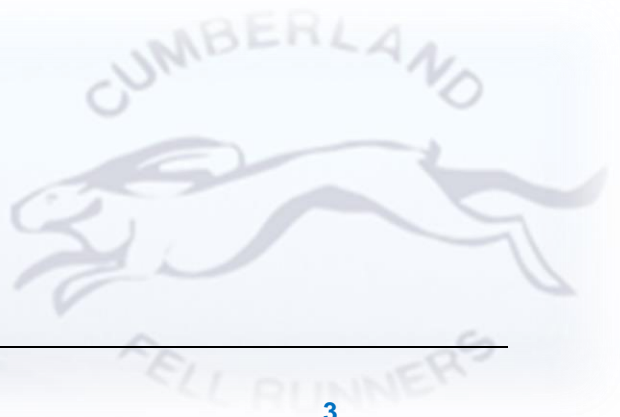

Cumberland Fell Runners

Newsletter

February 2024



A wild fell race! Ross and Jack battle the winds in Blake Fell Race, which excluded Blake due to inclement weather. Photo: Steve Parker.



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Editor's note

Welcome to the February/March 2024 newsletter and many thanks to all that have contributed!

If you've articles ready for the next issue, or have comments and corrections, don't hesitate to email me at jackgilbert89@gmail.com. Previous newsletters and other articles are found on our [website](#).

Enjoy!

Jack

The Committee

Your wonderful club is brought to you by:



Chairman Mark Wise



Vice Chair Adam Cresswell



Secretary Charlotte Barker



Membership Secretary Jack Gilbert



Team Captains Sam Holding, Ruthie Stanley



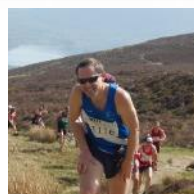
Lead Junior Coach + Equipment Officer Tony Jewell



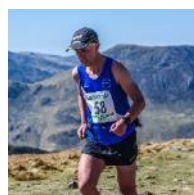
Lead Senior Coach Barry Johnston



Treasurer Ann Cummings



Statistician Darren Parker



Race Organiser Coordinator Andrew Bradley



Race selection Committee Charlotte B, Andrew B, Jane M, Jennie C



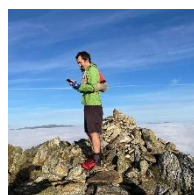
Website Administrators Darren Parker, Adam Cresswell



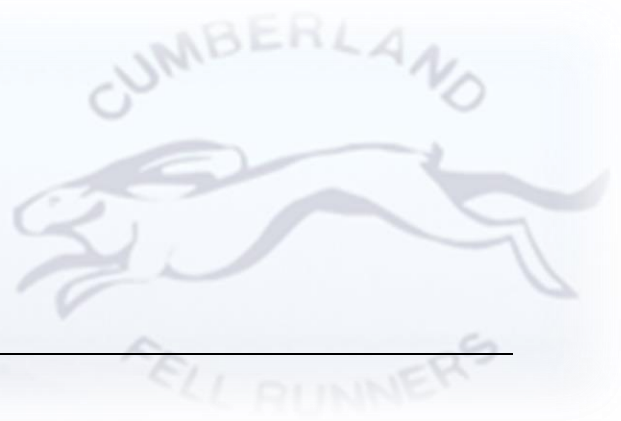
Newsletter Editor Jack Gilbert



Welfare Officers James McLaughlin, Isabel Mancebo



Press Officer David Wood



Club matters

New members

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

Leeann Barber	Iain Glendinning	Maisie Booth
Ray Charig	Jo Grove	Dan Habershon-Butcher
Jessica Spears	Stephen Davison	Nida Batchelder
Daniel Austin	Luke Davison	Jackson Putnam
Stuart Walker	Alice Hardy	Kamila Winterbottom
Karen Cowperthwaite	Susan Routledge	Daniel Grisedale
Mark Cowperthwaite	Julia Ross	Duncan Fawcett
Rod Welford	Michael Robinson	Spencer Ireland

New club members now are given a 'CFR Club welcome pack'! This includes freebies: buff, bag and car sticker. If you are a new member and haven't got yours yet contact Jack at jackgilbert89@gmail.com. Ideas for future merch welcomed!

Next members meeting (and social things!)

The date of the next members' meeting will be communicated by SiEntries and posted on Facebook as well.

