. There wasn't much separating the two club mates, Charlie finishing in 11th place, Ethan finishing in 13th place.



Charlie Tullie and Ethan Hughes-Rudd

After rolling his ankle warming up, Mylo Jewell pulled himself together to run his favourite course of the Series. Mylo had a great run winning the U15 race before going home to ice a swollen ankle.





Mylo Jewell

### Cumbria XC Series – Keswick – 17th dec 2022

There was no chance of the overnight frost thawing in time for the start of the final event of the series in Keswick. Temperatures remained low meaning that runners had to negotiate icy patches on the course as well as a sea of red and yellow flags marking the course in Fitz Park.

The strong CFR U9 boys team took the team prize once again, making it 5 out of 5 for the series.

Thomas Tacon ran another great race finishing in 2nd place

Thomas Tacon – 2nd

Arthur Prosser George – 5th

Oscar King – 6th

Freddie King – 8th

Jonny Frankham – 12th

Charlotte Mathieson is showing great promise and followed up her win at Workington with a 2nd place finish. Megan Connor ran well in her first race of the series finishing in a fantastic 9th place.

Four boys ran in the U11's race. Jack continues to impress finishing 7th with Oscar crossing the line not far behind in 10th place. Reuban Prosser George and Samuel Youngman ran well and helped pick up the 2nd place team prize for the U11 Boys

Ethan Hughes-Rudd and Evie Youngman flew the flag for CFR U13's. Both did well on the tough course with Ethan finishing 13th U13B and Evie finishing 5th U13G. The 5th place was not Evie's best result of the series but it did not matter as her wins at Cockermouth and Carlisle were enough to take 1st place in the series overall – Well done Evie.

The standard of running in the U15's category across the county is very high. The boys in this age group are pushing each other on week in, week out in fell, road and cross-country races. There are no easy races and this race was no different for Mylo Jewell. He managed to put in a brilliant performance to finish 2nd just ahead of a fantastic Border Harrier runner and Cumbrian county team-mate George. The result confirmed Mylo's 3rd place overall in the series.

### Cumbria XC Series – Final Series Results 2022/23

Thomas Tacon – 2nd U9B

Charlotte Mathieson – 2nd U9G

Evie Youngman – 1st U13G

Mylo Jewell – 3rd U15B

### Final Team Results 2022/23

CFR U9 Boys – 1st and 3rd

CFR U11 Boys – 2nd

### Cumbria XC Championships – Penrith – 7th Jan 2023

These are the races that U13's and above race in each year aiming for Cumbria team selection at the Inter-Counties in March. There are no U11's races at the Inter-Counties but U11's are invited to run at the Cumbria Championships for experience. Jack Thwaite took up the challenge and ran a magnificent race finishing in 9th place.

Mylo Jewell had a solid run on the hilly course finishing in 4th place and securing a place in the U15 Cumbria Athletics county team to run at Loughborough on 11th March.



Jack Thwaite

### Blake Fell Race – 21st Jan 2023

Flagging the courses on the Friday before the race lulled us into a false sense of security. The sun was out and there wasn't a breath of wind. Come race day, Saturday morning the wind had got up and the temperature had dropped. The numbers in the junior races had swelled from the previous year due to Ambleside AC including the races in their junior championships.

The U15's are the first to race at the Blake Fell event. The runners head towards and over Godworth before negotiating Hare Gill then follow the Low Pen fence line down to the forestry and back to the Ennerdale showfield to finish. Daisy Woodcock (KAC) was the first runner to cross the line in a time of 19.26, a new course record. First CFR runner home was Evie Youngman (2nd U15G) who along with Ethan Hughes-Rudd (3rd U15B) have just made the step up to U15 from U13. Well done both.

The U9's race was won by the in-form Charlotte Mathieson who is now the U9 course record holder. Freddie King also CFR was 1st U9B and 2nd overall.

Jack Thwaite was 2nd overall in the U11 race. Megan Connor was first CFR U11G finishing in 19th place, Megan's first race in the U11 age category.

CFR runners Reuban Prosser-George and Callum Taylor ran well to finish in 2nd and 3rd place in the U13's race. Alice Hardy ran well in her first race for CFR finishing 2nd placed U13G.

The U17 runners start with the seniors. The route heads up towards the Blake Fell/Gavel 'T-Junction' where the U17's turn left rather than heading onto Gavel. Mylo (Jewell) managed to stick to the U17 route this year and not follow the seniors onto Gavel. Mylo won the race but was chased all the way by rapidly improving Keswick AC runner Micah

Whiteman who was only 2 seconds behind. Mylo set a new U17 course record, 29.36.



Ethan Hughes-Rudd

### Cumbria Schools XC Championships – Sedburgh – 11th Jan 2023

3 CFR runners represented their districts at Sedburgh. Mylo Jewell (Intermediate Boy), Evie Youngman and Neve Cunningham both in the Minor Girls Category.

All 3 ran well on an icy, frozen course. The hills obviously suited the fell runners with Evie and Mylo both running well to earn Cumbria County Schools selection to run at the Northern Schools Inter-counties in Sunderland on 4th February.





Mylo

### Northern Schools Inter-Counties XC Championships – Sunderland – 4th Feb 2023

Evie Youngman and Mylo Jewell made the journey to Sunderland to compete in this event. A top 8 finish for either runner would almost surely secure a Cumbria Schools selection at the National Final XC to be held Nottingham (March). Evie's race was first and as always she put everything into it to finish 8th Cumbrian Runner. Mylo's Intermediate boys race set off later in the day. Mylo threw everything into his race finishing 7th placed Cumbrian runner. Evie and Mylo have since been notified that their fantastic running in Sunderland has earned them both well-deserved Cumbrian Schools selections.



Evie Youngman

### Junior Coaching Details

CFR has been well represented during the winter months at cross country events around the county. Time to look forward to spring and some fell races. It's great to see numbers are still increasing steadily at the weekly Junior Coaching sessions.

Sessions are held on Saturday mornings at 10am, alternating between Sale Fell and Kirkland Leaps. The sessions are planned around age, ability and the development of each runner. Typical activities include warm up before moving onto agility, balance and co-ordination drills and some short hill reps. There are plenty of opportunities to get a drink and have a breather.

For coaching information contact Tony Jewell on [jewelltony@yahoo.co.uk](mailto:jewelltony@yahoo.co.uk)

For other any other issues please contact Stephen Davison on [cfr-jnrs@gmail.com](mailto:cfr-jnrs@gmail.com)

### Upcoming Races:

19th April – Grisedale Grind – For details [keswickac.org.uk](http://keswickac.org.uk)

\*23rd April – Black Coombe Dash – FRA English Junior Championship Race 1

\*6th May – Todd Crag – FRA English Junior Championship Race 2



20th May – Storth Stampede – FRA English Junior Championship Race 3

\*20th May – Sale and Ling Two Tops Dash –

24th May – Latterbarrow Loop – For details c-f-r.org.uk

\*Entries open – For FRA races visit [niftyentries.com](https://niftyentries.com) for Sale and Ling visit [racebest.com/races/kc425](https://racebest.com/races/kc425)

Details of this seasons remaining Kendal Winter League races can be found at [helmhill.co.uk](https://helmhill.co.uk)

BOFRA have a series of junior races starting in May 2023 – details can be found at [bofra.org.uk](https://bofra.org.uk)



# Stevie Watson

Dave Morgan

Stevie Watson

1941 – 2023



Steve used to say sometimes, when he blinked he was blind. However, this did not affect his running abilities but made him more determined. I met Steve through Cumberland AC. We ran the roads and progressed to the fells with CFR.

We took part in many races, both locally and across Europe. We ran the World Masters races in Saillon Switzerland, Paluzza Italy, Korbielow in Poland as well as our local World masters race in Keswick to the top of Latrigg and back. He was so chuffed to beat me!!



