

DARK PEAK NEWS

october 88



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DARK PEAK CLOTHING

Cotton Singlets - Mens	£6.75
Shorts	£5.50
Woolen Hats	£2.50
Tracksters (Ron Hill)	£9.50
Cloth Badges (on order)	£0.80

Other gear which can be obtained to order:-

Rugby Shirts (see list in hut)	£15.00
Trackster Tops (Ron Hill)	£13.25
Ron Hill shoes - e.g Rivington Pike	£33.00
Tracksters	£22.00

Note: All Ron Hill clothing/shoes can be obtained at approx 15% off RRP. All above prices are subject to alteration. orders/enquiries to Howard Swindells.

WEDNESDAY RUNS

These start from the Sportsman Pub, Lodge Moor, Sheffield at 6.30pm prompt! They continue throughout the year whatever the weather - rain, sleet, hail, snow and sometimes sunshine. Runs are over the local moorland in summer and on the roads in winter (for all but a few head-cases, who run on the moors at night) and we try to cater for all abilities. Limited changing facilities are available in the adjacent club hut.

EDITORIAL

Eddie's Grumblings

When I started this newsletter I only had a handful of race reports/results and two main features, but during the two weeks prior to the postal strike the mail never stopped arriving. Due to the consequential increase in typing, etc and various other workloads I've had to delay publication until October. This is not to say that I am happy with the number of contributions from members - 3/4 of the material has come from 3 members - thanks Ed, Graham and Mike and keep up the good work! - What about the other 200 members out there?! I have not been able to put as much time into this edition as usual and it doesn't look as though I will have as much time to devote to future newsletters as I have had in the past, so please make life easier for me and try to keep articles coming in on a regular basis - don't wait until the end of the season.

The "what-waffle-shall-I-fill-this-blank-page-with" bit.

The usual mixture of informal summer evening races has again been well attended, yours truly taking the Back Tor title with a well timed return to the fells after 5 months in the doldrums, Malcolm winning the Kinder Spring race again and Andy the Crookstone and Cakes of Bread races yet again. The Alport race was abandoned on the start line as three hardy souls decided that three may be a crowd but doesn't constitute a race - where were you all? It will be re-run sometime, maybe in the new year. The other local weekday races in the Hope Valley seem to be getting more popular each year and some of the courses are becoming a little congested - its worth doing a bit of speedwork just to get a good position at the start of some races. I fear that the running boom is beginning to infiltrate the fells, especially the shorter category B and C races.

Anyway, the winter season is soon to be upon us and with it the usual outings of 'real' fell races - the Club Champs, Cutthroat Relay, Tanky's Trog and the Crookstone Crashout all before the new year, and the Margery race sometime in February. As always a good turnout is expected for the Club Champs and with it the numerous tales of woe and sorrow from the 'missed the third grough on the right, after the small cairn with the' brigade who spend weeks, if not months, trying to find the best route. Good luck to you - I'm just going to run like hell in the right direction which hasn't let me down yet.

Now its time to put my head on the block and say that favourite for the mens title must be Malcolm and for the womens, Clare. However, they may not have it all their own way if Micah or Wendy run. If Micah would only race the course instead of accompanying Billy, he could at least challenge Malcolm if not topple him from his perch. Wendy has been orienteering with great success this year but is an unknown quantity on the fells and if she too runs there could be a good race on. I hope they're all reading this - there's nothing like putting a bit of pressure on the opposition, Eh - that's been Crammy's excuse anyway, too many high expectations of him. Maybe I should stick another needle in the knee of this Patterson effigy

As the season draws to an end it is good to see Dark Peak well represented in the championship standings. Clare has, I'm told, won both the English and British Championships with Jacky and Ann also in the top five(?) places. Malcolm has not had such a good year but is certain to finish in the top ten in both(?) championships. No news on the vets scene at present, but news of this and all the other final placings should appear in the next newsletter together with the World Cup results. Dark Peak are to be represented in the World Cup by Malcolm, Clare and Jacky, with Ann first reserve. It is being held for the first time in the UK (the Lakes) on the 15/16th October with the race taking on a more 'Continental' style of being well marked all the way and having a relatively easy descent - continentals can only run uphill!

* DP NEWS * DP NEWS * DP NEWS *

A short review by club secretary Andy Harmer.

The introduction of the new training schedule appears to have worked fairly well with good turnouts at Cutthroat Bridge and Longshaw and I have no hesitation in recommending that a similar programme is adopted next year commencing early April and running through to mid september. Once the FRA programme is published and local races determined a full list could be drafted for the season.

Its been pleasing to see more new members in the club and for us to have absorbed this increase without detracting from the spirit of the club. Should numbers continue to be high in the winter it will be imperative for a responsible attitude to be taken on the roads as well as the fells. There is no way that I would feel happy at a group of 50 runners charging round Nether Edge or Bents Green. The Warts Hogs are always happy for members to join them on the fells with torches but for the rest of us it may be necessary to have more than one pack run. An imaginative approach is still required, there are lots of 'empty' roads towards Dungworth, but even then members have collided with cars, albeit stationary ones!

Malcolm began the season in excellent form jockeying for medal places with Rod Pilbeam and Colin Donnelly and although his peak diminished a little in the summer, Malcolm has worthily made the World Champs team. Claire had showed lots of promise last year especially producing a superb performance at Langdale when she dipped under 2hrs 30min. This year she has confirmed that promise by winning both the English and British Championships and we wish both her and Malcolm all success in October at the World Champs.

Many club runners have run well this season but at this stage I would like to congratulate Mike Hayes who at 50 has begun to chase Danny Hughes and toppled Joss at the O.S. Well done Mike.

Incidentally Joss Naylor's small book on his conquest of the Wainwright books is well worth reading. The humility, humour and resilience of the man comes alive in these few pages and pays, as always, great appreciation to those who helped and our own Andy Bell receives a mention several times for his contribution. Joss's feat in severe heat was beyond words as he himself said. (For those of you who are not familiar with Joss's feat it was to visit all the peaks in the Wainwright books, seven in all, one book per day for a week - I think. Makes the Bob Graham look like child's play! - Ed)

Kevin Lilley's round at Wasdale was also a great breakthrough and hopefully that confidence, coming after his Bob Graham, should see Kevin put out the fire of a few old warts.

'10 Years of DPFRR'

Apologies again. We now have both the typing completed and the pictures converted to a suitable form for printing. The next stage is selecting the pictures and discussing the format with the printers before the final printing. - Dave Sant and Graham Berry.

Viscolas!

"What's that?" you're all thinking. Well for those of you who use Sorbothane shoe inserts read on. Whilst in the U.S. I visited the Viscolas factory in Chattanooga, Tennessee and I was given free samples and literature. Viscolas is claimed to be superior to Sorbothane and other similar products because of its shock attenuating properties. Various products are available, insoles, heel cushions, heel spur cushions, hand exercisers(!) and various corrective heel wedges from Chattanooga UK, Goods Rd, Belper, Derbyshire DE5 1UU, Tel 0773 822011.

