



# CFR Newsletter

## April 2010

[www.c-f-r.org.uk](http://www.c-f-r.org.uk)

Welcome to the April 2010 CFR Newsletter. Thanks again to those who have contributed to this edition. As always, let me have any articles or information that you would like to see included, suggestions for improvements and **photos** too.

I can be contacted via jiglu (<http://cfr.jigluhood.com/>) or directly by email: [kateacooper@yahoo.com](mailto:kateacooper@yahoo.com)

*Kate*



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## Committee Members 2010

Chairman: Peter Crompton  
Secretary: Chris Knowles  
Treasurer: Kate Beaty  
Membership Secretary: Stephen Sharp  
Statistician: Jack Escritt  
Web Site Administrator: Duncan Eastoe  
Newsletter Editor: Kate Cooper  
Open Men's Team Manager: Gavin Pattison  
Ladies Team Managers: Jenny Chatterley, Dot Patton & Jane Mottram  
Junior Team Manager: Bob Riley  
V40 Team Manager: Charles Mason  
V50 Team Managers: Nick Moore & Mark Graham  
V60 Team Manager: Roger Whittaker  
Club Championship Committee: Michael Litt, Charles Mason, Jenny Chatterley & Paul Crickett  
Social Secretaries: Harry Jarrett & Rob Hargreaves

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### Dates for your Diary

Coledale Horseshoe	17 <sup>th</sup> April
Really Wild Boar	17 <sup>th</sup> April
The Front Five	20 <sup>th</sup> April
Grisedale Grind	21 <sup>st</sup> April
Anniversary Wa!	24 <sup>th</sup> April
Anniversary Waltz	24 <sup>th</sup> April
Lords Seat	28 <sup>th</sup> April
Coniston (English Championships)	1 <sup>st</sup> May
Caw	5 <sup>th</sup> May
Dockray-Hartside	5 <sup>th</sup> May
Buttermere Sailbeck Horseshoe	8 <sup>th</sup> May
Latterbarrow Loop	8 <sup>th</sup> May
Club Weekend Away	15 <sup>th</sup> & 16 <sup>th</sup> May
CMRT / CFR Event	22 <sup>nd</sup> May

### Next Committee Meeting

Monday 19<sup>th</sup> April 2010  
Start at 7:30pm  
The Swan Inn, Kirkgate, Cockermouth

### Training Runs

**Saturdays 10:30**, Cleator / Wath Brow area

Harry Jarrett 01946 811727

[h.jarrett@tiscali.co.uk](mailto:h.jarrett@tiscali.co.uk)

**Fridays 5:30**, Cockermouth MRT Base

Peter Crompton 017687 76444

[petercrompton\\_2@hotmail.com](mailto:petercrompton_2@hotmail.com)

**Thursdays 6:00**, Cockermouth School

Jane Mottram 07799 536526

[janemottram@hotmail.com](mailto:janemottram@hotmail.com)

**Tuesday & Thursday**, Whitehaven Sports Centre

Bob Riley 01946 817585

[lifefriley1705@aol.com](mailto:lifefriley1705@aol.com)

**Thursdays, 6:30-7:00 start**, Blencathra / Back of Skiddaw, 1.5 hours approx, a bit longer if a nice night and the stars are out!

Mark Graham 01768 484092

[cfrgangrel@hotmail.co.uk](mailto:cfrgangrel@hotmail.co.uk)

## **Joint Event with Cockermouth Mountain Rescue Team**

The new date for our joint evening with [Cockermouth Rescue Team](#) is **May 22nd**. An outline of the evening:

- A fun run / race to the top of the Hay, about 30 minutes.
- Free showers
- Beer and sandwiches
- A talk / slide show by the team and a tour of the base

Music Please - give this event your support. We deserve a fun night after our efforts at the relay and the rescue team deserve our thanks and respect for their help on the day.

RSVP to Peter ASAP.

We may have to impose a limit of 20 places so first come first served.

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### **Weekend Away – May 2010**

At last month's member's meeting we agreed to have a weekend away for runners and partners. I have just booked **Saturday 15th May** at Keswick Youth Hostel but only 12 beds. So if you want a weekend of low key, fun running, swimming, shopping walking, biking etc. Get a cheque for £21.95 to me as soon as possible. The price includes dormitory accommodation (separate male/female) a great breakfast and full time access to the very smart recently refurbished Youth hostel. First come first served, cheques to me ASAP. This date has been chosen to avoid our championship races and all national races.

