



CFR Newsletter

June 2011

www.c-f-r.org.uk

Welcome to the June edition of the 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: kate_apps@yahoo.com

Kate

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Dates for your Diary

Blisco Dash 20th July 2011
Lingmell Dash 23rd July 2011
Coniston Country Fair Race 24th July 2011
Heart of the Lakes Rydal Round 28th July 2011
Whittle Pike 30th July 2011
Ellenborough 10k 3rd August 2011
Borrowdale Fell Race 6th August 2011
Steel Fell 10th August 2011
Sedburgh Hills Race 21st August 2011
Lakeland Country Fair 21st August 2011

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

Up and Coming Events....

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

SHORT SHOW RACE SERIES

The club's short show races series has now started, on 28th June with the Arnison Dash. The next race in the series is **Coniston Country Fair**, 24th July. It would be good to see these shows and races given some support by members of the Club – for more details see the CFR website.

Ian Hodgson Mountain Relay - 2nd October 2011:

Mark Graham will be coordinating the Ian Hodgson Men's team and Jane Mottram the Ladies. If you are interested in running in the teams, let Mark or Jane know!!

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!!

Latterbarrow Race – New Organiser Required!!

Due to the lack of support for this race, I have reluctantly decided not to organise the Latterbarrow Loop Race in the future. Numbers have dropped off even after a change from the Bank Holiday weekend. If any member wishes to take it on I would be happy to help out.

Harry Jarrett

Hadrian's Wall Run

I'm running Hadrian's Wall approximately following the path from Wallsend to Bowness on Solway on 22nd July 2011. My nominated charities are Great North Air Ambulance and Age UK West Cumbria so if anyone would like to sponsor me they can on my fundraising page: <http://www.charitygiving.co.uk/goateeh>.

I'm also looking for support runners so if anyone is free between approximately 4am and 8pm on the 22nd to run a section then let me know!

Thanks,

Howard Seal

AND FINALLY DON'T FORGET.....

Cumberland Fell Runners Presentation Evening

**19th November 2011
Embleton Hall**

Ceilidh Dance and Club Presentation

Results and Past Events...

CFR LADIES WIN AGAIN

After winning the ladies team prizes this year at Black Combe, Causey Pike and the recent Coledale Horseshoe race, CFR ladies did it again at the Fairfield Horseshoe race. This was a 9 mile race with 3000ft of ascent which attracted a field of 300 runners.

CFR's Claire Russell was first lady overall and 1st counter in the victorious ladies team, in 102nd position overall. Next CFR lady in 4th position and first LV50 was Kate Beaty, 3rd CFR counter was newcomer Nina Walkinghaw who finished 7th lady, and fourth and final team counter was Tracy Park who was 12th lady. CFR's remaining ladies were Jennie Chatterley 16th, Angela Jackson in 21st, Dot Patton and Jane Mottram in 41st and 42nd positions respectively.

In the men's Peter Crompton from Cockermouth was fist counter and first V50 in 44th position, Mike Harrison was next in 57th position and Daniel Tindal, another newcomer to the club, 3rd counter in 101st. Paul Jennings from Lamplugh had another good run in 119th position. Other CFR finishes were Stephen O'Keeffe 127th, David Fell 176th, Mark Graham 235th Nick Moore 236th and Philip Hawley in 249th position.

CFR CLUB CUP CHAMPIONSHIP **11TH JUNE 2011**

Cumberland Fell Runners staged their first ever Club Cup Championship on Saturday June 11th from Loweswater Village Hall. This one-off event is designed to complement the CFR League Championship and is likely to be repeated in future years. The course was over the north and south summits of Melbreak and involved some 500 ft of steep ascent and descent and fast track running over a distance of 5 mile.

