CFR Newsletter

May 2011

www.c-f-r.org.uk

Welcome to the May 2011 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

Contents

Dates for your Diary..... 2
New Members 2
Billy Bland Relay 2
Melbreak Championship Race 3
CFR Presentation Evening 3
Grasmoor 5 Results 3
Latterbarrow Loop Report & Results 4
CFR Fell Championship 2011 Table 6
TriLakeland Cockermouth Duathlon 7

Welcome to new **Junior CFR** Members: Ruth Jennings, Zara Newby, Millie Ross, Isobel ross, Katie Russell, Philip Jennings, Abe Ross, Ben Russell, Harry Sidaway and George Sidaway.

Welcome to new **CFR** Members: Sarah De-Maine, Jill Kirtland, Ruth Smith, Nina Walkingshaw, Craig Houghton, Neal Jarrett, Howard Seal, Stephen Smith, Daniel Tindall, and Jonathan Walkingshaw.

Dates for your Diary

Moorclose 10k .....17 May 2011

Latrigg .....18 May 2011

Hutton Roof Crags .....28 May 2011

Helvellyn & the Dodds .....29 May 2011

CFR Billy Bland Relay ..... June 2011

Blencathra .....1 June 2011

Duddon ..... 4 June 2011

Ennerdale .....4 June 2011

Kentmere Trail .....4 June 2011

Melbreak Two Tops .....11 June 2011

Great Lakes Run .....18 June 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
lifeofriley1705@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....

Billy Bland Relay

A message has come from Nina Walkinshaw...

I'm keen to ask as many CFR runners as possible if they fancy the Billy Bland Relay in June. We need 10 CFR runners (preferably ladies but this mightn't be possible?) Speed isn't an issue, just the ability to recce and cover the distance of a leg.

If there is any interest, maybe we could have a few recce runs before trying the relay.

If you are interested, please contact Nina via the club message board.

Club Cup Championship Fell Race 2011

Loweswater Village Hall
Melbreak Two Tops
5 miles
Saturday June 11th at 2.30 p.m.
£5.00 entry fee

This is to be a one-off race to determine the CFR Club Cup Champions 2011. Prizes in categories Open, o/40, o/50, o/60, and o/70.

Junior races will start at 1.30.

The club will provide food after the event free of charge, and beer and soft drinks for a contribution.

The event is for CFR members only.

Volunteers are required to help on the day. Details from Barry Johnson on 01900 823961.

Cumberland Fell Runners Presentation Evening

19th November 2011
Embleton Hall

Ceilidh Dance and Club Presentation

Results and Past Events…

Grasmoor 5

Position	Number	Name	Club	Time	Category
1	39	Steven Garner	Trilakeland	19.32	Open m
2	34	Alan McKay	WC tri	21.01	MV40
3	**12**	**Mark Brown**	**CFR**	**21.15**	**Open m**
4	37	Phil Quato	Derwent	21.19	Open m
5	**8**	**Jerry Dawson**	**CFR**	**21.46**	**MV45**
6	47	Simon Clarke	Trilakeland	21.52	Open m
7	48	Jeff Thorpe	Trilakeland	21.52	Open m
8	56	Andrew Rogers	Derwent	22.06	V45
9	19	Amanda Ingram	UA	22.11	Open l
10	25	Stuart Burke	Trilakeland	22.17	Open m
11	15	Tony Davies	Derwent	22.22	MV50
12	**54**	**Peter Crompton**	**CFR**	**22.24**	**MV50**
13	20	Gary Byers	FRA	22.40	MV45