Graham Berry

Trunce

The long standing Trunce record, 21.33 by Keith Darlow set on 21/6/76, has at long last been broken by Micah Wilson. Micah, who equalled this last year, went 4 seconds better in far from ideal wet and windy conditions on the 11th July. Notable local athletes including Bill Domoney, Sam Carey, Rob Hand and Malcolm Patterson have all had attempts on the record but, other than Micah, only Rob Hand has gone under 22 minutes with 21.58. It seems that Micah has made this HIS race.

'10 Years on the Bog' T-Shirts

Howard Swindells is now taking orders for more of this very popular T-shirt. He needs about 50 orders to ensure a reasonable price (£3-£4) so place your order now! Tel 0742 302891.

COMING EVENTS

Oct 22/23 Karrimor, Cheviots.
Nov 12 Club Champs, Edale. (10.30)
Nov 26 Cutthroat Relay. (10.30)
Nov 27 Warts Revenge
Dec 18 Crookstone Crashout. (11.00)

DARK PEAK FELL RUNNERS

PRESENT

on

SATURDAY 12th NOVEMBER

THE DARK PEAK CLUB CHAMPIONSHIPS
(Triple crossing of Kinder)

START : 10.30am prompt!

Start : On Pennine Way, Edale. (GR 123862)
Checkpoint 1 : Snake Footbridge. (GR 114902)
Checkpoint 2 : Kinder Downfall. (GR 083889)
Finish : The Nags Head, Edale. (GR 123859)

Scratch and Handicap trophies (men and women)
Lunches and alcoholic beverages in the Jolly Rambler.

New members are strongly advised to look over the course with chosen campaigners. They may also wish to advise me of recent comparable performances to ensure of a fair handicap. Members who have not paid this years subs will not be allowed to run. Assistance on course and at start and finish needed. Please ring Andy Harmer 0742 664170.

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THE DARK PEAK ANNUAL CLUB DINNER
(Five course meal)

on

SATURDAY 12th NOVEMBER

7.30pm (for 8.00pm)

THE ANGLERS REST, BAMFORD

Price £8.00 (inclusive)

Menu to cater for carnivores, herbivores, gluttons, etc. Bookings, with preferences, to Jeff Harrison, 27 Hillcrest Road, Deepcar, Sheffield S30 5QL, Tel 0742 862873. There are only 80 places available on a first come first serve basis, no money no nosh! Cheques payable to 'Dark Peak Fell Runners'.

MEMBERSHIP AMMENDMENTS

NEW MEMBERS

Martin Bloomfield 107 Sandford Grove Rd, Nether Edge,
Sheffield S7 1RS, Tel 587865
Andy Gomm 322 Lupton Road, Low Edges, Sheffield S8 7NL
Tel 374568
Stella Hill 24 Platt St, Padfield, Hadfield,
Via Hyde, Cheshire SK14 7EJ, Tel 04574 5077
Adrian Hunt 18 Tylney Road, Walton, Chesterfield
Derbs S40 3NZ, Tel 0246 237440
Paul Sanderson 19 Findon Street, Hillsborough,
Sheffield S6 4QL, Tel 344905.
Matt Simms 55 Marlborough Rd, Broomhill,
Sheffield S10 1DA, Tel 680703.
Chris Stamp 20 Castle close, Castleton, Whitby,
N.Yorks YO21 2ER, Tel 0287 60108
Ted Woodhouse 24 Platt St, Padfield, Hadfield,
Via Hyde, Cheshire SK14 7EJ, Tel 04574 5077

CHANGES OF ADDRESS

John Armistead 37 Highfield Drive, Matlock, Derbys,
DE4 3FZ, Tel 0629 4947.
Bob Berzins 15 Ryegate Road, Crosspool, Sheffield S10,
Tel 668415.
Pete Brunt Tel 062 981 4443.
Tony Farnell 59 Eccles Close, Hope, Sheffield
S30 2RG. Tel 0433 20500.
John Firth ?
Ed Hutt 51 Fulmer Road, Sheffield S11 8UF
Tel 684734
Wendy Lightfoot ?
C. Lincoln-Jones Tel Richmond 832521 x291
Chris Windle 112 Strathmore Rd, Hincheley,
Leics LE10 0LR.

Martin Stone sends this letter of resignation:-

I've decided that after having spent the last 6 years training and socialising with Clayton Harriers, it is now time to make a break from Dark Peak. I've been a member of Dark Peak for 10 years, joining shortly after completing my Bob Graham and have made many friends in the club and shared numerous memorable epics with club members. I feel now that my allegiance should be to the local club and I think I've held on long enough.

You realise you'll have to miss the Club Champs now Martin!

Adrain Pickles has also changed clubs to Penistone FOOTPATH Runners now that he has moved into their territory.

FRA MEMBERSHIP

All enquiries/renewals should be sent to Pete Bland Sports, 34a Kirkland, Kendal, Cumbria. The membership fee is still £4 (I think).

From CHATTENOOGA, USA to DUNGWORTH COUNTRY FAIR
with Jet Lag

As always, race director extraordinaire, Alan Yates said it all - "Don't worry, the brambles, bracken and nettles of the Dungworth Race will cure any jet lag!" This may be true, but I'm not sure that I'd recommend it as the easiest way to clear the previous days jet lag, especially when so much intellectual effort is required for the Dungworth race. This comes from the concentration required to avoid the brambles, etc, whilst also trying to find the correct path! This year some aspiring intellectual runners out-thought the race director by including a negative loop (equivalent to a sort of anti-matter) in the race which resulted in the course record being broken by many minutes by several runners who finished in front of Tim Tett, who ran the positive loop and also managed to break the record and to crack the 30 minute barrier with a fine time of 29.57 (I was only trying, and succeeding, to stop Andy from winning it for the third successive year and it would have been even faster if I'd have known where I was going - Ed). Andy Harmer closely followed, also breaking his previous record, but missing his third successive victory. His consolation was being first Vet. I finished several places behind and, incidentally, last in the fun run where the race director had the distinction of losing all the runners at one stage before the start and two runners during the race who ran off to their homes half way around. However, I staggered round with jet lag struggling with the negative and positive loop theories and watching out for the hazards I'd become used to whilst on vacation in the Chattanooga and Smokey Mountain regions of Tennessee.

The main problem in Tennessee was the heat and humidity which gave apparent temperatures of around 110-110F. I can now understand why Americans use the term "sweat-shirts" rather than tee-shirts. Running shirts could no longer be kept for a week or so without a quick wash; they were soaking within minutes in the sauna-like atmosphere. However, as a sauna bath attendant said to me once "just lie back and enjoy it".

