



Black Combe Runners
Newsie

February 2008: the Christmas issue.

New year, new races. New beer.

It came as a shock when Will asked me for some words for the Newsie, as I was now Club Captain, but knowing I can't wriggle out, here they are.

Firstly, thanks to those at the AGM for your show of faith in me seeing that I've only been in the club a year, and thanks to Penny for her support as Captain. Both Hazel and I have been really pleased with the reception and friendliness of all in the club over the last year and it has made a huge difference to the enjoyment we've had running.

We all run for fun, for some it is running and chatting on a Tuesday night, for others it is racing and drinking as much as is financially viable at the weekend. Our aim has to be to maintain this and help people to take part and stretch themselves when and where they want to.

The winter league races, excellently organised by Val with her mallet, have attracted a lot of interest with 26 people having competed in the first four races, most having run two or more. The overall result is still wide open, particularly as Val hasn't told us how she will handicap us all yet. Bribes may help, otherwise it's all still to run for.

The few changes we've made to the club championships this year are aimed at increasing participation, fun and the resulting banter. It would be great to see more people complete a series of races. Having to complete 5 races from 12, with one short/one medium/one long and any 2 other races should make a series more accessible. Hopefully the "Lakeland Classics" scoring system to be used should create some closer results as well.

The first fell race on 2nd April at Loughrigg is a great first race for those who haven't tried one before. It is straight up and down so navigation isn't an issue and at 4 miles is one of the easier routes. Please ask for help if you don't feel confident about any particular race – someone in the club should be able to assist with information or a recce for most routes – keep an eye on the website forum.

If there is one thing I'd like this year, it is that we should have 16 people asking to run in the Ian Hodgson relays in October. We may not be allowed to enter 2 teams, but it would be great to have the incentive to ask.

Cover picture by John Parminter.

Newsie printed on 100% post-consumer recycled paper.

Contacts: race results to Mike (716772 or results@bcrunners.org.uk). Official-type proposals for discussion to Andy, Our Leader, on a Tuesday or chairman@bcrunners.org.uk. Photographs, ads, announcements and newsletter stories to Will on newsie@bcrunners.org.uk. Relevant announcements to all@bcrunners.org.uk, and pretty much anything is welcome at the forum on www.bcrunners.org.uk.



This photograph was taken by Dave Watson.
That's the only explanation I can offer. Ed.

We had 9 wanting to run last year so it's a reasonable hope. As a number of us found out in running it for the first time in 2007, it's a great team day out, with a little running thrown in and a few beers afterwards.

Coming up are the first races of the year;

- The Black Combe fell race, an English Championships counter this year and a great chance for BCR to shine with organisation from Keith and a whole host of helpers
- The London Marathon for Mike, Sue, James and Penny
- The first road races in the BCR championships – the 22 mile Keswick/Buttermere round, the Haweswater Half, the Coniston 14 and the Dalton 10k
- The first BCR fell championships races – Loughrigg and Coniston

...good luck to all those competing. Finally, two requests:

- I'd like to keep track of what people do this year so please let me know what races/challenges you all do, with results and information like whether it's a personal best or faster than last year and by how much etc.
- Let me know what you want from me as captain - I am keen to hear your thoughts and ideas.

Thanks and have fun, Pete.

Juggling over the finish line

Andy looks back on four eventful and successful years for the Black Combe

This is a quick but heartfelt thank you to Penny for her commitment and devotion to the Black Combe over the last four years. As captain from 2003 to 2007 she really led the club forward, championed changes and provided endless enthusiasm and encouragement to members.

Penny has promoted the club as tirelessly as she pounds the fells and the tarmac. She presided over the 25th Anniversary and promoted, researched and organized many activities to celebrate that year. She has recreated the Millom Fun Run out of thin air, got the Black Combe on the TV and in the news and even tried to persuade Paula Radcliffe to join the club.

