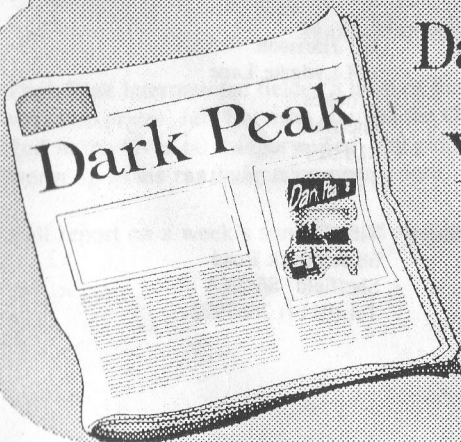


Dark Peak News



Dark Peak Fellrunners
Your Newsletter

SPRING
95

DARK PEAK NEWS - SPRING 95

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NEWS HEADLINES

DARK PEAK VICTORY IN A REPRIEVED "WATERSHED"

Reprieved... but a modified route

When many thought there wouldn't be a Watershed at all this year, the race got a late reprieve. It took place once a modified route was agreed which took competitors down into Derwent Valley after Back Tor to regain the Watershed at the head of the valley.

Superb conditions...for enjoyment, not speed!

Many described conditions as superb... but not if you were in a hurry. Despite the slightly shorter route the winning time was only 10.5 hours. However, if it was a good night and day on the hills you were after, the clear, calm night, with the hills covered in deep snow provided a night to remember. As the morning progressed a little cloud came and went but most had great views and an enjoyable run.

Breaking the trail

Victory went to a 75% DPFR team of Rob Davison, Roger Woods, Rob Sanby and a late replacement from Mandale. The team was also first on the ground by Swains Head which meant they broke the trail for the rest of the race, ploughing a furrow through deep snow.

Behind them there were several other good performances from unfamiliar partnerships. Jeff Harrison, Dave Lockwood, Mike Hayes and Howard Swindells narrowly won the honour of first complete Dark Peak team coming in 8th closely followed by Gavin Williams, Jim Lawrenson, Martin Fox and new member Jackie Bird.

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Malta Marathon Trophies

Dark Peak International fielded a team of three in the Malta Marathon and came away with two prizes. Jeff Harrison claimed the Over 55 prize with Colin Henson finishing 2nd in the Over 60 category. Ted Mangion was first of the trio home in 3h 07m; a warm up to his run in London next month.

Full report on a week's sun, sea and staminade in the next issue.

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COMING EVENTS

CLUB RUNS

This winters runs brought a huge variety of weather conditions. Around fifty headed across the moors to the Headstone on a relatively mild night lured by the sounds of the Swindells Brass Ensemble with lighting courtesy of a famous Sheffield electrical contractor in the form of Jim-the-human-Christmas-tree. Christmas Carols were sung, hip flasks emptied and a good time was had by all.

The summer is a coming in... so its back to a diet of races and training runs from various points in the Peak District as well as some runs from our traditional base at the Sportsman in Lodge Moor. As usual there a large number of races although a number of local open races have been moved away from Wednesday (e.g. Edale). Most runs last 1.5 to 2 hours with a wide variety of abilities catered for.

Mar	29	6:30		Sportsman
Apr	5	6:30		Sportsman
	12	6:30		Cutthroat Bridge (SK216874)
	19	6:30		Sportsman
	26	6:30		Grindleford (& AGM at 8:30)
May	3	6:45	DPFR Race:	Back Tor and Beyond
	10	6:30		Sportsman
	17	7:30	Local Race:	Burbage
	24	7:00	DPFR race	Some You Winn (new race, see below)
	31	6:30		Sportsman
Jun	7	6:30	DPFR Race	Kinder Springs
	14	6:45		Bar Dyke (SK246945)
	21	7:00	DPFR Race	Crookstone Crashout
	28	6:30		Sportsman
Jul	5	7:30	Local Race	Baslow (to be confirmed)
	12	6:30		Sportsman
	19	7:30	Local race	Bamford
	26	6:45	DPFR Race	Cakes of Bread
Aug	2	6:30		Sportsman
	9	7:30	Local Race	Bradwell
	16	6:45	DPFR Race	Alport
	23	6:30		Sportsman
	30	6:30		Longshaw
Sep	6	6:30		Cutthroat Bridge
	13	6:30		Sportsman
	20	6:30		Sportsman

Open Races

Entry can be gained on the day unless stated.