**Peter Crompton**

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### **THE WORLD MASTERS – KORBIELOW, POLAND**

There will be a CFR trip to the world masters which are on **28<sup>th</sup> August, 2010**. This year the format will be the same as the last trips leaving 2 days before and returning the day after, pending on flights. This year's event is in Korbielow, Poland and there are about 12 people going so far. Anyone interested contact Harry Jarrett on 01946 811727 or e-mail at [h.jarrett@sky.com](mailto:h.jarrett@sky.com).

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### **CHAMPIONSHIP T/SHIRTS**

Reminder to all CFR members that anyone who completes 6 championship races this year will receive a free club T/shirt. Any 6 races will count.

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# **NO GLOOM AT BLACK COOMBE!**

**By Yannet Blox**

What a luvverly day folks!  
The sun was splitting the trees,  
And over 120 hardy souls,  
Soon had hands on knees.

The first climb up to Sea Ness,  
Was on them soon after the start,  
A steep, and unrelenting climb,  
That tore at lungs and heart.

The long haul up to the North summit,  
Was a mixture of running, shuffling and walking,  
With most folk leaving it to the few,  
To do any sort of talking.

Concentrate now everyone!  
If you daydream as you merrily tootle,  
You'll find you're descending in splendid fashion,  
Miles off course for the village of Bootle.

Good fast running now though,  
Past the reeds and out to White Coombe,  
T'was clear blue skies for this years race,  
No worries about dreaded gloom.

Across the stream in the valley floor,  
That big last climb looked impressive,  
Time to grasp the nettle now,  
And not to be to depressive.

On, and on the big climb went,  
As everyone trudged, not daring to stop,  
One young chap groaned to his mate,  
"Surely this is the top"

And finally the South summit was visited,  
Much to the relief of most,  
Now all that was left,  
Was a downhill charge to the coast.

Plenty of route choices down from here,  
Some looked downright mad,  
Most looked quite beneficial,  
And others were seriously bad.

What a hamstring stretching gallop it was for `em,  
Strides as long as a gazelle,

Silecroft Village ever nearer now,  
All runners finishing well.

Many a post-mortem was held,  
Over hot food and drinks down in the hall,  
Me? I went down to the pub,  
And raised a glass to one and all.

Good early season points were bagged,  
Though not as many blues as I'd have thought,  
There's loads of great races left,  
And the early birds, may yet be caught!

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## **Black Combe Results 6<sup>th</sup> March 2010**

6	Martin Amor	CFR	M40	01:18:22
14	Darren Block	CFR	M	01:23:28
36	Paul Crickett	CFR	M40	01:33:34
44	Kate Cooper	CFR	L	01:37:22
57	Olly Fielden	CFR	M	01:41:56
64	Mark Graham	CFR	M50	01:44:50
71	Trevor Wilkinson	CFR	M40	01:45:44
77	Roger Whitaker	CFR	M60	01:47:35
79	David Fell	CFR	M60	01:48:47
105	Nick Moore	CFR	M50	01:59:30
111	Lindsay Buck	CFR	L40	02:06:10
120	Stephen Watson	CFR	M60	02:27:32

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## **Causey Pike Results 27<sup>th</sup> March 2010**

Place	Time	Name	Club	Category
9	0:38:14	AMOR, Martin	Cumberland F.R.	MV40
15	0:39:32	BOYLE, John	Cumberland F.R.	M
20	0:40:13	HUNTER, Simon	Cumberland F.R.	MV40
22	0:40:53	DAWSON, Pete	Cumberland F.R.	MV45
37	0:42:53	CROMPTON, Peter	Cumberland F.R.	MV50
43	0:44:52	CRICKETT, Paul	Cumberland F.R.	MV40
44	0:45:01	JARRETT, Harry	Cumberland F.R.	MV55
52	0:46:10	STEEL, Mark	Cumberland F.R.	MV45
54	0:46:21	AMOR, Lee	Cumberland F.R.	M
59	0:46:35	GRIFFITHS, John	Cumberland F.R.	MV45
70	0:48:04	FIELDEN, Olly	Cumberland F.R.	M
74	0:48:20	TODHUNTER, Nigel	Cumberland F.R.	MV45