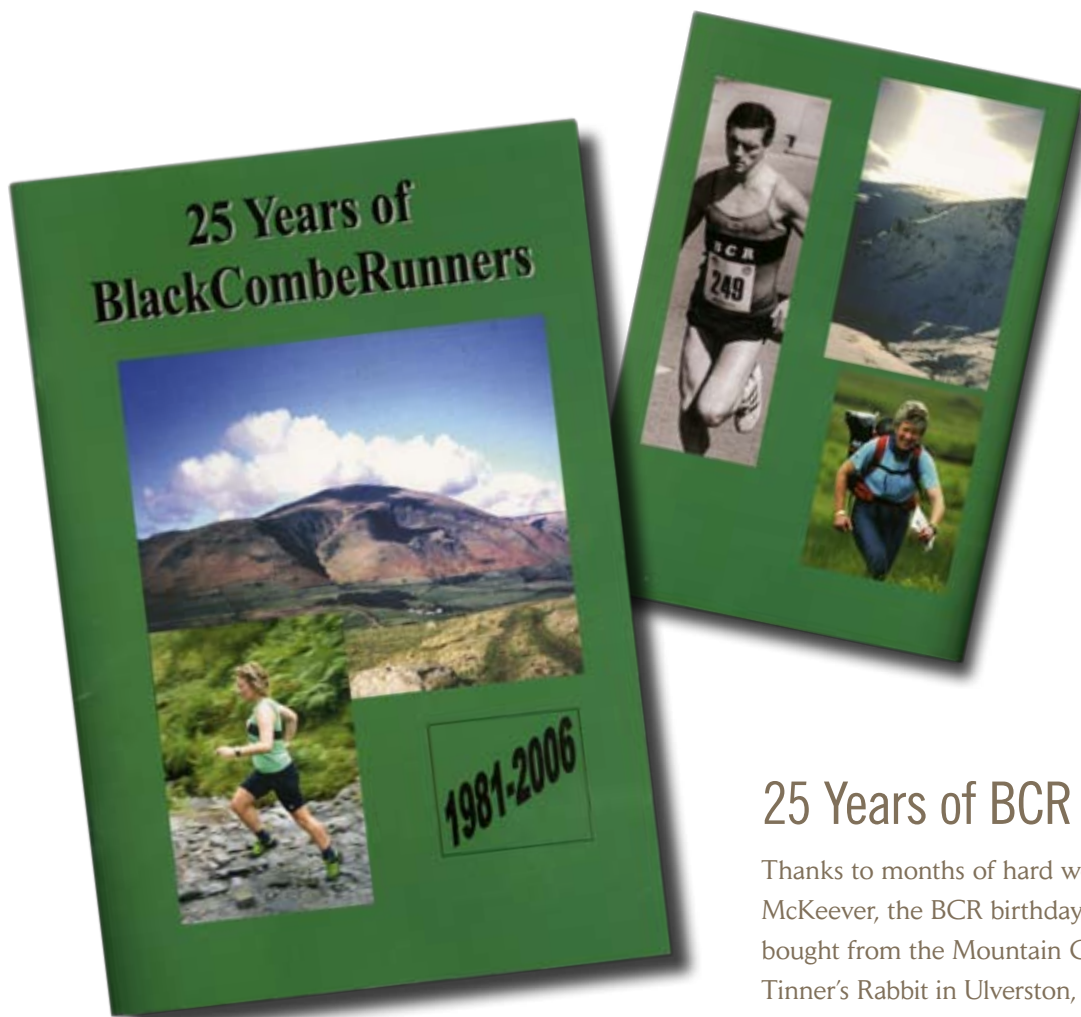
She has given priceless support and encouragement to many new runners who might otherwise not have stuck

with the sport, and some of those people are now winning fell races. She made the club a welcoming place with a friendly atmosphere, without diluting that essential 'it's only snow' quality, and as a result the club is bigger, happier, more argumentative and faster than it has been for years.