We had many good trips to Ireland for the Donard race and it nearly always rained. I recall on one of the ferry crossings over, Steve's wife Eleanor wanted to read Jen's palm. No No No!! Steve and I made it straight to the bar. He liked a drink or two. My son in law Andrew worked for a few months in Russia and returned with a bottle of vodka for Steve wrapped up in a Russian newspaper. His eyes lit up!!

He would visit us on his motorbike and we'd have a run out and then sit and chat in our garden. Jen would rib him about having no grey hairs.



He was my very good friend. We had many happy years running together. Treasured memories. R.I.P. Steve.

Dave Morgan



# Jarrett's Jaunt

Andrew Bradley

Saturday 25th of March

First start usually around 12:30

Harry Jarrett used to be a member of Cumberland Fell Runners and started this race sometime last century. He set up and organised this race as a low-key handicap race for CFR members and anyone else who heard about it. Sadly, he doesn't run any more but still occasionally pops along to the race – travel and rugby league commitments permitting. Harry decided to have the runners setting off in reverse order, with the aim of everyone finishing at around the same time. Something a bit different. He calculated the handicaps based on previous races and known form. The start times have always been a subject of much discussion with those feeling hard done to perhaps having the loudest voices. It used to be run in January, and was originally called Jarrett's January Jaunt, but moved to February / March so that the results from the Blake race could be used to help set the handicap start times.

The route has changed a bit over the years, due to access permissions and forestry work. The race is a fell race but has a mixture of terrain, with some tarmac, some forest track and some genuine fell terrain. It is registered with the Fell Runners Association, so is subject to FRA kit requirements. You may be asked to carry some or all of the following waterproof top, waterproof trousers (both with taped seams), hat, gloves, map, compass and whistle. If the weather is fine the organiser may well relax some, or all, of these requirements.

People park around the Wath Brow Bridge, and care must be taken when wandering about, going to registration and warming up. There are no toilets, so "go before you come". Start times will appear on the website of the entries during the week before the race. You need to arrive with plenty of time to register to confirm that you are going to run, complete the emergency contacts form, and to collect your number. Give yourself plenty of time for this before your start time.

The current course is 9.5 Km long with 460 m of climb. That's about 6 miles with 1500 foot in old money. The records being 37:35 and 46.25 held by Carl Bell of Keswick AC and Sophie Likeman of Cumberland Fell Runners. The route is fairly obvious with few opportunities for going too far off course. With it being a fell race, it is only flagged at a few crucial points. It is an ideal race for those with little or no experience of a fell race, and we often get people using it as their first fell race. Some people will have a trot round the course in the weeks before

hand to familiarize themselves with the route. There is a map at the end of the article. The entry ranges from around 50 to 110 starters so plenty of people around to keep you company. There is a full range of ability from British Champions to super veterans.



Harry, in full flight

Because it is a handicap race, the race is now pre-entry. It just got a bit difficult with entry on the day sorting start times out for people. Especially those who aren't really well known on the racing circuit. Entries will stay open until the Thursday night before the race for those folk who struggle to make long term commitments. However, if you can enter early, it really helps sort the start times out. This is particularly important if you haven't raced much round here, as some discussion might need to take place between the runner and the organiser. Park run times can also be used, so getting one of those would help.

Runners are set off from just East of Wath Brow Bridge at their allotted start time, usually with a couple of runners leaving every thirty seconds. They





turn immediately right to start the climb up the tarmac of Nannycatch Lane, through the gate at the top car park and onto Flat Fell, where the going changes to good grassy tracks and trods up to the summit. Having rounded the summit cairn, the race route heads North east to the top of the safest way off the fell. There will be a few flags to mark this point and guide you onto the Coast to Coast path before the flat charge along Nannycatch Beck, through Nannycatch gate and along to the start of the biggest climb. Locally known as "The Chimneys", a few small flags will guide you to the start of this climb up. It is around here that runners should start seeing more of each other as the faster runners start to get nearer the earlier starters. There is another flagged section taking you through the forest tracks of Uldale plantation before the open land of Dent is reached. It can be quite boggy in places on the way up to the summit cairn and the highest point on the course. Going straight past the summit cairn, the descent starts down a very grassy slope, which leads onto the Blackhow wood and the main track down to the road. Turn right on the road and see what is left in the legs for the last stretch along the undulating road. You should have plenty of company here as all runners should be pretty close together on the charge for the finish back at the bridge.

There is usually a hot drink and cake or bake for the runners, with free washing facilities laid on, though hot water is in short supply. Prizegiving is generally well supported as it is started as soon as everyone has finished and been accounted for. The first person back gets the pick of the prizes, with second place next up to select their winnings. Prizes are pretty straightforward with wine, beer and chocolate being supplemented by the odd extra prize – Christmas puddings, vouchers and perhaps a much sought after CFR buff. Depending upon entries, prizes have been known to go down as far as 70th place – but you have to be there to collect your prize. For many of us, this is one and only appearance in a prize giving...

Results will appear on the Cumberland Fell Runners website, hopefully, that night. Both the finish order and the actual times are published. You can see the full details of the race on the website, under the races section. Cumberland Fell Runners ([c-f-r.org.uk](http://c-f-r.org.uk)). You can study previous race results to see the times people have taken.

The race is usually well supported by local running clubs, and we are very appreciative of their support. The race sometimes features in clubs' championships, or as a club day out.

We look forward to seeing everyone, just remember to enter as soon as you can .....and remember, the handicaps are a bit of fun.....



Runners in the stream after the race



Giving it full effort up "the chimneys".



Prize giving well under way.



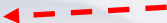
Some of the Cumberland Fell Runners Ladies enjoying their brew in the sun.

We have asked for good weather again this year.



