

CFR. NEWSLETTER

March 2009

Committee Members 2009

Chairman: Peter Crompton
Secretary: Chris Knowles
Treasurer: Kate Beaty
Membership Secretary: Stephen Sharp
Statistician: Jack Eskritt
Web Site Administrator: Duncan Eastoe
Newsletter Editor: Michael Litt

My Philosophical thought – “ “

The great mistake is to anticipate the outcome of the race; you ought not to be thinking of whether it ends in victory or defeat. Let nature take its course, and your tools will strike at the right moment.

Welcome to our new member Daniel

Tindall of Little Broughton. If Daniel competes in our Championship it will be in the Open Category

CFR Website - www.c-f-r.org.uk - Please use it as Duncan Eastoe has put a lot of work into the new fresh look.

Presentation Evening -

Another successful evening held at Hunday Manor organised by Harry. Peter Crompton our Chairman talked briefly on the successes of CFR and thanked the Committee for their hard work. Peter concentrated on this year's FRA Relay in October which we are organising. Rob James our MC for the night has missed his vocation, dressed in formal attire, dicky and all Rob rhymed off unscripted jokes and patter. He even had a bit of a stage show when he produced the famous stick and plate spinning. 6 'Volunteers' attempted the act which was not as easy as it seemed.

Most Improved Runner of the Year was Paul Crickett with Clubman of the Year being awarded to Peter Crompton for all his work in organising training runs, social weekends, his commitment to CFR in the British & English Championships.

It is hoping that for 2009 Club Championship Presentation that it will be held in 2009 and be returning to Moor Row. We all hope that we can return to former days when we had people asking for tickets.

A Runners Image of Runners in Jarrett Jaunt -

- Welcome to 10 Borrowdale Fell Runners [BFR]
- BFR relishing the challenge of a handicap race as they are usually in the lead with no one to chase
- Irvine on crutches

- Irvine using a 'medical' bottle
 - Simon Booth on crutches
 - Snow, mud glorious mud
 - Nathan Thompson reviewing the Prize List as he was first home
 - Every finisher collecting a prize
 - All 10 BCR runners came on their bicycles
 - The famous CFR hospitality
 - The handicap working with a line of runners climbing the 'Chimneys'
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Looking BACK 15 Years ago -

- Tommy Baxter was first man home in the Workington – Keswick ‘Walk’ in a time of 3hrs 38 minutes
 - Barry organised the Glenridding weekend where 34 attended
 - Lamplugh Tip was our meeting venue
 - In the British Championships CFR Ladies team were Silver medallists and Bronze Medallists in the English
 - The NEAA Subs were £50
 - Brian Thompson was Club Champion, Jackie Hargreaves was Ladies, T Baxter over 50, M Litt over 45 and Harry over 40.
 - CFR had 136 members
 - St Bees Lighthouse Handicap race
 - There was a Cumbria 10k Road Race Series
 - Mike Pitchford was Treasurer, I was STILL Newsletter Editor
 - First Workington half marathon
 - Bigrigg VH was the venue of the Presentation night.
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2009 Club Championship Races –

- Short – Blake, completed
 Latterbarrow Loop; 9th May - 1pm start
 Kinniside 2 Tops; 1.30 start
 Lingmell; 25th July, 2.00pm start from Wasdale Head c/p
- Medium - Coledale Horseshoe; 18th April – 12.00 noon start
 Fairfield, 16th May – 1.00pm start from Rydal Hall, Ambleside
 Tebay; 20th June – 1pm start, **Pre entry**, get entry in after April 1st to Gary
 Murphy, The Laurels, Tebay, Penrith CA10 3XG - £5 Entry fee
 Grisedale Horseshoe; 5th September – details to follow
- Long - Duddon; 30th May – 11am start from Newfield Inn, Seathwaite
 Three Shires; 19th September – 11.00am start from 3 Shires Inn

Borrowdale, 1st August – 11am start, not pre entry but strongly advise to pre enter

Entry after 31st May, Entry form on Borrowdale fell runners web site

Wasdale; 11th July, 11am start, **Pre entry**, get entry in NOW to Richard Eastman,
2 Maud Syke, Station Rd, Drigg, Holmrook CA19 1XQ, £8.50 payable to CFRA

Please note- There will be no substitute races to replace races that you have failed to get an entry.