- Winter League Presentation night – 16th March, Shepherds Arms, following the social Club Run.
- Members meeting: Tuesday 19th March, Shepherds Arms, following the Club Run

CFR Club kit

Contact Tony: Email: jewelltony@yahoo.co.uk

Orders are being taken for CFR Hoodies. Payment in advance please.

All orders in by end of March 2024. Lead time could be 10 to 14 weeks.

New race!

Gavel fell race from Ennerdale show field Wednesday 29th May 2024

Juniors from 6PM, Senior race 7PM.

More details to follow from Tony Jewell.

Members meeting 30th January 2024

Present - Charlotte Barker (CHB), Jennie Chatterley, Paul Jennings, Leanne Barber, Tony Jewell (TJ), Mark Wise (MW), Ann Cummings (Ann C), Sam McLoughlin, James McLoughlin, Adam Creswell (AC), Sam Holding, Dot Paton, David Wood, Jack Gilbert, Ruth Stanley, Dan Worsell, Kath Farkas (KF), Andrew Bradley, Dan Austin, Tammy Connor, Alison Wright, Juliet Fullwood.

Apologies - Isabel Mancebo, Sian Spencer. Meeting opened by Mark Wise circa 8pm.

Approval of 2024 Championship races.

Senior Championships approved. Show Series approved with deletion of Arnison Dash which had been originally scheduled for 23rd June, but altered to 30th June, and therefore clashing with Langdale Gala. Replaced with Wasdale Show 12th October. Post meeting now altered again. Arnison Dash 30th June and Langdale Gala 7th July now included and Wasdale out. Action. To be officially confirmed at next Members Meeting.



English Athletics and FRA membership

Methods to raise awareness of both discussed. Agreed to promote benefits of membership of both in the next Newsletter. During discussions it was outlined by CHB that membership of FRA was required for runners entering certain events like World Masters and the British Championship Relays for instance.

London Marathon Place. EA membership requirements. Discussion around this raised and explained by CHB. AC explained that no absolute requirement for the chosen runner to be a member of EA, but it could be used as an additional requirement if multiple club members qualify for The London Marathon place. Club however required to have at least 10 members of EA to qualify for place allotment. AC pointed out we currently have around 20 members so not an issue now but needs monitoring.

London Marathon Place

Awarded to Paul Arts. We look forward to your write up!

Club membership.

Do reminders need to be sent to club members? Auto renewal as per FRA membership as people do miss requests to renew. Clarification as to whether club membership is important for insurance purposes. Consensus that some form of auto renewal would be a good idea. At the time of meeting, we had 135 paid up members as opposed to 196 last year. Actions MW/JG to investigate cost of this through SI entries. Meanwhile JG to chase regulars who may have just forgotten to renew.

Post meeting both JG and MW contacted SiEntries and found the additional cost to have an auto renew facility to be negligible, so this has been actioned post meeting and there is now an option to renew membership by direct debit. There is still the option to opt out of auto renewal. Nobody knew the answer to the question about insurance. Ongoing.

Sunday Social organization

Relates to membership discussion above. Non-members apparently leading and organising these runs. Clarification needed. Seeming consensus that regular attenders become members of the club and that those organising the runs should be club members, particularly if updating the website. CHB pointed out that social membership is only £5. AC agreed to liaise with KF and CHB and post the run routes on the website, four weeks in advance like the Tuesday club runs. KF to try and get a small team of Club members to lead the runs on a rota basis. Benefits of Club membership should be promoted on website and by those leading the runs. Post meeting MW and AC in regular contact with KF. Ongoing.

Website

Should we have The Constitution on the website etc. Should all new members be given a hard copy of The Constitution and Club Run Responsibilities in the welcome pack?

After discussion it was agreed to include Club Run Responsibilities with the Welcome Pack (MW/JG to provide hard copies) but not The Constitution which was to be uploaded to the website.

Liaison Officer

Do we need a Liaison Officer between Juniors and Seniors? Discussed and clearly Tony Jewell is already fulfilling this role and is happy to continue to do so. Tony has plans for integration for U15s to the Tuesday night club runs. No need to alter Tuesday run distances to cope with this as distance does not matter for training but does for racing. TJ is fully aware of the Safeguarding and DBS requirements. Tony said he would not want to allow the Juniors to run for longer than 1 hour and would cut runs for the Juniors in a fashion that would not affect the Seniors.