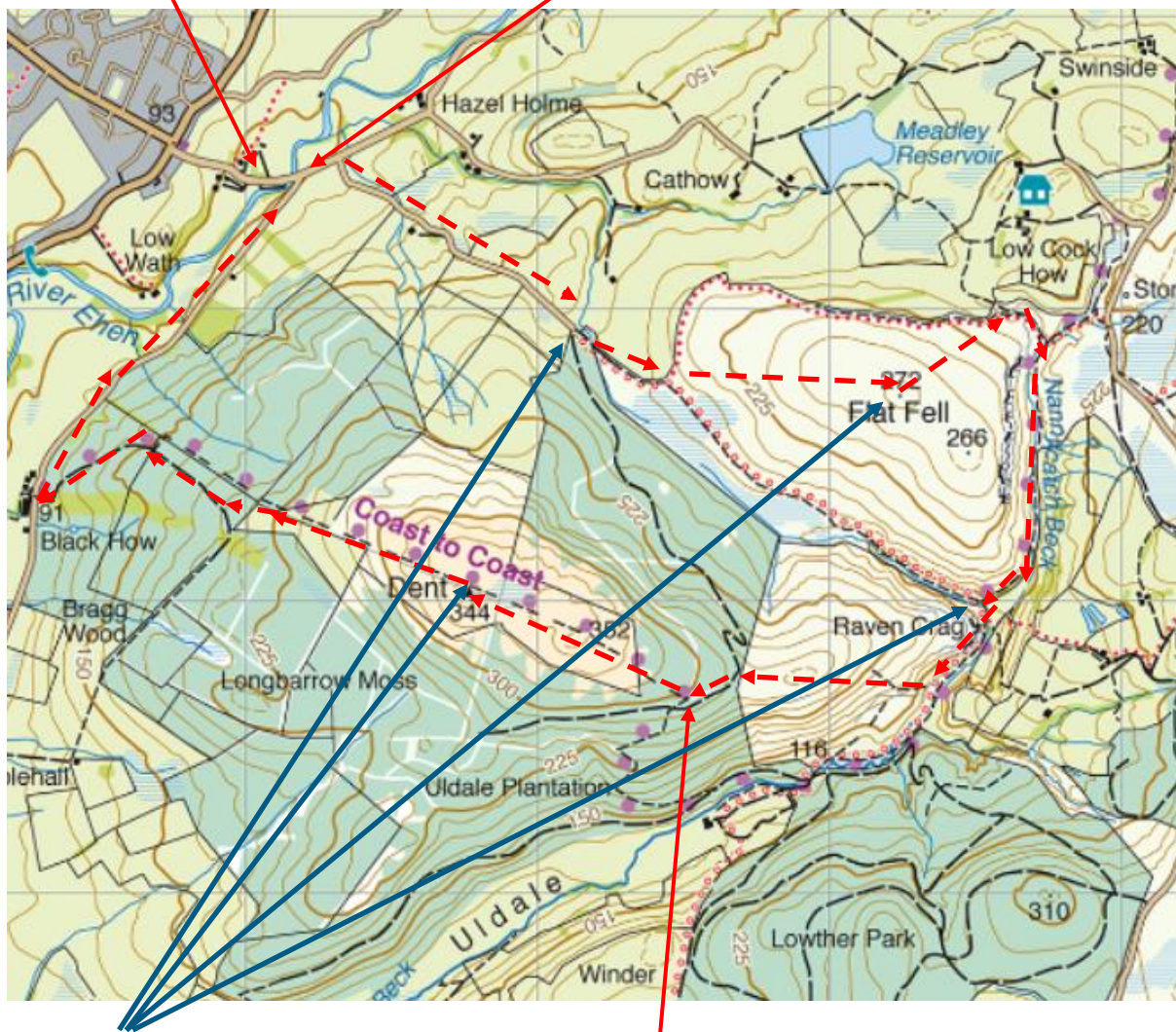


## Jarrett's Jaunt Map of Route

Race route marked as 

Road-side parking between  
Wath Brow Club and on  
towards Hazel Holm.

Start at road junction.



Four Marshals – top of Dent and Flat  
Fell. Gate onto Flat Fell, gate in  
Nannycatch valley – holding gate open  
and keeping sheep where they are  
supposed to be.

The small section on Forestry land.  
Comes through new gate or over stile,  
follows track for a few metres then  
coast to coast path over Dent.





# CFR Training Plans

Sam Holding

The first, 4.5hr training plan has been published as part of the club coaching & fitness initiative, covered in detail elsewhere in the newsletter.

It is available in the 'Club Runs' section of the website - [https://c-f-r.org.uk/pages/club\\_runs.html](https://c-f-r.org.uk/pages/club_runs.html), on the newly established [CFR Training Hub](#) [Facebook page](#)- (You'll need to request an invite to join if you haven't already), and reproduced below.

The purpose of the training hub group is to share info and learning between all members who have an interest in improving fell running performance. Content is likely to be centred predominantly around racing and personal challenges, but will undoubtedly hold value for those who like to spend time simply moving through the hills.

Feel free to post anything you think might be of interest in there; articles, personal experiences etc.

Hopefully it is obvious that all members are welcome.

The first training plan begins at around 4.5hrs per week; a common training volume for members. They are made to accommodate our three main weekly club runs and give a bit of structure to the rest of the week. If interest is taken in these, I will write more for greater training volumes.

I probably won't write one for lower volumes because when you put our three weekly club runs on a page (Tuesday nights, Thursday sessions and Sunday Socials), you already fill 3-4hrs. If there is enough demand for those who only do one (or none) of the three club sessions though, I'd likely put something together.

If there is interest, we can set up a WhatsApp group to share our consistency for those who feel they benefit from a sense of accountability. It would involve something like setting a target for weekly time spent running (or mileage) and getting ~10 points for being within 20% below, or 5% above that (always much better to be a little bit under trained than even a little bit over trained), with decreasing points for greater variance. Or something like that. Whoever has the most point at the end of each 8-week plan wins something (probably the admiration of your fellow runners...). Send me a message if you would like added to this (assuming it has gone ahead by time you're reading this).



## CFR Training Plan - Beginning at approx. 4.5hrs

### Info:

Tuesday hilly runs are set at a nominal 70mins to accommodate the Club Run and allows for less 'moving' time. If you are not attending the Club Run, feel free to reduce the duration here.

() during sessions mean recovery or rest periods e.g. "200m (200m)" means perform a 200m repetition followed by 200m of very easy jogging.

Thursday training sessions and Sunday socials are sometimes excluded from the plan on race weeks. These will usually still be taking place so feel free to go along if not racing.

### Pace Intensities & Abbreviations:

Pace	Purpose
Easy pace (E): 65-79% of max heart rate, or 'conversational pace'. E runs must be truly easy; you should be able to talk freely while running at E pace without having to catch your breath.	Build and maintain an aerobic base. Increase resistance to injury. A multitude of beneficial adaptations relating to the musculoskeletal and cardiovascular systems and heart health.
Hard pace (H): A pace you could subjectively maintain for 10-12mins.	Used in place of I sessions where variables (e.g. gradient and terrain) make precision difficult.
Interval training (I): At or close to Vo2 max, ideally between 3-5min work bouts (but can vary).	Maximise aerobic power.
Repetition training (R): Good mechanics/form should always be maintained. Do not go so hard that it is detrimental to form. Usually ran at 5k race pace over 200-400m reps	Improve anaerobic power, speed & economy of running.
Strides: Light, quick 20-30secs runs with 30-60secs recovery in between. Done in the middle or at the end of E runs or as part of a warm-up. Strides are not an all out sprint and should be 'fun-fast'. Aim for 200 steps per minute (25 left OR right footfalls per 15secs) to work on increasing cadence.	Improve running economy, mechanics and form.
Threshold (T): Comfortably hard. Able to maintain for 20-60mins.	to improve the bodies ability to clear blood lactate.



Week 1 - Commencing 20th Feb

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Off	Q2 80mins E	Total Weekly (HH:MM)	<b>Q1</b> 15mins WU including 2 x 20sec strides. 15mins continuous climb. 10mins CD.  <b>Q2</b> Easy Long Run - Can be (or include) Sunday Social.
PM	Off	Hilly 70mins E	30mins E + 6 x 20sec strides	Q1 50mins	Off	30mins E	Off		
Total Daily (HH:MM)	00:00	01:10	00:35	00:50	00:00	00:30	01:20		

Week 2 - Commencing 27th Feb

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Race Black Combe	Off	Total Weekly (HH:MM)	<b>Race</b> WU - 15mins E with 2 x 30sec strides. CD - 10mins E.
PM	Off	Hilly 70mins E	30mins E + 6 x 20sec strides	40mins E	30mins E + 6 x 20sec strides	Off	Off		
Total Daily (HH:MM)	00:00	01:10	00:35	00:40	00:35	02:00	00:00		

Week 3 - Commencing 6th Mar

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Off	Q2 80mins E	Total Weekly (HH:MM)	<b>Q1</b> 15mins WU including 2 x 20sec strides. 15mins hilly Fartlek. 15mins CD.  <b>Q2</b> Easy Long Run - Can be Sunday (or include) Social.
PM	Off	Hilly 70mins E	30mins E + 6 x 20sec strides	Q1 45mins	Off	40mins E	Off		
Total Daily (HH:MM)	00:00	01:10	00:35	00:45	00:00	00:40	01:20		

Week 4 - Commencing 13th Mar

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Off	Race Muncaster Luck	Total Weekly (HH:MM)	<b>Q1</b> 15mins WU including 2 x 20sec strides. 2 sets of 200m (200m) + 200m (200m) + 400m (400m) - 200m and 400m reps done at 5k race pace. 10mins CD.  <b>Race</b> WU - 15mins E with 2 x 30sec strides. CD - 10mins E.
PM	Off	Hilly 70mins E	Q1 45mins	30mins E	Off	30mins E + 6 x 20sec strides	Off		
Total Daily (HH:MM)	00:00	01:10	00:45	00:30	00:00	00:35	02:30		



