



CFR Newsletter

January 2010

www.c-f-r.org.uk

Welcome to the January 2010 CFR Newsletter. Happy New Year to all CFR members. Wishing you all the best for 2010. Thanks to all who have contributed to this edition. Keep the articles rolling in please! 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

Kate

CFR Subscriptions 2010

Can I remind members that subscriptions should be paid by 28th February 2010. The current fees are £15 for individual membership and £25 for joint membership (two people living at the same address). Fees should be paid to Kate Beaty or Stephen Sharp.

If you do not pay by this date you will be deemed to be no longer a member of the club and will not receive the newsletter. You will not qualify for points in CFR championship races. Also when entering races you will need to pay the levy to England Athletics and will not receive their membership card.

This does not apply to junior members, as they pay no subscription.

Any queries to Stephen Sharp, membership secretary, tel. 01900 826632, E-mail stephen.sharp4@btinternet.com

Contents

Dates for your Diary.....	2 - 3
Jarrett Jaunt Handicap	
Blakes Heaven	
Winter League Dates	
AGM Minutes	4
AGM Race Report	6
Lindsay's 50 Fells	7
Bloxladz Race Report – An Old Codgers View!	8
Bloxladz Race	9
CFR Presentation Night Reports	10
Christmas Handicap Race And Results.....	11
Club Championship – 2010 Age Classifications.....	12
2009 / 2010 Winter Series Table	13
And Finally!	13

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

Dates for your Diary

Blakes Heaven Details Below	30 th January 2010
Jarrett Jaunt Handicap Details Below	6 th February 2010

Next Committee Meeting

27th January 2010, Swan Inn, Kirkgate,
Cockermouth

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
cfgangrel@hotmail.co.uk

JARRETT JAUNT HANDICAP

SATURDAY 6TH FEBRUARY 2010
FROM WATH BROW BRIDGE
AT
13.00 HRS
£3.00 ENTRY
WHICH INCLUDES TEA, COFFEE, SOUP,
BISCUITS AND CAKE
WITH PLENTY OF PRIZES

Blakes Heaven 2010

Saturday 30th January, 12:00pm

Start from The Green, Lamplugh (GR 089209)

Distance: 4.5m, Ascent: 1700ft

Entry £4 on day, Over 16 only

Records: A. Bowness, 31.57, 2002; f. N. White, 37.48, 2007

Junior races from 11:00am

No training on tracks or fields around Lamplugh

No toilets

Marshalls Required: if any one is available to help with marshalling, registration etc. I would be grateful. Proceeds to CFR Juniors as usual. Contact: 01900 825584 or 07811253543

Chris Knowles

Eaglesfield 10 Kilometres

Please note this race was cancelled due to the weather conditions.

Winter League Dates

This is the 11th CFR Winter All Terrain League.
2 races from both Fell and Road to count.

1 AGM Fell Race, Ennerdale	12/12/09	12:00pm
2 Pica Race (Wilson open cast site)	26/12/09	11:00am
3 Eaglesfield 10k	3/1/10	11:00am
4 Blakes Heaven		Details to Follow
5 Two Lakes	?/2/10	Details to Follow
6 Grasmoor 5k	13/3/10	10:00am

Cumberland Fell Runners Annual General Meeting

Held on the 12th December 2009 held at the Shepherds Arms. Ennerdale

Opening Remarks: The AGM was declared opened by Club Chairman Peter Crompton at 2.15pm

Apologies: C Knowles, G Pattinson, S Sharp, D Eastoe, J Eskritt, D Morgan, R James

- Minutes of the 2008 AGM: These were unavailable to report upon therefore there were no matters arising from the minutes.

Chairman's Report - Peter Crompton:

- Peter opened by thanking the organising committee of the UKA British Relay Championships for a hugely successful day.
- Mark Graham was thanked for putting together a team at short notice for the Ian Hodgson Relay.
- Congratulations were given to Jackie Winn English V55 Champion for the 3rd year.
- Willie Bell 6th in the English V40.
- Kate Beaty 5th Lady in the British Championship.

Treasurer's Report - Kate Beaty:

- Kate presented a healthy report for 2009 with a bank balance as at November 30th 2009 of £3,308.66. Not taken into account was outstanding payment to Sportident of £620, we are waiting for their bill to enable us to complete. The UKA British Relay Championships Income & Expenditure was well managed resulting in a small profit.

