



CFR Newsletter

August 2011

www.c-f-r.org.uk

Welcome to the August edition of the CFR Newsletter. Please make sure you read the details for this years Presentation night! Please support the club and let's have a good night of dancing, food and drinking!

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: kate_apps@yahoo.com

Kate

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Dates for your Diary

Eskdale Show Fell race.....	24 th Sept
Scafell Pike Fell race.....	24 th Sept
Consiton Trail race.....	1 st Oct
Ian Hodgson Mountain Relay	2 nd Oct
Langdale Horseshoe.....	8 th Oct
Wasdale Show Fell Race.....	8 th Oct
Buttermere Show Fell Race	15 th Oct
UKA British Relay Championship.....	15 th Oct
The Screes Fell race.....	22 nd Oct
Dunnerdale Fell race.....	12 th Nov
Copeland Chase 'O'.....	13 th Nov
Kirkbymoore Fell race.....	26 th Nov

Training Runs

Saturdays 10:30, Cleator / Wath Brow area

Harry Jarrett 01946 811727
h.jarrett@tiscali.co.uk

Fridays 5:30, Cockermouth MRT Base

Peter Crompton 017687 76444
petercrompton_2@hotmail.com

Thursdays 6:00, Cockermouth School

Jane Mottram 07799 536526
janemottram@hotmail.com

Tuesday & Thursday, Whitehaven Sports Centre

Bob Riley 01946 817585
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

Welcome to new members:

Senior Men: Marc Penn

Junior male James Penn
Jamie Brannon
Wil Jones

Junior Female Jodi Jones
Jasmyn Young

Up and Coming Events....

Cumberland Fell Runners Annual Presentation Night.

Saturday 19 November. 7.30pm onwards.

Embleton Village Hall.

Cedilla with "Village Green".

Raffle

Hot food

Bar (or bring your own).

Music.

All for £15 (adult) £8 (child)

Tickets available from Chris Knowles (07811253543)

Jane Mottram (07799536526) or Harry Jarrett 01946 811727

Earlier on the day short fell race on Sale Fell (see website)

All welcome: non-members as well.



CFR needs you, yes YOU



In December this year CFR celebrate 25 years as a Fell Running club. To promote this we are going to publish an article in December's edition of the Fellrunner. For those people who do not get this publication it is published 4 times each year and at least 80% of fell runners receive it. The feature will be a double page spread and after 25 years we deserve to tell the fell running fraternity of how good we have been and how good we are now.

To make this of interest we need information of all our success especially in the 90's when we reigned supreme. If any of you have any detail please let me know, there must be members who can provide some detail.

It is intended that we include a team photograph of as many of us wearing our blue and white vests. To manage this we intend to organise a short hill race. It is in 2001 during the foot and mouth epidemic and to offset the non fells we organised a hill races from the Slag Banks of Workington, These were very popular so it is intended to hold a race at the same venue on Saturday 29th October where we hope that we get as many runners as possible for our photograph. More details of the race nearer the time.

So.....

Reminder. 1

Some people MUST have some past history to include in the article please send it to:
michael.litt53@gmail.com

Reminder 2

Calendar date 29th October, Workington Slag Banks

Reminder 3

Don't forget Reminders 1 & 2

Ian Hodgson Mountain Relay - 2nd October 2011:

We have one team place in the IHMR – If you would like to run let Mark or Jane know asap!!

FRA Relays – 15th October 2011:

Harry Jarrett will coordinate the FRA men's team and Jane Mottram the Ladies. Again, if you are interested in running in the teams, let Harry or Jane know!!

Results and Past Events...

CFR ENNERDALE SHOW RACE 31st AUGUST 2011

Ennerdale show was blessed with a warm dry day which ensured a big crowd for this popular mid week show. Local club CFR where using the fell race as the 4th counter in their short fell race series. The show field at the Kirkland Leap must be one of the most scenic show fields in England. The race leaves the show field and goes to the summit of Knock Murton and back approx 2 miles with 1000ft of accent and decent. The accent being very steep at the base of Knock Murton.

International runner Ricky Lightfoot from Maryport led from start to finish to win in a very impressive time of 12 mins and 50 secs. First counter for CFR was Chris Knowles in 13 mins 59 secs. CFR's Harry Jarrett was 1st V50 in 9th position in a time of 16 mins 26 secs and David Fell also CFR 1st V60 in 11th position in 17 mins 06 secs.

