

CFR. NEWSLETTER

www.c-f-r.org.uk

OCTOBER 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: Kate Cooper

Many thanks to Kate Cooper who has taken over the running of the Newsletter - You can contact Kate by: e-mail: katecooper@yahoo.com tel: 019457 23162 9 Gateside Place, Eskdale

Green, Holmrook, CA19 1UD

Welcome to a new Lady member:

Eleanor Williamson, Trinity Cottage, , Old Woodstock, Oxfordshire eleanor.williamson@virgin.net

And 2 new Junior members -

Robin Regan DoB 14-05-2003 & Kerry Regan DoB 20-06-1999 both of East View, Caldbeck, Wigton, Cumbria 016974 78003 No e-mail.

Hi all,

A reminder to all those who haven't joined our club message board <http://cfr.jiglu.com>, you are missing out on important club messages! You can make an account at <http://cfr.jiglu.com/+register>. You will then be notified by email of any messages posted and you can also post messages to be sent to all other members. If you have any problems contact me at <http://c-f-r.org.uk/contact>

When using Jiglu message board, dont forget to check both the knowledge tab and the discussion tab

Cheers,
Duncan
Web Site Administrator

Team Training... All welcome (men too!)

Our next training run options are shown below. **PLEASE** make a big effort to join us on these, we need to be getting out over the routes so that you all know where you're going. Don't forget, if you're not doing the relays because you're away, we'd still love to have you along for the training. Also look at the CFR website for what you need to wear, carry etc as well as race start times.

- Friday 18th September 5.30pm at the Ennerdale Show Field
- Sunday 11th October 10am at the Ennerdale Show Field

These are the only times that I can make, please do your best to join me. If you can't you'll need to make the effort to train over the routes yourself and look at the route choices (there are a lot of short cuts that you need to know about). If in doubt, contact either Jennie, Julie or me... we all know the area really well and will try our best to help you out.

Look out for messages via cfr@jiglo.com for other training opportunities. I know that Becks, Jennie, Kate C, Julie, Jane, Dot and Jackie will all be going over their various legs at different times.

Julie and I collaborated on the teams and have decided on squad shown below. However, there may be quite a lot of movement around this because I know that a couple of us are carrying injuries at the moment. A plan of action if any of the T1 members have to drop out is to move Jennie, then Becks into T1 and move Dot and Jane into T2:

CFR Fells' Angels T1

Leg 1: Tracy Park

Leg 2: Sam Ayers (**Cpt**) and Kate Beaty

Leg 3: Julie Carter and Kate Cooper (Orienteering)

Leg 4: Jackie Hargreaves

CFR Fells' Angels T2

Leg 1: Rhiannon Jones

Leg 2: Jennie Chatterley (**Cpt**) Becks Weston

Leg 3: Ange Jackson and Anita Barker (Orienteering)

Leg 4: Barbara Haywood

Our reserves are Dot Patton, Jane Mottram and Diane Hayton

If you've not contacted me and you'd like to be involved, it's not too late, please e-mail or phone 01900 825974.

Entry Fee

Last but not least, please give me your £5 entry fee next time I see you. I'm still £30 out of pocket!

Happy Running!

Sam Ayers
01900 825974

1 Cumbria Cross-Country Series

I am again proposing to organize the series in a similar manner to last year. The 2009/10 series will hopefully go on largely as last year.

Last year we made a loss on the event although we had enough in the kitty from past years to cover the shortfall. I am proposing to raise the entry fee to £2 per event or £7 for all five meetings.

Again we will run the senior race at all meetings as a 3pack system. From now on runners will have to start in the standard pack before progressing.

The County will run the County Championships as a separate event and not combined with ours. This will probably be at Barrow on December 12th.

This leaves the venues/dates to be finalized. The County Championships will not be a counting race in the series.

The other dates currently proposed are: _

(venues are suggestions and depend on availability and club resources)

October 3rd at Cockermouth – for field availability reasons) This avoids clashes with the Great North and Great Cumb Run. It does however clash with the Stephen Unwin 10k on October 4th

October 17th (or 18th) - suggested venue **Penrith** (Newton Rigg)

November 7th - at Maryport Avoids a clash with Nov 1st Derwentwater 10. The Brampton to Carlisle is on Nov 21st.

December 5th - at **Keswick** The County Champs are the week after and are likely to clash with a Mid lances league. There is a suggestion that we may swap this date with the Co Champs.

January 9th Venue should be suitable for the prize presentations during and after. **Carlisle** is the favored venue here. I have assumed the Schools Champs will be on the 16th.