Week 5 - Commencing 20th Mar

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Off	Q2 80mins E	Total Weekly (HH:MM)	<p><b>Q1</b> 15mins WU including 2 x 20sec strides. 20mins T (a pace you would be able to maintain for a 1hr race). 10mins CD.</p> <p><b>Q2</b> Easy Long Run - Can be (or include) Sunday Social.</p> <p>*If attending the club run, go particularly easy after Muncaster.</p>
PM	Off	Hilly* 70mins E	30mins E + 6 x 20sec strides	Q1 45mins	Off	40mins E	Off		
Total Daily (HH:MM)	00:00	01:10	00:35	00:45	00:00	00:40	01:20		

Week 6 - Commencing 27th Mar

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Off	Q2 90mins E	Total Weekly (HH:MM)	<p><b>Q1</b> 15mins WU including 2 x 20sec strides. 4 x 4mins Hard uphill (easy back down), on runnable ground/graiant. 10mins CD.</p> <p><b>Q2</b> Easy Long Run - Can be (or include) Sunday Social.</p>
PM	Off	Hilly 70mins E	30mins E + 8 x 20sec strides	Q1 55mins	Off	40mins E	Off		
Total Daily (HH:MM)	00:00	01:10	00:35	00:55	00:00	00:40	01:30		

Week 7 - Commencing 3rd Apr

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Off	Q2 90mins E	Total Weekly (HH:MM)	<p><b>Q1</b> 15mins WU including 2 x 20sec strides. 20mins T (a pace you would be able to maintain for 1hr). 10mins CD.</p> <p><b>Q2</b> Easy Long Run - Can be (or include) Sunday Social.</p>
PM	Off	Hilly 70mins E	30mins E + 8 x 20sec strides	Q1 45mins	Off	40mins E	Off		
Total Daily (HH:MM)	00:00	01:10	00:35	00:45	00:00	00:40	01:30		

Week 8 - Commencing 10th Apr

Comments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
AM	Off	Off	Off	Off	Off	Race Eskdale Elevation	Off	Total Weekly (HH:MM)	<p><b>Q1</b> 15mins WU including 2 x 20sec strides. 8 x 200m (200m walk/jog) - 200m reps at 5k race pace. 15mins CD.</p> <p><b>Race</b> WU - 10mins with 2 x 20 sec strides. CD - Whatever you can manage (you will not be judged for immediately lying down with tea and cake).</p>
PM	Off	Hilly 70mins E	Q1 45mins	30mins E	30mins E + 8 x 20sec strides	Off	Off		
Total Daily (HH:MM)	00:00	01:10	00:45	00:30	00:35	03:15	00:00		



# CFR Coaching and Training

Barry Johnson

Do you want to feel more confident on the fells? Do you want to run faster? Do you just want to improve? We have a range of activities coming up which will cover all of these and more!

## Spring/Summer coaching series

- Kong adventure presentation night (8th March)
- Injury prevention, strengthening & conditioning (6th, 13th & 20th March)
- Navigation and map reading (April/May – to be confirmed)
- Uphill and downhill techniques (May/June – to be confirmed)
- Nutrition (date TBC)
- Outdoor swimming (dates TBC)
- Cycling adventures (dates TBC)

## Thursday training sessions

To supplement the Tuesday and Sunday club runs, a more focused training session on Thursday is again being provided. The location will vary as will the nature of the session - check out the website under Club runs for more details.

These sessions are suitable for all abilities – there will be a lot of time-based intervals and we will all regroup at the end of each interval.

## Race route recces

We are looking at arranging a reccy of as many of the club championship race routes as we can this year. All abilities welcome – the faster ones can check out the best lines for us. Keep an eye on the club runs section of the website for details. You don't even have to enter the race to join us!

## The CFR training plan

A training plan based on our club runs and championship races has been developed. Starting at 4½ hours per week (of which around 3½ are club runs!) the plan provides a structure for eight weeks leading up to the Eskdale Elevation race. The plan has been written to allow for maximum flexibility, either supplementing the training with longer or more runs for anyone who wants to go beyond 4½ hours, and suggestions when anyone can't make a club run.

A Facebook group has been set up covering all of the coaching activities, especially so that we can all

check in and encourage each other whilst working through the training plan.

Watch this space!

Other ideas that have been put forward include:

- A club minibus/coach to the Hutton Roof Craggs race – beats car sharing!
- A training camp in warmer climes to keep the enthusiasm going next winter.

More ideas welcome – please speak to Barry Johnson or any of the coaching committee.

## Kong presentation night – Wednesday 8th March

Kong Adventure, Keswick

7pm – 8pm

At the Kong Adventure presentation night their staff will provide a presentation on all the kit you need to be safe on the fells with head-to-toe recommendations of gear, including but not limited to the understanding of mandatory FRA race requirements.

Please either accept the invite on Facebook or send your details to [chair@c-f-r.org.uk](mailto:chair@c-f-r.org.uk) to let us know you would like to attend.

## Conditioning sessions - Monday evenings, March 6th, 13th and 20th

EAGLESFIELD Village Hall.

6.00 to 7.00 p.m.

Coaching by Sophie Likeman and Barry Johnson.

Emphasis on Stretching exercises to encourage a greater Range of Movement and injury prevention. Running warm up and post running routines.

Core and Isometric training to assist Stability and Balance.

Strength and Action Reaction exercise.

Fun and a good work out.

Please put your name forward if you are interested, numbers are limited because of the space available. To Barry on 07842419772 then a WhatsApp group will be created.

All abilities and ages welcomed. Nominal charge of £1 to cover cost of Village Hall Hire.





### Navigation and map reading – Mid-week April / May

Organised by Ann Cummings and Steve Breeze.

A mid-week evening session for two or three weeks.

Suitable for all abilities and ages.

Please put your names forward, more details out soon.

The art of ascending and descending steep fells –  
Mid week May / June

Technique training and Interval Sessions.

A few mid-week evening sessions May / June time.

All ages and abilities welcomed.

Please put your names forward, more details out soon.

### Outdoor swimming

Anyone interested in the experience, delights and advantages of open water swimming please put your names forward.

C.F.R. organised and delivered. Probable starting April, May June time when the waters warm up.

More details to follow.

### Cycling adventures

The advantages of cycling to aid recovery following long fell races is without question, and as a cross training skill for fell runners it is also recommended.

Setting up your bike, maintenance of your bike, the gear to wear and carry.

The skills of riding roads and off-road terrain.

Come and find out, put your names forward.

C.F.R. organised and delivered, June or July time.  
Not to be missed.



# CFR Winter League 2022

Jack Gilbert

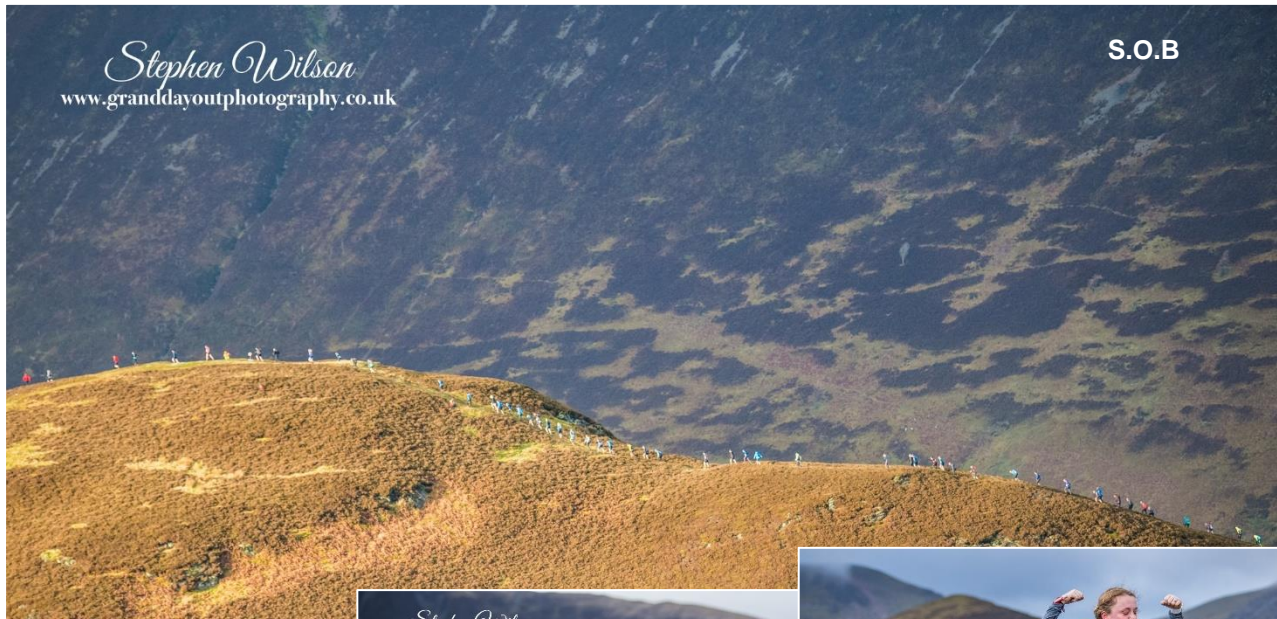
Here are the results from the 2022-2023 winter league. Many thanks to Charlotte and Sian for organising and Darren for compiling results. It keeps us motivated! Well done to all who took part.