Lindsay Buck of CFR was 1st Lady V50 in 15th position in 19 mins 30 secs. Oldest competitor Steve Watson of CFR brought up the rear of the field with a very respectable 24 mins 08 secs. Full results below.

Other CFR position where

5th John Boyle 14-28
6th Dave Atkinson 14-57 3rd V40
8th Paul Jenning 16-08 4th V40
13th Nick Moore 18-45 2nd V50
14th Phil Hawley 19-10 3rd V50
16th Dot Patton 21-41 2nd VL50
17th Jane Mottram 23-15 3rd LV50

Ennerdale Show Senior fell race results 2011

Position	Name	Time	Cat	Club
1	Ricky Lightfoot	12.50	Sen	Ellenborough
2	Garth Green	13.30	Sen	Portobello RC
3	Brian Taylor	13.54	MV40	Ellenborough
4	Chris Knowles	13.59	MV40	CFR
5	John Boyle	14.28	Sen	CFR
6	Dave Atkinson	14.57	MV40	CFR
7	Charlotte Watson	15.46	Lady Sen	Keswick
8	Paul Jennings	16.08	MV40	CFR
9	Harry Jarrett	16.26	MV50	CFR
10	Rodger Goulding	17.04	Sen	SpringfieldStriders
11	Dave Fell	17.06	MV60	CFR
12	Graham Watson	18.16	MV60	WCOC
13	Nick Moore	18.45	MV50	CFR
14	Phil Hawley	19.10		CFR
15	Lindsay Buck	19.30	Lady V50	CFR
16	Dot Patton	21.41	Lady V50	CFR
17	Jane Mottram	23.15	Lady V50	CFR
18	Steve Watson	24.08	MV70	CFR

Lingmell Dash Fell Race 23rd July 2011

A small but select band of runners assembled at the Wasdale Head Inn on Saturday for the tenth running of the 4.5 mile, 2500ft Lingmell Dash Fell Race. This race combines fast flat running on the valley floor with a lung bursting climb to the summit where race organiser Tim Brooks was sitting waiting for the runners ahead of the plummeting drop back to the finish.

At 1400, Adam Naylor proprietor of the Inn, race sponsor and long time supporter of the Wasdale Mountain Rescue Team, set the field of 30 on their way with a resounding ring of the dinner gong.

First to turn at the summit and first back was Tim Ellis (Edgeworth Cricket & Recreational Club) in 52.34 over six minutes outside Rob Jebb's 2007 record of 45.36. Ian Davies of the Keswick club (55.10) followed in second place with Graham Ivory in his first fell race (57.02) 1st V40 in third.

For the ladies, Gosforth's Lindsay Buck LV50 of Cumberland Fell Runners held off all other challengers to finished twenty second overall in 73.50 ahead of Wasdale Mountain Rescue Team Member's Debs Carter LV40 (74.50) and Saffron Price-Walter (86.53)

Other local runners featured strongly with the Gosforth trio of Dave Atkinson of CFR fourth overall and 1st V45 ducking under the hour in 59.32, Chris Cripps (67.09) first WMRT member and Larry Abel also CFR V45 (69.14). Other Cumberland Fell Runners included Roger Whitiker who climbed well for the 1st V65 prize in 73.27 and Terry Lowdon was 3rd V60 in 96.48. Will Holden a crew member at the Inn ran strongly to finish in 67.13 and must surely invest in a pair of fell shoes after his encouraging debut. Wasdale Mountain Rescue Team members Julian Carradice V50 (69.56) Richard Harrison M55 (72.09), Peter Bains M55 (72.33) Stephen Walter

(76.02) all finished strongly without incident.

Cumberland Fell Runners with Lindsay as fourth counter took the overall team prize ahead of the Wasdale Mountain Rescue Team. Both teams received beer kegs from Howard Christie of the Great Gable Brewing Company.

All funds raised from this race go directly to the Wasdale Mountain Rescue Team and at the prize giving ceremony thanks went to all the runners, Lindsay Buck and Jim Davis for coordinating the entries and prizes, Mel Abel for time keeping and local businesses Lingmell House B&B, The Wasdale Head Inn, Branthwaite Farm B&B, the Great Gable Brewing Company for providing a bottle of his prize winning ale for all the runners, and the 'Barndoor Shop' for supporting the race.