One of the other great hazards in this part of the states, and the rest for that matter, are the snakes. Some are poisonous and some are not - I didn't manage to sort out which were which so I treated all of them as dangerous. I'm pleased to say that "all" is an exaggeration, having seen only three, one dead and about 5 feet long, another alive black and slithering off the tree in front of me, but probably not dangerous (don't quote me) and a green one which interfered with our picnic (much to the amusement of the several children with us) but which was removed by a local resident.

Besides the hazards of the snakes were the bears! I should have known better than to run up Mount Le Cante (6,600ft) in the Great Smokey Mountains; the warnings were there very plainly on the trail leading to the summit. The neat small, smelly, soft black 'cairns' on the trail were useful markers for the route to the top, however, on descending I found one of these cairns being carefully laid on the trail by a black bear with trainee cairn-builder cub in tow. In the interest of self preservation I thought it best not to interfere and after photographing the operation I ran rapidly back to the summit and asked advice of some walkers there - "Stay with us!" I walked behind them until we came across the two bears again, but in one of the clearings

on the mountain - there are an awful lot of trees in the Smokies. More photographs and then they slipped away into the undergrowth and disappeared. At this time I took off down the mountain as fast as I could in the knowledge that at any time I could have a bear (or hare? - Ed) behind.

The following day I tried Cove Mountain (4,100ft) which is again reached by a trail through the trees. This time however, the trail was more overgrown and although passable was totally deserted. Whilst I managed to reach the summit, I never actually reached the highest point which was a 100ft high lookout tower without the sort of protection I need. Sixty feet of this tower was quite enough for me to have a knee-trembling view of more tree covered ridges with great patches of mist rolling over them.

Though the trails were wooded, they were usually of a fairly even gradient which assisted my 15 minute, 3 mile descent from the summit. This burst of speed was prompted by three things; the lack of any other people and a combination of a crashing sound in the trees close to me and the previous days experience with the black bears. Such was my speed on the way down that I frightened a solitary deer in the woods and I now suspect that the crashing sound might well have been other deer. The advice given later to me on what to do when encountering a bear is to run downhill (or was it uphill?) and make as much noise as possible. Any volunteers from DPFR for the first screaming fell runner bear protection service, please contact me.

So all this explains my poor performance in the Dungworth race, none of the hazards I expected were there; no heat, no humidity, no snakes, no bears and worst of all no small, smelly black 'cairns' marking the route. No, this race was just not dungworthy enough for me.

Graham Berry

THE WELSH CLASSICAL (PADDY BUCKLEY) ROUND

by PETE SIMPSON : MAY 7/8th 1988

PACERS: Clive Lane, Frank Yates, Pail Frecette, Paul Daly and Roger Canavan

After an abortive attempt in 1987 when I retired in ignominy after three sections - afterwhich I spent a week in bed with sinusitis - I was in a fairly determined mood as I trotted out of Llanberis at 3 a.m. on a dark, warm but cloudless night. I reflected that I had to do it this time, having dragged a corps of enthusiastic supporters out again, objecting violently athavingto abandon the delights of parties, decorating or driving lessons for teenage children - not that I had any excuse for failing. The forecast was good (and surprisingly accurate), I had recce'd the route well, and my recent form was good. Muse as I might, I could find no convincing excuse for not getting round this time.

I took care up Elidir Fach and Fawr, having studied Martin Stone's account of the 'Horrors of Quarries and Glydirs'. I need not have worried, a bright three quarter moon came over the horizon as we gained height. By the time we got to Y Garn, dawn

had broken in an irredescent (ominous?) glow. We disturbed a lone Bivvier and his dog as we left the pools before ascending the Glydir. Clive's intimate knowledge of them and Tryfan avoided any time wasting and we were down in the valley again before we were expected.

A strong, and at times cold, wind on the tops was absent in the valley, where it was already getting hot and humid. A sweaty climb up Pen Yr Ole Wen in 50 minutes brought the welcome relief of winds, and also the first crowds of walkers. A fast enjoyable descent to Capel and I felt good - a friend who was passing by coincidence reported that I looked "terrible", so I don't know what I looked like later when I was knackered.

The two Pauls had not yet arrived as I was now an hour and a half up on my 24 hour schedule, so Frank had to readjust his mental expectations of a sojourn in the Little Chef in Bettws, to a further four hours of toil and Tuna fish butties. Drink was now the main requirement, and a large quantity of lime juice at Capel only kept the thirst at bay for a while. Despite a strong Easterly wind the day was now very warm. Minor bonks ensued at Moel Meirch and later at Moel Drumain, but the Quarries were reached in the estimated time; The Cnicht (with a hundred people celebrating some anniversary on its summit) had been taken in by an out-and-back route from the main ridge.

The two Pauls fearing an earlier arrival, had been waiting for ages and were cold and eager to be off. Revived by hot tea, we set off at a good pace up the Moelwyns, still on schedule for 22 hours 30 minutes and "records" being openly mumbled about.

After a long food stop at Aberglaslyn, the long slog up Banog and Hebog - the Yewbarrow of the round when done this way - back to the solitude of mellow evening light and unslaked thirst on the dry ridge. Running back through the forest we cleared the barrier at Pont Ca'er Gors in unison for the benefit of camera - and my ego.

Still on course for 22.30, euphoria had to be balanced by the effect of tiredness and darkness. Roger and I set out steadily up Crag Wen, having bade farewell to the two Pauls, their ribald banter still ringing pleasantly in our ears. At Yr Aran, darkness fell and the pace began to fall. Halfway up Snowdon we saw the lights of Frank and Clive who had gone up via the Pyg track, with very welcome tea. Then we were on our own again, feeling our way in the darkness to Ddysgal, the Ranger track and the Eilio ridge. The descent felt good, but overall time was lost on the section and we ran into the Llyn Padarn car park in time to wake the slumbering Clive and Frank, beat the opening of the heavens by a few seconds and record a time of 22 hours 50 minutes, beating Bolshaw and Thurrel's time by 25 minutes. With a whole summer before us, and numerous rumours of interest, I do not expect it to stand for long (A new record, time unknown, was set by Adrian Belton in late August - ED), but it was a great day out!

Many thanks again to the supporters.

