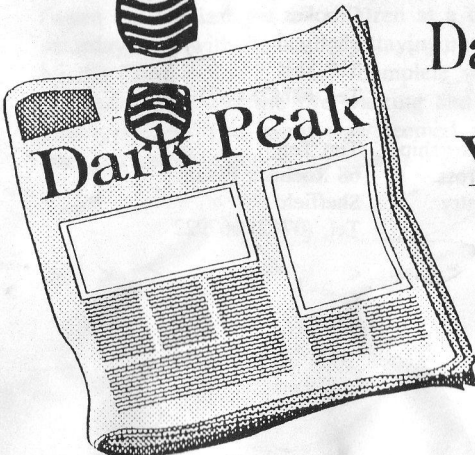


PADDY BUCKLEY

Dark Peak News



Dark Peak Fellrunners

Your Newsletter

AUTUMN 94

NEWS

SECRETARY'S COLUMN

Access Land

I hope not to make this a regular feature in the newsletter but since I became secretary I have been involved in some rather interesting dealings with the Peak Park. As was reported in the last newsletter, the Peak Park has undertaken a review of bye-laws governing access land. Unfortunately, one of the proposed bye-laws seemed to go as far as to ban fell running on access land in that it stated;

"No person shall arrange any war games, orienteering, fell running or similar activity on access land."

Representations were made to the Peak Park on behalf of the club by Dave Holmes and myself and, in order to address the legal side, by Hugh Cotton (hastily appointed as "club solicitor" in the pub at High Bradfield one Wednesday evening). Representations were also made by Matt Simms on behalf of the FRA. I have since received a letter from the Peak Park agreeing with the points made by the club and the FRA and that the bye-law be reworded something on the lines of;

"No person shall organise any competitive event or similar activity to take place on access land without prior permission of the landowner."

The bye-law itself may result in problems in that on long races we will have to approach individual landowners to ask permission to hold a race. Unfortunately the Peak Park are not in a position or willing to act as an agent for the landowners and we as race organisers cannot realistically argue that we don't need permission (it was tried!). It is to be hoped that this ruling does not have any repercussions on the Skyline next year.

Club Social

On a lighter note, the club held its inaugural summer social at Thornbridge Hall over the weekend of 13/14 August. Approximately 50 club members and their families (when did we last get 17 children at a club event?) attended the barbecue on the Saturday night with the majority staying until Sunday. Entertainment was provided free by the "Jim Fulton Circus" (complete with big top and performing animals). Of particular note was the fire walking and burning paper hat trick (yes we do have photographs!). The event was deemed an outstanding success by all those who attended and it is hoped to repeat it next year.

Paul Sanderson

> > > > > > > > > > > > > > > >

COMPETITION NEWS

Dark Peak "stars" at the World (orienteering)Cup

It may not be fell running but several Dark Peak members, helped by a winter of training on the hills with Dark Peak, have excelled at a World level.

Alistair Landells brought off a stunning start to the orienteering World Cup series with victory at the first race in Australia. Representing New Zealand, Alistair surprised the Scandinavian favourites as he won by 59 seconds (in 1:44:12).

The World Cup is spread over three phases and after the first three races Down Under in April it continued with three more in Denmark earlier this summer. Going into the final phase in Germany and the Czech Republic this September Alistair is placed 15th overall. Yvette Hague of Britain leads the women's competition and Despite losing vital training through back problems Jenny James has still managed to hold 28th overall.

Jenny has also been selected for Britain in all the races so far and showed tremendous character in the relay in Denmark when she helped the British team (of 3) to 3rd place despite having to have 4 stitches in a cut after the individual event. Britain also fielded a B team in that relay which included both Wendy Smallwood and Kirsty Bryan-Jones.

Kirsty has also been selected for the World Student Orienteering Championships which are being held in Switzerland in September. Dark Peak fell running might help her with the hills but Sheffield is not going to be much help when it comes to the altitude; the events are being held at over 6000ft.

Local Victories

On the fells the Dark Peak victories have come from the local village races which continue to feature large and competitive fields. Alistair Landells at Burbage and Baslow, Andy (Poirrette) at Hope and Charlie Adams at Eyam all notched up race wins. Maybe one day someone will one day win one outside of the Peak District!

Southern Successes

On Bank Holiday Monday I noticed hidden away in the results in the Telegraph Brecon Beacons: 3rd team Dark Peak Fell Runners. The team was led in by Rick Ansell who finished a superb 5th in this tough AL race.

Eric's Borrowdale-Latrigg Double

A year ago club president Eric Mitchell was "happily" hopping about on crutches. Now he is not only back on the fells but is putting in some remarkable times. Having now got the opportunity to set some "Vet70" records Eric pulled off a remarkable double successfully competing in the classic Lakeland "Borrowdale-Latrigg" double.

On the Saturday he finished the 16 mile/7500' Borrowdale in a very respectable time. That is normally enough for most people but the next day Eric sprinted up and down Latrigg. [ed. Can anyone supply a copy of the results?]

Almost Fell Running

A few minor successes were hidden away in the summer's sporting results..

Hilary Bloor was part of the winning team in the Universal 500. A four day sailing+running race in the English Channel. The running started with a 30 mile warm up on the hilly cliff paths of Dorset and was followed up by three 12 mile jaunts round Alderney, Isle of Wight and Exmouth. As if 4 days sailing and 66 miles running wasn't enough the final running leg included a Navy assault course!

And finally... your editor finally got a few weeks decent training in and cashed it in for a win in the "medium" class at the Phoenix, a new 2 day Mountain orienteering event in the Cheviots. Lying second after day 1 he survived some horrendous forest to pull away on the open fell and win by 5 minutes. Similar to the Capricorn, but shorter (2.5 hours winning time each day), the event was a very friendly occasion and well worth trying next year in another of the eastern Cheviot valleys..

> > > > > > > > > > > > > > > > > >

DARK PEAK WEDDINGS

It's not often that two Dark Peak members get married to each other but that's what happened this summer with Alistair Landells and Claire Barnes. Congratulations to both of them.