Secretary's Report - Chris Knowles:

- None available to report upon

Membership's Secretary's Report - Stephen Sharp:

- Peter Crompton read out an update from Stephen. Currently CFR have 120 Male members, 24 Female members, 33 Junior Boys and 13 Junior Girls. All numbers are a little down from last year but still healthy.

Team Manager's Report -

- Ladies - Jane Mottram: Jane reported that injuries prevented our Ladies competing in the British & English races. A thank you was given to Sam Ayres who managed to get 2 Ladies teams together for the Relay Championships together with pre-relay training sessions.

- Open Men – Gavin Pattinson: Gavin reported that if re-elected he was willing to carry on in 2010 as Team Captain.
- Male V40 – Chris Knowles: Chris via the Chairman informed the meeting that he is standing down as Team Captain.
- Male V50 – Peter Crompton: Peter reported that next year he will not be competing as much on the fells and as a result he is standing down as Team Captain.
- Male V60 – Roger Whittaker: Due to illness Roger was unable to report.
- Junior Coach – Bob Riley: Bob first thanked Mike Simpson and Brian Thompson for their help. Another good year resulting in a successful Presentation Evening in September. Club Funds were healthy and thanks were given to Blakes Heaven & Latterbarrow Loop organisers for their contribution. The bank balance is now standing at £734.38 which is an increase of £135.25 from 2008. Additional thanks were given to Joe Richardson, Lindsay & Jim Davis and Rob James for their respective donations.

Web Site Manager's Report – Duncan Eastoe

- Peter read out Duncan's Report in his absence. Our new site is now 12 months old and has been successful in the new streamlined events menu & calendar plus the new homepage. For all the work that Duncan carries out the outlay is very cheap. In Feb 2010 the domain will require renewing at a cost of £5.90 and in May the web hosting for £24.95.

Election of new officers 2010 –

- Peter Crompton, Chris Knowles, Stephen Sharp and Jack Eskritt were duly elected to carry on as Club Chairman, Secretary, Membership Secretary and Statistician respectively.
- The new Men V40 Team Captain is Charles Mason
- The new Men V50 Captains are Nick Moore & Mark Graham
- Ladies Team Captains are Jenny Chatterley, Dot Patton & Jane Mottram
- 2010 Race Selection Committee is: Michael Litt, Charles Mason, Jenny Chatterley and Paul Crickett.

AOB:

- To create additional and stimulate interest in our Club Championship it was proposed and accepted the Long Category Race to be reduced to 3 races and add an extra into the Medium Category. This means that the Club championship will be 3 Long, 5 Medium and 4 Short races. 6 Races to complete the Club Championship.
- There will be an additional Trophy for those who complete the Lakeland Classics which are the Long Category races. People who complete all 12 Championship races will receive an award and people who complete 6 Club Championship races will each receive a T-shirt.
- Peter will be organising a Spring weekend away in Keswick or Black Sail. This will be well promoted and hopefully members will respond positively.
- At the end of March, CFR & Cockermouth Mountain Rescue will hold a joint event. This will involve a small buffet with a talk by the Mountain Rescue.
- Peter is to organise a Summer BQ which hopefully will be well attended by members and friends.

Date of next Club Meeting will be 27th January at the Swan Inn, Kirkgate, Cockermouth.

Date of the 2010 AGM has been set for December 11th 2010.

The meeting was closed by the Chairman at 15.30hrs.



BLOXLAD AT THE RACES – AGM Handicap Race

The weather for this years AGM handicap was a carbon copy of the 2008 race. Ennerdale Valley was icy cold and a sharp ground frost had eaten its way into the ground. The access road down into the village was also horrendous, so well done everyone for making it at all!

As the day progressed I could see that the sun was winning the battle with the frost high up on Crag Fell, so that's where I headed for, prior to off time. The forest path was fine for the runners, as the pine needles tended to make for better grip. Once out onto the contour path round to the stream crossing of Ben Ghyll things hardened up.

Little more than a five minutes uphill walk and I had found myself a comfy boulder to rest my bones on. One by one the runners trudged up the steep incline towards the summit "goal" of Crag Fell. Stevie Watson was hot in pursuit of Dot and Jane, as the handicap began to unwind. The warming sunshine looked to be thawing the competitors out, and hats and gloves were now being discarded.

