



February e-Newsletter

February Race Headlines

3rd F for Karen at X-Border 10k



5th for John Tombs at Dark Mountains

11 ER's out and the Men's Team Prize at snowy Stybarrow Dodd



ER's at Winter Run 10km



1st Female Vet at Mad Dog 10km for Suzanne Smith



David Dicks completes 100-mile Arc of Attrition despite winter set-backs



Valentines 10km saw male & female team wins, 3rd Female for Karen B & vet wins for Kerry G, Teresa D, Dave E & John W



7 tackle Silverdale's 33.5km



Recent Events & Bulletins

£205 raised for Tribe following successful social run



Noah Hurton smashes out 5km time of 14:31 at Armagh (photo unrelated!)



Blencathra Run for Valentines



40 turn out for biggest Sunday Social at High Cup Nick recce



Running Navigation sessions continue their success



Sportshoesdirect.co.uk provide Eden's February discount code: SLK6

Session Updates

Record turn-out for Monday Fells Wednesday Parlauf saw a record numbers and huge success

Upcoming Events

HWH Recce 24th Feb 9:30am from Bampton Village Hall
ER's HWHM Event 3rd March
Northern Road Relay Champs 24th March

Your Next Champs Races

High Cup Nick (medium fell champs #1) Saturday 23rd Feb
Parkrun #3 Saturday 16th March

Parkrun Update

Huge turn-out for Champs #1 and #2 & an escape from ice thanks to volunteers



Your Regular Training Plan

Monday Headtorch Fells 6:30pm
Tuesday Sprints 6:00pm
Wednesday Winters 7:00pm
Friday New Streets 6:00pm
Saturday Parkrun 09:00am