

To all running clubs associated with the Fell Running Association,

I'm Charlie Day, a priest in the Church of England and an avid fell runner. I'm writing on behalf of your club to invite your members to an event we are hosting at Rydal Hall on **Saturday 2nd November at 11:00am**. The event, titled *Running and Remembering*, is being held in partnership with the FRA as an opportunity to remember runners and friends who are no longer with us.

A few years ago, I was moved by a placement at a church that invited the families of everyone whose funerals they had conducted that year to a special service of remembrance. It struck me that we, as a running community, also experience loss—whether of fellow runners, club members, or family and friends.

This inspired me to create an event where we can run together, share food, tell stories, and remember those we have loved and lost. Alongside my colleague, Rev. Lawrence Basham at Rydal Hall, we warmly invite your club members to join us in remembering our fell running companions.

We will gather at 10:45am and begin running at 11:00am. Groups will be available for different abilities—fast, intermediate, and leisurely—as well as a walking group for those who are injured or who no longer run. Around noon, we will meet at Rydal Cave for a time of remembrance. Afterwards, we will return to Rydal Hall for a hot lunch at The Barn. Following lunch, we will share a short time of reflection on the memories and people who are important to us.

Although Lawrence and I are clergy, this is an event hosted by runners, for runners. It is open and inclusive for people of all beliefs—including those with no faith. Our hope is to create a space for the fell running community to share memories and collectively process grief and loss.

We would love your club members to join us. Please sign up using the link below so we can plan catering. The event is free of charge, though donations will be gratefully received on the day to help cover costs.

- Parking at Rydal Hall is limited. We encourage car sharing or parking in Ambleside and running/cycling to the event (approx. 1 mile).
- All runners are required to carry the full mandatory FRA race kit for safety and insurance purposes. This includes: waterproof full-body cover (with taped seams and integrated hood), hat, gloves, map of the route, compass, whistle, and emergency food. As the event is in November, please carry extra kit, as we will be stopping at Rydal Cave.

We are also looking for individuals to share memories and stories of club mates they would like remembered. If you would like to contribute, please email me at **curate@binsey.org.uk**.

We hope you and your members can join us. If you have any questions, please don't hesitate to get in touch.

With every blessing,

Charlie Day

Curate of the Binsey Team, Derwent Deanery – Keswick AC

Booking link: <https://tinyurl.com/runremember>

In partnership with:

