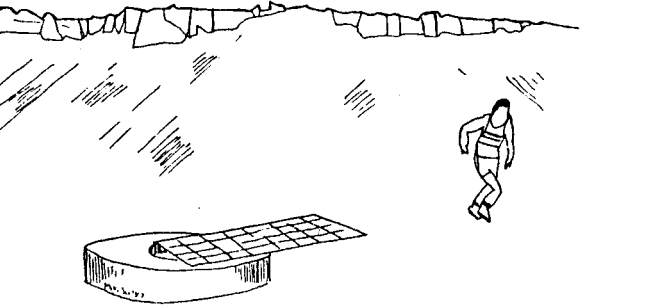
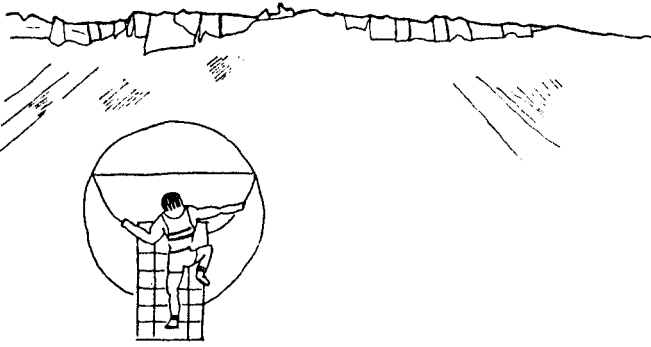
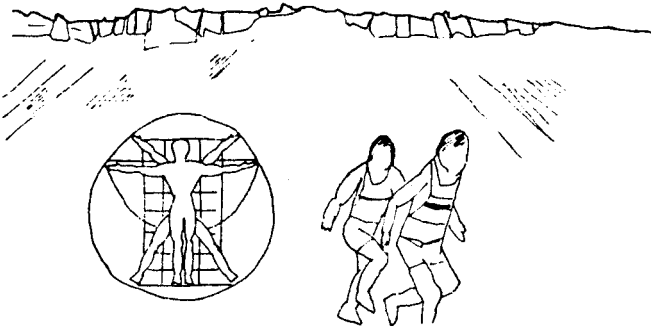
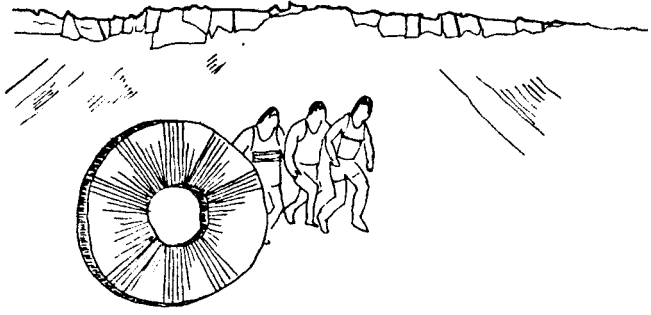


dark peak news

**SPRING
90**



Sat Apr 28	Shining Tor	Errwood Sailing Club, Goyt Vallley,	3:00	6.5m/1900'
		Entry: f2 by 21/4/90 to A. Hulme, 141 Altrincham Rd		
		Wilmslow, Cheshire, SK9 5NQ		
Mon May 7	Penistone	Penistone rec. ground,	3:00	6.5m/1050'
Tue May 29	Hallam Chase	Hallam cricket ground,	7:30	
		Entry in advance only for the country's oldest fell		
		race. Forms usually seem to appear in the hands of		
		a club official a few weeks before the event!		
Thu Jun 14	Grindleford Carnival	Grindleford,	7:30	4m/550'
Sun Jun 17	Kinder Trog	Hayfield,	11:00	14m/3000'
Sun Jun 24	Mount Famine	Hayfield,	11:00	5m/1700'
Tue Jul 3	Hope Wakes	Hope Sports Field,	7:30	4m/650'
Mon Jul 9	Hathersage Gala	Hathersage Seal Field,	7:30	3m/380'

For a full list of open fell races see the FRA fixture list (distributed to all FRA members).