Lingmell Dash Fell Race Results, July 2011

Tim Ellis	M	Edgeworth Cricket & Recreational Club	52.34
Ian Davies	M	Keswick AC	55.10
Graham Ivory	M40	U/A	57.02
David Atkinson	M45	Cumberland Fell Runners	59.32
Samuel Dalby	M	FRA	62.00
Robert Fox	M45	Keighley & Craven	66.41
Chris Cripps	M	Wasdale Mountain Rescue Team	67.09
William Holder	M	U/A	67.13
Eddie Lesniak	M55	Achillie Rattie	67.21
Danny Hazell	M23	U/A	67.30
Dicky Wilkinson	M50	Dark Peak	68.27
Larry Abel	M45	Cumberland Fell Runners	69.14
John Hazell	M50	U/A	69.56
Julian Carradice	M50	Wasdale Mountain Rescue Team	69.56
Andrew Vais	M	Holmfirth	70.33
Steve Ellis	M55	Edgeworth Cricket & Recreational Club	71.40
Richard Harrison	M55	Wasdale Mountain Rescue Team	72.09
Peter Bains	M55	Wasdale Mountain Rescue Team	72.33

Roger Whitaker	M65	Cumberland Fell Runners	73.27
Phil Walters	M40	Dark Peak	73.25
Lindsay Buck	F50	Cumberland Fell Runners	73.50
Debs Carter	F40	Wasdale Mountain Rescue Team	74.50
Stephen Walter	M	Wasdale Mountain Rescue Team	76.02
David Wilson-Timmings	M60	FRA	81.36
Saffron Price-Walter	F	Wasdale Mountain Rescue Team	86.53
Alan Taylor	M55	Cumberland Fell Runners	87.17
Sean Gauton	M40	Long Eaton	91.29
Lee Hopkins	M40	U/A	93.07
Terry Lowdon	M55	Cumberland Fell Runners	96.48

C.F.R.- FELL CHAMPIONSHIP – 2011

Qualification – any 6 races (but with a MAXIMUM of 4 short races to count)

Points from ALL races run count towards The Cumberland Cup

Short

S1 – Blake’s Heaven – 29 January
 S2 – Causey Pike – 26 March
 S3 – Latterbarrow Loop – 07 May
 S4 – Dunnerdale – 12 November
 Sh1 – Loweswater – 4 September
 Sh2 – Buttermere – 15 October

Medium

M1 – Black Combe – 05 March
 M2 – Coledale – 16 April
 M3 – Fairfield – 14 May
 M4 – Mellbreak – 12 June

Long

L1 – Teenager with Altitude – 23 April
 L2 – Three Shires – 17 September

CHAMPIONSHIP POINTS

Posn	Name	Cat	S1	S2	S3	S4	Sh 1	Sh 2	M1	M2	M3	M4	L1	L2	Cumber-land Cup	TOTAL 6 Races
1	Peter Crompton	V50	97	98	100	-	-	-	99	99	100	-	98	-	-	594
2	Mike Harrison	V40	93	97	-	-	-	-	97	100	99	-	99	-	-	585
3	Andy Bradley	V45	95	-	99	-	97	-	98	98	-	98	-	-	-	585
4	Neil Sidaway	V45	-	96	-	-	-	-	94	95	96	97	96	-	-	574
5	Paul Jennings	V40	85	93	96	-	94	-	92	92	95	96	97	-	840	571
6	Steven O’Keefe	OM	89	95	95	-	-	-	-	96	94	92	-	-	-	561
7	Claire Russell	OL	87	92	-	-	-	-	93	91	97	95	-	-	-	555
8	David Fell	V60	82	88	93	-	95	-	90	88	91	87	-	-	-	545
9	Kate Beaty	LV50	84	90	94	-	-	-	-	93	93	86	-	-	-	540
10	Nina Walkingshaw	OL	81	89	92	-	93	-	-	89	92	-	-	-	-	536
11	Roger Whitaker	V65	80	87	91	-	-	-	91	87	-	94	-	-	-	530
12	Mel Bradley	LV45	76	86	88	-	91	-	86	80	-	91	-	-	-	522
13	Nick Moore	V50	71	84	87	-	90	-	84	81	86	90	-	-	-	521
14	Lindsay Buck	LV50	73	-	86	-	92	-	83	83	84	83	-	-	-	511
15	Phil Hawley	V55	74	-	89	-	88	-	85	-	85	85	-	-	-	506
16	Angela Jackson	OL	72	81	-	-	-	-	88	82	88	84	-	-	-	495
17	Jane Mottram	LV55	64	77	81	-	85	-	80	-	82	82	-	-	-	487
18	Steve Watson	V70	62	79	80	-	83	-	82	78	-	77	-	-	-	479
19	Dot Patton	LV55	65	80	-	-	84	-	81	-	83	80	-	-	-	473
20	Pete Marston	OM	86	94	97	-	98	-	-	94	-	-	-	-	-	469
21	Mark Graham	V50	77	-	-	-	-	-	87	86	87	-	94	-	-	431
22	Jennie Chatterley	LV40	78.5	82	-	-	-	-	-	84	89	89	-	-	-	422.5
23	Andy Fletcher	V50	70	83	85	-	-	-	-	85	-	88	-	-	-	411
24	Howard Seal	OM	-	99	-	-	100	-	100	-	-	-	100	-	-	399
25	Dave Morgan	V65	66	78	83	-	-	-	-	-	-	79	-	-	-	306
26	Terry Lowden	V60	63	76	82	-	-	-	-	-	-	78	-	-	-	299
27	Tracy Park	LV40	-	-	90	-	87	-	-	-	90	-	-	-	-	267
28	Anita Barker	LV40	78.5	85	-	-	-	-	89	-	-	-	-	-	-	252.5
29	Barry Johnson	V70	67	-	-	-	86	-	-	-	-	81	-	-	-	234
30	Chris Knowles	V45	-	100	-	-	-	-	-	-	-	100	-	-	-	200
31	Nathan Thompson	OM	100	-	-	-	-	-	-	-	-	99	-	-	-	199