75	0:48:22	ROSS, David	Cumberland F.R.	MV40
78	0:49:07	O'KEEFFE, Steven	Cumberland F.R.	M
79	0:49:09	GRAHAM, Mark	Cumberland F.R.	MV50
85	0:49:56	MARSTON, Pete	Cumberland F.R.	M
92	0:51:19	JENNINGS, Paul	Cumberland F.R.	MV40
107	0:52:50	RUSSELL, Claire	Cumberland F.R.	L
111	0:54:16	MOORE, Nick	Cumberland F.R.	MV50
112	0:54:24	WHITTAKER, Roger	Cumberland F.R.	MV60
114	0:54:40	CHATTERLEY, Jennie	Cumberland F.R.	LV40
124	0:59:21	JACKSON, Angela	Cumberland F.R.	L
130	1:02:40	HAYWOOD, Barbara	Cumberland F.R.	LV45
131	1:02:54	MORGAN, David	Cumberland F.R.	MV65
132	1:03:20	HEATON, Phil	Cumberland F.R.	MV45
134	1:03:54	PATTON, Dot	Cumberland F.R.	LV50
135	1:05:05	MOTTRAM, Jane	Cumberland F.R.	LV55
136	1:05:36	WATSON, Stephen	Cumberland F.R.	MV65
138	1:06:49	LOWDEN, Terence	Cumberland F.R.	MV60
139	1:07:26	HORNSLEY, Jane	Cumberland F.R.	LV45
140	1:07:45	JOHNSON, Barry	Cumberland F.R.	MV65

### CUMBERLAND FELL RUNNERS

2009 / 2010 WINTER SERIES

Any 4 Races to count

1/R = Jarrett Jaunt – 06 Feb 2010

2/R = Eaglesfield 10k – 20 Feb 2010

3/R = Grasmoor 5k – 13 Mar 2010

1/F = Crag Fell, Ennerdale – 12 Dec 2009

2/F = Blake's Heaven – 30 January 2010

3/F = Crummock – 21 Feb 2010

POSITION	NAME	CAT	1/R	2/R	3/R	1/F	2/F	3/F		TOTAL
1	<b>Peter Crompton</b>	V50	95	-	97	98	92	-	-	382
2	<b>Nigel Todhunter</b>	V45	93	100	99	-	87	-	-	379
3	<b>Sam Ayers</b>	OL	90	99	-	95	84	-	-	368
4	<b>Dot Patton</b>	LV50	78	-	89	87	88	95	-	349
5	<b>Steve Watson</b>	V65	77	94	88	88	85	-	-	347
6	<b>Jennie Chatterley</b>	LV40	82	96	-	92	76	-	-	346
7	<b>Dave Morgan</b>	V65	76	-	91	-	67	93	-	327
8	<b>Terry Lowden</b>	V60	74	-	-	89	66	92	-	321
9	<b>Jane Mottram</b>	LV55	73	-	92	86	62	-	-	313
10	Martin Amor	V40	100	-	-	-	100	100	-	300
11	Lee Amor	OM	97	-	-	-	97	97	-	291
12	Paul Crickett	OM	94	-	-	100	91	-	-	285
13	Ben Mitchinson	OM	89	-	-	93	82	-	-	264
14	Mark Graham	V50	85	-	-	94	78	-	-	257
15	Jamie Riley	OM(J)	84	-	-	91	80	-	-	255
16	Nick Moore	V50	83	-	-	90	74	-	-	247
17	Mike Simpson	V60	71	93	-	-	61	-	-	225
18	Darren Block	OM	99	-	-	-	99	-	-	198
19	Peter Dawson	V45	98	-	-	-	98	-	-	196
20	John Boyle	OM	-	-	-	-	89	99	-	188
21	Duncan Eastoe	OM(J)	91	-	-	-	96	-	-	187
22	Claire Russell	OL	-	97	-	-	77	-	-	174
23	Philip Hawley	V55	-	95	-	-	72	-	-	167
24	David Fell	V60	87	-	-	-	79	-	-	166