14	43	David Prescott	Derwent	22.50	Open m
15	13	Martin Varey	Trilakeland	23.07	Open m
16	21	Gary Lynch	Ellen	23.23	Open m
17	41	Oliver Finley	UA	23.20	16yrs
18	2	Roger Gray	Cumb ac	23.31	MV55
19	33	Ellie Ulyalt	UA	23.33	Open l
20	29	Malcolm Sloan	Trilakeland	23.43	MV55
21	10	Dave Penrice	Trilakeland	23.45	MV45
22	**26**	**Paul Jennings**	**CFR**	**23.59**	**MV40**
23	38	Adrian Metcalfe	Trilakeland	23.59	Open m
24	1	Neil Bennet	Trilakeland	24.05	Open m
25	55	Mark Studholme	UA	24.08	Open m
26	**14**	**Tony Jewel**	**CFR**	**24.11**	**MV55**
27	35	Lee Holiday	WC Tri	24.28	Open m
28	44	Andrew Eland	Trilakeland	24.52	Open m
29	**9**	**Roger Whitaker**	**CFR**	**23.59**	**MV65**
30	32	Melanie Tapodi	Trilakeland	25.09	Open l
31	46	Mark Lewis	Trilakeland	25.11	MV40
32	22	John Woodridge	Border	26.03	MV60
33	42	Carys Mc Gowan	Trilakeland	26.25	LV40
35	7	Ron Fletcher	UA	26.39	MV60
36	3	John Lewis	UA	26.47	MV60
37	31	Anna Blackburn	Derwent ac	26.56	LV50
38	**24**	**Jill Kirtland**	**CFR**	**27.11**	**LV60**
39	**11**	**Mike Bell**	**CFR**	**27.40.**	**MV60**
40	**23**	**Peter Taylor**	**CFR**	**27.42**	**MV70**
41	53	Maggie Ulyalt	UA	28.09	Open l
42	**17**	**Jane Mottram**	**CFR**	**28.16**	**LV55**
43	**49**	**Dave Morgan**	**CFR**	**28.27**	**MV65**
44	51	Trish Dunlop	Trilakeland	28.32.	LV40
45	50	Adrian Holme	UA	28.35	MV40
46	**16**	**Dot Patton**	**CFR**	**29.31.**	**LV55**
47	**18**	**Steve Watson**	**CFR**	**30.02**	**MV70**
48	**45**	**Lindsay Buck**	**CFR**	**30.35**	**LV50**
49	40	Juliet Greaves	UA	30.39	LV40
50	5	Veronica Eilbeck	Sam	31.45	LV40
51	30	George Greenwood	UA	31.58	MV65
52	4	Carol Burnie	Sam	32.26	LV50
53	6	Susan Turner	Sands	32.28	LV45
54	28	Geoff Harrington	Cumb ac	32.49	MV65
55	27	Fiona Alder	UA	33.14	LV50
56	36	Judy Reynolds	Sam	34.01	LV45

Latterbarrow Loop FELL RACE
7TH MAY 2011 Results

Last Saturday the Latterbarrow Loop Race took place from the Cold Fell Road between Ennerdale and Calderbridge. This was the 6th Counter in the CFR 2011 club championship. The race is a tough short 2 ½ mile route from Cold Fell Gate over onto Latterbarrow summit then Roylan and back via Swarth Fell with a total decent of 600ft. Brian Taylor from Ellenbourgh led from start to finish winning in a time of 26mins 43 secs, second place was

Peter Crompton from Cockermouth in 28.31. Peter now leads the V50 club championship table with another 6 races to go. 3rd was CFR's Andy Bradley in 29.05 and 4th man was CFR's Alex Smith from Gosforth in 29.32. The ladies competition was a close affair with CFR's Kate Beaty winning in a time of 33.47 just 2 seconds in front of Jen Mallinson from Helm Hill in 33.49 and CFR's Nina Walkingshaw 3rd in 34.15, 4th Lady was CFR's Tracy Park from Cockermouth in 35.06.

Two trophies are awarded to the first male and First female to cross the stream at the base of Latterbarrow approx. ½mile after the start. This always makes for a fast start to the race. This year it was Brian Taylor and Nina Walkingshaw who took the honours.