Advance Notice - FRA Relay Championship

The 1990 FRA Relay Championships will be held on Saturday October 1990 (11:00) at Edale. Preliminary details are available for this event, organised by Pennine Fell Runners. The format is quite original (it is a shame that the route could not have been more original!) and is for teams of six people. There is a limit of 35 teams so it is unlikely that more than one or two teams will be able to enter. However, our faster runners in particular should keep this date free in their diaries so that we can put in a good performance on our home territory. At least the repetitive nature of the route should ensure a good spectacle for spectators!

Start, finish and all changeovers at GR 119859.

- Leg 1: Two runners
Grindslow Knoll (110868), Blackden Barn stile (131893),
Crookstone Knoll (145883)
- Leg 2: Two runners
Rushup Edge (099829), Edale Cross (077861),
Grindslow Knoll (110868)
- Leg 3: One runner
Rushup Edge (099829), Hollins Cross (136845)
- Leg 4: Three runners (ie. two team members will run twice)
Golden Clough top (125876), Grindslow Knoll (110868)

Brilliant planning by the FRA to put this event the week before the Karrimor. Bang goes Andy's favourite date for the Cutthroat!

LETTERS

DARK PEAK TO WEAKEN AND FRAGMENT?

I am confident that the amount of interest shown in cross country this season indicates that as a club we are determined to maintain a strong and respected cross country section. I am not so confident that the same is true of our road section and recent defections to other clubs indicate that all is not well on this issue. In the end members must vote with their feet but in the meantime let me take this opportunity to express my view that there are difficult problems which we must tackle. The diversity of interests in the club, which has always been one of our strengths, is in danger of becoming a major weakness if the club starts to fragment and team spirit disappears.

That's enough philosophy, let's hear what you think.

Malcolm Patterson

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FISH AND WHATEVER

Nice one Derek! If we can't kick the ignorant slob out we can at least educate them. A Dark Peak Brains Trust on pertinent matters, what a good idea. Ever ready to do my bit, from Derek's list, I am prepared to offer guidance on fish that Dark Peakers encounter on runs across the moors. I am also prepared to take on "whatever", especially if this is understood to include sightings of unidentified female runners (rear-view, mid-height) but I will need precise field notes; amplitude, frequency of oscillation etc. and, particularly, telephone number (sensitive wives are asked not to read the previous sentence).

Re the Holmes-Fulton-Hughes reply and their comment about "extinguishing flaming torches". Firstly, trespassing with flaming brands which have to be extinguished will be seen as more provocative than the same with battery powered versions which have to be "switched off" and secondly, "groping in the dark" will be regarded as more serious item of provocation than trespassing.

Yours contributively,

Will McLewin

P.S. Please accept, without embarrassment if you can, my support for a new cover. It is about time that the traducement of members physiognomy was ended. I, at least, have not had an ear taken off and refastened in the wrong place, I have not had one leg amputated at the knee and I do not scratch my (Chaucerian) arse whilst running!

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FEATURES

WHITE PEAK WAY - SUB 24 ATTEMPT

Terry Hick (regular Skyline marshall and friend of the people) got together a 7-day sponsored walk between Youth Hostels and following Robert Haslam's official guide to the White Peak Way. Not for the first time, I got myself talked into a corner when replying to an invitation to join the walk, that I wouldn't bother because I could canter round in 24 hours. My bluff was called and, after completing a two day recce during August, I found myself in Castleton at midnight of September 16th ready for my attempt. The midnight start from Castleton YH was decided upon after advice from master-mind Colin Henson. Readers are spared a detailed account; instead a summary of the stages and some brief comments for others who wish to tackle the White Peak Way as either a one day or two day treat.

Castleton to Hathersage (Leadmill Bridge)

The advantages of the following wind were cancelled out by the tricky conditions underfoot of the long last stretch of river bank. Pete Dyke, in attendance, was wondering whether this was the best preparation for Lantern Pike and whether it might even jeopardise his chances of winning a coveted Hayfield Championship T-shirt.