WELSH CLASSICAL ROUND. ATTEMPT BY PETER SIMPSON MAY 7/8th 1988

SECTION 1 GLYDIRS. 10 MILES 6000 ft.	BWLCH CWMORTHIN Arr 14.30	Dep	14.39
3 HOURS 45 MINS.	25 FOEL DDU (669 461)		14.49
START. LLYN PADARN	3.05.	26 Moel YR HYDD	14.57
1 ELIDIR FACH	3.05.	28 MOELWYN MAWR	15.16
2 ELIDIR FAWR	4.14	28 CRAIG YSGAEN (660 445)	15.23
3 MYNYDD PERFYDD	4.27	29 MOELWYN BACH	15.38
4 FOEL GOCH	4.39.	ABERGLASLYN Arr	16.33
5 Y GARN	4.59.		
6 GLYDIR FAWR	5.28	SECTION 4 EIFIONYDD9 MILES 4700 ft.	
7 GLYDIR FACH	5.45.	3 Hours 44 Mins	
8 TRYFAN	6.19.	ABERGLASLYN Dep.	16.51
A5 Arr.	6.50.	30 BRYN BANOG	17.40
		31 MOEL HEBOG	18.13
		32 MOEL YR OGOF	18.34
SECTION 2 CARNEDDAU 9 MILES 3888 ft.		33 MOEL LEFN	18.46
2HOURS 50 MINS.		34 Y GYRN (553 501)	19.10
A5 Dep.	7.00	35 MYNYDD Y DDWY ELOR (549 504)	19.22
9 PEN YR OLE WEN	7.50	36 DRUM Y DDYSGYL	19.49
10 CARNEDD DAFYDD.	8.04	37 MYNYDD DRWS Y COED	19.57
11 CARNEDD LLEWELYN	8.32	38 Y GARN	20.09
12 PEN YR HELGI DU	8.56	PONT CAE'RGORS Arr.	20.35
13 PEN LLITHRIG Y WRACH	9.17		
PLAS Y BRENIN Arr.	9.50	SECTION 5 SNOWDON 11 MILES 5900ft	
		5 Hours 2 Mins	
SECTION 3 MOELWYNION. 22MILES 7300 ft.		PONT CAE'RGORS Dep.	20.48
6 hours 28 Mins.		39 CRAIG WEN	21.27
PLAS Y BRENIN Dep.	10.05.	40 YR ARAN	21.47
14 MOEL SIABOD	11.01	41 CRIBAU TREGALAN (605 536)	22.44
15 CLOGWYN BWLCH Y MAIN	11.18	42 SNOWDON	23.13
16 Y CRIBAU	11.28	43 CRIB Y DDYSGYLL	23.34
17 CERRIG COCHION	12.09	44 MOEL CYNGHORION	00.28
18 MOEL MEIRCH	12.24	45 FOEL GOCH	00.52
19 YSGAFELL WEN (664 488)	12.48	46 FOEL GRON	1.09
20 MYNYDD LLYNAU CWM (664485)	12.52	47 MOEL EILIO	1.22
21 CNIGHT	13.13	FINISH LLYN PADARN	1.56
22 3 TOPS(667 481)	13.39	TOTAL TIME	22 HOURS 51 MINS
23 MOEL DRUMAIN	13.51		
24 ALLT FAWR	14.06		

TALES FROM WALES

otherwise known as

RUNNING THE WELSH 3000' MOUNTAINS

People do strange things with their precious holidays, and for Kath Sharp, Tim Denton, Kay Whittle and Keith Tonkin, 22nd April was no exception as we spent the whole of Friday driving across country to get to North Wales. Our aim was to be fresh and 'fighting fit' for a "jog" across the 14 peaks over 3000' of Snowdonia - a route which would involve 27 miles and 11,700' of ascent. The underlying objective was to accomplish the classic route in less than 12 hours. After an uneventful 7 hour journey we decided to stretch our legs with a quick reconnoitre of the route over Crib Goch - setting off at 4.30 even before we had found our weekend cottage! Later that evening we were joined by Gerry Goldsmith who made up the final member of our ladies team.

Saturday began with a cruel 5.15am alarm. By 6.30am we were on our way from Pen-y-Pass youth hostel car park and the efforts of the previous day paid off as we had no problems finding a good route up and along Crib Goch, despite the early morning mist and ice.

The first stretch of Crib Goch, Crib-y-Ddyssgl, Yr Wydffa (Snowdon) was certainly the part we were least looking forward to, after hearing horror stories from Kath. Perhaps the mist gave us confidence by hiding the exposure, as we thoroughly enjoyed ourselves, particularly on the summit of Yr Wydffa itself as the mist parted to give us a panorama to the West.

It was at this stage that we encountered our first and only hitch in the arrangements for the day. Whilst Gerry, Kay and Kath and Tim were up in the mountains Keith was driving the car to Nant Peris. From there Keith walked up to Clogwen station, which is where the girls and Tim were to leave the mountain. However, Keith got keen and wlked up the Llanberis path to the top of Yr Wyddfa. Meanwhile the girls were already ahead of schedule and running down the railway track, unknowingly we crossed each other. The consequence of which was that Keith waited in freezing conditions at the summit, hoping we hadn't fallen off Crib Goch, whilst we were faced with a locked car and wondering how to get at the rice pudding inside!

After a very brief rest, the 4 set off up the next peak of Elidir Fawr which turned out to be a very long slog with 2700' of re-ascent. Gerry attacked the climb at an incredible pace, leaving mere mortals in her wake! During the second stretch we were constantly alternating between brilliant sunshine and mist which created an almost mystical atmosphere in the lesser frequented areas around Y Garn. By the time we reached the Glyders, the tops were becoming almost crowded, but it caught us by surprise to find 'Kool' Keith appearing out of the mist in his canary yellow cagoule and sunglasses! We celebrated our reunion under the canti-lever on Glyder Fach with an overdue breakfast of oranges, marmite butties and brie with green peppercorn butties, but no rice pudding!

With the Glyders behind us only Tryfan remained in the middle section, which presented a sharp climb, all for the sake of 10 feet, as Tryfan is 3010'. Much worse than the ascent was the descent, through a steep and rocky boulder field, where we

lost a noticeable amount of time relative to the schedule. Once off Tryfan however, we only had a short jog down the road to the car waiting at Ogwen cottage - complete this time with rice pudding, tea and a welcome change of shoes and socks.

The final stretch from Pen-yr-ole-Wen to Foel Fras began with an amazingly steep and arduous ascent up the main ridge onto Pen-yr-ole-Wen. With Gerry in the lead, we were again ahead of schedule, but needed reviving at the top with Staminade. Once on Pen-yr-ole-Wen we knew we'd cracked it! All that remained were 5 peaks with very little climb between them, only distance was required now. After the Glyders the Carnedd's seemed so peaceful and tranquil with hardly a soul to be seen after Carnedd Llewelyn. Keith appeared on the horizon just after Foel Grach, having driven the car around to Aber, and the group was complete for the last summit of Foel Fras. Beaming smiles were seen all around when we realised that our top-to-top time was exactly 10 hours! However, there was still the matter of getting back to the car on the other side of Anafon reservoir and we set off with heavy legs but light hearts.

One of the rewarding aspects of a long distance route like the Welsh 3000' peaks, is that it pieces together many mountains which have previously been explored in isolation to each other. The route between the peaks is also a very natural one, making it a very satisfying walk. The girls would like to thank Keith and Tim, as without their considerable support and encouragement the day would have been very much harder.