Meanwhile in Ireland, Deirdre ni Challainain and John Nash got married in late July in the idyllic setting of Gougane Barra in West Cork. Sadly for those of us who struggle with their Irish pronunciation Deirdre is retaining her name!

> > > > > > > > > > > > > > > > > >

LONG DISTANCE NEWS

Paddy Buckley

After his appalling luck with the weather last year, Paul Sanderson returned to Wales and completed a successful Paddy Buckley round. rating it as at least an hour harder than the Bob Graham, Paul survived a hot day to finish in 23hrs 36mins [full report page 18]

Bob Graham

Meanwhile the various Bob Graham attempts met with mixed fortunes. The usual mid-summer date was plagued by some dreadful weather. Noone would have blamed any of the contenders if they had dropped out after only two hours at Honister; the hour I spent on Robinson-dale head would have suggested a bad March or October day. After being almost blown to a standstill on Gable everyone descended direct to Wasdale to try again another day. On the same day, Pete James (Jenny's brother) actually completed the round. Running clockwise (and with an earlier start) on a 20 hour schedule he did superbly well to finish with a few minutes to spare. With no other pacers willing to endure the conditions, Hilary Bloor had the unenviable task of setting out from Honister on the last leg in darkness with a gale still blowing but successfully got Pete into Newlands where he sped off for Keswick still running strongly.

The "re-tries" were more spread out and met with mixed success. Jim Lawrenson ran strongly to complete the round on the 29-30 July. In contrast to the "standard" club plan, Jim's second attempt was a clockwise effort starting at 18:30. Colin Lago and Dick Pasley unfortunately had to drop out at Wasdale but Jim gained time as the attempt progressed with some pacers having difficulty keeping up! On a separate occasion Maggie Gallagher also went for a clockwise attempt and had the heartbreaking experience of hearing the clock chime signal her out of time as she was entering the Keswick streets. She now is one of the few Dark Peak runners to have completed the route in both directions... both just outside 24 hours!

Paul and Rick not to Attempt the Dragon's Back!

Paul Sanderson and Rick Ansell had entered the Dragon's Back race which was to have taken place in late September. The epic multi stage event was to have been staged over 5 days from North to South Wales. Sadly it had to be cancelled with just two or three weeks before it was due to start. A number of factors contributed to this decision including withdrawal of permissions to use one of the overnight camps and part of the route through Snowdonia.

> >

COMING EVENTS

CLUB RUNS

Wednesday night training sessions continue throughout the winter from the Sportsman, Lodge Moor leaving at 6:30pm prompt. There's the usual choice:

Roadies

80-90 minutes road running with plenty of hills and suitable for a wide range of abilities (pauses to let people catch up and usually some long/short/fast/slow alternatives). Please wear something light.

Warts

On the moors with the 'warts for around two hours of fell running including many of the usual summer routes from the Sportsman. Like last year the 'warts will be featuring a few alternative venues:

Nov	3	Snake Inn
	24	Ladybower Inn
Dec	14	Grouse Inn (above Froggat)
Jan	12	Bar Dyke (near High Bradfield)
Feb	2	Kings Tree (Derwent Valley)
	16	Snake Inn
Mar	2	Plough Inn, Leadmill Bridge (Hathersage)
	23	Edale village

Nights on the fells can produce some severe conditions so you should come equipped for winter (sub-zero) conditions (and bring a headtorch!). For further details on any of the warts runs contact Andy Malkin or Dave Holmes.

> >

RACES

Dark Peak club races

- Sat 1 Oct Dungworth (Amateur Celebrity Not-the-gala International) Fell race,
Over the classic Half-Ughill course, Dungworth Playing Fields, 2:30pm.
- Sat 12 Nov Dark Peak Club Championships and Handicap (see page 11).
- Sun 20 Nov Warts Revenge, NW corner of Lady Cannings Plantation, Ringinglow
Road, 10:30am

Sun 18 Dec Crookestone Crashout, Rowlee Bridge, 11:00

Early 1995 dates - to be confirmed:

Sat 7 Jan Burbage Baffler, details from Martin Spence

Sun 8 Jan Rivelin Skyline, details from Tim Tett

Wed 26 Jan Warts Night Race, details from Dave Holmes (including new venue?).

> > > > > > > > > > > > > > >

Local Races

Sun 9 Oct New Glossop, Old Glossop, 10:00am 20m/4500'

Sun 30 Oct Roaches, Meerbrook near Leek, 11:00 15m/3700'
** new date **

> > > > > > > > > > > > > > >

Relays

Sun 16 Oct **FRA Relay**, Old Town, Hebden Bridge (SE000283), 10:30.
Teams of six running as follows:
Leg 1 - 1 runner, 9m/2200', rough moorland, some navigation.
Leg 2 - 1 runner, 5m/1300', fully flagged.
Leg 3 - pairs, 7.5m/1300', navigation required.
Leg 4 - pairs, 13m/2300', generally fast running.
Routes for legs 1,2 & 4 will be revealed on the day, leg 3 checkpoints will only be revealed on completion of leg 1.

The 'big one' and a chance for Dark Peak to show just how good we can be. As requested, many people have provisionally made themselves available including most of our top men. As always, this far in advance the team situation is a little bit unclear but the mens team could look something like this:

Alistair Cory-Wright, Mark Hayman, Mike Jubb, Alistair Landells, Andy Poirette, Tim Tett.

If you have already put your name forward and can't run or if you would like to be considered please contact Pete Dyke as soon as possible. Good reserves for each team are also vital and the reserves should get a run if we are allocated a B team. Both the men and women have a real chance of a top 3 position. It's only 75 minutes drive from Sheffield, is usually excellent viewing, so even if you're not running come and watch Dark Peak compete with the other top British clubs.

Sun 20 Nov High Peak Off Road Relay, Arkwrights Mill, Cromford.
35 miles split into 10 stages. Entry £10 to L.A.R.A. 38 Avenue Road,
Duffield, Derbyshire. DE56 4DW

Sun 11 Dec **Calderdale Way Relay**, starting at West Vale near Halifax.
50 miles and 6800' (though it's officially 5000'!) divided into six stages,
each stage run in pairs. Possible the biggest fell race in the calendar with
1200 runners!