Hathersage to Bakewell

Coming off Baslow Edge, Pete opted for the T-shirt and I did the Baslow to Bakewell stretch alone; enjoying the floodlit vision of Chatsworth House, being frightened and then exhilarated by a stag's barking in the park and, shortly afterwards, cursing my inability to find the ladder style over the wall between Carlton Pastures and Lady Manners Wood. I'd missed it on the recce as well and was cross with myself as I had to fight down through the tangled wood to the path into Bakewell. Colin's sausage sandwiches and mega-brew, just before 6am, lifted the spirits no end as did finding a Pete Dyke none the worse for his own solitary ramble.

Bakewell to Youlgreave

Good and enjoyable progress was made once John Armistead had got used to my sub-Bob Graham pace and to my resistance to some tricky alternatives to the 'official' route. Lovely views towards Haddon and across to Youlgreave from the meadows leading to Stanton in the Peak. We spotted John's house from Stanton Moor and I removed my tights on top of Great Jerry Bonker Stone!

Youlgreave to Ilam

Jeff Harrison was warming up as I took my tuna sandwich and cold rice pudding with fruit and a nice cup of tea. We both enjoyed Mill Dale and, especially, Dove Dale which came appropriately as the route and timing seemed to be taking perfect shape. Colin met us by Thorpe Cloud to guide us over the fields into Ilam where we feasted by the roadside.

Ilam to Hartington

I was about 30 minutes up on my rough schedule as we ran through Hartington whilst Colin was still looking for somewhere to

WHERE DOES ALL THE ENERGY COME FROM : BIOCHEMISTRY FOR BEGINNERS

Have you ever wondered why so many 400m runners tie up in the last few strides or how it is possible to keep running for hour after hour on the fells? Clearly the faster we run, the sooner we run out of steam..... but why?

In order to understand why, a bit of basic biochemistry is needed. The energy for muscle contraction comes from a substance called ATP which stores energy released when the food we eat is 'burnt'. The level of ATP in a muscle cell has to be maintained within fairly tight limits and various safety mechanisms operate to prevent us running our stocks too low. It is these safety mechanisms that make us slow up and, eventually, stop.

Surprisingly, the ATP store in a muscle cell would run out within a second or so when working flat out. At these very high rates of work, ATP has to be rapidly replenished. This can be achieved by another energy-storing molecule, creatine phosphate. We have a bit more of this but this too runs out rapidly. There isn't enough creatine phosphate to complete a 100m sprint and so more 'fuel' must be used up to produce additional ATP.

The body contains a variety of fuels but, for sprinting, much the most important is GLYCOGEN present in the muscle. Glycogen is the form in which the body stores glucose (more of this in a future article!). Energy can be obtained from glycogen by two different routes. If ATP needs to be obtained very rapidly, like in sprinting, glycogen can be used without the need for oxygen (so-called ANAEROBIC METABOLISM). This process uses up glycogen very quickly and also leads to the build up of lactic acid. The build up of lactic acid gives the familiar painful sensations from the muscles which limit how long we can keep running up a steep hill, or how long we carry a heavy suitcase before we have to swap hands or put it down.

If we run a bit slower, ATP only needs to be made more slowly. This allows a variety of fuels to be used. Glycogen itself can be burnt using oxygen, a slow process but one that produces nearly twenty times as much ATP as anaerobic metabolism of glycogen. At the same time, other fuels can be burnt which also use oxygen.

If the aim is to run the Bob Graham, or even the Marsden to Edale, then a lot of energy has to come from fat. This is also a much slower process than making ATP from glycogen by anaerobic metabolism and slower than burning glycogen with oxygen, but even the leanest of us has enough fat to keep us going for days. Thus, the more of our energy we can get from fat, the longer we can eke out our other fuels.

We can also burn glucose which comes to the muscles in the blood stream, mainly from the liver. The liver stores quite a lot of glucose in the form of more glycogen which it can break down in times of need. It can also make glucose from other fuels (including lactic acid, once we stop sprinting). Glucose can also come directly from the gut if we eat sweet or starchy foods during a race.