25	David Lees	V55	-	-	-	-	70	94	-	164
26	Rob James	V55	88	-	-	-	75	-	-	163
27	Roger Whitaker	V60	86	-	-	-	73	-	-	159
28	Lindsay Buck	LV45	79	-	-	-	69	-	-	148
29	Barry Johnson	V65	75	-	-	-	64	-	-	139
30	Nathan Thompson	OM(J)	-	-	100	-	-	-	-	100
31	Harry Jarrett	V55	-	-	-	99	-	-	-	99
32=	Tracy Park	LV40	-	98	-	-	-	-	-	98
32=	Andrew Graham	V40	-	-	-	-	-	98	-	98
32=	John Walker	V45	-	-	98	-	-	-	-	98
35	Brian Thompson	V45	-	-	-	97	-	-	-	97
36=	Charles Mason	V45	-	-	-	96	-	-	-	96
36=	Bob Riley	V45	96	-	-	-	-	-	-	96
36=	Mark Steel	V45	-	-	-	-	-	96	-	96
36=	Tony Jewell	V55	-	-	96	-	-	-	-	96
40=	Andy Beaty	V50	-	-	-	-	95	-	-	95
40=	Phil Heaton	V45	-	-	95	-	-	-	-	95
42=	Ian Cousins	OM	-	-	-	-	94	-	-	94
42=	Peter Taylor	V70	-	-	94	-	-	-	-	94
44=	Matthew Alexio	OM(J)	-	-	-	-	93	-	-	93
44=	Niamh Hedley	OL(J)	-	-	93	-	-	-	-	93
46	Andy Bradley	V45	92	-	-	-	-	-	-	92
47=	Peter Marston	OM	-	-	-	-	90	-	-	90
47=	Cerys Atkinson	OL(J)	-	-	90	-	-	-	-	90
49	Alan McGeen	V45	-	-	-	-	88	-	-	88
50	Olly Fielden	OM	-	-	-	-	86	-	-	86
51	Steve Steele	V45	-	-	-	-	85	-	-	85
52	Trevor Wilkinson	V45	-	-	-	-	83	-	-	83
53=	Peter Hall	V40	-	-	-	-	81	-	-	81
53=	Mel Bradley	LV45	81	-	-	-	-	-	-	81
55	Andy Fletcher	V50	80	-	-	-	-	-	-	80
56	Dave Adams	OM	72	-	-	-	-	-	-	72
57	Angela Jackson	OL	-	-	-	-	71	-	-	71
58	Jack Escritt	V75	-	-	-	-	63	-	-	63

## C.F.R.- FELL CHAMPIONSHIP – 2010

**S1 – Blake’s Heaven – 30 January**  
**S2 – Causey Pike – 27 March**  
**S3 – Grisedale Grind – 21 April**  
**S4 – Latterbarrow Loop – 08 May**

**M1 – Black Combe – 06 March**  
**M2 – Coniston – 01 May**  
**M3 – Helvellyn – 30 May**  
**M4 – Skiddaw – 04 July**  
**M5 – Kentmere – 25 July**