Mid Lances dates are likely to be Oct 10th (Barrow) Nov29 or Dec 10th (Liverpool or Skelmersdale) December 27th(Leyland) Jan 17th (poss Kendal). Feb 13th (Chorley) Mar 6th (venue TBA)

Can all clubs investigate their course availability/dates and see if they could promote an event. The series will be able to meet all reasonable costs involved with the events.

Again I am proposing to pay each host club a £50 setup grant.

Can all clubs please investigate the availability of venues/dates and let me know asap so I can get some publicity organised.

Noel Hakeman

(Please note change of e-mail address to noelh@cybermoor.org.uk)
tel no 01434 321385
address Eals Slaggyford Brampton CA8 7PG

Running shoes in these days are more and more technologically advanced. I went in this store and they told me this new model of running shoes can even predict the weather! I asked how and the salesperson told me: "Leave your shoes outside the window for a little while: if they are wet it's raining, if they are dry it's sunny, if you cannot see them it's foggy."

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Relay – October 18th

All going very well for the big day, if you are doing nothing and are at a loose end you will be more than welcome to help out on the field. Many hands make light work!

Just a reminder in case you did not know, we have 160 teams entered with 11 teams on the waiting list ! SO A LITTLE HELP WILL BE WELCOME.

Hi All

I'm putting on another 5K race but under the 'CFR banner', if that's okay. I'll make a donation to club funds after the race. The reason is insurance. My insurance only covers up to a race size of 120 and I had 112 time, so quite close to maximum numbers. If I organise it as CFR (UKA insurance), we can all benefit.

The date is Saturday 10th October at 9.30am from the Grasmoor Sports Centre (Cockermouth Rugby Club).

I know that it clashes with Langdale but it's not likely to affect attendance that much

Sam

YOUR Presentation Night that's what you have ALL been competing for in this years Championship Races is returning to Moor Row and one on the most important date for all your Diaries is **DECEMBER 5th I shall repeat the date: **December 5th****

Ring Harry 01900 811727 or e-mail h-jarrett@sky.com to book your tickets

Junior Presentation Night 2009

This year's presentation night will take place on Friday 18th September at the Cleator Moor Celtic clubhouse

The presentation will start at 7:30pm, please arrive from 7:00pm

Events include the awards ceremony, buffet and raffle

Tickets are now on sale and are priced at £5 per adult with kids free

Contact Bob Riley for tickets, either at training or:

Tel: (W) 019467 74777

(H) 01946 817585

C.F.R.- FELL CHAMPIONSHIP - 2009

S1 - Blake's Heaven - 31 January

M1 - Coledale - 18 April

L1 -

Duddon - 30 May

S2 - Latterbarrow - 09 May

M2 - Fairfield - 16 May

L2 - Wasdale - 11 July

S3 - Kinniside - 18 July

M3 - Tebay - 20 June

L3 - Borrowdale - 01 August

S4 - Lingmell - 25 July

M4 - Grisedale - 05 September

L4 - Three Shires - 19

September

TOTAL POINTS

Pos n	Name	Cat	S1	M 1	S2	M 2	L1	M 3	L2	S3	S4	L3	M 4	L4	Cumb er-land Cup	TOTAL 6 Races
1	Peter Crompton	V50	96	99	97	99	100	-	100	-	-	-	100	-	-	595
2	Gavin Pattison	OM	95	98	96	98	99	97	98	98	100	99	98	-	1076	592
3	Simon Hunter	V40	99	97	99	100	-	98	-	-	-	98	97	-	-	591
4	Paul Jennings	V40	73	86	90	96	96	90	97	92	98	97	95	-	1010	579
5	Mike Harrison	OM	86	94	95	97	97	96	-	-	-	-	96	-	-	575
6	Charles Mason	V45	90	-	86	95	94	94	-	-	94	96	-	-	-	563
7	Jamie Rackham	OM	85	93	89	-	-	-	-	94	95	93	-	-	-	549
8	Mark Graham	V50	79	84	-	92	92	-	95	89	-	95	-	-	-	547
9	Roger Whitaker	V60	72	81	80	89	89	88	93	88	89	92	92	-	963	544
10	Jennie Chatterley	OL	71	80	79	90	-	-	-	87	-	-	94	-	-	501
11	Lindsay Buck	LV4 5	63	77	77	87	-	85	-	86	87	-	-	-	-	499
12	Willie Bell	V50	-	-	-	-	-	99	99	97	-	100	99	-	-	494
13	Barbara Haywood	LV4 0	65	78	-	-	87	84	-	-	85	-	90	-	-	489