Gerry, Kath and Kay.

RACE REPORTS AND RESULTS

TIGERS T' HIGGER TOR : 21.2.88

1	A.Trigg.(Glos)	62.15	40	T.Mackey.	73.40
2	A.Moffatt.	63.27	47	M.Desforges.	75.05
4	J.Cant.	66.15	49	C.Last.	75.45
9	G.Berry.	66.53	61	J.Fulton.	78.52
13	R.Amor.	68.02	67	H.Mathieson.	79.37
18	G.Desforges.	68.45	76	J.Herbert.	80.59
22	M.Pedley.	70.02	79	R.Marsden.	81.15
28	J.Armistead.	72.02	82	M.Arundale.	82.00
29	M.Meysner.	72.07	83	K.Borman.	82.15
32	G.Goldsmith.	72.41	86	P.Dyke.	82.36
33	E.Hutt.	72.45	93	G.Bell.	85.09

REETH HILLS RACE : 22.3.88

Reeth is a race that does not receive much Dark Peak attention (nobody ran last year!). The course is a mini version of the Three Peaks, based on the Swaledale village of Reeth, making three long ascents of surrounding hills with associated sharp descents, and a wet crossing of the Swale. Naturally all the spectators were at the Swale..

Most of the competitors were from the green fields of Jarrow & Hebburn, Durham and Morpeth, and most did not run in fell shoes - bad move! The descents were so steep that the geordie lads couldn't keep their feet on the rough ground. I passed 8 on the final descent back to Reeth.

Ed Hutt

1	K.West.(Border)	1.23
2	D.Woodhead.(Hor)	1.31
25	E.Hutt.	1.51

KINDER DOWNFALL : 24.4.88

1	A.Trigg.(Glos)	64.14	168	B.Thackery.	83.53
2	M.Whyatt.(Glos)	64.28	185	D.Lockwood.	85.24
3	J.Taylor.(Holm)	64.48	220	W.McLewin.	88.15
22	B.Berzins.	70.48	226	J.Soper.	88.26
63	G.Berry.(V)	76.07	244	K.Borman.	89.27
70	J.Armistead.(V)	76.54	251	K.Martin.(L)	90.13
71	M.Meysner.	77.00	252	P.Dyke.	90.24
102	A.Yates.	79.11	268	C.Henson.(V)	91.39
118	G.Sellens.	80.09	306	E.Mitchell.(V)	96.50
126	A.Pryor.	81.00	309	J.Feist.	97.08
141	A.Watmore.(L)	82.02	328	J.Harvey.(V)	101.16
157	T.Mackey	83.07	334	A.Wright.(L)	102.44
166	A.Bond.(V)	83.44			

PENISTONE HILL RACE : 2.5.88

1	M.Whyatt.(Glos)	40.31	118	P.Dyke.	53.15
42	B.Wilson.(V)	47.02	121	L.Johnson.(V)	53.20
87	J.Firth.	50.04	125	G.Bell.	53.46
99	B.Thackery.(V)	51.38	148	J.Harvey.(V)	56.17
100	H.Swindells.(V)	51.47	151	K.Martin.(L)	56.45
109	C.Wilson.	52.48	155	J.Gittins.(V)	57.21
115	R.Marsden.(V)	52.59	197	J.Roberts.(V)	64.56

KINDER 4 SPRINGS RACE : 25.5.88

The 4 springs race must rate as one of the best local races with a number of route choices, some good hills and with a minimum number of paths and tracks. There is also a choice of courses (3 or 4 springs) and if so desired, a choice of start times. This year there were a number of extra crossings of Kinder which resulted in some delays. Malcolm was first to arrive at the first spring with Tim close behind, and this was again true at the second spring. Malcolm chose to contour past Mermaids pool, dropping slightly in the process, whilst Tim took the more direct line and suffered on the climb up Cluther Rocks allowing Bob to catch him at the third spring. A very bad crossing by Malcolm saw Tim reach the final checkpoint ahead, closely followed by Malcolm and Bob. Tim, suffering from blisters, was not up to a downhill sprint finish and the final result was predictable.

Graham and Tim

1	M.Patterson.	93.??
2	B.Berzins	
3	T.Tett	99.??
4	G.Berry.	
5	M.Harvey.	

No times, or other places available until Mike Hayes finds the results!

KINDER TROG : 12.6.88

1	R.Ashworth.(Ross)	1.46.07	87	K.Borman.	2.29.04
22	J.Cant.	2.07.29	88	C.Henson.(V)	2.29.16
25	J.Armistead.(V)	2.08.15	89	P.Kohn.(V)	2.29.43
28	G.Berry.(V)	2.09.03	98	K.Martin.(L)	2.32.40
38	G.Sellens.	2.13.16	105	P.Rogers.	2.34.47
49	B.Thackery.(V)	2.16.52	115	A.Hoyland.	2.39.21
58	W.Lightfoot.(L)	2.21.17	118	P.Dyke.	2.43.38
62	T.Mackey.	2.22.27	125	G.Bell.	2.47.25
69	R.Marsden.(V)	2.24.35	134	G.Goldsmith.(L)	2.59.50
80	R.Sanby.	2.27.07	136	J.Harvey.	3.00.02

THE HOPE VALLEY RACES

All five races were very well supported with entries topping 200 at all but Hathersage, which nevertheless had a record field. Hathersage is staged on a Monday which must be a limiting factor on the size of the field.

Micah Wilson won comfortably at Hope with last years winner Mike Bradbury (having moved from Buxton AC to Stockport in the meantime) in second place.

Micah also won the Hathersage race and again had plenty to spare over the runner-up. Incidentally, how about someone researching the origin of the term 'runner-up'? Was it borne out of running or not? Contributions to the editor please.

Tony Farnell, having a good season as a Vet, was the first Dark Peaker to finish at Hope where the DP vet strength was very much in evidence.

At Bradwell Malcolm Patterson finished runner-up but was over a minute down on the winner Greg Hull of Leeds. This year the Bradwell route was slightly different and a bit longer, changes brought about because of access problems and believe it or not no-one, not even a Dark Peaker got either verbal abuse or gunshot wounds.