Age groups in ten-year blocks from open to 70+ were recognised. 25 runners took part. The overall winners, and thus club cup champions were Chris Knowles and Claire Russell, both demonstrating current good form with excellent times. Chris won the race in 43.46 and Claire Russell, who is currently leading the ladies championship, was 1st lady in 6th position overall in an excellent time of 52.34. 2nd home was CFR's top junior Nathan Thompson from Egremont who was just over a minute behind the winner in a time of 44.57, 3rd to finish was Andy Bradley from Cockermouth in 49.18. The winner Chris Knowles was also the first male V40. 1st Male Vet 50 was Nick Moore in 58.54, 1st Male Vet 60 was Roger Whitaker in 56.11 who are was lying 3rd in the English V65 championship. 1st Male Vet 70 was race organiser Barry Johnson in 67.57, 1st Lady V40 was Mel Bradley in 58.23 and 1st Lady V50 was Kate Beaty in 59.46.

Other finishers where:- Neil Sidaway 50.28, Paul Jennings 51.33, Phil Bradshaw 56.22, Jonathan Walkingshaw 56.45, Steven O'Keeffe 58.12, Jennie Chatterley 59.07, Andy Fletcher 59.17, David Fell 59.34, Phil Hawley 60.28, Angela Jackson 62.28, Lindsay Buck 63.14, Jane Mottram 67.41, Dot Patton 68.03, David Morgan 68.15, Terence Lowden 73.15, Steven Watson 75.44

The race was followed by very welcome refreshments in the form of pasta, beer and wine. Grateful thanks to the many helpers – at least one of whom would have liked to be running. Results can be found on the CFR website.

Arnison Dash

The first of our new show series got off to a flying start in Patterdale on Sunday 28th June with eight CFR runners turning out to join the field of runners.

Olly Fielden was the first CFR runner home in 19.30 minutes, David Fell took first prize in M60 category in 20.30 min, Mark Graham finished in 22.36 min only 15 sec in front of the first L50 Lindsay Buck. Dot Patton and I were second and third in that category. Phil Hawley finished in 23.22 min and Dave Morgan was third M60 in 28.10 min.

We were made to feel really welcome.
The committee thanked the club for all their support.
CFR juniors were running well also!!

Jane Mottram

**ULLSWATER COUNTRY FAIR
ARNISON DASH 2 miles/1000 ft
Sunday, 26 June 2011**

RESULTS FOR THE SENIOR RACE

	Runner	Club	Category	Time
1.	Peter Brittleton	U/A	M0/40	15.35
2.	Sam Ware	Eden Runners	M	15.58
3.	Mike Robinson	Dark Peak	M0/40	16.02
4.	Will Smith	Helm Hill	Junior	16.17
5.	Paul Aitken	U/A	M	16.44
6.	Kristian Edwards	Tamworth AC	Junior	17.13
7.	John Mason	Wakefield Harriers	M0/40	17.26
8.	Steve Carr	U/A	M0/50	17.43
9.	Annabel Mason	Wakefield Harriers	Junior girl	17.45
10.	Richard Marchant	Pendle AC	M0/50	17.47
11.	Chris Thompson	FRA	M0/40	17.50
12.	Phil Clayton	FRA	M0/40	17.56
13.	Richard Green	U/A	M	18.14
14.	Mark Wharton	Calder Valley	M0/40	18.15
15.	Tim Raynor	Mansfield Harriers	M0/40	18.37
16.	Andy Kitchin	U/A	M0/40	19.15
17.	Roger Aubrey	Helm Hill	M0/40	19.24
18.	Olly Fielden	Cumberland Fell Runners	M	19.30
19.	Scott Davies	Wharfedale Harriers	M	20.05
20.	Paul Archer	Clayton-Le-Moors	M0/40	20.16
21.	David Fell	Cumberland Fell Runners	M0/60	20.30
22.	Martin Dalton	Rochdale	M0/50	20.38
23.	Philip Hobbs	Holmfirth Harriers	M0/40	20.41
24.	John Matthews	Ambleside AC	M0/40	20.44
25.	Barry Scholte	Wharfedale Harriers	M0/50	20.48
26.	Sarah Massey	Bowland	Lady	21.05
27.	Adrian Metcalf	Tri Lakeland	M	21.27
28.	David Ivinson	U/A	M	21.30
29.	Sean Crocken	Pendle AC	M0/40	21.45
30.	Roger Gooding	Springfield Striders	M	22.06
31.	Jon Hardy	Mansfield Harriers	M0/50	22.10
32.	Ally Howard-Carter	Patterdale Tri Club	M Local	22.20
33.	Kate Kitchin	Lothian	Lady	22.21
34.	John Davis	U/A	M	22.26
35.	Mark Graham	Cumberland Fell Runners	M0/50	22.36
36.	David Carruthers	U/A	M	22.42
37.	Tim Jackson	U/A	M	22.45
38.	Lindsay Buck	Cumberland Fell Runners	Lady 0/50	22.51
39.	Tim Thom	Keighley & Craven	M0/40	23.15
40.	John Varley	Fellandale	M0/50 Local	23.16
41.	Philip Hawley	Cumberland Fell Runners	M0/50	23.22
42.	Shaun Atkinson	Helm Hill	M0/40	23.25
43.	Diane Haggard	Ilkley Harriers	Lady 0/40	23.36
44.	Simon Woodrow	Patterdale MRT	M0/50	23.56
45.	Keith Ross	Hyndburn	M0/40	24.27
46.	Dan Farley	U/A	M0/40	24.47
47.	Martyn Hodgson	Saddleworth	M0/40	24.57
48.	Roger Hall	Wharfedale Harriers	M0/60	25.20
49.	Neil Critchley	Burnden Road Runners	M0/40	25.56
50.	Dot Patten	Cumberland Fell Runners	Lady 0/50	26.42
51.	Brian Richardson	Blackburn Harriers	M0/40	26.43