Penny has been a great Committee colleague and friend from the moment I met her by the CGP duck pond in 2004 and asked her if she knew of any good running clubs. On behalf of everyone I want to say thank you for her successes as captain and for making the club a better, fitter, more welcoming place.

We'll miss your AGM speeches, Penny, but you can always heckle Pete, and we hope that the club will still benefit from your encouragement and support.

[Andrew Gittins](#)



25 Years of BCR

Thanks to months of hard work by Rob McKeever, the BCR birthday book can now be bought from the Mountain Centre in Broughton, Tinner's Rabbit in Ulverston, Greetings in Millom, the Newfield, Pete Bland or Penny every time she sees you. It's fascinating and motivating and very nicely put together: well worth your fiver.

That's Lyth

Mmm. Cake.

The first time I went round the Black Combe race route was early last year. Being new at all this, I studied the list of checkpoints very carefully, and I was pleased to see that number four was a 'feeding station'. Brilliant! I thought. There will be food and drink! And so there was. For sheep.

This year, I've found the event I was looking for. Never mind Keith's sadistic decision to make everyone run up the Combe twice with no cake. That's Lyth is the perfect winter warmup: small hills, long grassy ambles, very slow competition and three proper feeding stations where iron-haired ladies dish out tea, malt loaf, hot dogs, home-made cake, doughnuts and great leaning heaps of biscuits.

The run sets off from the middle of Kendal at 8 on a Sunday morning in late January, when the only people awake are the street sweeper, three crazed joyriders going round and round the one way system and the 200 people packed into the scout hut in varying amounts of lycra according to whether they plan to run, walk or shuffle. It's a walkers' event really, organised by the LDWA and meant to take all day, but they are kind enough to let runners take part and open the tea stops early enough for us to get the benefit too.

The course heads out of Kendal up Cunswick Scar and then across rolling limestone country to a tea stop at Crosthwaite school. Here you get your first taste of how good sweet tea is on a run, and can gather in a huddle trying to work out how the route you just followed has anything to do with the very detailed and distinctly eccentric course instructions.

After the first checkpoint there follows a bit of readjustment while you work out that you've run seven miles in about an hour and there are another 16 to go. Then you plod a bit more slowly along lanes and grass to get to Whitbarrow Scar. It's one of only two significant climbs on the course, and regrettably even there it's all runnable.

After Whitbarrow - handsome but stony - there's a long choppy descent, another tea stop, five or six miles of flat valley crossing on dead straight agricultural roads, more tea and then another climb up past Helsington church, which I'm told is very scenic but by that stage I couldn't see a thing.

The course then rambles back along the top of Cunswick, where there's the option to go a bit further and visit the trig point if you're feeling fresh (or following Mike), and finishes with a long grassy downhill back into Kendal that should have been lovely but, frankly, wasn't.



Top of Whitbarrow Scar, by Dave or Lynne Slater via Flickr

The best thing about this event is that it feels like a proper racing do, so you keep trying, but it isn't really very competitive so you don't have to flog yourself to death trying to go faster than Sue. We ran it in a gang of four, paced each other, exchanged encouraging insults and argued about all the different cakes.

We went faster than many of the runners, but we also ate more cake than anybody else so we overtook the same twenty people on every leg of the race, usually in formation and with a cheery wave. I think some of them got a bit fed up of that.

There are a few things I would change. Next time I do it I'll wear shoes that are big enough, and are not brand new. I will also not get really tired and fed up during the long road bit in the middle, trail the others by about fifty yards and keep saying 'you go ahead, I may be some time'. When Pete says 'Shall we kick on?' at the 22nd mile I will not sulk, and I will not cross the finish line like a marionette whose strings have just been cut. Otherwise, exactly the same. It's a lovely event.

The catering gets even better when you get to the finish, too. There is tomato soup that glows bright orange, white buns, more biscuits and rice pudding with tinned fruit, all of it made of pure carbohydrate and completely delicious.