**L1 – Ennerdale – 12 June**  
**L2 – Sedbergh – 22 August**  
**L3 – Langdale – 09 October**

### CHAMPIONSHIP POINTS

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		Cumber-land Cup	TOTAL 6 Races
1	Martin Amor	V40	100	100	100	-	-	-	-	-	-	-	-	-	-	300	300
2	Paul Crickett	V40	91	98	95	-	-	-	-	-	-	-	-	-	-	284	284
3	Olly Fielden	OM	86	96	91	-	-	-	-	-	-	-	-	-	-	273	273
4	Mark Graham	V50	78	95	87	-	-	-	-	-	-	-	-	-	-	260	260
5=	Roger Whitaker	V65	73	93	82	-	-	-	-	-	-	-	-	-	-	248	248
5=	Nick Moore	V50	74	91	83	-	-	-	-	-	-	-	-	-	-	248	248
7	Steve Watson	V65	65	89	74	-	-	-	-	-	-	-	-	-	-	228	228
8	Darren Block	OM	99	99	-	-	-	-	-	-	-	-	-	-	-	-	198
9	Peter Dawson	V45	98	-	97	-	-	-	-	-	-	-	-	-	-	-	195
10	Lee Amor	OM	97	-	92	-	-	-	-	-	-	-	-	-	-	-	189
11=	Peter Crompton	V50	92	-	96	-	-	-	-	-	-	-	-	-	-	-	188
11=	John Boyle	OM	89	-	99	-	-	-	-	-	-	-	-	-	-	-	188
13=	Trevor Wilkinson	V45	83	94	-	-	-	-	-	-	-	-	-	-	-	-	177
13=	Nigel Todhunter	V45	87	-	90	-	-	-	-	-	-	-	-	-	-	-	177
15	Peter Marston	OM	90	-	86	-	-	-	-	-	-	-	-	-	-	-	176
16	David Fell	V60	79	92	-	-	-	-	-	-	-	-	-	-	-	-	171
17	Claire Russell	OL	77	-	84	-	-	-	-	-	-	-	-	-	-	-	161
18	Lindsay Buck	LV45	69	90	-	-	-	-	-	-	-	-	-	-	-	-	159
19	Jennie Chatterley	LV40	76	-	81	-	-	-	-	-	-	-	-	-	-	-	157
20	Angela Jackson	OL	71	-	80	-	-	-	-	-	-	-	-	-	-	-	151
21	Dave Morgan	V65	67	-	78	-	-	-	-	-	-	-	-	-	-	-	145
22	Dot Patton	LV50	68	-	76	-	-	-	-	-	-	-	-	-	-	-	144
23	Terry Lowden	V60	66	-	73	-	-	-	-	-	-	-	-	-	-	-	139
24	Jane Mottram	LV55	62	-	75	-	-	-	-	-	-	-	-	-	-	-	137
25	Barry Johnson	V65	64	-	72	-	-	-	-	-	-	-	-	-	-	-	136
26	Simon Hunter	V40	-	-	98	-	-	-	-	-	-	-	-	-	-	-	98
27	Kate Cooper	OL	-	97	-	-	-	-	-	-	-	-	-	-	-	-	97
28	Duncan Eastoe	OM	96	-	-	-	-	-	-	-	-	-	-	-	-	-	96
29	Andy Beaty	V50	95	-	-	-	-	-	-	-	-	-	-	-	-	-	95
30=	Ian Cousins	OM	94	-	-	-	-	-	-	-	-	-	-	-	-	-	94
30=	Harry Jarrett	V55	-	-	94	-	-	-	-	-	-	-	-	-	-	-	94
32=	Matthew Alexio	OM	93	-	-	-	-	-	-	-	-	-	-	-	-	-	93
32=	Mark Steel	V45	-	-	93	-	-	-	-	-	-	-	-	-	-	-	93
34	David Ross	V40	-	-	89	-	-	-	-	-	-	-	-	-	-	-	89
35=	Alan McGeen	V45	88	-	-	-	-	-	-	-	-	-	-	-	-	-	88
35=	Steven O'Keefe	OM	-	-	88	-	-	-	-	-	-	-	-	-	-	-	88
37=	Steve Steele	V45	85	-	-	-	-	-	-	-	-	-	-	-	-	-	85
37=	Paul Jennings	V40	-	-	85	-	-	-	-	-	-	-	-	-	-	-	85
39	Sam Ayers	OL	84	-	-	-	-	-	-	-	-	-	-	-	-	-	84
40	Ben Mitchinson	OM	82	-	-	-	-	-	-	-	-	-	-	-	-	-	82
41	Peter Hall	V40	81	-	-	-	-	-	-	-	-	-	-	-	-	-	81
42	Jamie Riley	OM	80	-	-	-	-	-	-	-	-	-	-	-	-	-	80
43	Barbara Haywood	LV45	-	-	79	-	-	-	-	-	-	-	-	-	-	-	79
44	Phil Heaton	V45	-	-	77	-	-	-	-	-	-	-	-	-	-	-	77
45	Rob James	V55	75	-	-	-	-	-	-	-	-	-	-	-	-	-	75
46	Philip Hawley	V55	72	-	-	-	-	-	-	-	-	-	-	-	-	-	72
47	David Lees	V55	70	-	-	-	-	-	-	-	-	-	-	-	-	-	70
48	Jack Escritt	V75	63	-	-	-	-	-	-	-	-	-	-	-	-	-	63
49	Mike Simpson	V60	61	-	-	-	-	-	-	-	-	-	-	-	-	-	61

### Men Under 40

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		TOTAL
1	Olly Fielden	OM	43	49	48	-	-	-	-	-	-	-	-	-	-	140
2	Darren Block	OM	50	50	-	-	-	-	-	-	-	-	-	-	-	100
3	Lee Amor	OM	49	-	49	-	-	-	-	-	-	-	-	-	-	98