32	Daniel Tindall	OM	-	-	-	-	-	-	-	97	98	-	-	-	-	-	195
33	David Atkinson	V45	98	-	-	-	-	-	96	-	-	-	-	-	-	-	194
34	Alex Smith	V50	94	-	98	-	-	-	-	-	-	-	-	-	-	-	192
35	Bill Williamson	V45	-	91	-	-	-	-	-	-	-	95	-	-	-	-	186
36	Paul McKendrey	V40	83	-	-	-	-	-	95	-	-	-	-	-	-	-	178
37	Eleanor Williamson	LV40	68	-	-	-	-	-	-	79	-	-	-	-	-	-	147
38	John Boyle	V40	99	-	-	-	-	-	-	-	-	-	-	-	-	-	99
=	Mike Park	V45	-	-	-	-	99	-	-	-	-	-	-	-	-	-	99
40	Jerry Dawson	V45	96	-	-	-	-	-	-	-	-	-	-	-	-	-	96
=	Harry Jarrett	V55	-	-	-	-	96	-	-	-	-	-	-	-	-	-	96
42	Jonathon Walkingshaw	OM	-	-	-	-	-	-	-	-	93	-	-	-	-	-	93
43	Kate Apps	OL	92	-	-	-	-	-	-	-	-	-	-	-	-	-	92
44	John Walker	V45	91	-	-	-	-	-	-	-	-	-	-	-	-	-	91
45	David Ross	V40	90	-	-	-	-	-	-	-	-	-	-	-	-	-	90
=	Paul Crickett	V40	-	-	-	-	-	-	-	90	-	-	-	-	-	-	90
47	David Lees	V60	-	-	-	-	89	-	-	-	-	-	-	-	-	-	89
48	Chris Natrass	V45	88	-	-	-	-	-	-	-	-	-	-	-	-	-	88
49	Tony Jewell	V55	-	-	84	-	-	-	-	-	-	-	-	-	-	-	84
50	Jack Escritt	V75	-	-	79	-	-	-	-	-	-	-	-	-	-	-	79
51	Mike Litt	V60	75	-	-	-	-	-	-	-	-	-	-	-	-	-	75
52	Peter Taylor	V70	69	-	-	-	-	-	-	-	-	-	-	-	-	-	69

Men Under 40

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2		TOTAL
1	Steven O'Keefe	OM	49	49	49	-	-	-	-	49	49	48	-	-	-	293
2	Pete Marston	OM	48	48	50	-	49	-	-	48	-	-	-	-	-	243
3	Howard Seal	OM	-	50	-	-	50	-	50	-	-	-	50	-	-	200
4	Daniel Tindall	OM	-	-	-	-	-	-	-	50	50	-	-	-	-	100
5	Nathan Thompson	U18	50	-	-	-	-	-	-	-	-	50	-	-	-	100
6	Jonathon Walkingshaw	OM	-	-	-	-	-	-	-	-	-	49	-	-	-	49