Lots of people mill around in a very fell-racy way, exchanging congratulations and comparing routes and toenails, and in some ways That's Lyth is surprisingly hard. It's long - 24 miles by our route - and while there's a lot less climb than a fell race you do have to run all of it.

There's no timing, and no race numbers - just a tag that they punch at the checkpoints - but in a very important sense we won the event. On two occasions, at least, we were the first people to get to the tea stop who actually stopped properly for tea and cake. Anyone can grab squash and run off. We did it properly, and I for one would like tea and buns on Black Combe as well.

[Will Ross](#)

Winterleague results

Stop Press! The winter league has finished, the results are in and the page that used to be here was wrong in every guess, so here in a rough and ready way are the official places

men	Ulverston 10k	Po House	Appletreeworth	Broughton XC	Black Combe	Millom 10k	Points best 4	Place
Will Ross		1	5	3	3	2	9	1
Dave Binks			1	2	1	7	11	2
Peter Tayler			2	1	5	8	16	3
James Goffe		2	6	4		5	17	4
Dave Parminter	1	5	7	5	9	6	17	5
Ken Lindley	3	9	9		2	4	18	6
Dave Watson		4	8	6		1	19	7
Phil Newton	5	7		8	7	3	22	8
Karl Fursey		12	11	10	8		41	9
Mike Berry	2	3	4					
Derek Dixon		11						
Darren Foote		13		14				
Andy Gittins				12	9			
Peter Grayson		1						
Dave Hobbins	4	10						
Keith Nixon			16					
John Parminter			6		5			

women

Tracey Binks		1	2	2	1	5	6	1
Hazel Tayler			3	3	6	1	13	2=
Claire Watson	5	2	5	5	4	2	13	2=
Sue Lomas	3		4	6		3	16	3=
Penny Moreton	1		6	4	5		16	3=
Sue Hodgkinson			1	1	3			
Jo Francis-Nichol	2	3				4		
Cynthia Crawshaw	11							
Gill O'Connell	9			15	7			

On the day we thought that Dave Binks had won, possibly because he kept running faster than anyone else, so making it a clean sweep for the Binks family, but through the magic of computers it turns out to be me (and not just because I'm the one writing out this table).

The Big One

For the benefit of everyone trying to work out whether it's 16 or 18 miles this Sunday and how to make the recovery drink drinkable, here's the story of James's marathon last year.

As you may recall, at the BCR Christmas dinner I was the lucky winner of the club's place in the London marathon. Therefore once Christmas was out of the way I would need to get my training done through the cold and dark days of winter to enable me to do myself justice on 22nd April.

Things did not start brilliantly and I had a slight calf strain which curtailed my early training but once this cleared I began in earnest to train harder and plan a few races and endurance events. This started with the winter training league where I had some good performances but was largely in the handicapper's grasp. My first long event was the Keswick Buttermere 22 where I was the only BCR competitor. This is a road race which involves ascending both Honister and Newlands passes. You can gain some time if you allow yourself to descend quickly after Honister but I was wary of putting too much pressure particularly on my knees. I saw one runner in particular, who I had overtaken going up the hill come surging past me but he paid the price and was in trouble by the top of Newlands. My time was 3.16.07 slightly slower than last year when I had Karl to run against and I was quite happy with this given the nature of the course. London would be somewhat flatter. The next road race I tackled was the Haweswater Half marathon which was run in the most appalling wet and windy conditions. It was also quite a hilly course so the time of 1.41.24 was not bad in those conditions. I did not concentrate only on the roads and took the opportunity to mix it up with some fell running and LDWA events. This included Black Combe fell race where there was a good BCR turnout and decent weather. I also did two LDWA events with Mike, firstly That's Lyth which started from Kendal and also Spring in Lakeland which started from Ambleside (and was not very springlike – snow!). These attract quite a few runners who are aiming for the endurance events and are run partly on roads but largely on paths across country. They are extremely enjoyable events, they are not out and out races, and you even get sit down and eat sandwiches, cakes, buns etc at the stops on the way with hot soup as well at the finish. As are over 20 miles and they take, including stops about 4 and a half hours they are great at building stamina without the perpetual pounding of road races. They are also amazingly good value!