VET 40 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Simon Hunter	V40	50	49	49	50	-	49	-	-	-	50	50	-	-	298
2	Paul Jennings	V40	46	46	47	49	50	46	50	49	50	49	49	-	-	297
3	David Atkinson	V40	49	-	48	-	-	-	-	50	49	-	-	-	-	196
4	Martin Amor	V40	-	50	50	-	-	50	-	-	-	-	-	-	-	150
5	David Ross	V40	48	-	-	-	-	48	-	-	-	-	-	-	-	96
6	Mike Park	V40	-	47	46	-	-	-	-	-	-	-	-	-	-	93
7=	Andrew Graham	V40	-	48	-	-	-	-	-	-	-	-	-	-	-	48
7=	Larry Abel	V40	-	-	-	-	-	-	-	-	48	-	-	-	-	48
9=	Paul Crickett	V40	-	-	-	-	-	47	-	-	-	-	-	-	-	47
9=	Pete Hall	V40	47	-	-	-	-	-	-	-	-	-	-	-	-	47

VET 45 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Charles Mason	V45	48	-	50	50	50	50	-	-	50	50	-	-	-	300
2	Peter Ferris	V45	-	48	49	-	48	-	50	-	-	49	-	-	-	294
3	John Walker	V45	46	50	-	-	-	-	-	49	49	-	-	-	-	194
4	Mark Steel	V45	-	49	-	49	-	-	-	-	-	-	-	-	-	98
5	Mark Hazell	V45	-	-	-	-	49	-	-	-	48	-	-	-	-	97
6	Andy Fletcher	V45	-	-	-	-	-	-	-	-	47	48	-	-	-	95
7	Trevor Wilkinson	V45	44	-	-	-	47	-	-	-	-	-	-	-	-	91
8=	Brian Thompson	V45	50	-	-	-	-	-	-	-	-	-	-	-	-	50
8=	Chris Knowles	V45	-	-	-	-	-	-	-	50	-	-	-	-	-	50
10	Alan McGeen	V45	49	-	-	-	-	-	-	-	-	-	-	-	-	49
11	Jerry Dawson	V45	47	-	-	-	-	-	-	-	-	-	-	-	-	47
12	Steve Steele	V45	45	-	-	-	-	-	-	-	-	-	-	-	-	45

VET 50 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Peter Crompton	V50	49	50	50	50	50	-	50	-	-	-	50	-	-	300
2	Mark Graham	V50	47	49	-	49	49	-	48	49	-	49	-	-	-	293
3	Willie Bell	V50	-	-	-	-	-	50	49	50	-	50	49	-	-	248
4	Steve Holliday	V50	46	-	48	-	-	49	-	-	50	-	-	-	-	193
5	Nick Moore	V50	45	-	49	-	-	-	-	-	-	-	48	-	-	142
6	Andy Beaty	V50	50	-	-	-	-	-	-	-	-	-	-	-	-	50
7	Martin Wood	V50	48	-	-	-	-	-	-	-	-	-	-	-	-	48

VET 55 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Rob James	V55	50	50	50	-	-	50	-	-	50	-	-	-	-	250
2	Philip Hawley	V55	48	49	-	-	-	49	-	50	-	-	-	-	-	196
3	Terry Lowden	V55	47	48	-	-	-	-	-	49	49	-	-	-	-	193
4	Dave Lees	V55	49	-	48	-	-	-	-	-	-	-	-	-	-	97
5	Harry Jarrett	V55	-	-	49	-	-	-	-	-	-	-	-	-	-	49

VET 60 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Roger Whitaker	V60	48	49	49	49	50	50	50	50	50	50	50	-	-	300
2	Dave Morgan	V60	46	-	48	-	-	49	-	49	49	-	-	-	-	241
3	David Fell	V60	49	50	50	50	-	-	-	-	-	-	-	-	-	199
4	Mike Litt	V60	50	-	-	-	-	-	-	-	-	-	-	-	-	50
5	Robert Davis	V60	47	-	-	-	-	-	-	-	-	-	-	-	-	47

VET 65 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Steve Watson	V65	50	50	50	-	-	50	-	50	50	-	-	-	-	300

VET 70 Men

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Jack Escritt	V75	-	50	50	50	-	50	-	-	-	-	-	-	-	200