Derick Jewell

GRINDLEFORD : 16.6.86

1	A.Trigg.(Glos)	28.16	124	K.Lowry.	36.20
2	M.Whyatt.(Glos)	28.21	125	A.Hoyland.	36.21
3	M.Farrell.(SAC)	28.53	132	R.Marsden.(V)	36.35
4	T.Tett.	28.59	133	P.Sanderson.	36.35
9	T.Farnell.(V)	30.09	134	H.White.	36.35
12	C.Adams.	30.23	138	P.Brunt.	36.50
19	P.Murray.	31.02	144	R.Baumeister.(V)	36.50
22	G.Berry.(V)	31.10	157	P.Jones.	37.45
30	B.Wilson.(V)	31.39	158	P.Dyke.(V)	37.45
60	T.Norris.	33.46	160	K.Martin.(L)	37.45
74	P.Gorvett.(V)	34.17	162	M.Arundale.	37.45
84	G.Jackson.(V)	34.59	174	R.Howarth.(V)	38.45
85	T.Richardson.	35.01	177	A.Wright.(V)	38.45
87	H.Swindells.(V)	35.03	188	I.Kinniburgh.	39.45
88	S.Wood.	35.05	193	J.Gittins.	39.45
89	W.Lightfoot.(L)	35.10	206	F.Galbraith.(V)	40.36
93	J.Harrison.(V)	35.19	213	P.Kohn.(L)	41.38
109	D.Lockwood.(V)	36.02	223	J.Roberts.	42.54
121	P.Kohn.(V)	36.20			

1st Lady Carol Haigh (50th) 33.19

More than 250 finished - it must be the free bath at the finish that attracts them.

HOPE : 28.6.88

216 starters made the Hope one of the largest of the Wakes races and made getting through the narrow exit of the starting field quite a scramble. I doubt that this concerned Micah Wilson who was already on his way to a 49 second victory. Just over two minutes behind, Tony Farnell came in 10th to claim first local prize, first vet and first Dark Peaker. Several other good DPFR performances included Phil Murray, reappearing after much injury trouble, and Howard "I dont want to run I wish I'd stayed in the pub, etc" Swindells. Howard proved that well known Dark Peak theory - race performance is directly related to the number of excuses put forward before the race about why you will do so badly! Meanwhile Trish Kohn, acting as timekeeper, had a few problems.. hence the estimated times from 70th to 94th.

Mike Pedley

1	M.Wilson.(HH)	23.58	83	S.Boler.(L)	30.25
10	T.Farnell.(V)	26.17	96	P.Hayes.	30.48
15	P.Murray.	26.42	97	T.Norris.	30.50
16	B.Toogood.(V)	26.46	114	P.Brunst.	32.04
18	C.Adams.	27.07	118	T.Sayles.	32.08
19	A.Forsyth.	27.14	119	K.Borman.(V)	32.13
22	G.Berry.(V)	27.28	120	R.Baumeister.(V)	32.17
26	B.Wilson.	27.41	121	R.Howarth.(V)	32.19
28	G.Band.	27.46	123	P.Dyke.(V)	32.23
44	E.Hutt.	28.58	132	K.Martin.(L)	32.47
45	M.Hayes.(V)	28.59	134	G.Bell.	32.49
54	G.Sellens.	29.21	137	P.Jones.	32.54
71	H.Swindells.(V)	30.05	146	P.Kohn.	33.15
73	M.Pedley.	30.10	160	C.Henson.(V)	34.11
80	A.Yates.(V)	30.15	166	A.Wright.	34.39
81	G.Jackson.(V)	30.18	174	F.Galbraith.(V)	35.21
82	P.Gorvett.(V)	30.20			

1st Lady Carol Haigh 37th 28.37

BRADWELL : 3.8.88

1	G.Hull.(Leeds)	24.23	86	J.Herbert.	32.00
2	M.Patterson.	25.29	88	A.Watmore.(L)	32.07
9	T.Tett.	26.49	95	R.Grimes.	32.22
29	T.Rhodes.	28.37	99	H.White.	32.32
37	J.Armistead.	29.14	105	P.Sanderson.	32.49
42	M.Pedley.	29.19	108	J.Fulton.	33.02
48	D.Holmes.	29.46	129	P.Dyke.	34.19
57	E.Hutt.	30.15	130	T.Sayles.	34.26
66	P.Gorvett.	31.11	140	C.Last.	34.46
69	J.Firth.	31.17	147	C.Henson.	35.07
70	A.Yates.	31.18	160	K.Martin.(L)	36.09
72	J.Cant.	31.27	165	F.Galbraith.	36.20
83	G.Jackson.	31.49	173	J.Harvey.	36.51
85	S.Boler.(L)	31.53			

1st Lady Carol Haigh 43rd 29.21

HATHERSAGE : 4.7.88

Fresh(!) from his previous days victory in the Saunders, Micah ran to an impressive 48 second win in this 3 mile race. The fact that he gained about 45 seconds over the two Bobs emphasises how well he ran.

Mike Pedley

1	M.Wilson.(HH)	16.38	74	P.Brunt.	21.45
10	B.Toogood.(V)	18.58	81	A.Watmore.(L)	22.03
11	B.Berzins.	18.59	90	J.Fulton.	22.22
12	G.Band.	19.06	91	R.Howarth.(V)	22.25
16	G.Berry.(V)	19.15	92	P.Sanderson.	22.26
23	B.Wilson.(V)	19.42	110	K.Borman.	23.05
25	M.Pedley.	19.43	115	T.Lyons.	23.21
37	G.Hulley.	20.17	118	P.Dyke.	23.28
53	H.Swindells.(V)	20.54	123	R.Baumeister.(V)	23.44
69	C.Wilson.	21.35	124	J.Harvey.	23.45
73	D.Lockwood.(V)	21.43	126	C.Henson.(V)	23.47

BAMFORD : 20.7.88

1	M.Prady.(Glos)	21.13	102	J.Harrison.	26.25
6	T.Farnell.	22.04	104	H.White.	26.30
16	G.Berry.	23.00	110	J.Fulton.	26.49
20	G.Band.	23.12	115	I.Kinniburgh.	27.04
30	T.Rhodes.	23.41	116	P.Kohn.	27.10
31	M.Pedley.	23.49	121	P.Dyke.	27.15
38	E.Hutt.	24.13	125	R.Grimes.	27.22
51	M.Meysner.	24.46	130	R.Baumeister.	27.39
55	H.Swindells.	24.46	138	C.Last.	28.00
76	A.Yates.	25.28	140	A.Wright.	28.05
77	G.Jackson.	25.26	148	C.Henson.	28.26
90	T.Norris.	25.57	156	J.Harvey.	28.46
94	C.Wilson.	26.00	160	P.Sanderson.	29.02
99	D.Lockwood.	26.13	180	T.Kohn.(L)	31.28
101	J.Herbert.	26.24			

HOLME MOSS FELL RACE : 19.6.88

"On a day better suited to sunbathing rather than fellrunning, the second running of the Holme Moss Fell Race was held" - the Race Organiser.