Winter League – Cogra Results: 15th February

	Name	Time
1	B TAYLOR	32.35
2	S JOHNSTONE	39.15
3	J WINN	39.27
4	A REID	40.05
5	R JAMES	40.54
6	J WALKER	40.55
7	R GRAY	41.25
8	L ANDERSON	45.13
9	D LEES	45.14
10	DEBBIE WALKER	45.14
11	F MOGER	46.43
12	P TAYLOR [69 years young!]	46.57
13	BARBARA HEYWOOD	46.58
14	D WOOLRIDGE	50.35
15	C WEIR	50.35
16	DOT PATTON	51.08
17	LINDSEY BUCK	51.44
18	T LOWDEN	51.51
19	S WATSON	53.29
20	N FROGETT	53.29
21	M SIMPSON	55.35

Winter League – Crummock Round 1st March

1=	B TAYLOR	51.40
1=	R LIGHTFOOT	51.40
3	A BOWNESS	52.24
4	B THOMPSON	57.20
5	P CROMPTON	57.30
6	N RAY	57.52
7	A McGEEN	59.05
8	S JOHNSTONE	60.07
9	G PATTINSON	60.34
10	R JAMES	61.18
11	J WALKER	63.12
12	A REID	63.23
13	J WINN	64.00

14	R GRAY	64.37
15	R MOSSOP	69.18
16	R HODSGEN	69.20
17	N MOORE	70.26
18	L ANDERSON	71.24
19	JENNY CHATTERLEY	71.57
20	A RACKHAM	73.27
21	BARBARA HAYWOOD	78.30
22	N FROGGART	78.34
23	LYNDSEY BUCK	81.24
24	D MORGAN	81.27
25	DOT PATTON	82.16
26	JANE MOTTRAM	82.16
27	B JOHNSON	85.30
28	S WATSON	86.02

- Road: 5K Cockermouth 4 road ends (provisional date of 14th March 11am

another reminder re- WORLD MASTERS 2009

Next year these will be held in Zagreb, Croatia. Harry Jarrett is going to organise a trip to the event. If anyone is interested in going please get in touch asap on 01946 811727 or e-mail h-jarrett@sky.com for your tickets.

Warrior Holidays 2009

Once again six events this year with four to count to the league, results and leagues will be available on the WCOC internet site (www.wcoc.co.uk). Prizes will be awarded to class winners at the final event.. The first three events will be a prompt start at 5.45pm the last three will be 6.15pm and the cost will be £2.00 for adults and £1 for juniors.

I will act as the league coordinator with individuals running the events on the night. Please direct any queries to myself.

John Slater
 01946 67941

Please note that a number of the race routes have changed slightly from last year and let me know if you spot any glaring errors in the grid references supplied.

12/03/09 – Leaps Lowp

Long: Start – Gate 087182 – Godworth summit 100182 – Low pen summit 104189 – Knock Murton summit 094190 – Finish 086184

Short: Start – Gate 087182 – Godworth summit 100182 – Low pen summit 104189 – Finish Gate 086184

19/03/09 – Hays Ho-down

Long: Start 134312 – Stile/fence crossing 159318 – Forest Road Junction 161319 – Forest Road Junction 157322 – Gate 148320 – Finish 134312

Short: Start 134312 – Stile/fence crossing 159318 – Finish 134312

26/03/09 – Crag Fell Crawl

Long: Start 085153 – Grike Summit 084140 – Crag Fell Summit 097143 – Finish 085153

Short: Start 085153 – Grike Summit 084140 – Finish 085153

02/04/09 – Fangs Brow Flyer

Long: Start 105225 – Burnbank fell summit 110209 – Carling Knott cairn 117203 – Sheepfold 116210 –
Finish Gate 105225

Short: Start 105225 – Burnbank fell summit 110209 – Gate 112216 – Finish Gate 105225

09/04/09 – Coledale Lottery

Long: Start 229231 – IN ANY ORDER – Barrow summit 227218 – Stile End summit 220219 – Causey Pike
summit 218208 – Finish Gate 229231

Short: Start 229231 – IN ANY ORDER – Barrow summit 227218 – Stile End summit 220219 – Finish Gate
229231

16/04/09 – Kinniside Conclusion

Long – Start 060137 Road/Track Junction – Flat Fell 053137 – Dent 037131 – Swarth Fell 065121 – Blakeley
Raise 070135 – Finish GR 060137

Short – Start 060137 Road/Track Junction – Swarth Fell 065121 – Blakeley Raise 070135 – Finish 060137

PRIZE GIVING after the final event

Well that's all folks, if you have any articles please let me have them -
michael.litt53@googlemail.com - AND DO YOU KNOW, I HAVE NEVER
RECEIVED ONE ALL LAST YEAR AT THIS ADDRESS!