52.	Jane Mottram	Cumberland Fell Runners	Lady 0/50	27.23
53.	David Morgan	Cumberland Fell Runners	M0/60	28.10
54.	Andrew Bradley	Patterdale Tri Club	M	28.22

SUMMARY

1.	Peter Brittleton	U/A	15.35
2.	Sam Ware	Eden Runners	15.58
3.	Mike Robinson	Dark Peak	16.02

Male Over 40:

1.	Peter Brittleton	U/A	15.35
2.	Mike Robinson	Dark Peak	16.02
3.	John Mason	Wakefield Harriers	17.26

Male Over 50:

1.	Steve Carr	U/A	17.43
2.	Richard Marchant	Pendle AC	17.47
3.	Martin Dalton	Rochdale	20.38

Male Over 60:

1.	David Fell	Cumberland FR	20.30
2.	Roger Hall	Wharfedale	25.20
3.	David Morgan	Cumberland FR	28.10

Ladies:

1.	Annabel Mason	Wakefield Harriers	17.45
2.	Sarah Massey	Bowland	21.00
3.	Kate Kitchin	Lothian	22.21

Ladies Over 40:

1.	Lindsay Buck	Cumberland FR	22.51
2.	Diane Haggart	Ilkley Harriers	23.36
3.	Dot Patten	Cumberland FR	26.42

Ladies Over 50:

1.	Lindsay Buck	Cumberland FR	22.51
2.	Dot Patten	Cumberland FR	26.42
3.	Jane Mottram	Cumberland FR	27.23

Juniors:

1.	Will Smith	Helm Hill	16.17
2.	Kristian Edwards	Tamworth	17.13
3.	Annabel Mason	Wakefield Harriers	17.45

Locals:

1.	Ally Howard Carter	Patterdale Tri Club	22.20
2.	John Varley	Fellandale	23.16
3.	Andrew Bradley	Patterdale Tri Club	28.22

Blencathra Fell Race – 1st June 2011

Position	Name	Time
1	Phil Davies (Borrowdale)	01:04:13
19 (1 st Lady)	Sarah Ridgway (Eryri)	01:20:09
29	Andrew Bradley	01:24:32
33	Neil Sidaway	01:25:57
44	Steve O'Keefe	01:28:52

58	Ben Mitchinson	01:33:45
84	Ange Jackson	01:39:58
86	Mel Bradley	01:40:01
100	Phil Hawley	01:47:12

Ennerdale Fell Race – 4th June 2011

Position	Name	Time
1	Simon Harding (Macclesfield Harriers)	04:04:08
16 (1 st Lady)	Nicky Spinks (DPFR)	04:48:18
54	Daniel Tindall	05:51:12
59	Paul Jennings	05:58:43
75	Ian Povey	06:24:47