A.O.B

Training and Coaching

AC explained that the CFR coaching forum had met to discuss how we continue with this. AC provided a summary of the training and coaching meeting chaired by Barry Johnson (BJ) with the intention of encouraging more runners into racing whilst improving those who already race. It was decided to carry on as 2023 and Adam explained some of the initiatives including Sam Holding's consistency group. Pre-race recces were organised



to good effect in 2023 and AC is keen to continue with these in 2024 and looking for eager volunteers. Club recesses of CFR Championship Races will be advertised on the website.

Ann C will continue with Navigation Coaching Sessions when the nights are lighter. Discussion also took place about the lapsed Thursday evening dedicated “Hard Training” sessions. AC looking for someone who might regularly coordinate these sessions. If interested, please contact AC.

Defibrillators

The purchase of a second-hand defibrillator was discussed. TJ explained that it cost £250 to have Emergency Services present at Blake and that if we had First Aiders present and a defibrillator that we would not need to spend this. CHB said that a new defibrillator would cost in the region of £1,600 and a second-hand unit circa £500. MW to investigate cost of this and bring back to a future meeting.

Presentation and Social night for Winter League

Date to be agreed by Charlotte Mark and Adam, venue Shepherds Inn. Stand-alone event not to be combined with a members meeting. Post meeting. Date set for Tuesday 19th March.

Discussion held about First and Second claim.

MW/SH to look at. Post meeting investigation suggests that if you join a running club, providing it is your only club, which is your first claim club. If you subsequently join another club that will be your second claim club. You can race as an individual in open races for any club you are a member of. However, for League and Championship races you must compete for your first claim club, unless it is not affiliated to UKA for that discipline or is not participating in that league. I guess that this is the definition of “First Claim Other” in the FRA rules Page 16 FRA handbook c. System designed to stop elite runners swapping from club to club regularly. This confirms what SH said at the meeting.

Date and Time of next meeting.

Post meeting confirmed for Tuesday 16th April at Shepherds Inn.

Future agenda items. Just Actions from this meeting at present. Meeting Closed circa 9.45pm

AGM – 9th December 2023

Paul Jennings, Mark Wise, Callum Frazer, Peter Crompton, Steve Breeze, Ben Breeze, Les Barker, Ian Grimshaw, Jenny Jennings, Nick Downes, Charlotte Barker, Jennie Chatterley, Ann Cummings, Darren Parker, Andrew Bradley, David Wood, Part Arts, Jack Gilbert, Rob White, Ross Coles, Ryan Crellin, Caitlin Pearson, James McLoughlin, David Burton

Apologies: Tim Reed, Isabel Mancebo, Dan Worsell, Adam Cresswell & Sam Holding Approval of minutes from previous AGM – approved

Chairman's summary

Personal view of the successes of the whole club over the past six years as chairman. Broad base of membership and continue to promote fellrunning in West Cumbria (thanks to Lisa, Jenny & Tara).

Setting up Training hub covering training, general conditioning, navigation, swimming, cycling (thanks to Barry, Adam, Sam, Ann, Sophie, Jennie & Les)

Good representation at the relays (thanks to Andrew & Sam).

The challenges going forward include being mindful of the club size as we grow there is a risk of splitting into subgroups – need events to bring up all together.

Maintain racing competition & interest in the racing across all age groups for both men & women to ensure championship remains competitive.

Treasure's summary:

There has been a change in financial year for the club (brought forward to enable accounts to be approved before the AGM to align with our constitution). Tim Reed has approved the accounts.

Income – down from last year, partly due to a 27% down on subs from members. Income from races is similar to previous years.



Expenses – less than last year

There has been a larger than normal Junior's payment this year but was a one off. Juniors £931 - £500 was paid to Steve Davidson (unpaid expenses for insurances).

Discounted more on kit last year.

£838 net income Funds @ £12,678.00

£660 subs towards relays

Presentation evening will be added to the next accounts.

Proposals

Proposal to keep subs at the same due to the healthy balance of the club. Passed.

Proposal that non-running club officials/coach (mostly linked to juniors) should be members. It was also proposed that they should be offered free social membership. Passed.

A discussion was held around the need for a second authorisation for the payments as agreed at last year's AGM. Ann will arrange for the next chair and Charlotte (as secretary) for payments.

Tim has offered to audit the accounts again next year.

