

# Newsletter

## Navigation weekend

Pre **OMM**, formerly the **KIMM** the following weekend – 21st & 22nd of October

**Saturday:** Navigation theory  
3.30 - 5.30pm at Britta's house.

The Cottage Ghyll Head, Bowness on Windermere,  
Cumbria LA23 3LN. 015394 44874



Bring a compass and Tony will give us some tips on how to use the other features apart from it pointing North. He'll also go over some old courses, particularly Galloway as he was the Controller on that occasion.

**Sunday:** 10.00am.

Elterwater Common onto Silver Howe.

Tony will set out some controls and simulate some of the decisions you might have to make in the race, particularly route choice, hopefully the distances will be shorter than the KIMM but involve similar route choices.

Please call or drop Tony an email if you are interested so he knows how many to expect.

Tony Walker, watershed@enterprise.net or call 01539 724286

### Club Handicap

#### Rydal Road, Ambleside to Kirkstone Pass via The Struggle!

Last year the race was won by Phil Craker so he is in charge of setting this years handicap and organising the event.

It is usually held on the last Tuesday evening before Christmas. This would mean 19<sup>th</sup> December. Put the date in your diary and await confirmation from Phil in due course.

### The AGM

Tuesday 5th December 2006  
Ambleside RC

### Calderdale Way Relay

#### A suggestion from Anna:

I know this may not happen, but I am keen to see if I can get a mixed team together for the Calderdale Way Relay. Unfortunately it is the 10th Dec... so the morning after the Ambleside do... so I am looking for interest from 6 ladies and 6 men...preferably who equally matched. Information for the race is on the Horwich website. I will be recceing the legs in the future with folk that already know them and I would need one person from each leg to go and do a recce. What do you think?

This arose after spending the weekend with the mad and friendly Todmorden Harriers!!!

Anna

## The Christmas Party

The Christmas Party will be held at Windermere's Hydro Hotel on Saturday 9th December.

www.thehydro.co.uk

Tickets are £20 per person and include a meal\* and disco. The meal is booked for 7.30pm.

There are approx. 60 tickets available, to be paid in full, first come, first served.

For bookings please contact :

Britta Sendlhofer at [britta@brittas-designs.co.uk](mailto:britta@brittas-designs.co.uk)  
015394 44874 or

Helen Ferguson on 07788406226.

*\*menu to be circulated asap- as we need to pre-order this year.*

## MORE IDEAS FOR YOUR WINTER THOUGHTS FROM JOHN FLEETWOOD

John Fleetwood [johnfleetwood@uwclub.net](mailto:johnfleetwood@uwclub.net)

### WINTER PADDY BUCKLEY

I'm planning to have a go at a winter Paddy Buckley (classic 24 hour round in Wales) in December. Preferred weekend is 2/3 december, with a fall back of a week later (but back in time for xmas do!). These winter rounds are pretty weather dependent so I need to build in some flexibility. I'm looking for support on and off the hill, so if anyone's interested in helping out, please could you let me know.

Thanks

### ULTRA TOUR DU MONT BLANC

This won't appeal to all but ...

I'm planning to do the ultra race of the Tour Du Mont Blanc next year (27 August). Its just short of 100 miles round Mont Blanc with 28000 feet of climbing and you get 45 hours to complete it with the winning time this year of 21 hours. I failed to get in last year because the entries closed after only three weeks so its important to be quick. Does anyone else fancy this? It looks a fantastic event with a carnival atmosphere and there's a half length course as well.

Details at: [www.ultratrailmb.com/accueil.php](http://www.ultratrailmb.com/accueil.php)

I'd plan to make it a week's holiday in Chamonix with great climbing/walking available. If you might be interested, do get in touch.

### CALLING ALL NIGHT OWLS

I'm planning to organise night fell runs on Tues nights in the winter, starting in November. The plan is the usual Tues night format except in the dark with head torches, starting 6.30 pm. I'd like to do one or two longer ones around full moons, but would estimate one and a half hours average.

I'll put a programme together if there's enough interest, so if you are up for a bit of adventure, please let me know.



## TRAINING ON TUESDAY EVENINGS

**From Ambleside Rugby Club starting at 6.45pm.**

Usually 5 – 10 miles on country roads or intervals and hills around lit streets in Ambleside.

A cycling group of injured or aged runners will often set off at the same time.

Afterwards at The White Lion, Ambleside.



## SUNDAY MORNING FELL RUNS

**All the fell runs start at 10am and finish around noon for a drink or coffee.**

Note the late start on 10<sup>th</sup> December after the Christmas Party.

### OCTOBER

22/10/06 Elterwater Common

29/10/06 Travellers Rest

### NOVEMBER

5/11/06 Three Shires

12/11/06 Kentmere Church

19/11/06 Sun at Coniston

26/11/06 Old Dungeon Ghyll

### DECEMBER

3/12/06 Peoples Hall Sedbergh

10/12/06 Queens Head **(12 noon)**

17/12/06 Kings Head Thirlspot

24/12/06 Rydal Hall

31/12/06 Elterwater

### JANUARY

7/1/07 Brotherswater

14/1/07 Travellers Rest

21/1/07 Three Shires

28/1/07 Kentmere Church

### FEBRUARY

4/2/07 Sun at Coniston

11/2/07 Old Dungeon Ghyll

18/2/07 Rydal Hall

25/2/07 Elterwater

### MARCH

4/3/07 Hartsop