My final race prior to London was the Coniston 14 and I was delighted with my time of 1.44.11 some one and a half minutes quicker than my previous time. I then left for my warm weather training – well actually I was taking Michael to visit my brother near Atlanta, Georgia. Unfortunately in the first week they had almost record low temperatures for Easter and everyone told us how it had reached 90 degrees the previous week. I managed to get in plenty of road runs and a decent trail run with a mountain biker friend of my brother's in between the touristy things and buying playstation 3's.

My return was getting quite close to the race. We got back on Wednesday and having had two weeks holiday I left it till Saturday to travel down for registration. One problem of travelling from Cumbria is the train journeys are quite long and at that time they were doing engineering works as well so I was sweating on the journey down on whether the train would get there without any delays. Thankfully I got to the expo centre with about half an hour to spare and to some extent benefited from this as the main rush had finished but alas so too had the goody bags!

“This was my first marathon and I must say it was certainly the hardest race I have ever done.”

I am fortunate that my sister lives quite close to the start of the race and so I made my way there on Saturday night and was provided with the requisite pasta meal. Some time after I received my entry, shortly before we left for USA I decided that it would be good to run for a charity and I chose one, Well Child which I saw in the London Marathon magazine and they do great work for sick children – thank you to everyone who gave sponsorship. There was also the benefit of a running vest (pink to Michael's disgust but popular with my niece Hannah) and an after race buffet and reception. I only found out later that they were the official charity of the marathon this year.

Sunday am should have been quite straight forward but my 6 year old niece did not have the required urgency and we missed the intended train so had to take the car instead and do a mile and a half walk to the start at Blackheath. Everything seemed to be fine but I thought it might be a



good idea to have a last minute loo stop but the queues were very long and after struggling to find my sister to offload my final gear I found myself rushing off to the start. I had start zone 3 based on my estimated 3.5 hours but when I got to the start people had started walking forward so I zipped into the gap after zone 2 to which the zone 3 people were moving and found that I was actually quite close to the front as they introduced the stars of the race ahead of me. The race started and with my advanced start I had none of the congestion I experienced at the start of the Great North Run and I was fairly carried along in the euphoria of the tremendous support and had to consciously slow the pace after two miles when I heard other runners talking about their 3 hours target. The weather was pretty warm, the second warmest London on record, so I made sure that I took advantage of all the drinks stations. I also took Lucozade sport when offered because I had not taken as much carbo fuel pre start as I intended due to the rushed start.

I had a 3.5 hour wristband to monitor my progress and was well within schedule at all the check points in the first half of the race and reached the half marathon point in 1.42.09. I was though by now thinking that things were getting tough rather earlier in the race than I had envisaged and later right at the 20 mile drinks station as I slowed to collect my drink the back of my left leg cramped up. I leant against a lamp post and tried to stretch it out and a St Johns Ambulance man came over to enquire if I needed help. I said a massage might be nice and he said 'no problem' and called someone on his mobile saying 'no, it is not urgent' and I thought 'look here mate the clock's ticking you know!' By now the cramp had eased but I did not feel that I should run off when people were making an effort to get to me so I had my massage and deep heat rub and was able to continue on my way without any further trouble with that muscle. A lot of time had been lost and

all prospect of a good time had gone. Now I just had to concentrate on finishing and getting under 4 hours. My ten minute rest had freshened me up for a while and the support was truly amazing. I was also greatly spurred on by the determination not to be beaten by Scooby Doo! So the end was near and I saw a sign saying 600m to go, I ran for what seemed about 500m and turned the corner to see the finish far ahead – it was the longest 600m I have ever run! I then collected my medal, goody bag and gear and luckily spotted someone from Wellchild who was able to carry my gear and take me to their reception where my sister and niece were waiting having seen me run by a few minutes earlier. Needless to say I hadn't seen them being too focused just on finishing. I felt absolutely wrecked and was very grateful for a sports massage and buffet in the marquee in front of the Guards Museum and was able to relax and watch the other runners coming in with one poor chap being unable to carry on just a few hundred yards from the end. My brother telephoned from Atlanta having already got my official finishing time of 3.55.06.