I for one really enjoy the winter racing. To me the races offer a quintessential fell running experience:

- Affordable, tentatively commercial friendly local events by locals for everyone, showcasing to visitors the great scene we have here. It's great to benchmark yourself race after race, year after year and against the same faces and vests.
- Novel races: Crag Fell and its mysterious handicap but legendary prize table. King of the Castle; siege and joust against Borrowdale's jaws of gravity for a treasure trove of tray bakes!
- Unpredictable weather: Drama and experience – sleeves or not - but nearly everyone always ends up sweating is my one comment to that... Despite this you, need not worry about hydration!
- Lakeland is arguably at it most beautiful: No shoulder high bracken. Snow and hail dusted tops add depth and an intimidating nature to the guarding crags. A beautiful range of colours beyond the bleached green of high summer. Blasting through these environments in a pack is truly invigorating, especially when I might have felt too nesh to go outside at all – an accountancy worth more than the entry free.

Plus, Stephen Wilson is always there to get a great photo of you and capture the atmosphere! He's kindly let me use a few snaps from this year's league, thank you Stephen

Stephen Wilson [www.granddayoutphotography.co.uk](http://www.granddayoutphotography.co.uk)



Open Results with Male and Female category results highlighted.

Pos: OPEN results	Name	Cat	Loopy Latrigg 19/11/2022	Sale Fell 26/11/2022	Crag Fell 10/12/2021	King of the Castle 08/01/2023	S.O.B. 14/01/2023	Whinlatter Parkrun January	Clough Head 04/02/2023	Winter results Number of races	Total Points	Best 4 races
1	Jack Gilbert	MSen	99	98	100	100	100		100	6	597	400
2	Peter Taylor	MV45		93	95		97	100	95	5	480	387
3	Peter Crompton	MV65	94	90	96	99	94			5	473	383
4	Andrew Bradley	MV55	92	87		98	92	98	88	6	555	380
5	Daniel Worsell	MSen		91		97	93		91	4	372	372
6	Mike Harrison	MV50		89	94			95	89	4	367	367
7	Mark Wise	MV60	89	84	93	94	88	88	84	7	620	364
8	Juliet Fullwood	FSen	86			96	89	93	82	5	446	364
9	Simon Franklin	MV55				95	87	89	83	4	354	354
10	Les Barker	MV50		73	88	92	83	83	76	6	495	346
11	Darren Parker	MV55			87	93	84	81	81	5	426	345
12	Ann Cummings	FV60	85	74	84	88	80	85		6	496	342
13	Ruth Stanley	FSen	90		91		82		79	4	342	342
14	Steve Breeze	MV50			86	90	81	79	75	5	411	336
15	Nick Moore	MV60	82			89	79	84	73	5	407	334
16	Jenn Bradley	FSen	84	77			85	86	77	5	409	332
17	Mel Bradley	FV60	80		81	87	78	80	71	6	477	328
18	Lindsay Buck	FV60	81	68		91	77	73	70	6	460	322
19	Ian Chambers	MV45	79	70	80	86		76	67	6	458	321
20	Vic Wilson	FSen		72	79		75	87	74	5	387	315
21	Neil Carrick	MV45	83	75			76		72	4	306	306
22	Jane Mottram	FV65		65	76	85		69		4	295	295
23	Dot Patton	FV65	78	67	77			71		4	293	293
24	Ross Coles	MSen	98	95	98					3	291	291
25	Sophie Likeman	FSen	97	96					96	3	289	289
26	Rob Stein	MSen	96	94					97	3	287	287
27	John Skelton	MV45	93				95		90	3	278	278
28	Robin Steels	MV45		88			91		92	3	271	271
29	James McLaughlin	MV50		86				97	87	3	270	270
30	David Wood	MSen		79	89			94		3	262	262
31	Jennie Chatterley	FV50		81			86		80	3	247	247
32	Nick Downes	MV45		71	85			78		3	234	234
33	Anita Barker	FV50			83			72	69	3	224	224
34	Barry Johnson	MV80		64	75			67		3	206	206
35	Thom Noonan	MSen	100	100						2	200	200
36	Adam Cresswell	MSen		97			99			2	196	196
36	Mylo Jewell	MJun		99	97					2	196	196
38	Alex Fairman	MSen					98		94	2	192	192
39	Claire Russell	FV45	91	85						2	176	176
39	Paul Jennings	MV55						91	85	2	176	176
41	Pip Conlon	FSen	87	78						2	165	165
42	Joseph Masters	MSen		66				96		2	162	162
43	Alison Wright	FV55		69					68	2	137	137
44	Huw Jack Brassington	MSen			99					1	99	99
44	Mark Likeman	MV40							99	1	99	99
44	Matthew Le Voi	MSen						99		1	99	99
47	Richard Pawson	MV55							98	1	98	98
48	Howard Seal	MV50					96			1	96	96
49	Tim Reid	MSen	95							1	95	95
50	Paul Johnson	MV45							93	1	93	93



Pos: OPEN results	Name	Cat	Loopy Latrigg 19/11/2022	Sale Fell 26/11/2022	Crag Fell 10/12/2021	King of the Castle 08/01/2023	S.O.B. 14/01/2023	Whinlatter Parkrun January	Clough Head 04/02/2023	Winter results Number of races	Total Points	Best 4 races
51	Paul Arts	MV50			92					1	92	92
51	Pete Faulkner	MV40		92						1	92	92
51	Steve Parker	MV55						92		1	92	92
54	Dan Wilson	MV40					90			1	90	90
54	David Burton	MV60			90					1	90	90
54	Peter Dawson	MV60						90		1	90	90
57	Caitlin Pearson	FSen	88							1	88	88
58	Andrew Graham	MV50							86	1	86	86
59	Ben Spencer	MV40		83						1	83	83
60	Anna Blackburn	FV60			82					1	82	82
60	Kate Whitmarsh	FV45						82		1	82	82
60	Mehdi Ahmedzada	MSen		82						1	82	82
63	Ian Todd	MV50		80						1	80	80
64	Daryl Tacon	MV50							78	1	78	78
64	Phil Hawley	MV65			78					1	78	78
66	Graham Watson	MV60						77		1	77	77
67	Andrew Kinghorn	MV55		76						1	76	76
68	Divya Conlon	FSen						75		1	75	75
69	Charlotte Barker	FSen					74			1	74	74
70	Kathryne Farkas	FV55						70		1	70	70
71	Rebecca Crellin	FSen						68		1	68	68





# CFR Championship 2023 Preview

Andrew Bradly

A series of 12 races have been nominated, decided by a small group of runners elected at the AGM.