Watching everyone file past me I was able to see how fit many of the runners were. Mark Graham looked to be climbing strongly, as did Sam Ayers, whose hands on knees power walking was gaining her yards all the way. Though, at this stage no-one was moving up the fellside better than Brian Thompson who still possesses that ability to "run" just about anything, (class is permanent).



Paul Crickett has been a busy bee of late and he certainly looked race fit. He was tucked in behind 2009 Club Champ Peter Crompton, and awaiting his chance. Ben Mitchinson was another who appeared to be at home on the steep stuff. Lee Anderson

was digging deep at this stage trying to shake off teenager Jamie Riley, who was doing his mum and dad proud against senior opposition. The determined duo of Nick Moore and Terence Lowdon also caught my eye. Charles Mason confided in me at the start earlier that he was "not too fit right now" so watch out for a Charles Charge shortly.

Once all the runners had gone up and out of my sight I made my "Volterol" assisted way down the fell. Onto the long descent now and Jenny Chatterley was making excellent progress, and the handicap winner for me would surely be Jenny or Ben Mitchinson the way it was panning out. Ben was to prevail, but top marks to Jenny. Lee too can also be pleased with his third place. The impressive Sam ran out of hill as she almost grabbed the day's honours. Her 32-48 was a very good time.

It was really heartening for me to see how well Harry Jarrett ran. Harry has had so many injury setbacks, etc. etc. that lesser men would have called time on it all. 57 year old Harry has raced competitively on the fells for almost 45 years! Fingers crossed, he can keep it going in 2010, as he recorded the second fastest time on the day. Good on yer H!

Paul Crickett swept by Peter just before the forest section, to clock the quickest timing. Paul hit the tape in 29-24, but if I know Peter, he will be out to re-dress the balance shortly. Strongest climber Brian backed off as planned and looked after himself on the descent. Crikey, he finished as if he'd barely been up and down stairs!

All in all, a cracking day's racing, and what a shame we didn't have more runners. But Christmas shopping won't do itself, and I'm confident that the Nannycatch Festive Handicap will draw a few more runners out onto the hills. A chance to get those nice new "Crimbo Walshies" mucked up.

Yannet Blox

Lindsay's Fifty Fells

Lindsay Buck is well known for undertaking many unique challenges. The latest task that she has set herself is to complete 50 ascents of the 2630 foot 'Kirk Fell' between her 49th birthday on the 11 October and her 50th birthday in 2010 at the time of the Wasdale Show fell race..... up Kirk Fell...!

To support the challenge Lindsay is looking for sponsorship in aid of the Wasdale Mountain Rescue Team which if anyone would like to sponsor her can be done so through Lindsay, Jim Davis or Chris Cripps or just go to my JustGiving page:

<http://www.justgiving.com/50kirkfells>

It's easy to donate online with a credit or debit card - JustGiving sends your donation

straight to Wasdale Mountain Rescue Team and automatically reclaims Gift Aid on all eligible donations, so what you give is worth even more. I hope you'll join Lindsay in supporting Wasdale Mountain Rescue Team.

Thank you.

Lindsay Buck

BLOXLADS RACE REPORT – AN OLD CODGERS VIEW!

So, here I am ready to set off, 8 minutes behind the first group and 3 minutes behind Sean, next man "up the road". Not raced since September and only gentle training – good job it's "only a bit of fun". Paul Jennings 3 minutes behind me – I bet he'll be the first person I see!

Jim gives me the off and here I go, take it steady, it's a long pull to the top of the first climb with a few steep bits, don't want to blow up halfway to the top. At least the rain has stopped. God it's steep, slow down a bit, not too much or Paul will catch you before the first top, quick look at my watch – he set off a minute ago – wonder when I'll hear his footsteps. Thank god – top of the first climb and still no sign of Paul. Start the drop, he'll probably catch me before the bottom. Oh well, here goes, not too bad, but as the whole club knows, I'm the world's worst descender. Oops! Slipping and sliding a bit on wet rock but stay upright, keep going, try and keep a decent pace, how do I feel?----- Not so bad really, legs are going well and breathing sound, increase the speed, enjoying this, surface just right for me, no wet rock and plenty for my Mudclaws to grip on. Get to the bottom, still no sign of Paul!! Round the corner and through the gate – Hey! I can see runners in front of me on the climb up Chimneys, there's Dave Morgan, is that Sean in front of him?