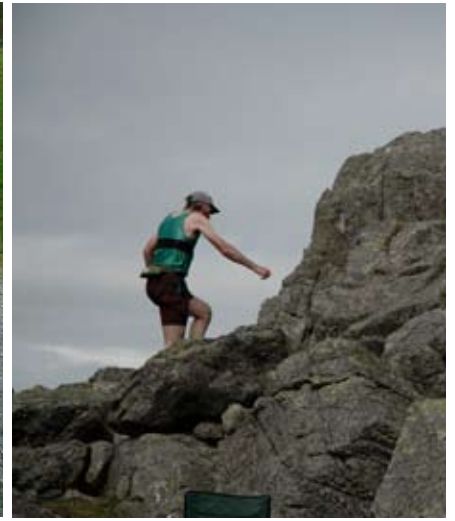
“I was also greatly spurred on by the determination not to be beaten by Scooby Doo.”

This was my first marathon and I must say it was certainly the hardest race I have ever done and it was probably made a lot harder by the hot weather. During the race I had spotted Eric Hampton of Hoad Hill and he is a very good runner who did the Coniston 14 in 1.33 and he actually finished 77 places behind me! Perhaps one day I will give it another go hopefully in easier conditions and see if I can get a good time but for the present I now appreciate that it is quite an achievement just to finish the race.

[James Goffe \(going back for more this year\)](#)

2007: the year in shorts

To prove that fell-running keeps you young, fit and attractive, here's a collection of pictures from last year. Send in your captions, and the best (printable) will win a prize (small).









The secret ingredient

Health correspondent Dave 'Doctor' Watson works out what keeps a fell runner going.

It's been a revelation joining Black Combe Runners in more than one way. I'll explain ...

For years I've been trying to get 'fit' ... trying different training regimes, but hampered by illnesses, allergies and injuries, combined with too much work, and, so it seems increasingly clearly now .. the wrong diet ! .. at least from the fluid intake point of view.

Joining the BCR has given me an insight into how to improve .. now several of the Black Combe Runners are very quick indeed, punishing their bodies with exhausting night-time training over desolate boggy moorland, frequently straying off-course (and not the slightest bit concerned about the extra miles that this means) and following all that up with fantastic efforts in fell races, 24 hr challenges, mountain marathons and even running around Mont Blanc.

How do they do it !

I've been trying to figure out what drives these special people .. and I've come to the conclusion that it's the Cumbrian Ale !

Black Combe Runners seem to consume an awful lot of the stuff. It seems that every training session or event is followed by a significant consumption of carefully selected fine ales.

Asking the runners 'why does beer make you run fast' .. the response is 'it's the electrolytes you know' ...

Now bearing in mind that the whole medical world seems to be against the practice ('beer is apparently diuretic, fattening, has empty calories etc. etc) I've started researching why it's good to drink beer. .. and the answer I was given (electrolytes) .. seems to stack up .. specifically it's the magnesium electrolyte that's doing it ! .. Magnesium is described as the 'Power Mineral' .. so it's vital that we all have plenty of it ... and there's loads of the stuff in beer.

So how much do we need to drink ?

My research concludes that we need 350 milligrams of Magnesium per day, now there are high concentration in sunflower seeds, wheat germ, broccoli and other 'healthy' foodstuffs .. but these are surely just plain 'wrong' after strenuous exercise BUT ... there are 9 milligrams of Magnesium per 100mls of beer (that's about 40 milligrams per pint). So let's say that we aim to consume half of the

required magnesium via beer .. that equates to 4.375 pints of beer .. lets round that up to 5 pints .. that's per day !!