Membership report

A report was submitted by Adam Cresswell along with his apologies. Decrease in women in the club. Now have 33 Juniors.

Participation in the club runs has decreased and speed has increased. Discussions about 2 groups.

Ryan Crellin – faster but expectation that not a guided run. Collective responsibility. Struggle with what is the main headlines for the run.

Charlotte Barker – highlights that replying about own kit etc. Vocalise the Pagan's run. Need to be louder about people going to promote attendance?

Adam's report – need more women and more racing.

Junior chairman's report

A report was submitted by Stephen Davidson along with his apologies.

Successful with increasing membership and racing. High turnout at races, show series, park runs and cross-country. Training either at the Leaps or Sale fell, led by Tony and Nigel and others assist.

Presentation at Cockermouth Cricket Club on 17th December. The club continues to rebuild.

Thanks provided to Tony for his support and commitment also Nigel for his support and assistance. Thanks to wider Jewell family for wider race administration.

Tony to take over the kit for CFR.

Special resolutions

Travel expenses

The club has made a few contributions towards individuals racing. Mostly provided to juniors. Any full member who is running for the club and wearing vest or presenting county or country. A proposal was put forward and discussed.

Ryan Crellin – what about school championships?

Up to 50% outside of Cumbria. Transport and accommodation but not if part of a holiday. Charlotte Barker – what constitutes a holiday? Needs to be clear.

Maybe not add about a holiday if they are representing the club. Max of £250 per person. £1000 per year available for club members? Review throughout the year? Quarterly allocation? Claim in a timely fashion. Heads up about it to recognise people's events. Club is healthy. Assessed by chair, treasurer and team captains (and junior chair if junior)

Running for the club need to wear club colours or relevant colours. Can tweak as the year goes on.



£1,000 per year but can be reviewed.

Discussions held about the approach of the local orienteering club. Club events can easily be tweaked to assist with increasing funds. Final proposal

Any full member (junior or senior) running for the club (must wear club colours), school, Cumbria or International team can apply for contribution (of up to 50%) for any event outside of Cumbria. The club will cover transport costs and accommodation.

Each application will have a limit of £100, and in any year each member can claim up to £250. The club will allocate up to £1,000 per year (split by £250/quarter, with roll over from one quarter to the next, but not into the following year). Each application will be assessed by a small sub-committee of the club (including chair, treasurer and team captains).

APPROVED.

Action on chair to develop process and form.

[London Marathon rule change.](#)

Now get added into a ballot which is a 50% chance for a place.

Criteria has been club member, active participation and rejection from ballot place.

Individuals have missed out in previous years. Extra point if rejected from the club ballot. If had a place within the last 5 years, then go down the list.

Nick Dowes – explains about the CAC approach to the ballot.

Final Proposal:

Point system based on the following three criteria will continue:

Club member for over six months

Activate participation in club events (at least 2 races or volunteering at club events)

Rejection from London Marathon for ballot place

If there are two or more people with the same points, anyone who has previously been awarded a club place will be removed from the ballot, and the number of past rejections (in the previous 5 years) will be taken into account (the person with the highest number of past rejections will be given the place). If there is still a tie, then the place will be awarded by ballot.

APPROVED.

It was agreed that last applications should be made on 31st December. Draw will be at Nine Standards rigg race (on 1st January 2024).

[Committee selection](#)

Chair – Mark Wise

Ladies captain – Ruthie Stanley

Vice chair – Adam Cresswell

Membership – Jack Gilbert

Welfare officer – James McLoughlin

Publicity – David Wood

Discussions about newspapers. Are they read? Timeframes? Lack of response from papers?

[Race committee](#)

Charlotte, Jane/Dot, Andy, Jennie Darren to assist.

Thanks provided to Paul.

[AOB](#)

People running for other clubs in other vests but getting CFR points. A discussion was held around whether they should get CFR points. Ryan Crellin – no rule about wearing club vest. For EA registered race (not FRA)



the rules are that one must wear the vest and registered in the club. Discussions on both sides. Proposal from Peter Crompton – wear something that identifies as CFR.

Final Proposal

Individuals racing in a club championship race, who does not declare themselves as CFR on the entry form and/or wears a non-CFR club vest at the race should not be eligible for championship points.

A vote was held to stay as the rule that full member gets points. Keep same - 16.

Change rule – 5

Not Approved



Juniors update

Tony Jewell

Junior presentation night 17th December 2023

Well done to all!