BURBAGE BAFFLER : 6 JANUARY 1990

PART 1

Conditions were reflected in the times this year. Driving rain and hill mist greeted the runners, only improving in the latter stages of the race. Fortunately the temperature was warm for the time of year and running was infinitely better than waiting at the start! Nice to see some new faces and some old, and maybe next year both Jane and myself will run and find out why everyone gets so knackered! Some classic mistakes were made; including Steve Palfreyman taking in Mother Cap (and Hathersage?!), and that while his team were leading! John Bainbridge managed to go walkabout despite having been around Burbage hundreds of times, Ken Lowry wasn't very impressed.

Same time next year and hopefully see a few more of you on the hills in the meantime.

Martin Spence

PART 2: TOUR TO TOAD'S MOUTH

(OR HOW THE BURBAGE BAFFLER HAD ME BAFFLED)

It was a dark and stormy night...actually it was a dull and misty morning, but that doesn't sound so dramatic. A makeshift team of Mike Pedley, John Armistead, David Swindells and myself got together on the car park to contest the Burbage Baffler. The first leg went well, John set off anti-clockwise and I went t'other way. We met superbly on the bridge and were the first couple back to hand over. The second leg went equally well; both David and Mike ran well and, ready for our second stint, we spotted them approaching us at the car park still in the lead.

Disaster! Despite both John and Mike giving me a fools guide to Burbage, I contrived to go over both Higger Tor and Carl Wark, and then continued to Mother Cap! Apparently Howard Swindells had noticed my error and whispered at the top of his voice - to no avail.

The moral of the story is that new members to the club, especially those who cannot attend Wednesday club runs due to other commitments, do not necessarily know the "classic" routes of local races. Is there some publication which gives an outline to such worthies as the Crashout, Cakes of Bread etc. so that people such as myself can venture onto the routes and attempt to learn the race directions?

P.S. The day after the race, I parked my car at Moscar top and, armed with rations, map, waterproofs, compass, ran down to the car park and completed a clockwise circuit of Burbage. My error was painfully obvious in good light.

Steve Palfreyman

Results

			Lap 1 Lap 2	Lap 3 Lap 4	Team
1	Howard Swindells Tricia Kohn	+ Peter Gosnell + Mark Harvey	22:42 23:43	22:39 23:42	92:46
2	Harry Burke Jackie Smith	+ John Herbert + Alan Yates	23:05 23:19	22:28 24:10	93:02
3	Eileen Denby Mike Meysner	+ Neil Denby + Peter Sugden	23:40 24:51	26:14 25:33	102:18
4	Hugh Matheson Peter Grayson	+ Margaret Lindsay + Dave Smith	27:00 25:05	28:43 26:31	107.19
5	Mike Arundale Ken Lowry	+ Jacky Arundale + John Bainbridge	26:55 38:26	28:12 24:50	118.23
6	Colin Lago Bill Steward	+ Jane Simm + Richard Pethin	31:56 29:32	33:53 28:55	125:00
7	Steve Palfreyman Mike Pedley	+ John Armistead + David Swindells	22:27 23:31	Got lost! 24:55	-
8	Dave Birch	+ Kevin Smith	23:35	23:40	

Prizes

Fastest team: Howard Swindells, Peter Gosnell, Mark Harvey, Tricia Kohn.

Fastest lap: Steve Palfreyman + John Armistead

Most together pair: Mike Pedley + David Swindells

Best baton: Colin Lago, Jane Simm, Bill Steward, Richard Pethin. (Festive Wooden Spoon)

Most knackered: Jackie Smith (after being told that Mark Harvey was just behind her and gaining)

Quote of the day: "Come on you stupid git!" Neil Denby after beating his wife back to the start.

Past winning times

1985	1986	1987	1988	1989	1990
83:48	92:20	79:46	83:24	85:15	92:46

Lap record: Graham Berry + Tony Trowbridge 19:25 (1987)

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THE GREAT URBAN FELL RACE : 13 JANUARY 1990

PART 1 : A WORD FROM YOUR ORGANISOR

The prize giving ceremony in the Sportsman was overshadowed by persistent rumours that Jim Orrell had been picked up for kerb crawling in Firvale. These proved unfounded when Jim burst in, an action reply of his Club Championships wooden spoon bid, and explained how he had found his way, eschewing local knowledge and street plans by asking the citizenry the way to Wankabonk. His was the most creditable solo effort of the event. Otherwise, safety in numbers had been the order of the day. The Hayes-Berry tandem shasayed round, in step every inch of the way, in an impressive (unbeatable?) sub 2-hours time. Success was due to the crucial early decision to rely on Mike's computerised route chart and schedule rather than GB's A-Z.