Now the anecdotal evidence ...

5 BCR's (Rob, Pete, Hazel, Claire and myself) were competing in the RAB Mountain Marathon the other weekend (there was an article on this from Pete & Hazel in the last newsie). We didn't know when we started Day 1 that we would end up camped very close to a Pub .. and it was fortunate that we took some cash along ... and also that the beer in that pub (The Wainwright in Gt. Langdale) was very good. And so we did consume some beer at the end of Day 1 and you should have seen us fly on Day 2!!.

So .. that's enough evidence for me ... Lots more Beer from now on .. taken with a pinch of (magnesium) salt of course ;-)

[Dave Watson, November 2007](#)



Scientists agree with Dave shock

Moderate drinkers are at 30% lower risk of heart disease than teetotalers, according to a study of nearly 12,000 people. And those who combine a mild tippie with regular exercise are even less likely to die of the disease. Their risk is between 44% and 50% lower than couch potatoes who abstain from alcohol....

The participants were divided into three levels of physical activity, from virtually none to engaging in heavy exercise for between two and four hours each week. At all exercise levels non-drinkers were worse off.

The safest combination was moderate drinking and physical activity. People who drank at least one drink a week and kept active had a 44% to 50% lower risk of heart disease compared with inactive non-drinkers. The team defined moderate drinking as fewer than 14 units of alcohol a week. A unit is equivalent to half a pint of weak lager. A 175ml glass of wine contains 2.3 units. The team thinks alcohol acts to reduce the amount of "bad cholesterol" in the blood, which causes heart disease.

[Abridged from The Guardian, 9 January 2008](#)

Karl's Korner: Self-Transcendence Special Edition

Karl has successfully managed to complete the Sri Chinmoy AC Self-Transcendence 24 hour track race at Tooting, SW London over the weekend of Oct 6th, but it is with great sadness the clubs' founder and inspirer, Sri Chinmoy himself passed away just five days later.

The 24 hour ultra track marathon was a whole new ball game for Karl, who is more renowned for taking part in many road and fell races across the county, and, before this event, barely got 600 metres A YEAR on a track.

The idea of the race was to complete as many laps as possible running around Tooting Bec's tartan track within the time limit.

The clear winner of the race was the defending champion and top long distance ultra runner John Pares from the Buckley Running Club, who managed to record a staggering 147.2 miles, just 3.8 short of the stadium record.

Second male was the highly experienced Ken Fancett from Beckenham Running Club near Croydon, who recorded 143.99 miles.

Third man was Stephen Mason from Olympic runner Liz McColgan's club Dundee Hawkhill Harriers, who clocked up 137.05 miles.

The clear winner of the ladies section went to Britain's number one ultra distance queen, Sharon Gayter from the New Marske Harriers club near Saltburn, who managed an incredible 131.87 miles. She passed through the 100 mile barrier at 05:00 on the Sunday. This lady also has the record of 12 days 16 hrs 21 mins for running the 837 miles between Lands End and John O'Groats.

Second lady was another highly experienced ultra runner in the shape of Vicky Skelton from the North Devon Road Runners club, who achieved a fantastic 125.5 miles to add to her victory in the 145 mile Grand Union Canal race over the Spring Bank Holiday weekend.

Third female with a very respectable 117.46 miles went to the unattached Marie Doke.



Race winner John Pares covered 147 miles and 357 yards in 24 hours (that's five and a half marathons at about 4h30 pace). He recommends cheesy mash, jelly babies, repeating the mantra 'I am strong, I can do this' and never wearing briefs under those Skins leggings ever again.

Below: Karl and the other runners set off with 24 hours to go.

For Karl in his biggest challenge yet he managed to do a very pleasing 94.43 miles, just short of the magic 100 he wanted, but has done more than both the Denham-Smiths of Keswick AC who managed 87.7 miles in 24 hour races since 2005.