At this rate I might catch someone – keep going – feeling OK but then I hit the climb - my strong point but - Ouch – don't forget, you old sod, you haven't raced since September – SLOW DOWN A BIT – that's better. Dave's out of sight now but at least I'm still moving. Bloody Hell Irvine – did you have to send us up here? Hang on - it's Chimneys – you just knew Irvine would send you up Chimneys so get on with it! Start the drop, Oh Hell, steep, slippery grass. Careful! I can hear sounds of feet behind – must be Paul – not far to the bottom – Oh – it's Harry going well, get out of his way. Someone else, this time it is Paul, trying hard to keep near Harry – get out of his way. Quick look round – Paul Crick. next, no doubt Jackie won't be far behind! Get out of his way and we are on the valley bottom. It's starting to get hard now – through Nannycatch – now it really is beginning to hurt – nothing worse than a long flat stretch after a few steep ups and downs. Catch my first man, don't know him, poor sod's out on his feet gasping for breath, give him a few words of encouragement and plod on.

OH NO! here's the steep climb up Flat Fell – go past Jack who's finding this steep bit not to his liking but Hey, how well will you be climbing at 76!! That's better - the gradient has eased and there's Dave – seems to be taking me a long time to catch him – keep going – feeling reasonably strong – go past Dave who remarks on this being named "Flat Fell" – any thing but – bit like Little Stand on the Duddon. Can see Steve now – is that Sean just behind him? Must try and get to them before the top or I probably won't get to them before the finish. Keep trying but there's the top and I'm too far behind – never mind - keep trying – you never know. Over the top and Jackie comes past, looks fresh as a daisy! How does he do it??? There's Steve and Sean - get going and to see if you can get up to them. Now this is one of the few descents I really like, just the right gradient and plenty of grip. Off I go, I'm flying! Well at least by my standards. And I'm catching Steve – Sean's well away but I'm gaining rapidly on

Steve. Then I hear Irvine's voice and I know I don't have enough ground to get to Steve but I only finish a few seconds behind him.

Well that went well and, apart from the valley bottom which felt like a grind, I enjoyed it all the way round, AND, I get a box of chocs. (well at least Amanda does).

Now Harry – about my handicap next week.....

Roger Whitaker

Bloxladz Handicap

My first handicap for some time went off really well, thanks to a lot of great help from a number of people. I bought a number of prizes myself, but it was nice to see folk bringing extra ones along to assure that everyone went home with some booty. In fact I was even able to break even myself, and pass on a good bag full of goodies for Harry's AGM event the following weekend. Harry kindly helped me to get my gear up to Nannycatch on the day.

Trevor Wilkinson did a sterling job of going up into the forest midweek to saw through a tree that was lying right across the route. He also flagged the entire route on the Friday with the kind help of Sean Rush, and Paul Crickett. Many thanks lads! Jim Davis did his usual assured job of timekeeping for me, and turned up with some additional prizes. Cheers Jim and Lindsay. Sam Kirkpatrick did a useful stint at marshalling, and helped that man Trevor again to bring in the flags when all was done.

The brand new route saw our runners heading up the main forest road for some 300 yards or so, and breaking off for a long runnable ascent of a small back path through the trees. Once on to the top junction, a long zig-zag descent followed which took the competitors down to the Uldale Valley floor. I couldn't resist putting in a little "tightener" of a climb up to a lone tree, which stands halfway up the infamous "Chimneys".

A steep drop back to valley level preceded some fast path running all the way round to the foot of the final slog up to Flat Fell. The soft, lush grass on the climb up to Flat Fell can chop the legs, but thankfully this was the last ascent to be negotiated on this route. The downhill gallop to the finish was a real "pin back your lugs" and go for it charge for one and all.

First back in a strong time of 34-49 was 2008 season's most improved CFR runner, Paul Crickett. Paul has had a wretched time of it this year injury-wise, but he looked mighty impressive once more. Second home was another runner finally bossing his injury demons, Harry J. Harry got a good look at Paul easing away from him up Flat Fell, and will handicap him "accordingly" next time shall we say!

Lindsay flew the flag for the girls, just holding off the fast and furious finish of Jackie Winn. Poor Jackie, 58 and all. I had to set him off last on my handicap such is his standing. Nevertheless, he darted round in just 33-13. That's some run believe me. All in all, a nice return to race organising for yours truly, and can I say a big thank you to everyone who did their bit to put the event on.