Dark horse, McLewin look-a-like, N. Tebbit (Chingford Hare and Hounds) nursed Jeff Harrison through the trickier sections of Neepsend and Firth Park (pioneering a nifty detour at Idsworth Road) but could not match the Stocksbridge lad's strength over the final 17 furlongs. The scratch pair of the two Rogers, Beaumeister and Woods, were well matched for new boy RW, it transpired, is a sensitive listener. These two were obvious favourites for the sprint finish with Tebbit that was shaping up as the three converged at Allen Sike. There was a point earlier in the race when it looked as if a fourth pairing was to be spontaneously sealed en route. However, Chris 'Trousers' Stamp was riled at being Worselled in the Horninglow Road gennel by much fancied Local Hero Yates. Superior talent and a couple of lucky breaks in the Herries Road traffic flow enabled CS to surge ahead and join the legendary sub-2-hour elite.

Excitement recalled in tranquillity: all we are now left with are the memories of all the challenging intricacies of the kaleidoscopic course; stirring episodes of companionship and betrayal; the gamut of moods experienced through the unfurling geography, between gasworks and allotment, play-ground and rubbish dump; evolving patterns street by street and gennel by gennel of gruelling competition. The last laugh, it has to be said was on the promoter, rebounding onto the Chingford skinhead; each had independently discovered that a barred door and newly initiated building works inside the Northern General Hospital had shut off the Corridor Route, necessitating an expensive detour via Medical Physics. The blow to morale and aesthetic sensibilities was more devastating than any effect on performance.

'It's a poor (wo)man who can't win his/her own race', with this Harmer-inspired maxim ringing obsessively in his thoughts the promoter is now back at the drawing board, devising a different challenge for 1991. Does this mean that the Great Urban Fell Race has been consigned to the dustbin of History? Or has it passed definitively into the realms of transcendental myth, living on only in the collective memory and imagination? Is that where it always belonged anyway?

Alan Yates

 DPFRL LOCAL LEAGUE 1989

For the third consecutive year, Graham Berry won the coveted trophy. However, unlike previous years the outcome was in doubt right up to the finish of the club handicap. Jonathon Cant made a spirited challenge and there was rarely more than one point between them in each race. Both ran in more than 16 races with Graham completing 23 local events. Congratulations then to Graham (who was also first veteran), to Jackie (first lady) and thanks to all the 138 club members who turned out to wear the club colours during last season.

For 1990 it is proposed to retain the same format as last year for the local league: 30 points for first DPFRL home, 29 for second etc. If there are more than 30 DP runners then its 40 points for the first one, more than 40 runners then 50 points for first etc. Races to count are, broadly speaking, fell races within the Peak District... the final list largely depends upon results being supplied to the editor. The main suggestions for change have been: publication of the list of races to count and a more complicated scoring system. On the first point it is proposed to use the same races as this year (see below) subject to new races appearing or cancellations. On the second point I feel there is little need for complicating this informal competition, though if you think different the AGM will be a good forum to say so!

The 1990 season is already underway. Will Graham Berry make it four in a row and win the, yet to be disclosed, new trophy to add to the old one on his wall? Jonathon Cant starts as early favourite but many others could mount a challenge. After 2nd and 3rd in 1987 and 1988 your editor hopes to stage a comeback after last year's 79th... so watch out!

