

Durham Fell Runners

newsletter November 2009



www.durhamfellrunners.org.uk

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DFR Cronkley Fell Race 2010

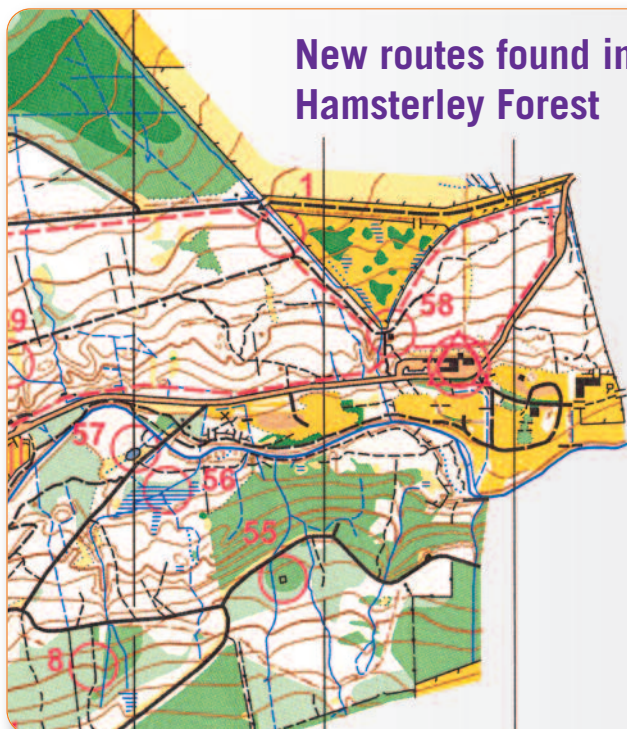
After much planning and organising DFR are pleased to announce that the Cronkley Fell Race will once again be a fixture in next years's racing calendar.

Covering x miles and x ft of ascent the route takes in the spectacular scenery of Teesdale and the surrounding area.

To be held at 11.00am on Sunday 27 June, entry is £4.50 on the day and includes a chip butty for all finishers.



New routes found in Hamsterley Forest



Back in September 20+ members of DFR came along to Explore The Forest and try out their navigation skills on a new 'O' event developed by experienced DFR members Patrick Bonnett and Stuart Ferguson.

In conjunction with a customised map produced specifically for DFR, courses can be varied combining both permanent and temporary controls and cover numerous parts of the forest, including both familiar and new previously inaccessible areas.

DFR will be running more of these sessions in the Spring/Summer of next year with lengths and duration varying to take advantage of the longer nights.

In the meantime, if you want to try some other orienteering/navigation type races, the two local Orienteering Clubs nearest to Hamsterley are **Cleveland Orienteers** and **Northern Navigators**. If you are Tyneside based, try **NATO**.

All these clubs welcome new or potential members.

Hills, blue skies, baking heat and bogs!

The summer and autumn months have again seen DFR represented at a wide variety of races and events with great success.

From the fells, trails, forests, mountain marathons, and even the odd cake competition, congratulations to all who have competed and participated. DFR continues to build on its successes as shown through fantastic team results at the recent FRA Relays and Guisborough 3 Tops.

The final 2009 DFR Championship race is the Hexhamshire Hobble on 6 December, so hope to see you there for what could be a close finish to the series!



DFR On Tour 2009 / 2010

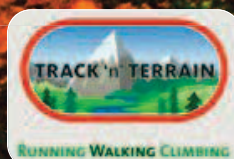
Showcasing the variety of running in County Durham and surrounding areas we are continuing the successful series of On Tour runs, and for the remainder of 2009 / start of 2010 have kindly been able to incorporate some of last winter's headtorch runs devised and led by members from neighbouring clubs NFR and Elvet Striders.

Runs take place on the last Thursday of each month starting at 7pm and last for around 1hr - 1hr 15mins. Taking in areas of wet mud, rock and tussock, trail shoes are recommended! Hope to see you there.

- **November 26th** - Beamish / Hedley Hall
- **December Sun 27th** - Sunrise on Helvellyn, followed by Wansfell race (2.5 miles) later in the day. Followed by pub meal in Keswick.*
- **January 28th** - Aykley Heads, Durham City
- **February 25th** - Waldrige / Congburn
- **March 25th** - Beamish & Ousborough Woods.

* Something a little different!

Please check the website for further details and any potential changes.



www.tracknterrain.com



www.trailguides.co.uk

Gear Review Osprey Talon 33 Backpack

Review by Steve Gustard

It was while looking for a pack to see me around this years Saunders MM that I was drawn to the Osprey Talon 33 as an alternative to the more popular offerings from the likes of OMM and Inov 8.

Available in orange or magnesium blue this lightweight pack has plenty of storage space comprising a good size main internal compartment, hip belt and top pockets, as well as external side pockets and a back stuff pouch which use an elasticated stretch fabric rather than the usual mesh material. There is also a useful space behind the back panel to take a hydration bladder, though it could easily be used alternatively to stow a duomat-type sleeping mat. All straps are made from a thin mesh covered foam, with an integral whistle on the chest strap and small elasticated pockets on the shoulder straps handy for gels etc., whilst the back panel comprises a ribbed foam 'airscape' design to aid ventilation. Ice axe/pole loops and compression straps are also present.

In use the Talon felt very stable and comfortable even when packed to the full 33 litres.

The shoulder straps, despite looking a little on the thin side, are tough, durable and breathable as is the stretch fabric on the side pockets and back stuff pouch. My only criticism is that if storing water bottles in the side pockets they can be a little difficult to get in and out due to the position and angle of the compression straps - a minor issue though considering the bladder option for regular fluid intake.

Overall the Talon 33 comes highly recommended. Plenty of storage options and functionality coupled with comfort and durability make this a very versatile pack for those long days or weekends in the hills.

For more information visit www.ospreypacks.com Retail price around £65 - £70