Short Duddon Fell Race – 4th June 2011

Position	Name	Time
26	Lindsay Buck	02:27:55

Tebay Fell Race – 15th June 2011

Position	Name	Time
47	Andrew Bradley	01:36:32

Gibson Grind – 25th June 2011

Position	Name	Time
64	Peter Taylor	88:40

Loughrigg and Silverhowe – 26th June 2011

Ladies Race

Position	Name	Time
1	Lauren Jeska (Todmorden)	01:27:38
19	Claire Russell	01:41:17
40	Nina Walkinshaw	01:47:39
41	Tracy Park	01:48:39

Mens Race

Position	Name	Time
1	Ian Holmes (Bingley)	01:08:20
153	Roger Whitaker	01:52:39

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	Neil Sidaway	V45	-	96	-	-	-	-	94	95	96	97	96	-	-	574
4	Paul Jennings	V40	85	93	96	-	-	-	92	92	95	96	97	-	746	569
5	Steven O'Keefe	OM	89	95	95	-	-	-	-	96	94	92	-	-	-	561
6	Claire Russell	OL	87	92	-	-	-	-	93	91	97	95	-	-	-	555
7	Kate Beaty	LV50	84	90	94	-	-	-	-	93	93	86	-	-	-	540
8	David Fell	V60	82	88	93	-	-	-	90	88	91	87	-	-	-	537
9	Roger Whitaker	V65	80	87	91	-	-	-	91	87	-	94	-	-	-	530
10	Nick Moore	V50	71	84	87	-	-	-	84	81	86	90	-	-	-	512
11	Mei Bradley	LV45	76	86	88	-	-	-	86	80	-	91	-	-	-	507
12	Angela Jackson	OL	72	81	-	-	-	-	88	82	88	84	-	-	-	495
13	Lindsay Buck	LV50	73	-	86	-	-	-	83	83	84	83	-	-	-	492
14	Andy Bradley	V45	95	-	99	-	-	-	98	98	-	98	-	-	-	488
15	Jane Mottram	LV55	64	77	81	-	-	-	80	-	82	82	-	-	-	466
16	Steve Watson	V70	62	79	80	-	-	-	82	78	-	77	-	-	-	458
17	Nina Walkingshaw	OL	81	89	92	-	-	-	-	89	92	-	-	-	-	443
18	Mark Graham	V50	77	-	-	-	-	-	87	86	87	-	94	-	-	431
19	Jennie Chatterley	LV40	78.5	82	-	-	-	-	-	84	89	89	-	-	-	422.5
20	Phil Hawley	V55	74	-	89	-	-	-	85	-	85	85	-	-	-	418
21	Andy Fletcher	V50	70	83	85	-	-	-	-	85	-	88	-	-	-	411
22	Dot Patton	LV55	65	80	-	-	-	-	81	-	83	80	-	-	-	389
23	Pete Marston	OM	86	94	97	-	-	-	-	94	-	-	-	-	-	371
24	Dave Morgan	V65	66	78	83	-	-	-	-	-	-	79	-	-	-	306
25	Howard Seal	OM	-	99	-	-	-	-	100	-	-	-	100	-	-	299
=	Terry Lowden	V60	63	76	82	-	-	-	-	-	-	78	-	-	-	299
27	Anita Barker	LV40	78.5	85	-	-	-	-	89	-	-	-	-	-	-	252.5
28	Chris Knowles	V45	-	100	-	-	-	-	-	-	-	100	-	-	-	200
29	Nathan Thompson	OM	100	-	-	-	-	-	-	-	-	99	-	-	-	199
30	Daniel Tindall	OM	-	-	-	-	-	-	-	97	98	-	-	-	-	195
31	David Atkinson	V45	98	-	-	-	-	-	96	-	-	-	-	-	-	194
32	Alex Smith	V50	94	-	98	-	-	-	-	-	-	-	-	-	-	192
33	Bill Williamson	V45	-	91	-	-	-	-	-	-	-	-	95	-	-	186
34	Tracy Park	LV40	-	-	90	-	-	-	-	-	90	-	-	-	-	180
35	Paul McKendrey	V40	83	-	-	-	-	-	95	-	-	-	-	-	-	178
36	Barry Johnson	V70	67	-	-	-	-	-	-	-	-	81	-	-	-	148
37	Eleanor Williamson	LV40	68	-	-	-	-	-	-	79	-	-	-	-	-	147
38	John Boyle	V40	99	-	-	-	-	-	-	-	-	-	-	-	-	99
39	Jerry Dawson	V45	96	-	-	-	-	-	-	-	-	-	-	-	-	96
40	Jonathon Walkingshaw	OM	-	-	-	-	-	-	-	-	-	93	-	-	-	93
41	Kate Apps	OL	92	-	-	-	-	-	-	-	-	-	-	-	-	92
42	John Walker	V45	91	-	-	-	-	-	-	-	-	-	-	-	-	91
43	David Ross	V40	90	-	-	-	-	-	-	-	-	-	-	-	-	90
=	Paul Crickett	V40	-	-	-	-	-	-	-	90	-	-	-	-	-	90
45	Chris Natrass	V45	88	-	-	-	-	-	-	-	-	-	-	-	-	88
46	Tony Jewell	V55	-	-	84	-	-	-	-	-	-	-	-	-	-	84
47	Jack Escritt	V75	-	-	79	-	-	-	-	-	-	-	-	-	-	79
48	Mike Litt	V60	75	-	-	-	-	-	-	-	-	-	-	-	-	75
49	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	-	-	-	-	48	-	-	-	-	194
3	Howard Seal	OM	-	50	-	-	-	-	50	-	-	-	50	-	150
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	-	-	-	48	49	49	50	49	-	296
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	Neil Sidaway	V45	-	49	-	-	-	-	48	49	50	48	50	-	294
2	Andy Bradley	V45	48	-	50	-	-	-	50	50	-	49	-	-	247
3	Chris Knowles	V45	-	50	-	-	-	-	-	-	-	50	-	-	100
4	David Atkinson	V45	50	-	-	-	-	-	49	-	-	-	-	-	99
5	Bill Williamson	V45	-	48	-	-	-	-	-	-	-	-	49	-	97
6	Jerry Dawson	V45	49	-	-	-	-	-	-	-	-	-	-	-	49
7	John Walker	V45	47	-	-	-	-	-	-	-	-	-	-	-	47
8	Chris Nattress	V45	46	-	-	-	-	-	-	-	-	-	-	-	46