The hope is to have a mixture of new and familiar races, to support some local races and to have a spread of dates. Twelve races are selected from the races registered with the Fell Runners Association (or BOFRA) – with your best six scores counting to the overall championship. However, you can only have a maximum of four scores from any one category of race. The categories being Short races – of which there are 4, medium races – of which there are 4 and Long races – of which there are two. One of these Long races is generally more accessible than the other.

The sub committee also selects the Show race series for later on in the year. With two of these races being in the main club championships as well.

There is one further rule – If you are an over 65 Woman or an over 70 Man, you can have any six races, including all of the show races.

There are trophies for all age category winners, many prizes for those close to winning their age category. One of the most sought after trophies is the Cumberland Cup. A huge trophy awarded to the person who completes the most races – if this is tied then it is awarded to the person who has the most points from the most races.

The summary is as follows:

Categories – S for Short Race, M for Medium race, L for Long race

A has an average of at least 50 m of climb per km. B has an average of between 25 and 50 m of climb per km.

*Day; Date; Race; Category; Distance and climb; Main Championships; Show Race Series; Entry details*

1. Saturday 4th of Feb ; Clough Head; AS; 7.3 km 570 m; Yes; Pre entry only
2. Saturday 4th of March; Black Combe; AM; 13 km 1000 m; Yes; Pre entry and entry on the day
3. Sunday 19th of March; Muncaster Luck; BM; 15 km 620 m; Yes; Entry on the day.
4. Saturday 15th of April; Eskdale Elevation; AL; 20.2 km; 1455 m; Yes; Entry on the day
5. Saturday 29th of April; Coniston; AM; 14 km; 1065 m; Yes; Entry on the day
6. Saturday 20th of May; Two Tops Dash; AS; 9.6 km; 574 m; Yes; Pre entry only
7. Saturday 27th of May; Hutton Roof Crag; BM; 11 km; 402 m; Yes; Pre entry only
8. Wednesday 7th of June; Blencathra; AM; 13 km; 825 m; Yes; Entry on the day
9. Wednesday 12th of July; Bash Up Bessyboot; AS; 5.2 km; 456 m; Yes; Entry on the day
10. Saturday 22nd of July; The Old Crown Round; AL; 36 km; 2200 m; Yes; Pre entry only
11. Sunday 27th of August; Grasmere Senior Guides race; AS; 2.5 km; 270 m; Yes; Entry on the day
12. Wednesday 30th of August; Ennerdale Show; AS; 3 km; 200 m; Yes; Entry on the day
13. Sunday 3rd of September; Loweswater Show; AS; 4.2 km; 305 m; Yes; Yes; Entry on the day
14. Saturday 30th of September; Eskdale Show; BS; 6.9 km; 277 m; Yes; Yes; Entry on the day
15. Saturday 14th of October; Wasdale Show; AS; 3.9 km; 700m; Yes; Entry on the day
16. Sunday 29th of October; Buttermere Shepherd's Meet; AS; 5 km; 600m; Yes; Entry on the day

**Clough Head.** One of the Kong Winter Series, based in the quarries at Threlkeld its quite a tough 7 km race with a big climb up to the first check point on Clough Head, taking the path round to the west of Threlkeld Knotts, and then a great little trod that climbs through the crags and up onto the ridge with a left turn to the summit. Good running all the way now onto White Pike and the charge back down to the Coach Road and the return through the quarries to the finish. It's not going to take long from the summit of Clough Head. [Strava Flyby](#) from 2021 race – featuring several CFR runners.

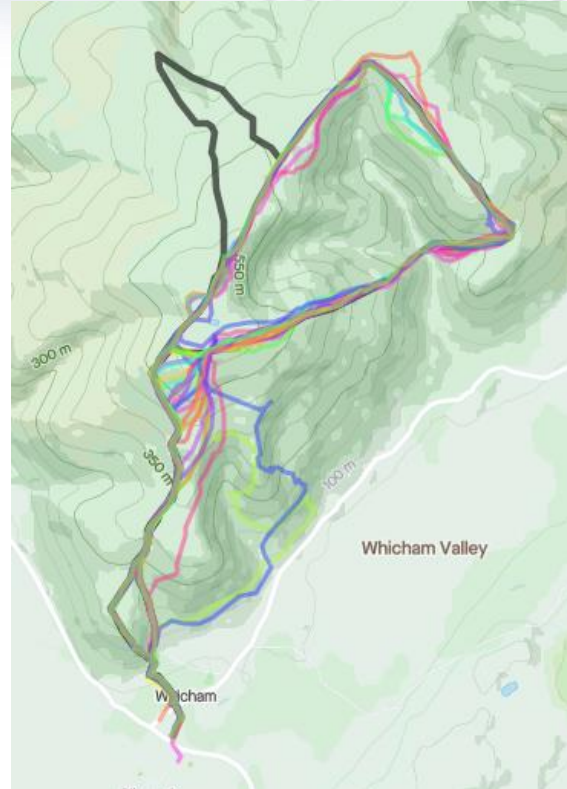




DOMS generation. Photo Lindsay Buck/Jim

**Black Combe.** A classic Fell Race, with great views of the coast on the years when the clag isn't down. Everyone should do this race at some time. Starts from Silecroft with a crowded run out over some fields and onto the fell for a very steep initial climb to the first checkpoint on Seaness. There is then a long track run at a gradient which suggests that you can run every step, which nearly leads to the summit of Black Combe. Don't miss the path leaving the track. This race does have the potential for navigational issues and leaving the summit of Black Combe has collected a good few tales of woe. Make sure your bearing is spot on, keep your eye on your compass. It is very easy to head a little too far North into the Badlands (Black trace on the map). If the weather is fine, you wonder how anyone can go wrong on this delightful charge round to White Combe and the drop to the fourth checkpoint on the Fodder Rack. Or where there once used to be a Fodder Rack. More downhill to cross the stream and then a monster climb back up to the South Summit of Black Combe – which is a real issue if the mist is down and you are in a group of one. Leaving the summit for one of fell racing's classic finishes shouldn't really be an issue. There is a major track to your right, and only 45 minutes ago you were on it. However, it would appear that it is not unusual for folk to ignore the track and go way too far to their left as they charge down. (Blue and green traces on the map)

A good pie and a warm drink in the crowded village hall tops off a great day out. Usually won in under 70 minutes.



Sam at White Combe CP. Photo Lindsay Buck



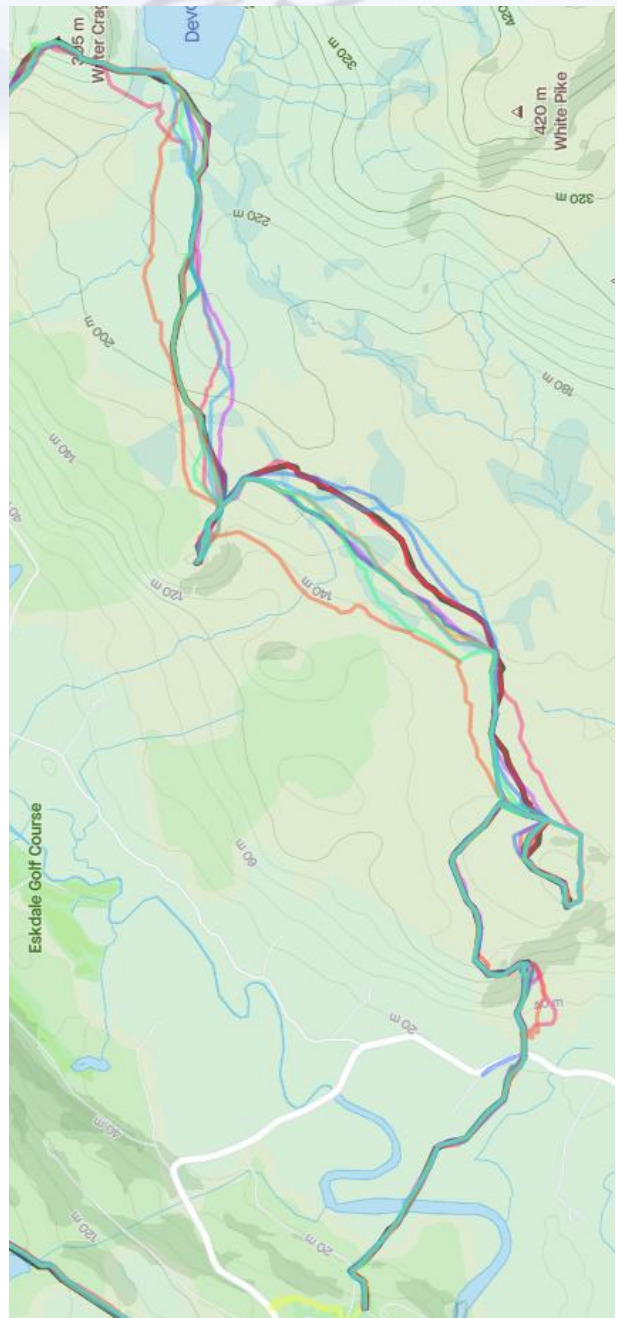
### Muncaster Luck.