Position	Name	Category	Time
1	B TAYLOR	40	26.43
2	P CROMPTON	50	28.31
3	A BRADLEY	40	29.05
4	A SMITH	50	29.32
5	P MARSDEN	0PEN	30.14
6	B HODSGON	50	30.16
7	P JENNINGS	40	30.17
8	S O KEEFE	OPEN	30.28
9	KATE BEATY	L 50	33.47
10	JENNIE MALLINSON	L OPEN	33.49
11	D FELL	60	34.11
12	NINA WALKINSHAW	L OPEN	34.15
13	R WHITAKER	60	34.17
14	D HEDLEY	40	34.31
15	C CLARK	60	34.35
16	S JOHNSTON	60	34.55
17	TRACY PARK	L 40	35.06
18	P HAWLEY	50	35.54
19	MEL BRADLEY	L 40	35.57
20	N MOORE	50	36.01
21	LYNSEY BUCK	L 50	36.09
22	A FLETCHER	50	36.56
23	T JEWELL	50	37014
24	G HAGEN	50	38.25
25	D MORGAN	60	41.32
26	T LOWDEN	60	43.26
27	JANE MOTTRAM	L 50	43.32
28	S WATSON	70	44.26
29	J ESKRITT	70	46.37
30	GILLIAN BUTTERWORTH	L OPEN	48.07
31	S BUTTERWORTH	40	48.07

River lady - Nina Walkinshaw
River lady - B Taylor

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 – 11 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	-	-	691	594
2	Mike Harrison	V40	93	97	-	-	-	-	97	100	99	-	99	-	-	-	585
3	Paul Jennings	V40	85	93	96	-	-	-	92	92	95	-	97	-	-	650	565
4	David Fell	V60	82	88	93	-	-	-	90	88	91	-	-	-	-	-	532
5	Nick Moore	V50	71	84	87	-	-	-	84	81	86	-	-	-	-	-	493
6	Neil Sidaway	V45	-	96	-	-	-	-	94	95	96	-	96	-	-	-	477
7	Steven O'Keefe	OM	89	95	95	-	-	-	-	96	94	-	-	-	-	-	469
8	Claire Russell	OL	87	92	-	-	-	-	93	91	97	-	-	-	-	-	460
9	Kate Beaty	LV50	84	90	94	-	-	-	-	93	93	-	-	-	-	-	454
10	Nina Walkingshaw	OL	81	89	92	-	-	-	-	89	92	-	-	-	-	-	443
11	Roger Whitaker	V65	80	87	91	-	-	-	91	87	-	-	-	-	-	-	436
12	Mark Graham	V50	77	-	-	-	-	-	87	86	87	-	94	-	-	-	431
13	Mel Bradley	LV45	76	86	88	-	-	-	86	80	-	-	-	-	-	-	416
14	Angela Jackson	OL	72	81	-	-	-	-	88	82	88	-	-	-	-	-	411
15	Lindsay Buck	LV50	73	-	86	-	-	-	83	83	84	-	-	-	-	-	409
16	Andy Bradley	V45	95	-	99	-	-	-	98	98	-	-	-	-	-	-	390
17	Jane Mottram	LV55	64	77	81	-	-	-	80	-	82	-	-	-	-	-	384
18	Steve Watson	V70	62	79	80	-	-	-	82	78	-	-	-	-	-	-	381
19	Pete Marston	OM	86	94	97	-	-	-	-	94	-	-	-	-	-	-	371
20	Jennie Chatterley	LV40	78.5	82	-	-	-	-	-	84	89	-	-	-	-	-	333.5
21	Phil Hawley	V55	74	-	89	-	-	-	85	-	85	-	-	-	-	-	333
22	Andy Fletcher	V50	70	83	85	-	-	-	-	85	-	-	-	-	-	-	323
23	Dot Patton	LV55	65	80	-	-	-	-	81	-	83	-	-	-	-	-	309
24	Howard Seal	OM	-	99	-	-	-	-	100	-	-	-	100	-	-	-	299
25	Anita Barker	LV40	78.5	85	-	-	-	-	89	-	-	-	-	-	-	-	252.5
26	Dave Morgan	V65	66	78	83	-	-	-	-	-	-	-	-	-	-	-	227
27	Terry Lowden	V60	63	76	82	-	-	-	-	-	-	-	-	-	-	-	221
28	Daniel Tindall	OM	-	-	-	-	-	-	-	97	98	-	-	-	-	-	195
29	David Atkinson	V45	98	-	-	-	-	-	96	-	-	-	-	-	-	-	194
30	Alex Smith	V50	94	-	98	-	-	-	-	-	-	-	-	-	-	-	192
31	Bill Williamson	V45	-	91	-	-	-	-	-	-	-	-	95	-	-	-	186
32	Tracy Park	LV40	-	-	90	-	-	-	-	-	90	-	-	-	-	-	180
33	Paul McKendrey	V40	83	-	-	-	-	-	95	-	-	-	-	-	-	-	178
34	Eleanor Williamson	LV40	68	-	-	-	-	-	-	79	-	-	-	-	-	-	147
35	Nathan Thompson	OM	100	-	-	-	-	-	-	-	-	-	-	-	-	-	100
=	Chris Knowles	V45	-	100	-	-	-	-	-	-	-	-	-	-	-	-	100
37	John Boyle	V40	99	-	-	-	-	-	-	-	-	-	-	-	-	-	99
38	Jerry Dawson	V45	96	-	-	-	-	-	-	-	-	-	-	-	-	-	96
39	Kate Apps	OL	92	-	-	-	-	-	-	-	-	-	-	-	-	-	92
40	John Walker	V45	91	-	-	-	-	-	-	-	-	-	-	-	-	-	91
41	David Ross	V40	90	-	-	-	-	-	-	-	-	-	-	-	-	-	90
=	Paul Crickett	V40	-	-	-	-	-	-	-	90	-	-	-	-	-	-	90
43	Chris Nattrass	V45	88	-	-	-	-	-	-	-	-	-	-	-	-	-	88
44	Tony Jewell	V55	-	-	84	-	-	-	-	-	-	-	-	-	-	-	84
45	Jack Escritt	V75	-	-	79	-	-	-	-	-	-	-	-	-	-	-	79
46	Mike Litt	V60	75	-	-	-	-	-	-	-	-	-	-	-	-	-	75
47	Peter Taylor	V70	69	-	-	-	-	-	-	-	-	-	-	-	-	-	69
48	Barry Johnson	V70	67	-	-	-	-	-	-	-	-	-	-	-	-	-	67