Yannet Blox

Runners finishing positions, and times on the day:

1st Paul Crickett 34-49, 2nd Harry Jarrett 38-04, 3rd Paul Jennings 38-53, 4th Lindsay Buck 46-13, 5th Jacky Winn 33-13, 6th Sean Rush 45-20, 7th Stevie Watson 51-05, 8th Roger Whittaker 43-15, 9th Dave Morgan 48-34, 10th Jack Escritt 55-05, 11th Dave Adams 56-36

CFR PRESENTATION NIGHT 5TH DECEMBER 2009

I reluctantly went ahead with organising the night despite suggesting we cancel and present the prizes at the AGM. It turned out to be a very good decision as the night turned out to be excellent. This I have to say was down to Rob James, Peter Crompton and Steven Sharp and of course all those that made the effort to go. Rob was on form all night as our M.C. and made the night very entertaining and funny especially when he got Kate Beaty and Peter Crompton up in front of everyone to compete against each other at blowing up rubber dolls to see who was the champion of champions after Peter had been crowned men's club champion and Kate women's club champion. Kate pulled this one off and even managed a quick dance with the 3ft rubber doll.

Peter started the evening with a talk on club events over the past 12 months, which involved certain members winning different named chocolate biscuits, which Peter passed out as his speech carried on. Unusual and again funny. Then we had our quiz organised by Stephen Sharp who seems to be made for the job. The buffet was provided by La Venue in Whitehaven and proved to be very good value for money. Then to finish the night we had the dance floor full for the last 1½ hrs with our usual disco Blockbusters. All in all a very good night and thanks once again to Rob, Peter and Stephen.

All the normal championship awards were presented along with a few surprise/unusual awards, which were as follows: -

Club person – **Paul Jennings**
Most improved runner – **Jenny Chatterley**
Most potential newcomer – **Darren Block**
Outstanding achievement – **Roger Whittaker**
Most crooked runner – **Paul Cricket**
Long Service Awards – **Harry Jarrett & Mike Litt**
Should have known Better – **Rob James**
Long suffering wives – **Georgina Litt & Mary Jarrett**
Bob Graham – **Nick Moore**
Paddy Buckley – **Bill Williamson**
Cumberland Cup – **Gavin Pattinson**



Harry Jarrett

The CFR Presentation night

What a night! Good food, good company and a few laughs as well, not to mention the fantastic dancing, we missed you Mike Litt!

After coming close to cancelling the event, in the end we had nearly 50 members attending. We all had a great time at the Rugby Club in Egremont. We started with a good spread (I tell you this to make those who didn't attend very envious. Don't miss it next year). There was lasagne, lots of salads, sandwiches, crisps, pastries and lots of other goodies. There was free beer too (well that's a lie actually, but you'd better not miss it next year). Beer was good though, and it persuaded lots of us to get up and enjoy ourselves on the dance floor. Good physio. for torn hamstrings. I was able to stretch my leg afterwards for the first time in a month. Stephen's quiz was well received and Heather's photos of mountain views had us all chatting about sunny visits to Cumbrian fell tops.

Rob's entertaining nonsense was excellent as usual and almost as good as the puddings, nearly forgot about those. But I won't forget the multi talented Kate Beaty (women's champion for the 9th year) with her new boyfriend. She said "he's got a nicer chest than Andy". Don't know what Andy thought about that. And I got to take home a new wife who is lying on the kitchen floor looking a bit deflated.

Thanks to Harry, Mary and others who helped with the organisation. See you all next year.

Peter Crompton

CHRISTMAS HANDICAP RACE **SUNDAY 27TH DECEMBER 2009**

Due to thick ice still on the road up to nanny catch gate I decided the day before that it was too dangerous to go up the road and therefore had to have a new course. Neil Cockbain who had helped get me off the ice on nanny catch road kindly helps me flag a new course. This went from just over Wath Brow Bridge up the start of the Kinniside race course into the woods and out 1/2 ways up Dent. The course then went up to the main cairn on Dent, over to the path down Bummers, down this path until it reached the Ulldale path and then back the same way. Despite rain on the previous two days there was still quite a bit of snow making the route interesting, a little slippery in places but not dangerous. Most of the 14 hardy souls who turned up thoroughly enjoyed this last minute route. Apologies to Dave Adams for not having a marshal at the half way point. Poor Dave carried on for a while before realising the mistake.