<u>Changeover</u>	<u>Grid Ref.</u>	<u>Miles</u>	<u>Climb</u>	<u>Comments</u>
Start: West Vale	SE097215			
Cragg Vale	SD999233	10	1600	A hard leg; has the biggest climb of the race - can be crucial to success!
Todmorden	SD929250	8	1200	Road at first but then some good views from Stoodley Pike
Blackshaw Head	SD957275	5	900	An uphill dash.
Wainstalls Road	SE039287	9	1400	Deep valleys, moorland paths, the nearest to a real fell leg.
Shelf	SE122283	8	1000	From moorland to suburbs, a leg of contrasts crossing four valleys.
Finish: West Vale	SE097215	10	500	Downhill (at first) but watch out for the sting in the tail

BUT...

At the time of writing the future of the race is in doubt, if it goes ahead it may be without the sanction of the FRA and British Athletic Federation. Contact Mike Pedley for more details - see page 31 for more comment.

P.S. I've still got some of last year's coasters for those who forgot to pick one up!

N.B. CLUB COLOURS MUST BE WORN AT BOTH THE FRA AND CALDERDALE WAY RELAYS.

> > > > > > > > > > > > > > > > > > >

Mislaid

Dave Holmes brought two pressure barrels to the Skyline last March... only one returned. Has anyone got the other one (maybe lurking in their garage)?

> > > > > > > > > > > > > > > > > > >

Change of Address... & Invitation

The trail of coincidence that has drawn us from joining Dark Peak to first visiting Kerrachar and then finally buying it would fill half the newsletter. Perhaps one quiet evening I might write it all down. For the moment though, this is just to say good-bye and good luck to all our friends in Dark Peak. From mid-September we will have finally moved into our new home:

Kerrachar
Kylesku
LAIRG
IV27 4HW

Tel/Fax: 0(1)571 833 288

and we hope to welcome to at least some of you there. Next spring we intend to be offering B&B (our predecessors advertised Kerrachar as the remotest B&B in the UK) and we also intend to set aside part of the croft for tents and to marginally improve our semi-derelict caravan as a dark Peak "bothy". Kerrachar can't be reached on wheels (the caravan came in on a raft) but it is only a 25 minute stroll or 12 minute jog from the nearest road. At a pinch non-running/walking spouses could be ferried in by boat (weather permitting and a fee to cover the fuel for the boat!). Either way, except during unusually dry summers like 1994, wellies are recommended. Howard Swindells, Paul Sanderson or Martin Spence who have visited already should be able to tell you more. We look forward to visitors from the south once we have settled in. If you fancy coming just let us know.

Peter and Trish Kohn

> > > > > > > > > > > > > > > > > >

Captains Trophy

A new trophy to encourage competing in (and reporting of) all competitions.

- To run from 1st October to 30 September annually. All races run under FRA or BAF rules qualify i.e. fell, cross country and road (but not Trunces, Mountain Marathons or Club races). Club colours to be worn (and points deducted if not worn).

Points:
If 1 DP runner: 1 point
If 3 DP runner: 3 to the first, 2 to the second etc
If 10 DP runners: 10 to first, 9 to second etc.
i.e. everyone gets at least 1 point

The potential nightmare administration of this trophy will be conducted by Pete Dyke. Results may be given direct to Pete or via the newsletter - all results submitted to the newsletter will be forwarded to Pete. This event is in addition to the Local Race League which will continue as usual.

> > > > > > > > > > > > > > > > > >

FEATURES

THE LONELINESS OF THE LONG DISTANCE RUNNER CORSICA HIGH LEVEL ROUTE GR20

'At every step the solitude grew more profound'.

They say that to lose one's partner once is unfortunate. To lose one's partner a second time is careless but to lose him three times or more must be intentional.

The French Grande Randonnee long distance footpaths are an exercise in isolation and a relatively recent discovery for me. Last summer saw a solitary circuit of the Tour de Mont Blanc in four and a half days, running alone with a light sac with minimal gear. I had anticipated that solitude and loneliness were synonymous but was relieved to find one without the other.

So seeking for further amusement...."the GR 20 is generally considered to be the most difficult of all the GRs....wholly mountainous....177 km and 9700 metres ascent....serious undertaking etc hyper-etc." It had the makings of an interesting trip.

It wasn't planned as a solitary epic! John Myers agreed to join me on this adventure. He had excellent credentials, stamina to spare, multi-day trekking epics under his belt, a good KIMM partnership... and speaks immaculate French.

Malheureusement, his attitude and agenda were slightly at variance with mine. Whereas he saw it as an opportunity to chat in french conversation-class mode to fellow travellers on the way, I wished no more than a quick bonjour - au revoir. Clearly some serious attitude problems were to be overcome.

Attitude is everything on these ventures. If you expect it to take a fortnight it will take a fortnight. I expected it to take five days but John didn't. He packed extra kit and extra yummy supplies of dehydrated food.

Corsica is like Italy with an attitude problem. It's French territory but the ambience and place names are Italian. The language sounds Italian. Scenically it's a mountainous island renowned for it's infamous tortuous coastal roads and gloried for it's chic beach holiday resorts. But the genius loci is the GR20. Running north south it takes an audacious line through the highest mountains, never dipping below 1000 metres and rising beyond 2000 metres at cols and summits. It chooses not to take in the ultimate high points but there is no harm in that....

The Corsica Super-Marathon takes place each year in August and an international elite of some twenty hard individuals spend six days pretending to run the GR20. Our scheme reversed the route from south to north over the same period, saving the more rugged north section to the last so that we could die struggling in

dramatic mountain scenery. Better that than fade quietly away in the southern foothills.

There are three logistical problems to be overcome on such an epic run. Firstly water. Much of the route follows ridges which streams find difficult to cross. Fortunately by running it is possible to minimise the time you feel thirsty. Cunning?