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	-	-	-	-	245
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

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	-	49	-	-	294
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	-	50	-	-	246
2	Andy Bradley	V45	48	-	50	-	-	-	50	50	-	-	-	-	-	198
3	David Atkinson	V45	50	-	-	-	-	-	49	-	-	-	-	-	-	99
4	Bill Williamson	V45	-	48	-	-	-	-	-	-	-	-	49	-	-	97
5	Chris Knowles	V45	-	50	-	-	-	-	-	-	-	-	-	-	-	50
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	Mark Graham	V50	48	-	-	-	-	-	49	49	49	-	49	-	-	244
3	Nick Moore	V50	47	49	-	-	-	-	48	47	48	-	-	-	-	239
4	Andy Fletcher	V50	46	48	-	-	-	-	-	48	-	-	-	-	-	142
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	-	-	-	-	200
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	-	-	-	-	-	250
2	Terry Lowden	V60	48	49	49	-	-	-	-	-	-	-	-	-	-	146
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	-	-	-	-	-	250
2	Dave Morgan	V65	49	49	49	-	-	-	-	-	-	-	-	-	-	147

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	-	-	-	-	-	248

2	Peter Taylor	V70	50	-	-	-	-	-	-	-	-	-	-	-	-	50
3	Barry Johnson	V70	49	-	-	-	-	-	-	-	-	-	-	-	-	49
=	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	-	-	-	-	248
2	Kate Beaty	LV50	48	49	50	-	-	-	-	50	49	-	-	-	-	246
3	Nina Walkingshaw	OL	47	48	49	-	-	-	-	48	48	-	-	-	-	240
4	Mel Bradley	LV45	44	47	47	-	-	-	47	44	-	-	-	-	-	229
5	Lindsay Buck	LV50	43	-	46	-	-	-	46	46	44	-	-	-	-	225
6	Angela Jackson	OL	42	44	-	-	-	-	48	45	45	-	-	-	-	224
7	Jane Mottram	LV55	39	42	45	-	-	-	44	-	42	-	-	-	-	212
8	Jennie Chatterley	LV40	45.5	45	-	-	-	-	-	47	46	-	-	-	-	183.5
9	Dot Patton	LV55	40	43	-	-	-	-	45	-	43	-	-	-	-	171
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	-	-	-	-	249
2	Nina Walkingshaw	OL	48	49	50	-	-	-	-	49	49	-	-	-	-	245
3	Angela Jackson	OL	47	48	-	-	-	-	49	48	48	-	-	-	-	240
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	-	-	-	-	-	245
2	Jennie Chatterley	LV40	49.5	48	-	-	-	-	-	50	49	-	-	-	-	196.5
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	-	-	-	-	250
2	Lindsay Buck	LV50	49	-	49	-	-	-	50	49	49	-	-	-	-	246
3	Jane Mottram	LV55	47	48	48	-	-	-	48	-	47	-	-	-	-	238
4	Dot Patton	LV55	48	49	-	-	-	-	49	-	48	-	-	-	-	194