Anyway onto the race and first home in his first ever CFR handicap was Neal Jarrett which was rather embarrassing for the handicapper. When I was climbing back up Bummers and Irvine who was watching shouted Neal was well ahead I was surprised and though if I end up getting through to 2nd I would be banned from handicapping again. As expected Gavin Pattinson was fasted on the day with a really good run in those conditions. Lindsay revelled in the conditions and went really well. It was nice to see Mike Litt back on the fells after his recent foot operations. Many thanks to Neil Cockbain for flagging, Jim Davies for registration and timing and Brian Thompson for collection flags. Thanks also to those who brought along bottles or prizes. These will be used in the Jarrett Jaunt Race on the 6th February, 2010

Harry Jarrett

CFR XMAS STAMPEDE
27TH DECEMBER 2009
RESULTS

HANDICAP TIME

ACTUAL TIME

Pos	Name	Time		Pos	Name	Time	
1	Neal Jarrett	58.10		1	Gavin Pattinson	42.24	
2	Gavin Pattinson	62.54		2	Harry Jarrett	48.10	
3	John Walker	63.10		3	Brian Thompson	48.40	
4	Harry Jarrett	65.10		4	John Walker	50.10	
5	Trevor Wilkinson	65.17		5	Trevor Wilkinson	50.17	
6	Lindsay Buck	66.55		6	Neal Jarrett	51.10	
7	Brian Thompson	67.40		7	Nick Moore	56.20	
8	Nick Moore	69.20		8	Mike Litt	57.30	
9	Mike Litt	70.30		9	Lindsay Buck	60.55	
10	Dave Morgan	70.55		10	Dave Morgan	65.55	
11	Mike Simpson	71.39		11	Barbara Haywood	68.30	
12	Steve Watson	74.00		12	Mike Simpson	69.39	
13	Barbra Haywood	75.30		13	Steve Watson	73.00	
14	Dave Adams	79.00		14	Dave Adams	79.00	

CLUB CHAMPIONSHIP - 2010

You can only qualify for one age group in a season.

For the sake of new members and to remind others, those members who have a birthday in 2010 that takes them over a 5-year threshold the following will apply:

You have a choice of the age group in which you will compete.

If you are choosing the higher age group you must inform me **before** the first race in which you compete.

Results in races before the higher age is reached will **not** be included in **any** age group results, but will be included in the overall Championship.

Members **not** informing me of a choice will be included in the age group for which they qualify on the date of the first race in which they compete.

I HOPE YOU ALL HAVE A GREAT 2009 SEASON AND I LOOK FORWARD TO SEEING YOU AT THE RACES.

Jack. - j.escritt@yahoo.co.uk

CUMBERLAND FELL RUNNERS
2009 / 2010 WINTER SERIES

4 Races to count – 2 from each discipline

1/R = Pica Boxing Day Rd Race – 26 Dec 2009

2/R = Eaglesfield 10 – 03 Jan 2010

3/R = Grasmoor 5k – 13 Mar 2010

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

2/F = Blake's Heaven –

3/F = Crummock – 21 Feb 2010

POSITION	NAME	CAT	1 / R	2 / R	3 / R	1 / F	2 / F	3 / F	TOTAL
1	Paul Crickett	OM	-	-	-	100	-	-	100
2	Harry Jarrett	V55	-	-	-	99	-	-	99
3	Peter Crompton	V50	-	-	-	98	-	-	98
4	Brian Thompson	V45	-	-	-	97	-	-	97
5	Charles Mason	V45	-	-	-	96	-	-	96
6	Sam Ayers	OL	-	-	-	95	-	-	95
7	Mark Graham	V50	-	-	-	94	-	-	94
8	Lee Anderson	J ?	-	-	-	93	-	-	93
9	Ben Mitchinson	OM	-	-	-	92	-	-	92
10	Jennie Chatterley	LV40	-	-	-	91	-	-	91
11	Jamie Riley	J	-	-	-	90	-	-	90
12	Nick Moore	V50	-	-	-	89	-	-	89
13	Terry Lowden	V60	-	-	-	88	-	-	88
14	Steve Watson	V65	-	-	-	87	-	-	87
15	Dot Patton	LV50	-	-	-	86	-	-	86
16	Jane Mottram	LV55	-	-	-	85	-	-	85

And Finally:

Michael's Philosophical Thought:

"There's nothing wrong being a loser, it just depends on how good you are at it!"