Secondly, accommodation. There are over fourteen spartanly equipped mountain refuges at one day hiking intervals. Rather more thinly spread are four small hotels where beds and food are available. The solution is to carry small quantities of appalling dehydrated food as an incentive to blast past as many huts as possible and aim to reach hotels. Or suffer the disadvantages of dehydrated food.

Thirdly, food. See dehydrated food, as above.

June 94 was a tricky month for Corsica. Snow had fallen and the island was experiencing an uncharacteristically wet summer; flooding of the mountain streams had caused disasters and, all in all, things were not going in accordance with the guidebook's seasonal predictions. No matter, better to travel hopefully....

Day One - Keep on Running

Arriving at the tiny mountain village of Conca I couldn't help noticing that the sides of the road were lined with crypts as if entering a graveyard.

This foreboding was soon forgotten as we set off on a crack of dawn start. Optimistic notions of doing much running were rapidly laid to rest as we stumbled up the first rocky path. Having crested the first rise, notions of running the flat bits also evaporated as the rock strewn chaos continued. When at last a downhill arrived it proved possible to trip and tumble.

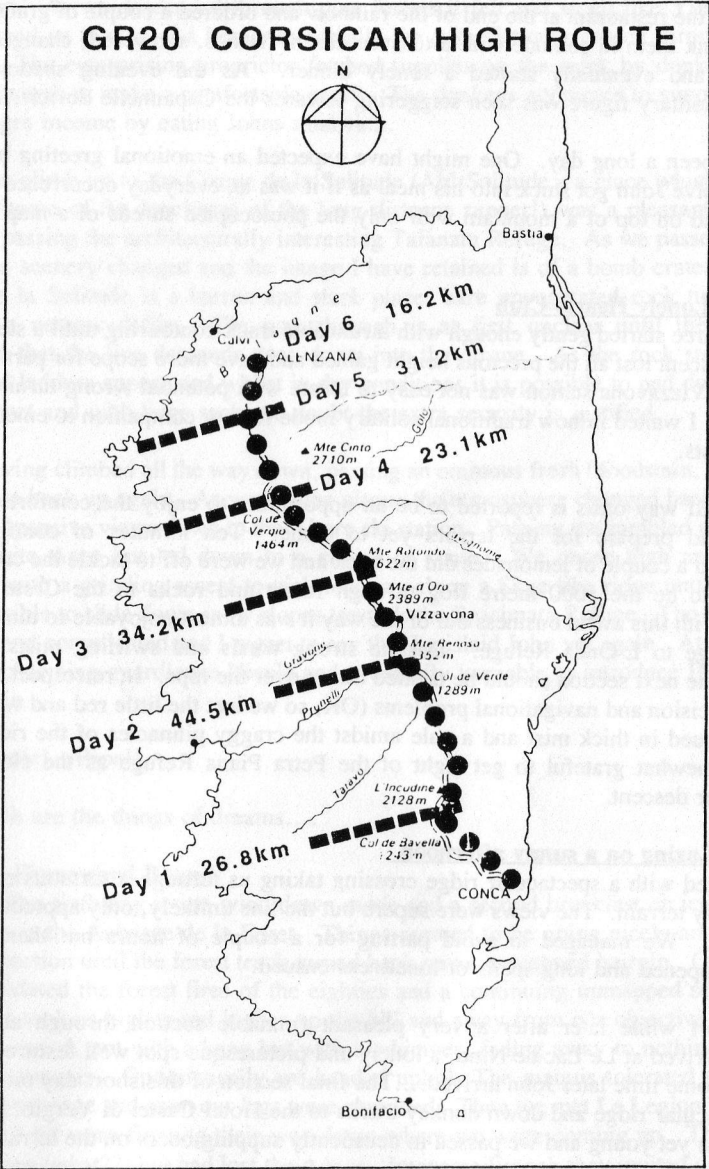
This set the scene for the next five days, where running was the occasional activity for no more than 20% of the route. The remaining time was spent sweating uphill and rock hopping and falling downhill.

John was clearly under strict instructions from his coach; instructions which compelled him to start like a dormant tortoise and finish like a demented train. I had experienced this mode of Myers movement once before; the Jekyll and Hyde phenomena....

The first parting of the ways took place after one hour.

I had plenty of time to ponder upon the loneliness of the long distance runner as I drank several beers and ate a lonely sandwich at the Col de Bavella some four hours later. By the time JM arrived it was time to go. The early afternoon clouds were forming and soon we were in thick mist and pouring rain, sloggling to an early finish at the Asinao refuge.

It was not a happy experience. Spending a soggy night in a remote hut with soaking gear, the prospect of dehydrated food and more of the same in future days was not inspiring. The only sensible resolution was to aim for a distant hotel and restaurant, and to accept no substitute.



Day Two - Breaking up is hard to do

After an early start the next day we reached the second parting of the ways as I waited on the summit of Monte Incudine. As John arrived and sat down for a breather (as instructed by his trainer) I proposed to meet him at the hut. This simple understatement of intention belied the question "which hut?" Twelve hours later I staggered into the restaurant at the end of the rainbow and ordered a couple of grande bierres. I drank them in solitude with a toast to absent friends, showered, changed, read a book and eventually started a lonely dinner. As the evening shadows lengthened a solitary figure was seen staggering towards the Capannelle dortoir.....

It had been a long day. One might have expected an emotional greeting but with stoic resolve John got stuck into his meal as if it was an everyday occurrence to be left for dead on top of a mountain with only the photocopied shreds of a map to protect him.

Day Three - Lonely Hearts Club

Day Three started gently enough with a runnable track contouring until a steep zigzagging descent lost all the precious height gained and gave more scope for parting of the ways. Vizzavona station was not easy to locate with potential wrong turnings at every turn. I waited in now traditional solitary mode for my companion to emerge from the forests.

This half way oasis is reported to be an opportunity to enjoy the comforts of civilisation and prepare for the terrors yet to come. Ten minutes of comfort, civilisation and a couple of lemonades did the trick and we were off to tackle the crux. This proved to be the 1000 metre flog through forest and rocks to the Crete de Muratello. With this awful business out of the way it was almost enjoyable to tumble down the ridge to L'Onda Refuge. Despite strong winds and swirling mists we decided that the next section should be tackled direct over the tops. In retrospect this was a bum decision and navigational problems (OK, so we lost the little red and white markers!) ensued in thick mist and a gale amidst the craggy pinnacles of the ridge. We were somewhat grateful to get sight of the Petra Piana Refuge as the clouds cleared on our descent.

