

Durham Fell Runners

newsletter

www.durhamfellrunners.org.uk

February 2009

news • events • races • reports • results • social

Hi everyone and welcome to our first newsletter. This is something new for DFR, and with members spread far and wide - and not all with internet access - the aim is to hopefully keep members informed of the various events and social activities we participate in and organise, along with news and reviews we hope will be of interest. As this is the first edition all comments and suggestions are most welcome, along with any views on how we can improve and tailor the content to what DFR members would like to see included - send them via the contact section of the website or to 'steveg.net@ukonline.co.uk'. Enjoy the read...

DFR Men's Team Success at the Hexhamshire Hobble



A superb turnout of ten DFR members ran the 15th Hexhamshire Hobble on Sunday, 7th December, 2008. DFR men won the Men's Team prize, with Jason Allison 3rd, Mike Mallen 6th and Graham Burns 8th.

This is the first time in 15 years, that the winning men's team has not been Northumberland Fell Runners. Amazingly, this was Jason's first true fell run, so to come in 3rd in such company requires double congratulations. After a few more races to refine the fell techniques, he will be a formidable opponent - look out everyone! The other men who had good runs were Chris Fairless, Stuart Ferguson, Paul Kelly, and Matt Lynn. The girls were not to be outdone, with Ros Kelsey, Liz Oates and Denise Tunstall giving great performances. Again, this was Ros's first real fell race and she is proving to be a natural gazelle, who will do better and better as she learns the arts and crafts of fell running. The future of DFR is bright with these sort of performances.

Karen's Party Success!

20+ members attended Karen's DFR Social Event held at her house in November last year.

The highly amusing World Table Football Championships were followed by a raffle allowing members to win prizes of amazing value, astronomical education and complete uselessness but not all at the same time! The event resulted in £140 being raised for Club Funds. Thanks again to Karen and all those who attended.



DFR Championship Series 2008

The Ayhope Skyline race on 28th December was the last of the DFR Championship races, with all those in the 'running' competing.

Congratulations to Mike Mallen who secured the top spot with a total of 75 points, closely followed by Graham Burns (74pts), Stuart Ferguson (71pts), and Denise Tunstall (44pts), all putting in great performances over six races throughout the year.

If you fancy setting your sights on this years Championship see overleaf for the 2009 race details.

On The Horizon - DFR Races 2009

25/01/09 **Black Hill and Beck** - 11 am start, from Grove Car Park, 12k

29/03/09 **Doctor's Gate** - 11am start, from Grove Car Park, 11k

30/04/09 **Handicap Series, No 1***

Thursday evening, 7pm Start, from Visitor Centre, 10k

DFR Championship Race No 1

05/05/09 **Helvellyn Fell Race** - AM 11m/4500' www.keswick-ac.org.uk

28/05/09 **Handicap Series, No 2***

Thursday evening, 7pm Start, from Visitor Centre, 10k

DFR Championship Race No 2

06/06/09 **Alwinton Fell Race** - BL 14m/2900' www.morpethharriers.freeservers.com

14/06/09 **Race** - Details TBC

25/06/09 **Handicap Series, No3***

Thursday evening, 7pm Start, from Visitor Centre, 10k

DFR Championship Race No 3

07/07/09 **Saltwell Harriers** - BS 5.5m/1000' www.saltwellharriers.com

23/07/09 **Handicap Series, No 4* & DFR Championship Race No 4**

Thursday evening, 7pm Start, from Visitor Centre, 10k

13/09/09 **Top of the Forest** - 11am start, from The Grove car park, 12k

DFR Championship Race No 5

18/10/09 **Dryderdale Dash** - 11am start, from Visitor Centre, 10k

08/11/09 **Track'n Terrain Blackton Fell Race** - 11am start, from Visitor Centre, 16k

DFR Championship Race No 6

27/12/09 **Ayhope Skyline Christmas Race** - 11am start, from Visitor Centre, 16k

*Need to complete 3 out of 4 Handicap Series Races to count.



Gear Review

RAIDLIGHT – Trailrunner Short Sleeve Shirt

Review by
Stuart Ferguson



This top has a nice feel, looks good and comes in a variety of colours with a three fabric construction, mesh for ventilation, stretch fit and breathable for performance.

There are four pockets, one of which I would like to have seen with a fixed closure to keep for example a key in. The pockets are easily accessible with or without a bum bag, but wearing a back pack renders them totally inaccessible. This top is at home on long runs in hotter climbs or UK summer, though it does have a strange fit as I required a large even though I am normally a standard medium. The collar annoyingly 'flops' and Raidlight should possibly consider using the mesh fabric on the outside to give it more stability.

These are small issues really as this technical top is good to run in, performs well in keeping you dry and cool, has a very good price tag, and after many outings still looks new. The Trailrunner can be purchased at Track n Terrain for £40.00 not including DFR discount. Check out the Raidlight website www.raidlight.com

If there are any other members who would be happy sharing their views on their latest kit then email them to steveg.net@ukonline.co.uk

Hamsterley Forest Car Park Annual Passes 2009

Annual passes for the Hamsterley Forest Car Parks for 2009 are now available for purchase.

They are sold at the Visitor Centre or at Wood'n'Wheels Cycle Office. If you had one for last year, you may well have received a form of application, with the price stated as £35. Durham Fell Runners members have a concession reducing the price to £30 for the full year. Please will everyone who parks regularly, say for the Thursday night training runs, please obtain and display their pass. Otherwise we have complaints from the Chief Executive of forest operations, which is very embarrassing for the Committee!