VET 40 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2		TOTAL
1	Mike Harrison	V40	50	50	-	-	-	-	50	50	50	-	50	-	-	300
2	Paul Jennings	V40	48	49	50	-	50	-	48	49	49	50	49	-	-	297
3	Paul McKendrey	V40	47	-	-	-	-	-	49	-	-	-	-	-	-	96
4	David Ross	V40	49	-	-	-	-	-	-	-	-	-	-	-	-	49
5	Paul Crickett	V40	-	-	-	-	-	-	-	48	-	-	-	-	-	48
6	John Boyle	V40	0	-	-	-	-	-	-	-	-	-	-	-	-	0

Note: 0 score indicates that John finished the race but had not yet reached the qualifying age.

VET 45 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2		TOTAL
1	Andy Bradley	V45	48	-	50	-	49	-	50	50	-	49	-	-	-	296
2	Neil Sidaway	V45	-	49	-	-	-	-	48	49	50	48	50	-	-	294
3	Chris Knowles	V45	-	50	-	-	-	-	-	-	-	50	-	-	-	100
4	David Atkinson	V45	50	-	-	-	-	-	49	-	-	-	-	-	-	99
5	Bill Williamson	V45	-	48	-	-	-	-	-	-	-	-	49	-	-	97
6	Howard Seal	V45	-	-	-	-	50	-	-	-	-	-	-	-	-	50
7	Jerry Dawson	V45	49	-	-	-	-	-	-	-	-	-	-	-	-	49
8	John Walker	V45	47	-	-	-	-	-	-	-	-	-	-	-	-	47
9	Chris Natrass	V45	46	-	-	-	-	-	-	-	-	-	-	-	-	46

VET 50 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2		TOTAL
1	Peter Crompton	V50	50	50	50	-	-	-	50	50	50	-	50	-	-	300
2	Nick Moore	V50	47	49	48	-	50	-	48	47	48	50	-	-	-	293
3	Mark Graham	V50	48	-	-	-	-	-	49	49	49	-	49	-	-	244
4	Andy Fletcher	V50	46	48	47	-	-	-	-	48	-	49	-	-	-	238
5	Alex Smith	V50	49	-	49	-	-	-	-	-	-	-	-	-	-	98

VET 55 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Phil Hawley	V55	50	-	50	-	49	-	50	-	50	50	-	-	299
2	Harry Jarrett	V55	-	-	-	-	50	-	-	-	-	-	-	-	50
3	Tony Jewell	V55	-	-	49	-	-	-	-	-	-	-	-	-	49

VET 60 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	David Fell	V60	50	50	50	-	50	-	50	50	-	50	-	-	300
2	Terry Lowden	V60	48	49	49	-	-	-	-	-	-	49	-	-	195
3	David Lees	V60	-	-	-	-	49	-	-	-	-	-	-	-	49
=	Mike Litt	V60	49	-	-	-	-	-	-	-	-	-	-	-	49

VET 65 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Roger Whitaker	V65	50	50	50	-	-	-	50	50	-	50	-	-	300
2	Dave Morgan	V65	49	49	49	-	-	-	-	-	-	49	-	-	196

VET 70 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Steve Watson	V70	48	50	50	-	49	-	50	50	-	49	-	-	298
2	Barry Johnson	V70	49	-	-	-	50	-	-	-	-	50	-	-	149
3	Peter Taylor	V70	50	-	-	-	-	-	-	-	-	-	-	-	50
4	Jack Escritt	V75	-	-	49	-	-	-	-	-	-	-	-	-	49