1	A.Trigg.(Glos)	2.15	51	E.Hutt.	3.15
21	T.Rhodes.	2.47	64	A.Ireland.	4.03
42	B.Thackery.	3.02			

CROOKSTONE CRASHOUT : 22.6.88

1	A.Harmer.	30.24	15	P.Tomlinson.	36.44
2	B.Berzins.	31.40	16	J.Valentine	36.57
3	T.Farnell.	32.07	17	S.Wood.	37.15
4	D.Cartridge.	32.20	18	D.Lockwood.	38.21
5	M.Harvey.	32.43	19	J.Fulton.	38.43
6	C.Adams.	32.56	20	K.Borman.	39.02
7	T.Rhodes.	33.34	21	P.Sweet-Escott.	39.41
8	M.Hayes.	33.54	22	W.McLewin.	40.18
9	C.Hughes.	34.15	23	P.Brunt.	40.23
10	I.Wainwright.	34.18	24	B.Harworth.	40.51
11	G.Berry.	34.51	25	G.Harrison.	40.54
12	G.Jackson.	35.57	26	R.Baumeister.	41.29
13	J.Firth.	36.30	27	M.Browell.	42.27
14	A.Yates.	36.34			

MOUNT FAMINE : 26.6.88

1	A.Trigg.(Glos)	42.48	70	B.Thackery.	56.28
9	G.Berry.	49.03	74	P.Brunt.	56.40
23	T.Rhodes.	51.26	116	P.Dyke.	63.35

BASLOW FELL RACE : 6.7.88

One of the most enjoyable of the Derbyshire village races, Baslow features three climbs and descents in its five miles. Charlie Adama had a good run for 4th place. It was only starting to rain when he finished, the further down the field you were the wetter you got in the heavy shower that swept over Chatsworth Park.

Mike Pedley

1	???	29.04	55	K.Borman.	36.43
4	C.Adams.	30.21	56	J.Harrison.	36.49
11	M.Pedley.	33.08	57	H.White.	36.58
20	P.Gorvett.	34.17	65	P.Dyke.	37.47
42	N.Goldsmith.	35.41	66	R.Baumeister.	37.56
48	P.Brunt.	36.25	82	F.Galbraith.	40.31
52	J.Fulton.	36.32			

THURLSTONE CHASE : 9.7.88

1	M.Pearson.(Long)	21.30	24	A.Forsyth.	24.21
13	A.Bell.	23.25	53	H.Swindells.	26.03
20	G.Berry.	23.56			

LINACRE SHIELD, BENTHAM : 9/10.7.88

The fifth running of the Linacre Shield 2 man 2 day event was based on the Bentham region of the Trough of Bowland. Teams departed into the murk and clag at 5 minute intervals and for once I didn't drop, deface or loose the map, leaving us with an 8 minute lead overnight. More of the same on day two, only wetter and claggier with a shorter distance to run. Some swift dipping and diving allowed us to increase the lead and get back in time for a hot shower.

Ed Hutt.

1	E.Hutt and C.Hull.(Leeds)	4.03
2	D.Morison.(SYO) + 1	4.28

6 teams from 21 starters finished.

PEAK FOREST FELL RACE : 17.7.88

Stormy looking clouds hung over the limestone hills between Peak Forest and Castleton but the rain held off for this Category 'C' race. Despite only 650ft of ascent in its 6 miles the course includes a surprisingly long, quite steep descent in the last mile. The first three were soon well clear of the field but Graham Berry did well in the close contest for the remaining top ten places finishing 5th overall and 1st Veteran.

Mike Pedley

1	M.Whyatt.(Glos)	37.40	52	P.Sanderson.	48.35
5	G.Berry.	40.52	54	J.Harvey.	48.46
12	E.Hutt.	41.59	57	I.Kinniburgh.	49.25
15	M.Pedley.	42.51	64	J.Feist.	51.13
31	N.Goldsmith.	44.42	65	G.Goldsmith.(L)	51.42
36	M.Meysner.	45.24	68	T.Bancroft.	56.49

CAKES OF BREAD : 27.7.88

For all intents and purposes this seemed a normal event - the midges were in evidence as usual which ensures a quick exit to the pub afterwards. Tony Farnell was there early and after good runs at Bamford and Hope, was eager to sharpen up before going to Eire on International Orienteering duty. Will McLewin and Ben Hodges appeared to be there as their vans bespread the car park, but with people ringing me up to see if it was on, as they had heard rumours of its demise, and other club members were seen dashing out of cars at Ladybower bridge, it all felt a bit dubious. In the end 21 runners lined up at the picnic tables, but many old faces were missing, fortunately 5 new members showed willing.

Young hustler Kevin Lilley, fresh from a superb run in the Wasdale, stuck in up the first steep climb but the 'old men' were not ready to give way and Tony and I made good time to reach Lost Lad in 18 minutes. I then took the direct line

avoiding the edge path all the way but after a brisk start the route is just too tiring and by the Cakes Tony had taken a 50m lead. A good descent to the first clough put me level and after that I pushed hard down into Near Far Clough to open up a lead.

I had been looking for Dark Peak's anarchistic group but with neither Lost Lad or Back Tor discoloured, or the Cakes having chocolate covering, I had forgotten about them, that was until Alan Yates voice was heard as I came up the steep slope of Pike Low. I looked across at Tony to my right and he seemed to be behind me as I pushed across the heather to the tumulus. Gradually it appeared but Ben and Will also appeared in the vicinity shouting something about a 16th Trig. Lo and behold, astride the tumulus the Holy Grail was to be seen - Yes, an O.S. Trig!. I gave it a whack and it resounded to a strange hollow but solid thud, not the usual stone/concrete feel. No doubt cuts and privatisation have reached these hallowed areas. I sped on shouting utterances of magic or other superlatives. Behind, newcomers had to admit they knew not whether Pike Low had a Trig, whilst others who knew better never saw it in their desperation to plunge down to the dam. A while later, under strict supervision, Ben and Alan were seen carrying an ill-looking trig, still white, on a stretcher - the poor thing on its side was last seen heading west in a chocolate van belonging to a member who has in the past impersonated 'Wilson of the Wizard'.

Meanwhile Kev had a good battle with Tim 'Bushman' Rhodes who looked fresh and well recovered from his Wasdale. Mike Meysner had a good run and Reg did well to hassel Dave Holmes. Mike Hayes took the old Worsell alternative to Pike Low and may have pulled back positions from an early mistaken route choice when he took the old route to Lost Lad. Promising runs over a difficult course came from Mark(8th), Chris(12th) and Andy(13th); no doubt all will improve further once their descending confidence develops. Ann took the ladies but alas there were no other female takers for this classic.

Andy.

1	A.Harmer.	42.37	11	J.Armistead.	49.24
2	T.Farnell.	43.33	12	C.Stamp.	49.35
3	K.Lilley.	45.21	13	A.Gomm.	50.26
4	T.Rhodes.	45.36	14	G.Jackson.	50.40
5	M.Meysner.	46.25	15	M.Pedley.	54.33
6	D.Holmes.	47.47	16	P.Sanderson.	54.34
7	R.Amor.	47.50	17	J.Herbert.	54.34
8	M.Davidson.	48.05	18	M.Simms.	55.15
9	M.Hayes.	48.20	19	A.Watmore.(L)	55.16
10	C.Hughes.	49.03	20	G.Bell.	58.24

RYDALL ROUND

1	G.Devine.(Pud)	1.13.28
32	A.Bell.	1.23.25
62	E.Hutt.	1.34.20

WIDDOP FELL RACE : 27.7.88

A very typical South Pennines course over rough moorland and reservoir tracks. There were about three times as many people on the course as could be accommodated by path width.