Tri Lakeland Cockermouth Duathlon

Sunday 17th July 2011

Cockermouth School, Cumbria, CA13 9HX
Registration: 9:30-10:30am - Start Time: 11am
Run 7KM – Cycle 20KM – Run 3.5KM

Race Information

Keep this date free as this is the inaugural Tri-Lakeland Cockermouth Duathlon which will be based at Cockermouth School in the lovely market town of Cockermouth on the edge of the Lake District. The event itself will consist of a 7km off road run which briefly uses a quiet country road before heading onto a forest track with a 1 mile climb rising about 800ft to the top of a local hill before a fast descent down the fell back to the transition area in the school. The 20km cycle route is on quiet country roads which can be described as 'undulating' with no major hills (promise). Finally the 3 lap 3.5km run takes place around the perimeter of the school fields and is a great opportunity for spectators to cheer you on as you approach the finish. Chip timing will be used to ensure timings are 100% accurate and available immediately after each competitor finishes.

As the event is based at the local secondary school there are toilets, changing rooms and showers available along with refreshments for both competitors and spectators. Ample parking is available on site.

Prizes will be awarded to the following places (subject to number of entries);

Overall; 1st, 2nd, and 3rd male and female **Seniors**; 1st male and female

Vet 40; 1st male and female **Vet 50**; 1st male and female **Vet 60**; 1st male and female

Final race information will be sent via email and posted on www.trilakeland.co.uk nearer the event so keep checking. Entry form is below.

If you have any questions please contact the race organiser – Jeff Thorpe 077893 77743 or email thorpee02@yahoo.co.uk

Tri Lakeland Cockermouth Duathlon

Sunday 17th July 2011

Cockermouth School, Cumbria, CA13 9HX
Registration: 9:30-10:30am - Start Time: 11am
Run 7Km – Cycle 20Km – Run 3.5Km

First Name _____ Surname _____

Address_____
_____

Town _____ Postcode _____

Phone _____ E-mail
_____

Gender:- Male Female (please tick) Date of Birth _____

British Triathlon Licence No _____Club
_____

Where did you hear about the event? _____Is this your first ever race?
_____

Do you have any Medical Issues? Yes No (please tick)

If so, please give details
_____

Emergency Contact Name **and** Phone on race day_____

Entry Fees (please tick) Make Cheques payable to: Tri Lakeland

£25 British Triathlon Licence Holder – you must produce your licence on the day or pay another £3 at registration

£28 Non British Triathlon Licence Holder (includes £3 for day licence from BTF)

Post entries to: - Tri Lakeland Cockermouth Duathlon, 28 Lowscales Drive, Cockermouth, CA13 9DS
Final race information will be emailed and published within 1 week of the event on www.trilakeland.co.uk

Declaration (must be signed)

I accept this event is run under British Triathlon rules and conditions and I agree to acquaint myself with and abide by those rules and any organisers instructions.
I understand that it is the competitor's responsibility to navigate the course and that it is my own sole responsibility to safeguard such clothing and equipment as I may use.
I know of no physical or medical impediment that would render my participation in this event undesirable.
I understand and agree that I participate in this event at my own risk and that no liability whatsoever shall attach to the event organiser, the race referees or any person involved in the event organisation, for any injury, accidents, fatality, illness, loss or damage suffered by me in, or by reason of the event, however such may be caused.
I understand that it is my own sole responsibility to obey the Highway Code at all times during the course of the event.
I understand fully that taking part in events on the public highway is not without risk and the organisers, whilst taking reasonable steps to reduce risk, cannot guarantee my safety.

Signature _____ (Parent / Guardian if under 18 – minimum competitor age is 16)