



# DFR Newsletter

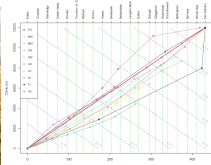
Spring 2021



## Locked down, but not locked in

Members have kept themselves entertained locally over the past three months of running with a number of virtual challenges organised by Andy and Fran Blackett. The first series, which included treats such as the infinite kilometre escalator and the blind hour, was won by Andrew Stimson.

The second challenge was to run a virtual Pennine Way. Paul Hodgson and Martin Wilson put in some amazing efforts with Paul taking the win in 3 ½ weeks. We still have some members working away at this challenge as they make their way to a virtual Kirk Yetholm.



## A new 6 trigs route

Long standing club member Steve Lumb has completed a new 6 trigs round. The Bollihope 6 trigs challenge is for anyone interested in a boggy, heather-covered high-level route. Sounds fun! The trigs you need to go to are Catterick, Carrs Top, James' Hill, Harnisha Hill, Five Pikes and Pikestone Fell. The start and finish is in Bollihope East. Steve and Stu completed the inaugural round in 4.42 although Steve is sure that in good weather an hour could easily be taken off this time. It is worth noting that the route goes over some very boggy ground so is one best done with a friend that can pull you out if needed. As with the Stanhope 6 Trigs, if you complete the route then let Steve know the date and your time.

## AGM – Wednesday 14<sup>th</sup> April, 7pm

Use the Zoom link to join our club AGM (Jon West will share this nearer the time)

If you'd like to stand for any committee positions, have any ideas or suggestions regarding the running of the club or events you'd like to see happen then please join us.

Current committee members:

Chairperson: Jon West

Secretary: Andrew Charles

Membership secretary: Dan Rhodes

Treasurer: Andy Blackett

FRA Club Ambassador: Fran Blackett

Men's team captain: Paul Hodgson

Ladies' team captain: Denise Tunstall

## Back to training!

Training will resume on **Thursday 15<sup>th</sup> April, 7pm, Hamsterley Forest Main Car Park.**

If you plan on coming then please confirm your attendance. You will also need to carry a Covid-kit (mask/buff, gloves, hand gel).



### Covid-19 Guidance

\*There is still a risk of asymptomatic infection, even with vaccination\*



Follow required protocols and PPA Guidance



Carry a Covid kit (mask/buff, gloves, hand gel and gloves)



Hand Hygiene



Do Not Congregate



Symptoms Self-Isolate



2m



## Upcoming races to look out for

All of these races have pre entry open on SIEntries  
**Clough Head, Saturday 24<sup>th</sup> April, 4.5 miles** up and down Clough Head

**Brian Clough Head and Ken Dodd race, Saturday 15<sup>th</sup> May**, a circular 9 mile route up Clough Head and Great Dodd

**Kong Mini Mountain Marathon, Sunday 6<sup>th</sup> June**, Borrowdale. These are great low key navigation events. 4 hour score course which you can do in pairs or solo.

**Ennerdale, Saturday 12<sup>th</sup> June**, a counter for our club champs this year, full at the moment but there is a waiting list if you want to put your name down.

**Wasdale fell race, Saturday 10<sup>th</sup> July**, a Lakeland Classic and not one for the faint hearted! Look out for pre entry details as this one is likely to be as popular as Ennerdale.

## 2021 races organised by DFR

We always really appreciate the support of club members to marshal these events. They are a great way to give a little back to the fell running community.

**Date: Thursday 29<sup>th</sup> April, 7pm**

**Race: Cockfield Chase, Cockfield**

**Race Organiser: Andy Blackett**

**Date: Tuesday 13<sup>th</sup> July, 7pm**

**Race: Chapelfell Top, St John's Chapel**

**Race Organiser: Fran Blackett**

**Date: Saturday 18<sup>th</sup> September, 2pm**

**Race: Cronkley Fell**

**Race Organiser: Paul Hodgson**

**Date: Monday 20<sup>th</sup> December, 7pm**

**Race: Silent Night, St John's Chapel**

**Race Organiser: Andy Blackett**