VET 50 Men

Posn	Name	Cat	S1	S2	S3	S4	Sh5	Sh6	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	-	-	-	48	47	48	50	-	-	290
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	-	-	-	50	-	50	50	-	-	250
2	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	-	-	300
2	Terry Lowden	V60	48	49	49	-	-	-	-	-	-	49	-	-	195
3	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	-	-	-	50	50	-	49	-	-	297
2	Barry Johnson	V70	49	-	-	-	-	-	-	-	-	50	-	-	99
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	Mel Bradley	LV45	44	47	47	-	-	-	47	44	-	49	-	-	278
4	Lindsay Buck	LV50	43	-	46	-	-	-	46	46	44	45	-	-	270
=	Angela Jackson	OL	42	44	-	-	-	-	48	45	45	46	-	-	270
6	Jane Mottram	LV55	39	42	45	-	-	-	44	-	42	44	-	-	256
7	Nina Walkingshaw	OL	47	48	49	-	-	-	-	48	48	-	-	-	240
8	Jennie Chatterley	LV40	45.5	45	-	-	-	-	-	47	46	48	-	-	231.5
9	Dot Patton	LV55	40	43	-	-	-	-	45	-	43	43	-	-	214
10	Anita Barker	LV40	45.5	46	-	-	-	-	49	-	-	-	-	-	140.5
11	Tracy Park	LV40	-	-	48	-	-	-	-	-	47	-	-	-	95
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	Angela Jackson	OL	47	48	-	-	-	-	49	48	48	49	-	-	289
3	Nina Walkingshaw	OL	48	49	50	-	-	-	-	49	49	-	-	-	245
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	-	-	-	49	49	-	50	-	-	295
2	Jennie Chatterley	LV40	49.5	48	-	-	-	-	-	50	49	49	-	-	245.5
3	Anita Barker	LV40	49.5	49	-	-	-	-	50	-	-	-	-	-	148.5
4	Tracy Park	LV40	-	-	50	-	-	-	-	-	50	-	-	-	100
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	49	49	49	-	-	295
3	Jane Mottram	LV55	47	48	48	-	-	-	48	-	47	48	-	-	286
4	Dot Patton	LV55	48	49	-	-	-	-	49	-	48	47	-	-	241