Best newcomer

Wesley Van Shelven

2nd Newcomer

Chloe Moore

Most improved boy

Ethan Hughes-Rudd

Club person of the year

George Elliman

Sports person of the year - Luke Davison

Sports personality of the year

Mylo Jewell

Prizes in order of age from U9 - U17

U 9 Girls

1st Charlotte Mathieson

2nd Anna Giddens.

3rd Mieke Van Schelven

U 9 Boys

1st Freddie King.

2nd Arthur Prosser

3rd Jonny Frankham

U 11

1st Alice Maddens

2nd Megan Connor

U 11 Boys

1st Jack Thwaites

2nd Wesley Van Shelven

3rd Sammy Youngman

U13 Girls

1st Alice Hardy

U13 Boys

1st Charlie Tully

2nd Rueban Prosser George

3rd Joseph Giddens

U15 Girls

1st Evie Youngman

U15 Boys

1st Luke Davison

2nd Ethan Hughes-Rudd

U17 Boys

1st Mylo Jewell



Blake Fell Race Report

Tony Jewell

85 hardy runners set off in the senior race, Storm Isla was at its peak as the runners set off running into heavy mist on a shortened course due to severe wind conditions on the tops. The Marshal was unable to get on the summit of Blake fell (check out Nick Downes video of his attempt!). Runners checked in on Gavel fell and headed for the stile that would have taken them on to Blake,

At this point, runners were having difficulty staying upright.

The Marshal directed the runners down the Penns towards the Finish field. Radio contact was maintained during the race.

The first runner on the forest track Josh Hartley Black Combe runners leading the charge from Mark Lamb of Keswick, A fine third place was bagged by Callum Tinnion of Keswick.

Nichola Jackson was first lady back in a time of 36.30 (8th place overall) followed by Philippa Wakefield in 40.51. Third female was Ruth Stanley in 44.31.

The U 21 Category was won by Micah Wightman of Keswick in 14th position.

The U17 Category was won by Thomas Martin in a time of 34.34 secs on a shorter course.

Full results at [TimingUpNorth](#).

Training

Adam Creswell et al.



Last year a few of us got together on a regular basis, headed up by the ever present enthusiastic European champion and club stalwart Barry Johnson, with the aim of increasing race participation at all levels within the club whilst also ensuring that we continue to develop and encourage talent.

As the Fell Running Association says, “fell races are at the heart of the sport”, and encouraging enthusiasm for competing and supporting local fell races is at the centre of our constitution and will ensure that we, Cumberland Fell Runners, remain a pillar of a healthy local fell running community.

Below is a list of just some of the initiatives which we peddled in 2023:

- “CFR Training Hub”,
- “Consistency Group”,
- Club wide race recces,
- Navigational sessions,
- Swimming and cycling sessions,
- Kit session/ presentation at Kong,
- Thursday training sessions pre racing season.

It is safe to say we had greater racing participation in 2023 than we have for a few seasons, due in-part to the aforementioned activities. However, we still have some way to go before we are competing with the likes of Keswick and Ambleside in both

participation and points, but we believe that we can get there! 2023 was just one improving year in what will hopefully be many.

In 2024 we aim to continue with some of the more successful incentives from last year, including those detailed below.

Sam Holding’s “consistency group” in WhatsApp is growing in popularity. Currently it is simply a WhatsApp group where each participating member states their running goal for a 12week period. Each week you earn up to 10 points by meeting said goal and you’re penalised if you run significantly more or less than your target. Wildcards can be used for rest weeks, or to modify a target. Last year points were totalised and the gold, silver, and bronze sticks (I still do not fully understand the link to sticks – ask Sam) were awarded at presentation night. The group has highlighted some real dedication to consistent training and several of the regulars will attest to the benefits this consistent training has brought to their running, me included. Please let us know if you want to get involved, either by contacting Sam, or email admin@c-f-r.org.uk.

Last year we made a conscious effort to advertise and arrange club-wide recces of the races which formed the 2023 CFR main championship. These recces were arranged by you and were a clear success. We intend to repeat the same for this year. Please keep an eye out on the “club runs” section in

addition to any calls for help to co-ordinate these sessions.