A very old race, first run in 1977. Historically, this race used to run the day after the Ennerdale. In 1981 ladies were allowed to race it. In 1978 CFR's Harry Jarrett set a record time. In 1981 he won again, beating the previous day's Ennerdale winner by 20 seconds. As you run this, and bad thoughts enter your head about how tough and how far it is, just pause to think that for the full misery you should have done the Ennerdale route the day before. Sadly, the race fell into decline, with reducing numbers until it became the sort of race that had more marshals than runners. There was a gap of many years before it was reinstated in 2016. Its very much a race that people love or not love. It only attracts a limited number of runners, so we have had it in our championships a few times to help it get along. Much of the race is over unfamiliar terrain and a recce is likely to bring dividends. Remember Billy Bland's suggestion "Don't follow anyone in a CFR vest".



Ruthie and Steve tackling the first crossing of the stream.

It starts just outside the gates of Muncaster Castle and traverses Muncaster fell with a couple of checkpoints. Much route choice exists along this ridge before the drop down to the farm and a river crossing that is wide enough to suggest that some degree of care is needed. You are unlikely to keep your feet dry. There is likely to be someone taking photos and hoping for a faller.....A big climb up towards water Crag and then onto Raven Crag. You could be in limited company by now, just you and your map. Which is usually better than being in a group with no-one using their map and hoping that at least one member of the group actually knows something about the route.



The run back from Devoke water

CFR's Dave Atkinson has been the marshal on Raven Crag for a few years now and it is nice to see a human again. Especially one that you know is friendly. There is some very fast running on this side of the river – you just have to find it. Another interesting leg to the Pepper Pot where you are likely to find Jim Davis. You may also find a tussock or two. And some fairly damp ground. If you are lucky, you will find the flagged route. The route back is flagged from here, but people do seem to lose the flags, which is a bonus at this stage of the race. But there is still plenty of fun to be had. The flags will lead you to the crossing of the river, where the mud saps the last bit of strength out of your legs. Which is a pity



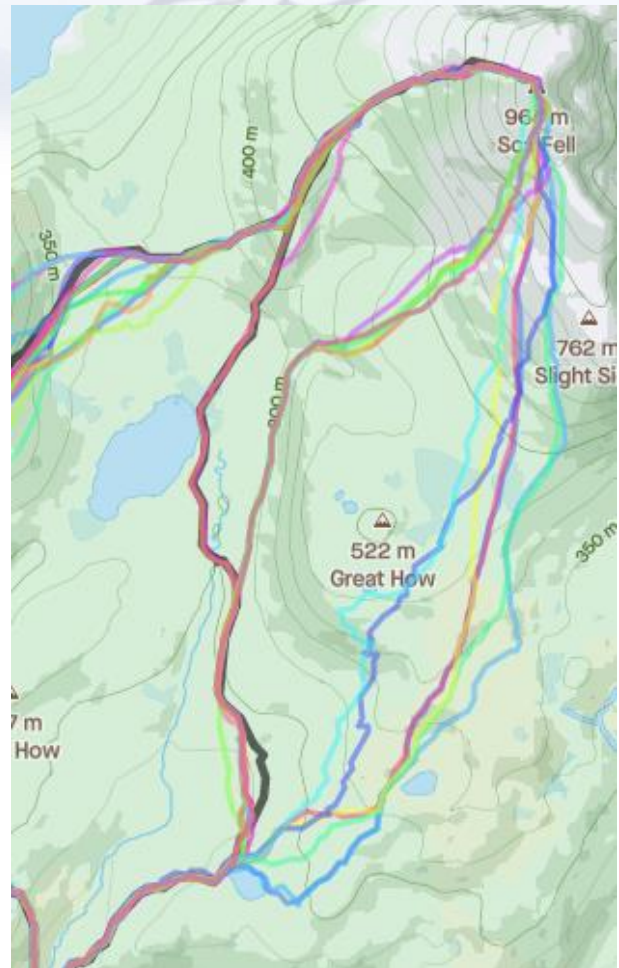
because the finish is at the castle door, which if you look upwards you will see. No one has got round this less than an hour and a half yet.



Yes, really. The final river crossing with helpful sign.....

**Eskdale Elevation.** So, you survived Muncaster and are keen to go again. This is the easier of our two Long races. A relatively new race, but a classic with everything you require in a race. It is based at a pub. CFR have won several prizes here – including the Women' team once won beer vouchers. Only three checkpoints, plenty of route choice in the last leg – and for the third race in a row, opportunities for wandering around a fell side on your own if the mist is down. Full details on the race website - Pennine Fell Runners

It starts from Boot, based at the Brook house Inn, with the first checkpoint on Whin Rigg – but you have to cross White Moss and Miterdale on the way. Off to Scafell next – pretty straightforward if you can see it. And then the final checkpoint on Eel tarn. This is where the route choice comes in. So many possibilities. Some intended and some not. Flagged track back to the finish. Choose your pub, or do them all. This is a great day out. Thoroughly recommended.



A selection of the routes back – this was on a good day, with no visibility issues.



2017 Beer vouchers. Photo Jennie Chatterley

**Coniston.** Another classic Lakeland race. Really worth the drive down to Coniston. Everyone should do this race at some stage. Bit of a jog up the road, before the surprisingly steep section up Mouldry bank, followed by the long drag up to the summit of Wetherlam, a drop down to Swirl Hause, good climb up prison band to Swirl How. It's now fast running for the rest of the race. The ridge from Swirl

How to the Old Man is an absolute delight. The run off the Old Man has changed over the years – from using the tourist path, finding your way through the quarries or the more recent line straight back down the fell side – though you do need to keep your eye on aiming for the Bell, or it could all go sadly Pete Tong. Stunning records of 63 and 77 minutes for you to aim for. Some great beer drinking opportunities in the village – and an option of a campsite.



Sam Holding, holding the Men's trophy. Some of the club's great names engraved on it.

**Two Tops Dash.** One of the races in the championships where you will not get lost. A new race for 2022, with Adam Frankham and Netherhall organising a race with loops around Sale Fell and Ling Fell. There may be quite a bit of interest here, several clubs have put this in their championships – keep your eye out for the pre-entry and don't miss out on this glorious runnable race on home turf. The race got good reviews from those who took part in the inaugural run last year, a record of 43 minutes for the men and 54 for the Women. Good range of junior races too.



**Hutton Roof Crag.** Sneaked into the championships because of a rather surprising lack of available Medium distance races in the Lake District and because Steve Breeze mentioned it 98 times during the race selection meeting. It is B category race too – so perhaps less climbing than usual. It comes hot on the heels of last week's race, and it should take about an hour and a quarter to drive from Cockermouth. You won't need your passport as it's still in Cumbria. The race has been going for over 35 years and it is part of the village fair, which has a website, the race has its own dedicated page Hutton Roof Fell Race full of information on this well established race. There is a map, somewhere on the site.