Mike Pedley

<u>Pos</u> (1989)	<u>Name</u>	<u>Total</u>	<u>Races</u>				
1 (1)	G Berry	537	16 (23)	21	G Jackson	201	8
2 (22)	J Cant	529	16 (18)	22	M Patterson	190	5
3 (54)	P Sanderson	410	16 (19)	23	T Mackey	190	9
4 (2)	A Harmer	404	12	24(6)	B Berzins	187	6
5 (7)	A Yates	401	15	25	K Borman	186	11
6 (31)	J Herbert	330	14	26	K Lowry	183	7
7 (13)	J Fulton	327	16 (17)	27	B Toogood	183	6
8 (21)	J Firth	308	12	28	K Lilley	181	6
9 (9)	E Hutt	307	11	29(8)	P Dyke	174	13
10 (96)	M Simms	275	13	30	T Tett	168	4
11	J Armistead	248	9	31	F Galbraith	158	12
12	P Gorvett	243	8	32(5)	M Meysner	157	5
13	M Hayes	238	9	33	C Henson	151	11
14	J Harrison	235	13	34	P Kohn	150	9
15	M Harvey	234	7	35	D Sant	147	5
16	R Marsden	233	11	36	P Guerrier	133	5
17	N Goldsmith	227	8	37	D Holmes	131	4
18	B Thackery	226	8	38	C Stamp	128	4
19	D Lockwood	216	10	39	G Band	116	4
20	J Smith	214	10	40	H White	114	5

<u>Pos</u>	<u>Name</u>	<u>Total</u>			
41	H Swindells	110	91	A Sanderson	37
42	P Murray	110	92	G Goldsmith	36
43	G Desforges	109	93	M Arundale	34
44	A Hoyland	109	94	C DeMengel	33
45	M McKenzie	104	95	D Jones	32
46	C Crofts	100	96	D Booth	30
47	A Sahni	100	97	J Norman	30
48	A Pryor	98	98	J Roberts	29
49 (4)	T Farnell	95	99	J Edwards	29
50	L Johnson	90	100	D Livesey	28
51	T Norris	89	101	A Bond	28
52	C Wilson	86	102	A Wright	28
53	T Trowbridge	85	103	R Aucott	28
54	B Needle	85	104	R Gregory	27
55	P Brunt	80	105	T Kohn	27
56	G Sellens	78	106	P Jones	26
57	J Soper	77	107	R Ansell	26
58	W McLewin	76	108	R Howarth	25
59	G Bell	74	109	R Grimes	24
60	A Elliot	73	110	R Marlow	23
61	R Amor	73	111	A Ireland	23
62	A Watmore	72	112	R Beaumeister	23
63	J Harvey	72	113	I Windle	23
64	G Hulley	69	114	T Mangion	22
65	C Worsell	69	115	H Bell	21
66	F Thomas	68	116	T Sayles	20
67	B Wilson	67	117	P Griffies	18
68	B Hodges	64	118	M Spence	18
69	S Palfreyman	62	119	S Dean	18
70	B Minto	60	120	G Lax	17
71	C Hughes	58	121	A Collinson	17
72	M Desforges	57	122	B Wardle	15
73	M Poulter	56	123	D Morrison	15
74	M Rosser	56	124	G Smith	14
75 (3)	M Pedley	56	125	E Mitchell	14
76	A Gomm	55	126	M Cox	13
77	J Feist	54	127	K Foster	12
78	K Tonkin	53	128	N Piper	11
79	T Woodhouse	52	129	B Seagrove	11
80	A Jones	50	130	P Harris	11
81	S Sahni	50	131	E Steward	10
82	F Lowe	49	132	T Foley	9
83	I Kinneburgh	46	133	G Rice	9
84	M Browell	45	134	C Dodd	9
85	C Last	45	135	J Gittens	8
86	L Outwin	41	136	I Roberts	8
87	P Crowson	40	137	C Hailey	6
88	A Riley	38	138	J Orrell	4
89	P Rogers	38			
90	C Adams	37			

Races included were: Cutthroat (14 DP runners), Trog 23, Crashout 21, Margery Hill 25, Tigers 29, Skyline 26, Downfall 32, Back Tor 22, Hallam Chase 10, Shining Tor 7, Kinder Trog 18, Grindleford 35, Holme Moss 5, Summer Crashout 17, Mount Famine 16, Hope 31, Hathersage 31, Baslow 24, Blacka Moor 4, Bamford 40, Cakes of Bread 22, Stoney M. 12, Glossop 9, Bradwell 22, Up Nab 14, Dungworth 13, Eyam 18, Lantern Pike 16, Champs 57.