LADIES CHAMPIONSHIP

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Claire Russell	OL	49	50	-	-	-	-	50	49	50	50	-	-	298
2	Kate Beaty	LV50	48	49	50	-	-	-	-	50	49	47	-	-	293
3	Nina Walkingshaw	OL	47	48	49	-	50	-	-	48	48	-	-	-	290
4	Mel Bradley	LV45	44	47	47	-	48	-	47	44	-	49	-	-	282
5	Lindsay Buck	LV50	43	-	46	-	49	-	46	46	44	45	-	-	276
6	Angela Jackson	OL	42	44	-	-	-	-	48	45	45	46	-	-	270
7	Jane Mottram	LV55	39	42	45	-	46	-	44	-	42	44	-	-	263
8	Dot Patton	LV55	40	43	-	-	45	-	45	-	43	43	-	-	259
9	Jennie Chatterley	LV40	45.5	45	-	-	-	-	-	47	46	48	-	-	231.5
10	Tracy Park	LV40	-	-	48	-	47	-	-	-	47	-	-	-	142
11	Anita Barker	LV40	45.5	46	-	-	-	-	49	-	-	-	-	-	140.5
12	Eleanor Williamson	LV40	41	-	-	-	-	-	-	43	-	-	-	-	84
13	Kate Apps	OL	50	-	-	-	-	-	-	-	-	-	-	-	50

Ladies Under 40

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Claire Russell	OL	49	50	-	-	-	-	50	50	50	50	-	-	299
2	Nina Walkingshaw	OL	48	49	50	-	50	-	-	49	49	-	-	-	295
3	Angela Jackson	OL	47	48	-	-	-	-	49	48	48	49	-	-	289
4	Kate Apps	OL	50	-	-	-	-	-	-	-	-	-	-	-	50

VET 40 Ladies

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Mel Bradley	LV45	48	50	49	-	50	-	49	49	-	50	-	-	297
2	Jennie Chatterley	LV40	49.5	48	-	-	-	-	-	50	49	49	-	-	245.5
3	Tracy Park	LV40	-	-	50	-	49	-	-	-	50	-	-	-	149
4	Anita Barker	LV40	49.5	49	-	-	-	-	50	-	-	-	-	-	148.5
5	Eleanor Williamson	LV40	47	-	-	-	-	-	-	48	-	-	-	-	95

VET 50 Ladies

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	TOTAL
1	Kate Beaty	LV50	50	50	50	-	-	-	-	50	50	50	-	-	300
2	Lindsay Buck	LV50	49	-	49	-	50	-	50	49	49	49	-	-	296
3	Dot Patton	LV55	48	49	-	-	48	-	49	-	48	47	-	-	289
4	Jane Mottram	LV55	47	48	48	-	49	-	48	-	47	48	-	-	288

C.F.R.- Show Series – 2011

Qualification – any 4 races

Awards for all age categories as per the Championship

1 - Arnison Dash – 26 June

2 - Coniston Country Fair – 24 July

3 - Ennerdale Show – 31 August

4 - Loweswater Show – 4 September

5 - Wasdale Show – 8 October

6 - Buttermere – 15 October

SHOW CHAMPIONSHIP

Posn	Name	Cat	1	2	3	4	5	6	TOTAL
1	David Fell	V60	99	99	95	95	-	-	388
2	Lindsay Buck	LV50	97	100	92	92	-	-	381
3	Jane Mottram	LV55	94	98	90	85	-	-	367
4	Phil Hawley	V55	96	-	93	88	-	-	277
5	Dot Patton	LV55	95	-	91	84	-	-	270
6	Harry Jarrett	V55	-	-	96	96	-	-	192
7	Paul Jennings	V40	-	-	97	94	-	-	191
8	Nick Moore	V50	-	-	94	90	-	-	184
9	Steve Watson	V70	-	-	89	83	-	-	172
10	Ollie Fielden	OM	100	-	-	-	-	-	100
=	Chris Knowles	V45	-	-	100	-	-	-	100
=	Howard Seal	OM	-	-	-	100	-	-	100
13	John Boyle	OM	-	-	99	-	-	-	99
=	Mike Park	V45	-	-	-	99	-	-	99
15	Mark Graham	V50	98	-	-	-	-	-	98
=	David Atkinson	V45	-	-	98	-	-	-	98
=	Pete Marston	OM	-	-	-	98	-	-	98
18	Andy Bradley	V45	-	-	-	97	-	-	97
19	Dave Morgan	V65	93	-	-	-	-	-	93
=	Nina Walkingshaw	OL	-	-	-	93	-	-	93
21	Mel Bradley	LV45	-	-	-	91	-	-	91
22	David Lees	V60	-	-	-	89	-	-	89
23	Tracy Park	LV40	-	-	-	87	-	-	87
24	Barry Johnson	V70	-	-	-	86	-	-	86

And Finally

"Life is like a taxi, the meter just keeps ticking whether you are going somewhere or just standing still"