Day Four - Lazing on a sunny afternoon

It started with a spectacular ridge crossing taking us through a tortuous route across unlikely terrain. The views were superb but the line unlikely, only appreciated in retrospect. We managed to avoid parting for a couple of hours but then the inevitable happened and long spells of loneliness ensued.

A short while later after a very pleasant runnable section through alpine meadows I arrived at Le Lac de Nino, a lonely and picturesque spot well featured on postcards. Some time later John arrived....The final section of this short day took us over a spectacular ridge and down donkey tracks to the Hotel Castel di Vergio. The afternoon was yet young and we passed in decadently supping beers on the terrace of the hotel. Anything to avoid another night in a refuge!

Day Five - Only the Lonely

Day Five was to be the highlight and started with a gentle couple of kilometres jogging down the road at dawn.

By the time we had topped out of the first valley near the Mori Refuge the sun was strong. As we descended through pine forests it felt and smelt like Yosemite. Thirst forced us to stop at a bergerie; actually the path virtually passed through the building! The enterprising proprietor fetched supplies up the track by donkey and charged enough to make a comfortable profit. The donkeys attempted to supplement their meagre income by eating Johns sandwich.

The climb up to the Cirque de la Solitude (Ah! Solitude - a place which sums up the epitome of the loneliness of the long distance runner!) was a pleasant rocky scramble passing the architecturally interesting Tapanatu Refuge. As we passed over the col the scenery changed and the image I have retained is of a bomb crater. The Cirque de la Solitude is a barren and stark place, bare unvegetated rock tumbling down to a narrow defile. The way through is at first unclear until the awful realisation that the line descends deep down into the cirque. As the rock steepens, chains and ladders appear and whilst in dry conditions it is possible to pad down the slabs, in wet and with huge sacks no doubt the extra security is justified.

Having climbed all the way down, passing an ominous fresh bloodstain, we had to scramble back up again. As we left the cirque the atmosphere changed back to the familiar expansive views down to the Altore ski station. Passing the jumbled remains of the Haute Asco hut led down to a choice of route. We chose high and were rewarded with a grinding ascent to pick our way along a Skye-like ridge until at last it was possible to slide down snow slopes towards the Spasimata Refuge. The descent was long and complicated and I regret to say that I mislaid John yet again. At the hut I met the charming gardienne Nicole and eventually was able to introduce JM as he stumbled in.

Nicole! Papa!!

Such are the things of dreams....

Day Six - Homeward Bound

On the sixth day it was wind-down mode and a second breakfast on ice-cream and coffee at the Auberge de la Foret. Things seemed to be going nicely and in the correct direction until the forest track turned back on an unmapped hairpin. Our map clearly predated the forest fires of the eighties and a continuing unmapped sequence of hairpins took us higher and higher up the hill and away from our objective. Then the path stopped, not with a bang but with a whimper, fading away to nothing. Just chest high maquis. Optimistically we headed uphill. The maquis tolerated this but took some revenge and soon our legs were shredded. Then we met Le Legion. Three pairs in full kit were fighting their way down where we were coming up. They had been hunting (what??) but had lost their dogs. In coarse French they invited us, if we

The range of hills towards the Moelwyns proved straight forward and conditions weren't too wet underfoot. I had arranged for some support in the quarries at the Moelwyns and sure enough when we arrived Dick and Tony were there with tea and bananas. A quick stop and up off Foel Dhu quickly followed by Moel y Hydd. Out to Moelwyn back and then up Moelwyn Mawr. We were still on schedule but it was already getting warm and was wearing just shorts and T shirt by 6am! The ascent and descent of Cnicht went well and we arrived in Aberglasyn 20 minutes up on my, as yet unproved, schedule. Luckily the road support were already in place.

A change of supporters and off. The second section over Moel Hebog is probably the easiest section of the round and Pete and Dave kept me moving at a good pace. It was now getting seriously hot and dehydration was a big worry though I seemed to be eating reasonably well. Dropping into Rydd Ddu the heat was really noticeable, great for sunbathing but not for a round like this.

Having eaten a bowl of fruit and rice pudding it was off onto what was for me the crux section. If I could get to Llanberis in reasonable shape and on schedule then I felt the round would be in the bag (unlike last time). Bob led me up onto the summit of Craig Wen and then Y Aran. These two hills seem to act as a kind of warm up (if you need it after 11 hours) to the major climb up Snowden. I was now beginning to have trouble eating however a philosophy of a little and often seemed to work, even if I didn't seem to keen on the idea.

Although the temperature was well into the 80's we arrived at Llanberis on time but dehydration had become a big problem for me and my supporters. I had drunk most of the water and staminade and both Bob and Pete were pretty glad to get down to the road support. I felt terrible and probably didn't look to good either judging from some of the looks I got from the tourists in Llanberis. I sat in the chair at the road and managed a couple of cups of water and two spoons of pasta. This didn't look good and wasn't according to plan so I took the decision to set off otherwise I could see the round slipping away from me.

I was still fairly close to the schedule but knew the next section would be really hard, particularly underfoot, and with five summits over 3000 feet I knew that keeping to schedule looked doubtful, particularly in my present condition. The climb up through the quarries of Elidir Fawr was horrendous. Walking up the inclines feels like you're walking up the side of a house and it goes on for what seems like forever. I had Dave Lockwood and Maggie for company as I set off and Dave Holmes arrived just after we had started.

After what seemed like an age the top of Elidir Fach was reached, closely followed by the stony summit of Elidir Fawr. I was still feeling dehydrated, eating was still unpleasant and time was being lost. Following the ridge round we had soon knocked off the next two summits and were climbing round to Y Garn. The heat had gone out of the day and I had started to come round. Over the Glyders and towards Tryfan the ground becomes increasingly rough and my feet were taking a battering.