4	John Boyle	OM	44	-	50	-	-	-	-	-	-	-	-	-	-	94
5	Pete Marston	OM	45	-	46	-	-	-	-	-	-	-	-	-	-	91
6	Duncan Eastoe	OM	48	-	-	-	-	-	-	-	-	-	-	-	-	48
7=	Ian Cousins	OM	47	-	-	-	-	-	-	-	-	-	-	-	-	47
7=	Steven O'Keefe	OM	-	-	47	-	-	-	-	-	-	-	-	-	-	47
9	Matthew Alexio	OM	46	-	-	-	-	-	-	-	-	-	-	-	-	46
10	Ben Mitchinson	OM	42	-	-	-	-	-	-	-	-	-	-	-	-	42
11	Jamie Riley	OM	41	-	-	-	-	-	-	-	-	-	-	-	-	41

### VET 40 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3	TOTAL
1	Martin Amor	V40	50	50	50	-	-	-	-	-	-	-	-	-	150
2	Paul Crickett	V40	49	49	48	-	-	-	-	-	-	-	-	-	146
3	Simon Hunter	V40	-	-	49	-	-	-	-	-	-	-	-	-	49
4	Peter Hall	V40	48	-	-	-	-	-	-	-	-	-	-	-	48
5	David Ross	V40	-	-	47	-	-	-	-	-	-	-	-	-	47
6	Paul Jennings	V40	-	-	46	-	-	-	-	-	-	-	-	-	46

### VET 45 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3	TOTAL
1	Peter Dawson	V45	50	-	50	-	-	-	-	-	-	-	-	-	100
2=	Trevor Wilkinson	V45	46	50	-	-	-	-	-	-	-	-	-	-	96
2=	Nigel Todhunter	V45	48	-	48	-	-	-	-	-	-	-	-	-	96
4=	Alan McGeen	V45	49	-	-	-	-	-	-	-	-	-	-	-	49
4=	Mark Steel	V45	-	-	49	-	-	-	-	-	-	-	-	-	49
6=	Phil Heaton	V45	-	-	47	-	-	-	-	-	-	-	-	-	47
6=	Steve Steele	V45	47	-	-	-	-	-	-	-	-	-	-	-	47

### VET 50 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3	TOTAL
1	Mark Graham	V50	48	50	49	-	-	-	-	-	-	-	-	-	147
2	Nick Moore	V50	47	49	48	-	-	-	-	-	-	-	-	-	144
3	Peter Crompton	V50	49	-	50	-	-	-	-	-	-	-	-	-	99
4	Andy Beaty	V50	50	-	-	-	-	-	-	-	-	-	-	-	50

### VET 55 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3	TOTAL
1=	Rob James	V55	50	-	-	-	-	-	-	-	-	-	-	-	50
1=	Harry Jarrett	V55	-	-	50	-	-	-	-	-	-	-	-	-	50
3	Philip Hawley	V55	49	-	-	-	-	-	-	-	-	-	-	-	49
4	David Lees	V55	48	-	-	-	-	-	-	-	-	-	-	-	48

### VET 60 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3	TOTAL
1	David Fell	V60	50	50	-	-	-	-	-	-	-	-	-	-	100
2	Terry Lowden	V60	49	-	50	-	-	-	-	-	-	-	-	-	99
3	Mike Simpson	V60	48	-	-	-	-	-	-	-	-	-	-	-	48

### VET 65 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3	TOTAL
1	Steve Watson	V65	49	50	49	-	-	-	-	-	-	-	-	-	148
2	Dave Morgan	V65	50	-	50	-	-	-	-	-	-	-	-	-	100

3	Barry Johnson	V65	48	-	48	-	-	-	-	-	-	-	-	-	-	-	96
4	Roger Whitaker	V60/65	0	0	0	-	-	-	-	-	-	-	-	-	-	-	0

**Note:** 0 score indicates that Roger finished the race but has not yet reached the qualifying age.

### VET 70 Men

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		TOTAL
1	Jack Escritt	V75	50	-	-	-	-	-	-	-	-	-	-	-	-	50

### LADIES CHAMPIONSHIP

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		TOTAL
1	Claire Russell	OL	49	-	50	-	-	-	-	-	-	-	-	-	-	99
2	Jennie Chatterley	LV40	48	-	49	-	-	-	-	-	-	-	-	-	-	97
3=	Lindsay Buck	LV45	46	49	-	-	-	-	-	-	-	-	-	-	-	95
3=	Angela Jackson	OL	47	-	48	-	-	-	-	-	-	-	-	-	-	95
5	Dot Patton	LV50	45	-	46	-	-	-	-	-	-	-	-	-	-	91
6	Jane Mottram	LV55	44	-	45	-	-	-	-	-	-	-	-	-	-	89
7=	Sam Ayers	OL	50	-	-	-	-	-	-	-	-	-	-	-	-	50
7=	Kate Cooper	OL	-	50	-	-	-	-	-	-	-	-	-	-	-	50
9	Barbara Haywood	LV45	-	-	47	-	-	-	-	-	-	-	-	-	-	47