Lots of trackside refreshments were provided and hot meals plus many other facilities, including physios were all on hand to ensure all the runners had a good time, no matter how boring an event of this nature may be, but Karl was enjoying it, despite struggling in the second 12 hours when plenty of stops for breaks were required, but he kept going to the bitter end and even managed to put in a sprint in the last minute of the race. His mileage equated to 380.1 laps, of which the direction of travel was changed frequently as well. Each runner had a lap recorder and you needed to wave to them after each lap and tell them you are going for breaks etc.

Out of 43 who started, 7 runners retired during the race, but their distances at the point they dropped out was still recorded, and only 36 managed to last the full duration, including breaks.

As the race ended, Karl broke down to tears of joy after he was placed 19th overall.

His fellow Black Combe team mates are all very proud of what he has achieved at this race.

[Karl Fursey, December 2007](#)

(race report submitted to the Whitehaven News)



Championships calendar

All the road and fell dates for 2008, and a few others that might be useful.

17th Feb	Keswick to Buttermere Fitz Park, Keswick, 11am. RL	6th July	Skiddaw Fitz Park, Keswick, 12.30pm. AM
2nd Mar	Haweswater Half Bampton Village, 11.30am. RL	14th July	Wasdale Wasdale Head, 11am
8th Mar	Black Combe Silecroft, 11am	16th July	Blisco Dash Old Dungeon Ghyll, Langdale. AS
2nd Apr	Loughrigg Fell Race Millans Park, Ambleside, 7pm. AS	2nd Aug	Borrowdale Rosthwaite, 11am
5th Apr	Coniston 14 John Ruskin School, 11am. RL	13th Aug	Ulverston Summer 10k Glaxo Sports Centre. 7.15pm. RS
13th Apr	London Marathon Blackheath or Greenwich, 9am.	17th Aug	Sedbergh Hills People's Hall, Sedbergh, 12pm. AL
19th Apr	Anniversary Waltz Stair Village Hall, Newlands 11.30am	24th Aug	Grasmere Senior Guides Sports Field, Grasmere, 4pm. AS
2nd May	Dalton 10k Dalton Cricket Club, 7.15pm. RS	6th Sept	Grisedale Horseshoe Glenridding Village Hall, 11.30am. AM
3rd May	Coniston Fell Race Coniston Sports Club, 12pm. AM	7th Sept	Ulverston Charter 5k Coronation Hall, Ulverston. 2pm. RS
7th May	Caw Fell Race Blacksmiths, 7pm	14th Sept	Mountain Trial secret location
18th May	Windermere Marathon Brathay Hall, Clappersgate. 10am. RL	14th Sept	Great Langdale Marathon New Dungeon Ghyll. 12pm. RL
25th May	Helvellyn Fell Race Bram Crag Farm. GR 319214, 12pm. AM	20th Sept	Three Shires Fell Race Three Shires Inn, Little Langdale. 11am. AL
31st May	Duddon Valley Fell Races Newfield, 11am	5th Oct	Ian Hodgson Relay Sykeside campsite, 10am
7/8 June	LAMM secret location	11th Oct	Langdale Horseshoe Great Langdale, 11am. GR 286062. AL
14th June	Ennerdale Horseshoe Ennerdale Scout Camp, 11am. AL	19th Oct	Cumbria Half Marathon Sands Centre, Carlisle. 11.30am. RM
10th June	Gosforth 10 Wellington, Gosforth. RM	1st Nov	Dunnerdale Fell Race Blacksmiths, Broughton Mills. 12pm. AS
25th June	Hawkshead 10k Hawkshead Market Hall, 7.30pm. RS	15th Nov	Brampton to Carlisle 10 William Howard Sch, Brampton, 12pm. RM

Fell races are green. Road races are black. Other useful dates are grey.

To qualify for either championship you must run at least five of its 12 races, including at least one each of short, medium and long. Your best 5 count.

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