On this sort of terrain it is vary difficult to keep any sort of pace going and my legs were having real difficulty coping with the steep descents.

After the summit of Tryfan, all we have to do is get down to the road as quickly as possible. having recced this descent I knew where I was going although I think the supporters on the roads had there own private doubts. Down at Glandena hut I realised we'd lost about 45 minutes on the section but knew I still had enough time to get back to Capil Curig in under 24 hours.

Another change of support; Dick, Tony and Dave had the honour of accompanying me back to Capel and off up the last big climb, Pen Y Olewen. The summit was gained in 60 minutes and we set off for the Carneddts. It seemed a long way to Carnedd Llewellyn and rougher underfoot than I'd remembered. By now the headtorches were out but, luckily, the forecast thunderstorms hadn't materialised.

Two more summits and I'm home but we got the descent wrong and lost the path. It probably cost us 15 minutes and I was worried that time was disappearing and I wouldn't get back in under 24 hours. We relocated the path and soon torchlight came into view at the road. Down there everyone was there to meet me and the run to Capel is like a Wednesday night club run. Plas y Brenin is soon reached and a great day comes to an end.

What a day in the hills; this round is certainly tougher than the BG and a touch contrived in places but definitely worth doing. Anyway, it makes a change from the Lakes! I have since learnt that only 30 or so runners have completed the Paddy Buckley and I know of only two other Dark Peak members (past and present) who have been successful. My thanks go to all supporters who kept me company over the hills (and carried my half eaten tins of rice pudding!) and in particular to Tracy and Ann who organised the road crossings so successfully even though I never seemed to eat as much as they wanted me to.

Paul Sanderson

<u>Top</u>	<u>Name</u>	<u>Schedule</u>	<u>Act.</u>			
	Plas y Brenin		01:00		Rhyd Ddu (depart)	11:39 11:22
1	Moel Siabod	01:55	01:49	26	Craig Wen	12:24 12:08
2	Clogwyn B' Y Maen	02:20	02:12	27	Yr Aran	12:40 12:25
3	Y'Cribau	02:32	02:20	28	Cribau Tregalan	13:30 13:15
4	Cerrig Cochion	03:17	03:00	29	Snowdon	13:43 13:29
5	Moel Meirich	03:33	03:20	30	Crib y Ddysgl	13:55 13:40
6	Ysgafell Wen	04:04	03:46	31	Moel Cynghorion	14:31 14:15
7	M'dd Llynau yr Cwm	04:08	03:51	32	Foel Goch	14:51 14:39
8	"3 tops"	04:17	04:02	33	Foel Gron	15:06 14:49
9	Moel Druman	04:29	04:15	34	Moel Elio	15:21 15:09
10	Allt Fawr	04:42	04:27		Llyn Padarn (arrive)	15:49 15:41
	Bwlch Cwmorthin (arr)	05:10	04:54			

CHW VALLEY SKYLINE : 6 MARCH 1994

A one off return to the original course.

1	W. Brindle (Horwich)	1:47:51	81	C. Baker	2:17:10
14	B. Toogood [1st V50]	1:55:56	105	G. Diprose	2:30:18
23	A. Harmer [2nd V45]	1:59:55	142	G. Goldsmith	2:48:17
52	R. Pickvance(Hor.)[1st F]	2:09:31	146	W. Mclewin	2:51:08
59	N. Goldsmith	2:12:36	150	J. Soper [2nd V60]	2:55:00
68	P. Griffies	2:14:17	168	finished	

> > > > > > > > > > > > > > > >

SHINING TOR : 23 APRIL 1994

A strong veteran showing: 1st over 50, 60 and 70 and 1st woman over 35. Good to see Eric back running competitively after a year of injury trouble.

1	M. Kinch (Warrington)	48:02	94	B. Thackery[1st V60]	04:02
20	B. Toogood [1st V50]	55:10	97	P. Griffies	1:04:43
23	J. Cant	55:48	99	R. Marlow	1:05:05
30	R. Woods	56:53	117	D. ni Challanain	1:08:06
33	R. Davison	57:31	134	J. Armistead	1:10:57
42	P. Smith	58:13	139	J. Cave	1:11:25
46	S. Newman(Gloss.)[1st F]	58:43	141	T. Woodhouse	1:11:31
57	J. James [2nd F]	1:00:19	169	E. Mitchell [1st V70]	26:20
74	N. Goldsmith	1:01:58	179	finished	
75	J. Smith [1st FV35]	1:01:58			

> > > > > > > > > > > > > > > >

BENS OF JURA : 18 MAY 1994

Once again a wonderful weekend on Jura with beautiful weather on race day!

1	M. Rigby (Amble(rec.))	3:06:59	99	P. Dyke	5:03:52
39	R. Davison	4:11:14	107	G. Goldsmith	5:08:43
52	P. Griffies	4:30:05	112	M. Musson	5:13:18
60	R. Pickvance(Ken.)[1st F]	4:34:30	124	G. Diprose	5:24:05
70	J. Myers	4:37:14	142	F. Galbraith	6:03:06
85	N. Goldsmith	4:51:17	144	M. Browell	6:15:07
88	M. Gallagher	4:56:21	154	S. Cribb	6:58:04
89	R. Small	4:58:06	154	finished	
92	H. Cotton	4:59:06			

> > > > > > > > > > > > > > > >

MALLERSTANG AND NINE STANDARDS YOMP: 5 JUNE 1994

23ml/1800'

The twelfth running of this charity race for runners and walkers organised by the Rotary Club of Upper Eden. I always find a very enjoyable event and look forward to visiting the Kirkby Stephen/Nateby area each year and meeting old friends.

The course is flagged and not severe but still has quite a lot to offer in terms of challenge and scenery. It passes over the high ground of Wild Boar and Swarth Fells on one side of the valley and Mallerstang and Nine Standards Rigg on the other.

Various members of dark Peak have joined me over the years and our support has been warmly welcomed. This year was no exception. Colin Henson deserves special mention. He ran very strongly throughout to break the over 60s record and at the same time beat last year's winner (and previous record holder) by 4 minutes.