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 – 25 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	Ollie Fielden	OM	100	-	-	-	-	-	100
2	David Fell	V60	99	-	-	-	-	-	99
3	Mark Graham	V50	98	-	-	-	-	-	98
4	Lindsay Buck	LV50	97	-	-	-	-	-	97
5	Phil Hawley	V55	96	-	-	-	-	-	96
6	Dot Patton	LV55	95	-	-	-	-	-	95
7	Jane Mottram	LV55	94	-	-	-	-	-	94
8	Dave Morgan	V65	93	-	-	-	-	-	93

C.F.R.- FELL CHAMPIONSHIP – 2011

HANDICAP CHAMPIONSHIP

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

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

POINTS

Posn	Name	Cat	S1	S2	S3	S4	Sh1	Sh2	M1	M2	M3	M4	L1	L2	H'cap	TOTAL 6 Races
1	Mike Harrison	V40	49	50	-	-	-	-	53	53	55	-	58	-	0.952	318
2	Paul Jennings	V40	49	53	57	-	-	-	46	51	52	-	52	-	0.875	314
3	Peter Crompton	V50	49	49	47	-	-	-	53	45	50	-	50	-	1.025	298
4	David Fell	V60	50	48	48	-	-	-	49	51	50	-	-	-	0.840	296
5	Mel Bradley	L45	58	58	56	-	-	-	57	53	-	-	-	-	0.736	279
=	Nick Moore	V50	43	48	49	-	-	-	43	47	49	-	-	-	0.791	279
7	Claire Russell	OL	55	53	-	-	-	-	54	54	58	-	-	-	0.848	274
8	Angela Jackson	OL	53	51	-	-	-	-	59	54	55	-	-	-	0.749	272
9	Lindsay Buck	L50	57	-	57	-	-	-	51	58	48	-	-	-	0.724	269
10	Steven O'Keefe	OM	55	53	56	-	-	-	-	53	51	-	-	-	0.877	268
11	Nina Walkingshaw	OL	50	51	50	-	-	-	-	54	54	-	-	-	0.823 *	259
12	Jane Mottram	L55	54	52	50	-	-	-	48	-	49	-	-	-	0.647	253
13	Steve Watson	V70	49	55	50	-	-	-	51	47	-	-	-	-	0.638	252
14	Roger Whitaker	V65	49	50	51	-	-	-	52	49	-	-	-	-	0.816	251
15	Kate Beaty	L50	48	49	45	-	-	-	-	51	50	-	-	-	0.880	243
16	Neil Sidaway	V45	-	51	-	-	-	-	47	49	50	-	45	-	0.913	242
17	Andy Bradley	V45	52	-	52	-	-	-	53	52	-	-	-	-	0.951	209
18	Mark Graham	V50	42	-	-	-	-	-	40	41	39	-	43	-	0.872	205
19	Andy Fletcher	V50	47	52	51	-	-	-	-	54	-	-	-	-	0.759	204
20	Pete Marston	OM	46	48	51	-	-	-	-	47	-	-	-	-	0.922	192
21	Dot Patton	L55	50	51	-	-	-	-	44	-	45	-	-	-	0.674	190
22	Phil Hawley	V55	48	-	49	-	-	-	46	-	46	-	-	-	0.797	189
23	Jennie Chatterley	L40	49	42	-	-	-	-	-	46	47	-	-	-	0.821	184
24	Howard Seal	OM	-	48	-	-	-	-	50	-	-	-	56	-	1.058 *	154