### Ladies Under 40

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		TOTAL
1	Claire Russell	OL	49	-	50	-	-	-	-	-	-	-	-	-	-	99
2	Angela Jackson	OL	48	-	49	-	-	-	-	-	-	-	-	-	-	97
3=	Sam Ayers	OL	50	-	-	-	-	-	-	-	-	-	-	-	-	50
3=	Kate Cooper	OL	-	50	-	-	-	-	-	-	-	-	-	-	-	50

### VET 40 Ladies

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		TOTAL
1	Jennie Chatterley	LV40	50	-	50	-	-	-	-	-	-	-	-	-	-	100
2	Lindsay Buck	LV45	49	50	-	-	-	-	-	-	-	-	-	-	-	99
3	Barbara Haywood	LV45	-	-	49	-	-	-	-	-	-	-	-	-	-	49

### VET 50 Ladies

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		TOTAL
1	Dot Patton	LV50	50	-	50	-	-	-	-	-	-	-	-	-	-	100
2	Jane Mottram	LV55	49	-	49	-	-	-	-	-	-	-	-	-	-	98

## C.F.R.- FELL CHAMPIONSHIP – 2010

**S1 – Blake’s Heaven – 30 January**  
**S2 – Causey Pike – 27 March**  
**S3 – Grisedale Grind – 21 April**  
**S4 – Latterbarrow Loop – 08 May**

**M1 – Black Combe – 06 March**  
**M2 – Coniston – 01 May**  
**M3 – Helvellyn – 30 May**  
**M4 – Skiddaw – 04 July**  
**M5 – Kentmere – 25 July**