Jeff Harrison

1	M. Flemming (?)	3h 03m	
11	R. Pickvance (?) [1st F]	3h 23m	[F record]
15	A. Yates	3h 30m	
28	D. Pasley	3h 50m	
35	C. Lago	3h 57m	
43	C. Henson	4h 01m	[V60 record]
59	J. Harrison	4h 28m	
237 finished			

> > > > > > > > > > > > > > >

GRINDLEFORD : 16 JUNE 1994

Always the most popular of the village fell races, there were 357 runners this year - the largest ever field for a village race(?). This made the start a little physical as it narrows to a farm track within 200m. One Hallamshire runner tried to run straight through John Armistead who, naturally, resisted the move only to find himself verbally (and physically?) assaulted at the finish by the same runner. In motor racing this would have been classed as a "racing incident"!

1	J. Stevenson (SHUOC)	28:30	125	C. Wilson	37:43
2	A. Poirrette	29:30	126	H. Cotton	37:44
8	C. Adams	30:42	129	R. Marlow	37:50
14	J. Cant	31:18	131	M. Hayes	37:53
15	B. Edwards	31:20	133	P. Dyke	37:57
18	R. Hutton	31:44	157	B. Sprakes	38:58

Grindleford results continued

22	G. Clegg	32:11	162	G. Diprose	39:08
24	P. Smith	32:28	168	J. Fulton	39:17
31	G. Band	33:08	188	G. Seaman	40:09
32	R. Woods	33:11	197	M. Poulter	40:21
38	M. Pedley	33:44	221	T. Mackey	41:15
44	G. Williams	34:12	235	B. Mosley	42:09
46	J. Armistead	34:22	265	J. Deakin	43:28
61	C. Barber	35:15	282	J. Gittins	44:08
66	K. Jones	35:20	283	L. Outwin	44:09
67	A. Moore	35:24	294	C. Elliot	44:49
78	N. Goldsmith	35:49	296	Robinson	44:52
94	B. Berzins	36:36	312	H. Bloor	46:23
98	J. Smith [1st F]	36:47	322	J. Roberts	47:14
101	P. Seyd	36:55	343	J. Edwards	51:22
102	S. Finka	36:58	357	finished	

> > > > > > > > > > > > > > >

HOLME MOSS : 19 JUNE 1994

1	P. Sheard (P&B)	2:02:57	124	B. Thackery	2:47:16
34	A. Harmer [1st V45]	2:20:44	133	D. Allen	2:49:31
40	B. Toogood [1st V50]	2:25:31	134	N. Goldsmith	2:49:36
52	R. Davison	2:29:36	138	R. Small	2:50:08
62	C. Adams	2:30:53	157	H. Cotton	2:59:49
75	A. Priestly (F&d) [1st F]	2:33:26	158	M. Musson	3:00:15
80	R. Woods	2:35:11	167	J. Fulton	3:04:59
92	C. Hird	2:38:56	175	M. Poulter	3:08:45
112	J. Lawrenson	2:43:33	177	J. Cave	3:09:08
116	D. Booth	2:44:39	215	finished	
123	J. Smith [3rd LV35]	2:46:52			

> > > > > > > > > > > > > > >

HOPE : 28 JUNE 1994

The hottest day of the year to date, Wimbledon tennis and World Cup football may have contributed to a smaller field than usual. As usual the climb up Hope Brinks "ribboned" the field and Andy Poirrette had a 15m lead on Micah Wilson. He extended his lead on the run home and at the finish and had a comfortable half minute on second placed Nick Stone. Micah meanwhile, slipped to fourth place but finished well to regain third at the expense of Matthew Innes. Ceilia Greasley was first lady (and lady-veteran).

Derick Jewell

BASLOW : 6 JULY 1994

A slightly cooler and less humid evening after afternoon rains but still very warm and dry under foot. A smaller field this year as the late change to the Mount Famine date meant that few from west of the Peninnes turned up this year. However, large numbers are often a problem here and 146 was a little more manageable. A good Dark Peak turn out, 25% of the field, for one of the best of the village courses with its three climbs and long, gradual run into Chatsworth Park at the finish.

Unfortunately the third change to the final descent in three years coupled with poor course marking caused some confusion. The first three stuck to last year's route (probably a few seconds faster), the next 14 followed this year's route to a new stile and the next group went along the original (and shorter) route. It made very little difference to the final results but provided plenty of talking points and confused a few spectators who had walked the half mile up from the finish to watch!

The front of the race resembled a DP club champs field and there would have been 10 Dark Peakers in the top 20 had Rob Hutton not twisted his ankle on the final rocky descent less than a mile from the finish. Further down the field it was good to see Jo Armistead, still a junior (a rare species in Dark Peak), coming in as the first of six Dark Peak women with a last ditch sprint past Deirdre.

1	A. Landells	28:48	77	R. Small	37:42
2	A. Poirrette	29:02	81	J. Fulton	37:59
4	C. Adams	30:32	84	M. Musson	38:09
7	J. Cant	31:08	86	T. Mackey	38:29
8	A. Cory-Wright	31:10	88	D. Pasley	38:39
10	A. Harmer [1st V40]	31:18	91	P. Jones	38:53
11	B. Edwards	31:30	93	D. Lockwood	39:08
14	M. Pedley	32:25	95	H. White	40:17
18	J. Armistead [2nd V40]	33:07	98	J. Woodcock	40:21
33	A. Moore	34:07	108	R. Barker	42:33
38	R. Horsfield	34:24	112	Jo Armistead	43:09
43	H. Swindells	34:31	113	D. ni Challanain	43:11
45	J. Lawrenson	34:32	118	F. Galbraith	44:08
52	J. Lyon	35:03	120	J. Deakin	44:12
53	R. Hutton	35:09	121	M. Browell	44:15
60	C. Wilson	36:06	122	R. Lyons	44:20
64	R. Clayton (un.) [1st F]	36:50	126	H. Bloor	45:56
65	H. Cotton	36:52	130	J. Norman	46:33
66	P. Haynes	36:55	131	L. Outwin	46:36
70	H. Mathieson	37:12	138	R. Davey	48:17
72	K. Wiley	37:14	146	J. Edwards	1:04:00
75	R. Marsden	37:37		146 finished	