25	Anita Barker	L40	50	47	-	-	-	-	52	-	-	-	-	-	0.810 *	149
26	Dave Morgan	V65	48	45	48	-	-	-	-	-	-	-	-	-	0.694	141
27	Terry Lowden	V60	44	47	46	-	-	-	-	-	-	-	-	-	0.677	137
28	Daniel Tindall	OM	-	-	-	-	-	-	-	57	58	-	-	-	0.845	115
29	David Atkinson	V45	55	-	-	-	-	-	52	-	-	-	-	-	0.962	107
30	Eleanor Williamson	L40	56	-	-	-	-	-	-	49	-	-	-	-	0.671	105
31	Alex Smith	V50	50	-	49	-	-	-	-	-	-	-	-	-	0.963 *	99
32	Bill Williamson	V45	-	49	-	-	-	-	-	-	-	-	45	-	0.880	94
33	Paul McKendrey	V40	41	-	-	-	-	-	52	-	-	-	-	-	0.924	93
34	Tracy Park	L40	-	-	42	-	-	-	-	-	43	-	-	-	0.867	85
35	John Boyle	OM	54	-	-	-	-	-	-	-	-	-	-	-	1.021	54
=	Peter Taylor	V70	54	-	-	-	-	-	-	-	-	-	-	-	0.702	54
37	Barry Johnson	V70	53	-	-	-	-	-	-	-	-	-	-	-	0.661	53
38	Jerry Dawson	V45	52	-	-	-	-	-	-	-	-	-	-	-	0.951	52
39	John Walker	V45	51	-	-	-	-	-	-	-	-	-	-	-	0.919	51
=	Chris Knowles	V45	-	51	-	-	-	-	-	-	-	-	-	-	1.096	51
41	Nathan Thompson	U18	50	-	-	-	-	-	-	-	-	-	-	-	1.105 *	50
=	David Ross	V40	50	-	-	-	-	-	-	-	-	-	-	-	0.931	50
=	Chris Nattress	V45	50	-	-	-	-	-	-	-	-	-	-	-	0.899 *	50
=	Tony Jewell	V55	-	-	50	-	-	-	-	-	-	-	-	-	0.760 *	50
45	Kate Apps	OL	48	-	-	-	-	-	-	-	-	-	-	-	0.950	48
46	Jack Escritt	V75	-	-	44	-	-	-	-	-	-	-	-	-	0.643	44
47	Mike Litt	V60	43	-	-	-	-	-	-	-	-	-	-	-	0.850	43
48	Paul Crickett	V40	-	-	-	-	-	-	-	39	-	-	-	-	0.956	39

HANDICAP CHAMPIONSHIP

I have decided to donate a perpetual trophy to be competed for as the CFR Handicap Championship

In 2008 Harry Jarrett and I were discussing a means of comparing the relative performances of members taking account of their varying ages. I looked at the systems used by other clubs and came up with a set of handicaps based purely on age. It soon became obvious that certain members were well ahead of the standard that might be expected at their age so, since 2008, I have adjusted the handicaps at the end of each season aiming to give all members a personal handicap that relates to their actual ability.

In 2008 handicaps were based solely on the member's age on the date of the race. Since 2008 I have adjusted the handicaps at the end of each season aiming to give 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 Martin Amor for this.

Martin's handicap for 2010 was 1.101, his average score was 54.0 points per race, ie 4.0% above average. I increase his handicap by 75% of this, ie 3.0% giving a handicap for 2011 of 1.134.

Members whose average score is below 50 have their handicap reduced accordingly.

The handicaps of members completing only one race are adjusted by only 50% in the above calculation.

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

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

I calculate the points to be awarded by comparing a runner's corrected time with the average corrected time of all the CFR runners.

I will give an example and use Andy Fletcher's result at Coledale this year, 2011.

Andy's time was 01-55-58, ie 6958 seconds, his handicap is 0.759 so his corrected time is 6958×0.759 ie 5281seconds.

I do this for all the CFR runners and find the average corrected time, which at this race was 5482 seconds.

I then calculate by how much each runner beat or was behind this average time. In Andy's case he was 3.8% better than the average time. I make 50 points the average; therefore Andy scores 53.8, but I only award whole numbers so in this case Andy has 54 points.

To date the winners on handicap have been: -

2008 – Jackie Winn. 2009 – Willie Bell. 2010 – Dot Patton.

Jack

And Finally....

A philosophical thought for all the Vets....

"Don't worry about middle age, you will soon outgrow it ! "