**L1 – Ennerdale – 12 June**  
**L2 – Sedbergh – 22 August**  
**L3 – Langdale – 09 October**

### HANDICAP

Posn	Name	Cat	S1	M1	S2	S3	M2	S4	M3	L1	M4	M5	L2	L3		H'cap	TOTAL 6 Races
1	Martin Amor	V40	54	56	54	-	-	-	-	-	-	-	-	-	-	1.101	164
2	Paul Crickett	V40	53	54	54	-	-	-	-	-	-	-	-	-	-	0.933	161
3	Steve Watson	V65	57	46	53	-	-	-	-	-	-	-	-	-	-	0.643	156
4=	Roger Whitaker	V65	47	54	49	-	-	-	-	-	-	-	-	-	-	0.815	150
4=	Mark Graham	V50	48	50	52	-	-	-	-	-	-	-	-	-	-	0.867	150
6	Olly Fielden	OM	50	47	49	-	-	-	-	-	-	-	-	-	-	0.921 *	146
7	Nick Moore	V50	51	45	50	-	-	-	-	-	-	-	-	-	-	0.802	146
8	Dot Patton	LV50	61	-	56	-	-	-	-	-	-	-	-	-	-	0.643	117
9	Peter Dawson	V45	59	-	57	-	-	-	-	-	-	-	-	-	-	0.989	116
10	Darren Block	OM	57	57	-	-	-	-	-	-	-	-	-	-	-	1.022	114
11	Dave Morgan	V65	55	-	52	-	-	-	-	-	-	-	-	-	-	0.682	107
12	Angela Jackson	OL	56	-	50	-	-	-	-	-	-	-	-	-	-	0.733	106
13	Trevor Wilkinson	V45	53	50	-	-	-	-	-	-	-	-	-	-	-	0.865	103
14	Jane Mottram	LV55	47	-	55	-	-	-	-	-	-	-	-	-	-	0.636	102
15	Claire Russell	OL	50	-	49	-	-	-	-	-	-	-	-	-	-	0.839 *	99
16=	Jennie Chatterley	LV40	51	-	47	-	-	-	-	-	-	-	-	-	-	0.820	98
16=	John Boyle	OM	41	-	57	-	-	-	-	-	-	-	-	-	-	1.029	98
18	Nigel Todhunter	V45	50	-	47	-	-	-	-	-	-	-	-	-	-	0.932 *	97
19=	David Fell	V60	49	47	-	-	-	-	-	-	-	-	-	-	-	0.862	96
19=	Lindsay Buck	LV45	48	48	-	-	-	-	-	-	-	-	-	-	-	0.741	96
21	Peter Marston	OM	52	-	43	-	-	-	-	-	-	-	-	-	-	0.940	95
22=	Terry Lowden	V60	49	-	44	-	-	-	-	-	-	-	-	-	-	0.695	93
22=	Peter Crompton	V50	44	-	49	-	-	-	-	-	-	-	-	-	-	1.032	93
24=	Lee Amor	OM	52	-	38	-	-	-	-	-	-	-	-	-	-	1.051	90
24=	Barry Johnson	V65	47	-	43	-	-	-	-	-	-	-	-	-	-	0.687	90
26	Harry Jarrett	V55	-	-	59	-	-	-	-	-	-	-	-	-	-	0.884	59
27	Duncan Eastoe	OM	58	-	-	-	-	-	-	-	-	-	-	-	-	0.980	58
28	Mark Steel	V45	-	-	56	-	-	-	-	-	-	-	-	-	-	0.886	56
29	Simon Hunter	V40	-	-	54	-	-	-	-	-	-	-	-	-	-	1.046	54
30=	Steve Steele	V45	53	-	-	-	-	-	-	-	-	-	-	-	-	0.882	53
30=	Sam Ayers	OL	53	-	-	-	-	-	-	-	-	-	-	-	-	0.880	53
32	Andy Beaty	V50	52	-	-	-	-	-	-	-	-	-	-	-	-	1.016	52
33=	Jack Escritt	V75	50	-	-	-	-	-	-	-	-	-	-	-	-	0.643	50
33=	Peter Hall	V40	50	-	-	-	-	-	-	-	-	-	-	-	-	0.875	50
33=	Matthew Alexio	OM	50	-	-	-	-	-	-	-	-	-	-	-	-	0.974 *	50
33=	Phil Heaton	V45	-	-	50	-	-	-	-	-	-	-	-	-	-	0.690 *	50
37	Steven O'Keefe	OM	-	-	49	-	-	-	-	-	-	-	-	-	-	0.898	49
38=	Alan McGeen	V45	48	-	-	-	-	-	-	-	-	-	-	-	-	0.950	48
38=	Jamie Riley	OM	48	-	-	-	-	-	-	-	-	-	-	-	-	0.877	48
38=	Ian Cousins	OM	48	-	-	-	-	-	-	-	-	-	-	-	-	1.053	48
41=	Philip Hawley	V55	47	-	-	-	-	-	-	-	-	-	-	-	-	0.806	47
41=	David Ross	V40	-	-	47	-	-	-	-	-	-	-	-	-	-	0.931	47
43=	David Lees	V55	46	-	-	-	-	-	-	-	-	-	-	-	-	0.798	46
43=	Kate Cooper	OL	-	46	-	-	-	-	-	-	-	-	-	-	-	0.979	46
45	Ben Mitchinson	OM	45	-	-	-	-	-	-	-	-	-	-	-	-	0.925	45
46	Barbara Haywood	LV45	-	-	44	-	-	-	-	-	-	-	-	-	-	0.739	44
47	Paul Jennings	V40	-	-	42	-	-	-	-	-	-	-	-	-	-	0.920	42
48	Mike Simpson	V60	39	-	-	-	-	-	-	-	-	-	-	-	-	0.679	39
49	Rob James	V55	35	-	-	-	-	-	-	-	-	-	-	-	-	0.943	35

### NOTE

In 2008 handicaps were based solely on the member's age on the date of the race. I'm now working around to giving all members a personal handicap that relates to their ability.

I arrive at the handicaps by taking your handicap for the previous season and increasing or decreasing it in line with your results in that season. The best way to explain this is to give an example, and I'll use Kate Beaty for this.

Kate's handicap for 2009 was 0.864, her average score was 55.5 points per race, i.e. 5.5% above average. I've increased her handicap by 75% of this, i.e. 4.125% giving a handicap for 2010 of 0.900.

New members and members who have not competed in the championship since before 2008 will given a handicap calculated to give them average points (i.e. 50) in the first race in which they compete. An asterisk in the handicap column indicates these.

Ex-members rejoining will have the handicap they held when they left the club.

Jack

**AND FINALLY!**  
**April's Philosophical Thought:**

**"The sooner you fall behind the more time you will have to catch up"**