> > > > > > > > > > > > > > > > > >

KEILDER BORDERERS : 16 JUNE 1994

17ml/3000'

This race was run out of sheer bloody mindedness. It was advertised to start at 11am in the FRA calendar but the official start time was 1pm. So 12 bolshie runners without telepathic powers (me included) started at 11am anyway (and I came 13th). Starting at Keilder castle above the largest manmade lake outside of Brazil, we followed the trail of ramblers come joggers who started at 10am. I didn't envisage having too grim a time but the climate was a bit like "one stick of celery and a tomato weather" (ask Jeff Harrison or Bob Marsden!). I soon found myself trailing at the rear and, this being an area with more castles than people and having no tracks, was soon on my own after a couple of small but not insignificant, navigation errors.

This is not an interesting race so I won't bore you with the details except to mention the piranha of the hills, the black flies. I hate the bastards, if only the feelings were mutual, these were the main incentive to get a move on.

The reason I came 13th was that in floundering in some Valley of No Return when 2 late starters caught me up and saved me from certain death. I showed by gratitude by letting one of them beat me.

The good to be alive moment happened at the highest point in the race, Peel Fell (2,000ft), from where you could see the Solway Firth to the west and Cross Fell to the south.

20 telepaths started at 1pm and as the winner of them came in only half an hour after I'd finished. I didn't wait for the results sheets.

Tim Mackey

> > > > > > > > > > > > > > > > > >

PEAK FOREST : 17 JULY 1994

Some unplanned spectating (pulling a hamstring warming up!) gave me a chance to see John Cant run a strong race to finish second. As always a friendly atmosphere for this gentle fell race and not running meant I could beat the queues at the cake stall.

1	P. Deaville (Glossop.)	37:46	70	R. Marsden	47:07
2	J. Cant	38:40	79	D. Lockwood	48:11
8	G. Clegg	40:49	85	R. Small	49:09
17	P. Gorvett	42:12	105	G. Diprose	51:40
18	C. Greasley (Macc.) [1st L]	42:15	117	B. Moseley	53:46
37	A. Moore	44:12	118	J. Fulton	53:53
61	H. Mathieson	46:02	124	D. Smallwood	55:30
68	W. Smallwood	46:56	132	Jo Armistead	59:21
				147	finished

> > > > > > > > > > > > > > > >

ENDITORIAL

Opportunity and Loyalty

The relay season approaches and with it both opportunities and dilemmas. For once it looks as though the true potential of Dark Peak as a competitive force will actually be seen. With a couple of months still to go almost all of Dark Peak's best runners had declared themselves provisionally available for the FRA Relays. Now the very fact that we have successful runners has raised another problem, one of divided loyalties. Dark Peak has benefitted from the influx of orienteers to Sheffield to be part of the country's most successful orienteering club, South Yorkshire Orienteers. SYO have won the Compass Sport Cup three times in the last five years and have qualified for the final again... to be held on the same day as the FRA Relay.

This gives some of our best men and women a difficult decision. Both teams are capable of a top 3 position and both have a realistic chance of winning. Last year the mens team finished less than 7 minutes down on 1st place despite myself and Gavin (Williams) having to run and each losing 5 minutes on the leaders. With a fit Tim Tett or Alistair Cory-Wright that deficit could have been a 1 minute lead.

So, to all you elite orienteers, I hope you end up lining up at Old Town, Hebden Bridge on 16th October. It's a lot easier to get to than Pitlochry (but maybe not as pretty!). But if you don't, I hope you have a good run and bring back a trophy.

Running is an individual sport but just occasionally it can generate some great team spirit. Come along on the 16th October and be part of it.

Mike Pedley

**** STOP PRESS ****

Calderdale Way Relay in Doubt

The newsletter was finished and was ready for printing when this news arrived. Since the second part of the "enditorial" and over a page in the Coming Events section were on this event I felt a rewrite was needed even if it meant final printing would be a week or so late. At least it meant Pete Kohn's new address and got in!

As many of you experienced at first hand, last year's Calderdale Way Relay had its share of problems with the weather which exposed some serious flaws in the organisation. The FRA sought reassurances that changes would be made to cope with future problems of this nature e.g. ensuring there were communications to each of the five changeover points and that the finish wouldn't close until all the runners had been accounted for. Even these requests have not yet received a response and so the FRA seen likely to withdraw the permit for the race.

Should this happen the race would not come under FRA and BAF rules and would not have FRA insurance cover. FRA and BAF affiliated clubs would not be able to enter official teams. However, there is still time for these difficulties to be sorted out so please let me know if you want to run and hopefully everyone concerned will see some sense and we can have a good day out at Britain's biggest fell race.

EDITORIAL

Opportunity and Equity

The first section approaches the subject of opportunity and equity. For once it looks at things from the point of view of the people who will actually be affected. With appropriate emphasis it points out that the most important factor in the success of the FRA is the quality of its staff. It is not enough to have a good program, but the program must be carried out by a staff of people who are capable of doing it. The FRA has a long way to go in this respect. It is not enough to have a good program, but the program must be carried out by a staff of people who are capable of doing it.

This gives some of the best ideas and suggests a difficult decision. Both sides are capable of a great deal of good work, but one side is more likely to do it. The more you know about the other side, the more you will be able to do it. The FRA has a long way to go in this respect. It is not enough to have a good program, but the program must be carried out by a staff of people who are capable of doing it.

So to all you who are interested, I hope you will do your best to help the FRA. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought.

It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought.

The newspaper was finished and was ready for printing when this news arrived. The newspaper was finished and was ready for printing when this news arrived. The newspaper was finished and was ready for printing when this news arrived.

It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought. It is a lot easier to do than I would have thought.

Should the paper be taken under FRA and BAF rules and would not have FRA insurance cover. FRA and BAF affiliated clubs would not have FRA insurance cover. FRA and BAF affiliated clubs would not have FRA insurance cover.