Ann Cummings kindly offered to help those less confident with navigating in the fells, i.e., most of us, by setting up a couple of navigational sessions during the usual Tuesday Club Run slot in 2023, and we intend to arrange a few of these in 2024, once the nights start getting lighter. Each session will follow a similar format to that last year where Ann, or another experienced navigator from the club, will go over the basics before running a course which allow each member to understand their limits and develop their skills. I recommend these to any fell runner without a significant background in orienteering, I certainly plan to attend more of these, after a season of going walkabout during races.



During early 2023 we organised a weekly training session on a Thursday night, usually on hard packed trails around the Lowther Park/ Blake Fell forestry areas. These had a rough format of a warmup including 'strides', a specific set (such as varied length 'sprints' or 20 minutes at 'Threshold Pace') and a cool down. The sessions were intended as a good 'high- effort' training session to complement a fell-runners weekly training plan. These sessions are easy to arrange for a wide variety of abilities as most sessions are scalable. We hope to reinvigorate these training sessions, which will include some hill efforts and some track work in addition to the sessions which were arranged in 2023. The limiting factor with arranging these thus far has been the availability of club members to help co-ordinate the session. If you can commit to being available to co-ordinate these sessions at a time convenient for you,

whether only once a fortnight, month, or every other month, please let us know.

Other initiatives likely to be arranged for 2024 include cross training sessions, strength and conditioning groups and even training weekends away!

The above is just a small subset of initiatives which we hope to put on to either help you into fell racing in 2024 or improve your racing performances.

It would be remiss to ignore the relatively low number of women who are racing regularly within this article. Our previous and current women's club captains, Sophie Likeman and Ruthie Stanley, are just two of the club's female runners involved in arranging the activities discussed within this article. I like to think that fell running is an inclusive and encouraging sport, and I think of ourselves as a particularly encouraging and inclusive club. However, I'm a man and therefore it is not my opinion which matters. If you feel we can improve our inclusivity or are doing anything specifically which may discourage women into racing, then we want to hear from you. Further, I would encourage any member reading this to visit www.sheraces.com to understand more about the challenges facing women into racing from a women's perspective, and the types of incentives which are being applied in ultra running to enable women into racing.



If there is something else which we can do as a club to support you into the world of fell racing, improve your race performances or you would like to help us to deliver the sessions described within this article then please get in touch at admin@c-f-r.org.uk.



When I first moved up to Cumbria and joined the club I intended to simply run socially, I did not want the added stress of trying to race 'competitively' at that time. I did try a few races, but they usually came with a disproportionate level of pre-race anxiety, I took

them too seriously and beat myself up afterwards, finding fault with every aspect of the race which I could. I was doing it wrong, circumstances and a busy life got in the way, but halfway through 2022 I decided to try and throw myself into racing and enjoy the journey. Ever since I have enjoyed all most races, racing is now a highlight of my calendar which is vehemently protected in the family diary, each race weekend fought for without compromise. Racing has changed my perspective for the sport from "I love the fells and running in them" to "I love fell running". The camaraderie before, during and after races is something which I have not experienced outside of team sports; The way that the majority usually stay behind to see the field finish; The long running jokes; The constant pressure to race in a vest and t-shirt with zero bearing on the weather; the elation from conquering some tough routes; And most importantly, the cake! These are all the reasons why I race now, and I would love to enjoy it with more of you.





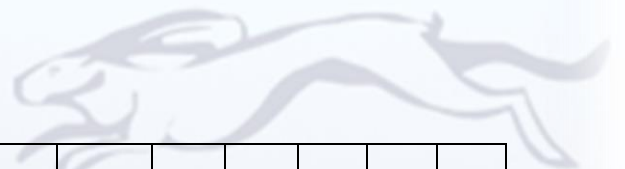
🦊 ❄️ Winter league 23/24 ❄️ 🦊

A claggy BB Kong has brought the Winter League to its conclusion. Well done to winners Adam and Jennie, both achieving a perfect 400 points. In the Men's, Jack and Ross were joint second and Jim put on a late burst to take 4th, whilst Roibeárd hung on to 5th. In the Ladies', Ruthie, Juliet and Caitlin were very close together in 2nd, 3rd and 4th place, respectively and Lindsay's perseverance paid off to take 5th. 25 members completed 4 or more races. Thanks to Charlotte, et al., for organising and hopefully a presentation evening involving pie will be forthcoming. Don't rest on your laurels, the Main Championship begins soon!