			Ed Hutt	
1=	M.Prady.(Glos)	44.25	143 J.Soper.	59.12
1=	M.Hawkins.(Bing)	44.25	202 A.Soper.(L)	67.24
59	E.Hutt.	53.23		

STONEY MIDDLETON : 28.7.88

1	M.Bradbury.(Stock)	28.31	23 J.Herbert.	34.18
4	M.Pedley.	31.12	32 P.Dyke.	37.20
17	M.Meysner.	33.18	38 F.Galbraith.	39.29

GLOSSOP : 31.7.88

1	A.Trigg.(Glos)	2.43.38	36 B.Thackery.	3.36.33
2	M.Prady.(Glos)	2.49.52	47 A.Yates.	3.43.40
3	M.Whyatt.(Glos)	2.50.22	51 G.Sellens.	3.46.58
9	A.Harmer.	3.07.35	68 P.Jones.	4.12.58
21	A.Jones.	3.29.22	69 A.Ireland.	4.16.54
22	G.Band.	3.30.23	79 P.Kohn.	4.29.16
31	E.Hutt.	3.34.01		

LATRIGG : 7.8.88

1	P.Dugdale.(Hor)	17.31	82 E.Hutt.	23.13
17	M.Wilson.	19.05	83 T.Trowbridge.	23.28
42	K.Hagley.	20.53	91 R.Lockwood.	23.52
53	R.Ansell.	21.30	103 A.Watmore.(L)	24.37
63	B.Wilson.	22.11	105 D.Lockwood.	25.05
79	M.Pedley.	23.05	136 J.Feist.	28.14
80	C.Crofts.(L)	23.06		

DUNGWORTH GALA : 13.8.88

1	T.Tett.	29.57	12 J.Firth.	34.54
2	A.Harmer.	30.29	15 M.Pedley.	36.55
5	P.Murray.	32.13	18 P.Lewis.	38.45
8	G.Berry.	33.05	26 P.Dyke.	40.07
9	R.Amor.	33.09	27 C.Henson.	40.53

SHELF MOOR : 4.9.88

Apart from Andy Harmer's races, this race must rate as one of the better local short to medium races with a steep fell climb to Shelf Stones, a good crossing with no footpaths of Shelf Moor and a fast descent down Lightside.

The previous weeks very heavy continuous rain made the course heavy going in places, but it was cooler than some previous years when the heat has been very uncomfortable. It was encouraging to see 11 Dark Peakers out, but as expected Glossopdale won the team prize with 3 in the first 5 places.

Graham Berry

1	A Trigg.(Glos)	42.26	67	S.Boler.(L)	53.12
21	G.Berry.	48.16	91	K.Martin.(L)	57.39
24	R.Amor.	48.24	94	P.Harris.	58.42
36	E.Hutt.	49.57	96	T.Woodhouse.	59.03
38	J.Cant.	50.04	110	P.Griffies.	65.20
64	J.Firth.	52.41	111	J.Harvey.	65.43
65	B.Thackery.	52.42			

LANTERN PIKE : 17.9.88

This is a hard race! The uphill road section just after the start is too fast and is made worse because when the summit is almost in sight, the course follows a sharp descent on tracks before gradually climbing through fields to the final summit section. Then follows an all eyeballs-out descent followed by lung-bursting ascent to the finish field which, gratefully, is slightly downhill.

On this latter section, I was honoured to be passed by a speedy Ricky Wilde! Before that, Jed Desforges, looking very triathlon-fit, had passed me on both major climbs but I narrowly got in front on both descents thanks to his ankle.

Mike Hayes, fresh from his super-vets win in the O.S. the previous week lifted the super-vets title here, whilst the big highlight was the reappearance of Chris Worsell on the fells. Welcome back Chris!

Graham Berry.

1	B.Hussein.(Stock)	30.33	91	B.Thackery.	39.12
20	G.Berry.	35.14	152	P.Dyke.	42.44
21	J.Desforges.	35.22	156	W.McLewin.	42.56
26	J.Cant.	35.51	173	T.Woodhouse.	43.61
49	E.Hutt.	37.32	174	J.Feist.	43.61
53	M.Hayes.	37.50	179	J.Soper.	44.20
67	A.Yates.	38.23	224	C.Worsell.	45.20
69	S.Boler.(L)	39.12			

LADIES SECTION

News Snippets

Its been a busy and successful summer in many ways for a lot of the Dark Peak ladies. I've been a bit out of touch with peoples activities, so sorry if I miss anyone out.

Gerry and Kay successfully completed the Bob Graham in June along with some other club members whilst Helen completed an unsupported Bob Graham and broke the Mount Cameron race record to win. She and Martin were 2nd overall in the Scafell class at the Saunders. Chris Fielding and Barry Needle also completed the Scafell class and Mary and Dave Sant hobbled around both with sprained ankles!

Jenny has had a baby girl; Wendy is involved in orienteering and doing well; Kath Martin also troubled by sprained ankles came third in the Downfall race; Julie Trickett is working as a nanny in Paris; Trish is busy training for the Karrimor and will have just completed the High Peak Challenge of 26 miles; Sylvaine Boler of Penistone has now joined Dark Peak and has been running very well on the fells; Enid and Tom have been walking hut to hut in the Tuscany region of the Alps.

Clare, Ann and Jacky have competed in both English and British Championships with Clare winning most of her races and breaking a few records on the way to taking both championship titles. Ann, in her first season as a fell runner, has been very successful, winning several races and will probably finish 2nd in the English Champs. Jacky, despite knee problems, should complete the clean sweep for Dark Peak ladies in the English Champs. A team of four ladies will represent England in the World Cup including Clare and Jacky with Ann as reserve.

CROSS COUNTRY

South Yorkshire League

Numbers can be collected from Rob Pearson for 40p on Wednesday nights or Tel (0742) 304202.

30th Oct	Athersley Memorial Park, Near Carlton, Barnsley.
13th Nov	Cannon Hall, Cawthorne.
27th Nov	Hillsborough Park, Sheffield.
11th Dec	Campshall.
26th Feb	South Yorkshire Champs, Valley Park, Herringthorpe.

Dates for the Yorkshire Individual (mid Dec), Yorks Teams (early Jan), Northernns (late Jan, Graves Park) and Nationals (late Feb) are not yet known. Entries to these are only made on prior payment of the appropriate fee to Rob Pearson by the closing date (allow 1 month before race).