LADIES

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Jennie Chatterley	OL	48	49	48	49	-	-	-	50	-	-	50	-	-	294
2	Lindsay Buck	LV45	45	47	47	47	-	48	-	49	50	-	-	-	-	288
3	Barbara Haywood	LV40	46	48	-	-	48	47	-	-	49	-	48	-	-	286
4	Kate Beaty	LV50	-	50	50	50	49	50	-	-	-	-	-	-	-	249
5	Angela Jackson	OL	44	46	-	48	-	49	-	-	-	-	49	-	-	236
6	Debbie Walker	OL	47	-	49	-	-	-	-	-	-	-	-	-	-	96
7	Jane Mottram	LV50	42	45	-	-	-	-	-	-	-	-	-	-	-	87
8=	Julie Carter	LV40	50	-	-	-	-	-	-	-	-	-	-	-	-	50
8=	Kate Cooper	OL	-	-	-	-	50	-	-	-	-	-	-	-	-	50
10	Sam Ayers	OL	49	-	-	-	-	-	-	-	-	-	-	-	-	49
11	Dot Patton	LV50	43	-	-	-	-	-	-	-	-	-	-	-	-	43

OPEN LADIES Under 40

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Jennie Chatterley	OL	49	50	49	50	-	-	-	50	-	-	50	-	-	298
2	Angela Jackson	OL	47	49	-	49	-	50	-	-	-	-	49	-	-	244
3	Debbie Walker	OL	48	-	50	-	-	-	-	-	-	-	-	-	-	98
4=	Kate Cooper	OL	-	-	-	-	50	-	-	-	-	-	-	-	-	50
4=	Sam Ayers	OL	50	-	-	-	-	-	-	-	-	-	-	-	-	50

VET LADIES

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		TOTAL
1	Lindsay Buck	LV45	48	48	49	49	-	49	-	50	50	-	-	-	-	295
2	Barbara Haywood	LV40	49	49	-	-	49	48	-	-	49	-	50	-	-	294
3	Kate Beaty	LV50	-	50	50	50	50	50	-	-	-	-	-	-	-	250
4	Jane Mottram	LV50	46	47	-	-	-	-	-	-	-	-	-	-	-	93
5	Julie Carter	LV40	50	-	-	-	-	-	-	-	-	-	-	-	-	50
6	Dot Patton	LV50	47	-	-	-	-	-	-	-	-	-	-	-	-	47

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M2 - Fairfield - 16 May

L2 - Wasdale - 11 July

S3 - Kinniside - 18 July

M3 - Tebay - 20 June

L3 - Borrowdale - 01 August

S4 - Lingmell - 25 July

M4 - Grisedale - 05 September

L4 - Three Shires - 19

September

HANDICAP

Posn	Name	Cat	S1	M1	S2	M2	L1	M3	L2	S3	S4	L3	M4	L4		H'cap	TOTAL 6 Races
1	Peter Crompton	V50	56	60	50	56	61	-	62	-	-	-	64	-	-	0.971	359
2	Gavin Pattison	OM	52	57	47	52	55	56	51	52	57	58	58	-	-	0.996	341
3	Mike Harrison	OM	48	54	52	57	57	57	-	-	-	-	55	-	-	0.940	332
4	Roger Whitaker	V60	56	56	53	50	55	58	47	52	53	48	46	-	-	0.797	331
5	Paul Jennings	V40	42	47	50	51	55	49	54	51	57	53	46	-	-	0.922	321
6	Charles Mason	V45	54	-	47	51	51	57	-	-	53	52	-	-	-	0.909	318
7	Lindsay Buck	LV45	52	52	46	44	-	56	-	53	55	-	-	-	-	0.735	314
8	Simon Hunter	V40	51	51	48	50	-	51	-	-	-	52	47	-	-	1.046	303
9	Willie Bell	V50	-	-	-	-	-	61	56	55	-	61	63	-	-	0.961	296

62	Pete Hall	V40	36	-	-	-	-	-	-	-	-	-	-	-	-	0.978	36
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NOTE

In 2008 handicaps were based solely on the member's age on the date of the race. I'm now trying to work around to giving all members a personal handicap that relates to their ability. So the handicaps I'm using this year are a first step towards this.

I've arrived at the handicaps by taking your age handicap at the end of 2008 and increasing or decreasing it in line with your results in 2008. The best way to explain this is to give an example, and I'll use Julie Carter for this.

Julie's age handicap at the end of 2008 would be 0.844. In 2008 her average score was 58.8 points per race, ie 8.8% above average. I've increased her handicap by 75% of this, ie 6.6%. This gives a handicap for 2009 of 0.900.

New members and members who did not compete in the championship in 2008 are given the age handicap that applies on the date of the first race they compete in this year. An asterisk in the handicap column indicates these.

That's me finished if you have any articles please let Kate have them.

Remember Kate's e-mail: katecooper@yahoo.com

MY FINAL PHILOSOPHICAL THOUGHT –

“I used to think I was indecisive, but now I'm not so sure.”