Darren Parker

Pos: OPEN results	Name	Cat	Dunnerdale 11/11/2023	Sale Fell 25/11/2023	Crag Fell 09/12/2023	Nine Standards 01/01/2024	King of the Castle 07/01/2024	Blake Fell 20/01/2024	Whinlatter Parkrun till 10/02/2024	BB Kong 17/02/2024	BB Kong 17/02/2024	Number of races	Total Points	Best 4 races
1	Adam Cresswell	MSen		97		100	100	100	100	100	100	6	597	400
2	Jack Gilbert	MSen		96	100			98	99			4	393	393
2	Ross Coles	MSen		98	98			99		98	98	4	393	393
4	Jim Masters	MV45				98		95	94	99	99	4	386	386
5	Robert White	MSen	99	91	96	99		91				5	476	385
6	Mylo Jewell	MJun		99	99				97	85	85	4	380	380
7	Peter Taylor	MV50		93			97	90	95	94	94	5	469	379
8	Peter Crompton	MV65		86	97		98	86		97	97	5	464	378
9	Daniel Worsell	MSen		94			99	92	93			4	378	378
10	Mark Bullock	MV50	97	85				89	91	95	95	5	457	372
11	Juliet Fullwood	FSen	94	81	90	94	94	74	84			7	611	372
12	James McLaughlin	MV55	90	80	88	97		82	92	92	92	7	621	371
13	Mark Wise	MV60	98	83	86		95	79		91	91	6	532	370
14	Jennie Chatterley	FV50	96	84	85	96		81	86	89	89	7	617	367
15	Caitlin Pearson	FSen	91		89		96	78	87			5	441	363

Pos: OPEN results	Name	Cat	Dunnerdale 11/11/2023	Sale Fell 25/11/2023	Crag Fell 09/12/2023	Nine Standards 01/01/2024	King of the Castle 07/01/2024	Blake Fell 20/01/2024	Whinlatter Parkrun till 10/02/2024	BB Kong 17/02/2024	BB Kong 17/02/2024	Number of races	Total Points	Best 4 races
16	Ruth Stanley	FSen	92		92			87		88	88	4	359	359
17	Ryan Crellin	MSen	93	79	85	95		76	81			6	509	354
18	Andrew Bradley	MV60		88				85	90	90	90	4	353	353
19	Lindsay Buck	FV60	88	60	74		93	69	64	83	83	7	531	338
20	Ann Cummings	FV60	89	68	73			72	80	84	84	6	466	326
21	Graham Watson	MV60	87	65			91		75			4	318	318
22	Darren Parker	MV55		75	83			73		86	86	4	317	317
23	Leeann Barber	FV40		70			92	70	79			4	311	311
24	Mark Cowperthwaite	MV50		73	77			75	83			4	308	308
25	Jane Mottram	FV65		57	67		88		67			4	279	279
26	Mark Blackwell	MV45			93			88		93	93	3	274	274
27	Paul Arts	MV50		69	78				78			3	225	225
28	Vic Wilson	FV40		66	72				82			3	220	220
29	Dot Patton	FV65		58			89		68			3	215	215
30	Mark Fussell	MV40	100					93				2	193	193
31	Michael Hawley	MSen			96			94				2	190	190
32	Calum Fraser	MSen			94			83				2	177	177
33	Claire Russell	FV50						77	88			2	165	165
34	Daniel Austin	MSen		82				80				2	162	162
35	Nick Moore	MV65					90		71			2	161	161
36	Colin Webb	MV70		78	82							2	160	160
37	David Wood	MSen		74	80							2	154	154
38	Sophie Likeman	FSen		77					76			2	153	153
39	Jack King	MV75	86	63								2	149	149
40	Divya Conlon	FSen		72	75							2	147	147
41	Tammy Connor	FV40		67	71							2	138	138
42	Karen Cowperthwaite	FV50		62					72			2	134	134
43	Alison Whitehurst	FV55			68				65			2	133	133
44	Barry Johnson	MV80		56					62			2	118	118
45	Sam Bennett	MSen		100								1	100	100
46	Tim Irlam	MSen							98			1	98	98
47	Stuart Walker	MSen						97				1	97	97
48	Alexander Reed	MSen							96			1	96	96
48	David Atkinson	MV55	96									1	96	96
48	John Skelton	MV50						96				1	96	96