**Blencathra.** There is a great joy in racing a summer midweek race with a pub at the end. You won't win a prize at this no-frills race. I am quite happy to argue with anyone who cares to argue that this is possibly one of the finest races in the calendar. It does start off in a bog though. But you are soon on the fell side with a choice of straight up, or the longer but less inclined option through the gorse. Either way you are soon on the ridge towards Bowscale, glorious running on short turf. Next checkpoint is the summit of Blencathra itself, with a choice of routes – up Foule Crag or a sloping diagonal round. A huge run off down scales fell and the final pull up and over Souther Fell, before a descent that takes your breath away when you see it unfurl below your feet. There is then the longest 400m of track running to get to the finish line.





Paul racing Blencatha. Photo: Tom Chatterley



Ruthie Stanley, receiving the Senior Female Trophy.

**Bash up Bessyboot.** Another new race last year. Could do with a bit of support, as numbers were moderate. Organised by Borrowdale School and very well reviewed by those who went last year. The front cover of the FRA handbook features our own Lindsay Buck on the front cover at this race. Another evening race, with 35 and 47 minutes for the records its not going to be long before you are back down having your free burger and beer. Which all seems rather generous for the £5 entry fee. Details on their website [Bash up Bessyboot - Fell Race | Borrowdale CE Primary School \(borrowdaleschool.com\)](http://Bash up Bessyboot - Fell Race | Borrowdale CE Primary School (borrowdaleschool.com)). No CFR male has ever completed this race. You need to tap up Caitlin or Lyndsay for the tips. Race goes up Bessyboot.....



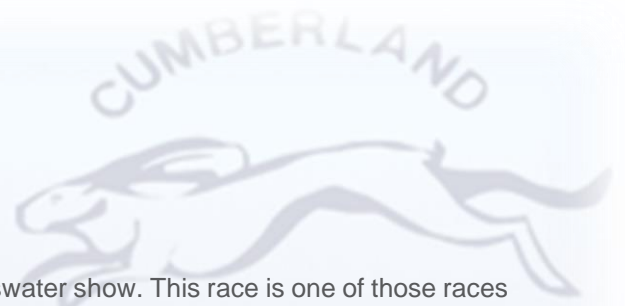
No getting lost at BuB

**The Old Crown Round.** Another relatively new race, and the longest long in this year's selection. Many years ago there was a challenge – to link the tops of hills that featured in the Heskett Newmarket brewery, Being Blencathra, Skiddaw, Carrock and Great Cockup, four of the beers that they brewed. There was no official starting point, but if you called in to the pub you could claim half a pint. This was more than enough for Peter Crompton and I last century, and a good day out was had. Someone then came up with the idea of having it as a race with a few changes. Suspect the race was first run in 2017. The route now has the following checkpoints - Carrock Fell, Blencathra, Skiddaw house, Skiddaw summit, Knott and High Pike. There is no Cockup in the route. This year's race is unlikely to attract a large field, so you could be spending some time on your own. Recce could be useful. Map and compass likely. There is still some debate about the best lines, especially on the second half. Nice running on the northern fells, but it could be a long day out, with a record time of three hours and twenty for the men and an impressive 3:47 for the ladies – you'd best start making your sandwiches now.



The Old Crown. Photo Ian Grimshaw





**Loweswater Show.** Organised by CFRs Anita Barker on behalf of the Loweswater Show. A free race. No entry fee.....once you have paid for entry to the show. Unlikely to get lost. Beer tent and food stalls. Many agricultural things to admire. An opportunity for the whole family to have a day out. The only trouble is that the show field isn't directly at the foot of a hill. So, there is a bit of a run out through the fields before the short but steep climb up to the turning point. Like many old show races, the race doesn't go to a summit, but turns at a crag. Pay attention to the route up and start planning your descent – some of the ground is quite stony, but there are good lines that avoid the worst of the ground. After such a steep drop, don't expect your legs to work on the first part of the run back through the fields. The photo shows the steep climb up at towards the turning point, with not much running going on. The photo is by ex CFR racer Stephen Wilson – who now spends race days photographing runners. Grand Day Out Photography. His photos regularly feature in the Fell Runner magazine and he will be at a good number of the champs races this year – so you can buy a picture of yourself for your nearest and dearest for Christmas. But who needs to wait for Christmas?



**Eskdale Show.** Another free race, once you have paid for the show. More beer tent opportunities and a range of agricultural experiences. The family will want to come again having had a great day out

at Loweswater show. This race is one of those races that we have chosen to support as it may not have many runners. Lacking the very biggest of steep hills, and with plenty of fast running it runs out to a summit just to the East of Blea Tarn, before turning. The route back is slightly different with a trip over a ridge to the fell end, before the drop to the valley and the run in. Suspect this will be unfamiliar territory to a good number of CFR members. Rumour has it that there is a beck crossing in full view of the show field to embarrass yourself with. Assuming that you are not impaled on one of the fences, nor involved in a La'al Ratty incident.



Jane Mottram with pot on arm, disappointing the photographer by not slipping in the stream.

**Presentation night.** Likely to be the night of the Sale Fell race. Saturday 25th of November? All are welcome, whether you raced or not, won a prize or not. Come and enjoy the food, drinks and presentation. Spend the rest of the night chatting away about the great times of 2023, and what 2024 will bring. Rest assured that the Cumberland cup is being well guarded, and will be cleaned and polished by November.







# A rallying cry from mid-pack

Daniel Worsell

We live, for the most part, in a world where a lot of things come easy. The act of taking a hot shower for example is a miracle in and of itself and should be appreciated every day. However due to the concept of the hedonistic treadmill (give it a Google), we become acclimated to our comparatively comfortable surroundings and wish for more.

But please stay with me, this is not a preachy sermon about we live our lives, this is a preachy sermon about how we should train and race more. I joined CFR for many reasons, but one of them was that I wanted to enjoy running in the hills more. I wanted to be able to travel fifteen miles around the wonderful hills that we are so lucky to live amongst, and not feel like I had been on some form of death march. But having reached that point, I continue to train and to put myself in the hurt locker in fell races attempting to move from 105th place to 104th! Why is that?

We have evolved from creatures that lived incredibly difficult lives, and until the industrial age dawned, we as humans lived incredibly difficult hand to mouth lives. Those circuits still exist within our brains, the same chemical mechanisms exist in our brains, for suffering. To that end, doing hard things, things that hurt, is a privilege we should embrace.

There is a spiritual moment during a hard race. I get the opportunity to step outside of myself. My body is screaming at me to stop, at a certain point my mind joins in. Comparison is the thief of joy (as someone more intelligent than me posted) and the mind uses this theory to attempt to convince me I should slow down.

"You are not as fast as them!"

"You have not trained enough!"

"Accept where you are and coast it in from here!"

But at a certain point, the act of racing becomes meditative, and you become something outside of yourself observing these conversations. Who is that? I am not intelligent enough to deeply understand it. However, there is a moment when I ignore both my mind and my body. That part of me I don't understand takes control, and I keep going.

I know what you are thinking, this all seems very high brow for a club newsletter article. You may even smirk at my woo-woo spiritual themes. Feel free to make fun of me when you see me on race day, I will just be happy that you have come.

The freedom to enjoy this kind of personal struggle. Along with the amazing sense of camaraderie and humour, amongst like-minded individuals is worth exploring. Fell racing continues to be unique in the

sense that it does not seek a lot of the public adoration or financial benefits that many other sports do. It just quietly exists and keeps itself to itself, whilst also being on of the toughest sports available in this country.

Come down and give it a go. There are three things I can promise, everyone will welcome you and have a laugh, you will learn something about yourself, there will be hot drinks.

As with everything I do, I seek constructive criticism, if this article is awful, please come to a race or club run and tell me about it!



Living the dream. Langdale Horseshoe 2022