



January Newsletter

January Race Headlines

25 Eden Runners's for Nine Standards Fell Race – 1st Jonny Cox & Ladies Team win for Karen Bridge, Heather Eccles & Alison Phillips



North Lakes Half Marathon and 4th Place for Jonny Cox



Dalston 5 & 10km Trail race



1st Short Fell Champs Clough head



1st 10km Road Champs Carlisle Resolution – 58 runners. 2nd and 3rd to Jonny Cox & Jack Eyre & winning mens team with Danny Jones. Vet category wins for Karen Bridge, Kerry Grinbergs, Kathryn Metcalfe, Carol Baker & Dave Evans.



Cumbria Cross Country League – 3rd lady to Karen Bridge, Vet 50 to Derek Hurton & Ladies Team win



Recent Events & Bulletins

Former Eden Junior sets a new Parkrun World Record in 15:50



Team Mountain Madness Claim the lead in Fantasy Fell Running after 4th race at Clough Head

Joanne May led 12 hardy ER's on a Blustery Sunday Social for Stybarrow Dodd & Loopy Latrigg



Claire Hebidge hosts an excellent County XC Champs event at Hunter Hall, Penrith.



Upcoming Events

Run with TRIBE 27th January
5th Fantasy Fell Race – Stybarrow
Dodd 2nd Feb
High-Cup Nick Sunday Social
Recce – 17th Feb

Your Next Champs Races

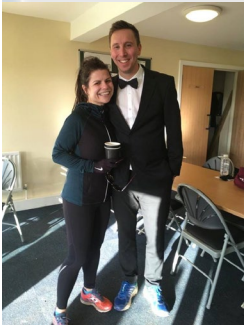
1st Parkrun Champs 26th Jan
2nd 10km Champs Valentines
10km Lancaster 10th Feb
2nd Parkrun Champs 16th Feb
1st Medium Fell Champs race
High Cup Nick 23rd Feb

Parkrun Update

Festive attire to run New Years' Day!



Eden Runners



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