Pos: OPEN results	Name	Cat	Dunnerdale 11/11/2023	Sale Fell 25/11/2023	Crag Fell 09/12/2023	Nine Standards 01/01/2024	King of the Castle 07/01/2024	Blake Fell 20/01/2024	Whinlatter Parkrun till 10/02/2024	BB Kong 17/02/2024	BB Kong 17/02/2024	Number of races	Total Points	Best 4 races
48	Daniel Grisedale	MSen								96	96	1	96	96
52	Thom Noonan	MSen		95								1	95	95
53	Alex Fairman	MSen		92								1	92	92
54	Ben Breeze	MSen			91							1	91	91
55	Pete Faulkner	MV40		90								1	90	90
56	Robin Steels	MV45		89								1	89	89
56	Ray Charig	MV60							89			1	89	89
58	Neil Sidaway	MV60		87								1	87	87
58	Simon Franklin	MV55								87	87	1	87	87
58	Rod Welford	MV55			87							1	87	87
61	Steve Parker	MV60							85			1	85	85
62	Chris Draper	MV40						84				1	84	84
63	Neil Carrick	MV45								82	82	1	82	82
64	David Burton	MV60			81							1	81	81
65	Nick Downes	MV45			79							1	79	79
66	Charles Mason	MV60							77			1	77	77
67	Fred Boardman	MV45		76								1	76	76
67	Les Barker	MV55			76							1	76	76
69	Sian Spencer	FV40							74			1	74	74
70	Mel Bradley	FV60							73			1	73	73
71	Mehdi Ahmedzada	MSen		71								1	71	71
71	Toby Woodhead	MV45						71				1	71	71
73	Steve Breeze	MV50			70							1	70	70
73	Suzanne Hughes-Rudd	FV45							70			1	70	70
75	Phil Hawley	MV70			69							1	69	69
75	Rebecca Crellin	FSen							69			1	69	69
77	Helen Milner	FV50							66			1	66	66
78	Paul Jennings	MV55		64								1	64	64
79	Susan Routledge	FV45							63			1	63	63
80	Alison Wright	FV55		61								1	61	61
81	Nick Barker	MSen		59								1	59	59
			15	45	34	7	13	32		19	19	204		



The benefits of joining The Fell Runners Association and EA

Mark Wise, Jack Gilbert

At our last members meeting we agreed to outline the benefits of joining The Fell Runners Association. This is summed up very well by the FRA itself:

"The Fell Runners Association was formed in 1970 to cater for the needs of all fell runners. It has over 9,000 individual members from around 300 athletics clubs. The Association (which is affiliated to UK Athletics) acts as the Governing Body for the sport of fell running in England.

FRA - The Benefits

The Fellrunner Magazine

Three times a year members produce a full colour magazine full of news, race results, features articles and photographs. It is the official journal of the Association, so is only available to FRA members and is posted to your home. The magazine keeps you up to date with championships, committee news, courses on safety and navigation, social events, ultra distance and international news. It is written by fell runners for fell runners, so it is always worth reading.

Handbook and Fixtures Calendar

This is posted every year to members.

The handbook section tells you about the various championships, the rules of and safety requirements for fell running, the risks of hypothermia, entry forms, parental consent issues, first aid; in fact, everything a fell runner needs to know!

The Calendar lists around 600 races, most with full race details, and includes race information for events in England, Wales, Scotland and Ireland.

Championships

The FRA is involved with several championships, and, for example, it organises the annual English Championships which consists of six races of which four count towards determining medal winners in the

various gender, age, and team categories. There are equivalent championships for junior fell runners.

Annual Dinner and Awards

At the end of each season there are senior and junior presentation/meal events where the focus is on fun, enjoyment and no speeches.

The Environment

Fell running is perhaps unique amongst sports in that it does not seek to attract ever-greater numbers of participants. The reason for this policy is that we have to balance our sporting interests with the impact on the environment. The sad fact is that the hills of Britain simply will not cope with ever - increasing pounding of feet. Protecting the environment is one of our primary aims. We continually liaise with agencies and landowners over access and racing over environmentally sensitive areas. The Fell Runners Association will continue to protect your interests in these and many other matters."

You can join the FRA through their [website](#).

Membership Fees

Senior	£16
Under 23	£12
Junior	£8
Family	£24
Life	£200

England Athletics (EA)

Many of our members also join England Athletics, for various national and international racing registration opportunities and other benefits. A breakdown of the benefits is given [here](#).