Sat 25 Mar	Thornbridge 20, Thornbridge Hall, Great Longstone, 11:00am Entries £6 in advance to Colin Henson	
Sun 26 Mar	Edale Skyline. Entries Closed - OFFERS OF HELP WELCOME. Contact Roy Small or Frank Galbraith.	
Sat 22 Apr	Shining Tor, Errwood Sailing Club, Goyt Valley, 2pm	7m/1900'
Sun 23 Apr	Kinder Downfall, Hayfield Scout Hut, 11:30am Entry £3 by 13 April to W. Harrison, 24 Spinnerbottom, Birch Vale, Stockport, SK12 5BL.	10m/2500'
Mon 8 May	Penistone Hill Race, Penistone Show Ground, 3:00pm	6.5m/1055'
Wed 17 May	Burbage, Fox House, 7:30pm	5.5m/100'
Thu 15 June	Grindleford, Grindleford Playing Field, 7:30pm	4m/550'
Thu 22 Jun	Totley Moor, Cricket Inn, Totley, 7:30pm	5m/800'
Sun 25 Jun	Holme Moss, Brown Hil res., Holmbridge, 11am	16m/4000'
Sun 25 Jun	Mount Famine, Hayfield Scout Hut, 11am	5m/1700'
Sun 2 Jul	Kinder Trog, Scout Hut, Hayfield, 11am	18m/3490'
Mon 3 Jul	Hathersage, School Field, 7:30pm**Date to be confirmed**	4.5m/800'
Tue 4 Jul	Hope. Hope Sports Field, 7:30pm	4m/650'
Wed 5 Jul	Baslow, ** Date to be confirmed **	
Tue 11 Jul	Edale, Edale car park, 7:30pm	5m/1200'
Thu 13 Jul	Blackamoor, Cricket Inn, Totley, 7:30pm	6.5m/1400'
Sun 16 Jul	Peak Forest, Peak Forest Methodist Church, 11:15am	6m/650'
Wed 19 Jul	Bamford, Bamford rec., 7:30pm	3.75m/600'

Road and Country

Sat 17 Jul Barnsley Boundary Relay, Cannon Hall Park, 10am 72m
A 9 stage relay, £25 per team. Entry forms from Philip Thompson,
55 Keresforth Hall Road, Barnsley, S70 6NL.

Trunce

More strange Monday night rituals in Greater Barnsley as the Trunce gets going for another 9 race summer series. Run every three weeks from Monday 27th March (with minor changes for bank holidays). It starts from Waggon and Horses, Oxspring (near Penistone) for a little under 4 miles around the Upper Don valley. Points are awarded for top 20 finishers in each class and for improvements on your personal best time (which is carried over from year to year). A good atmosphere and a great way to test your fitness over the same course.

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WANTED - Three Peaks Entry

As a result of illness and injury I was late sending in my Three Peaks entry and didn't get in. As I have done the last six on the trot I would like to continue the sequence if at all possible. So if any Dark Peak member has an entry they can't use I would appreciate a call.

Graham Bell (Tel. 0114-2367314)

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ANNUAL GENERAL MEETING

Date: Wednesday 26th April

Time: 8:30pm

Venue: Grindleford Cafe

Nominations required for all club officials. We still await a contested post. Where possible please let Paul Sanderson have any items in advance.

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FEATURES

HEART OF LIGHT

After Heart of Darkness.....Heart of Light.

Another concept run, using the Comici principle* applied horizontally to the White Peak. Applying the navigator's dream of grid line directness, this elegant line heads south from the Travellers Rest at Brough where limestone begins.

Taking as close a course as possible to grid line 18, it ascends the spur onto Bradwell Edge. No apologies are necessary to geological purists who may point out that this is a gritstone outlier over the limestone. Even light hearts are sometimes touched by darkness.

At Robin Hood's Cross, deviate diagonally to reach grid line 19 for the journey south. This takes you deep down into Upper Bretton Clough, then up and over Hucklow Edge to plummet down to Foolow. A short road section gets you across the main road at Housley and then it's fields all the way.

At the steepening of Longstone Moor take the first opportunity to head for Point 396. This is the Heart of Light, an ancient place on true limestone moorland with a 360 degree panorama unsurpassed anywhere in Derbyshire. Take a moment to appreciate it's mystic and remote location.

The way back follows grid 18 over Wardlow Hay Cop where the lack of a recognised footpath requires ad libbing. From the trig point trend left and take the valley rim overlooking Upper Cressbrook Dale to Wardlow Mires. Now over the fields and up the delightfully frivolous Silly Dale to Grindlow and Great Hucklow.

A direct assault on the woods gains the gliding field rim, then along Durham Edge and over the trig. Rebellion Knoll is the last landmark before descending to gain the lower of two footpaths returning to Brough.

Nowhere in it's half marathon distance as formidable an undertaking as Heart of Darkness. Yet compelling:

- 13 miles and 750 metres (2500 feet) ascent
- Purity of line, out and back, navigationally elegant

*"I wish some day to make a route and from the summit let fall a drop of water and this is where my route will have gone." Emilio Comici, alpinist. (Some experts doubt the accuracy of translation from Comici's native Italian. They say he threatened to urinate liberally on those who dared to follow him.....)

Mike F Browell

NEARLY THERE... OR DON'T FORGET YOUR CASH CARD

Joe Tasker wrote a very interesting thing in his book "Everest the Cruel Way", he said: "Sometimes I feel as if the mountains have become an addiction, the pleasure gone, the compulsion to partake remaining".

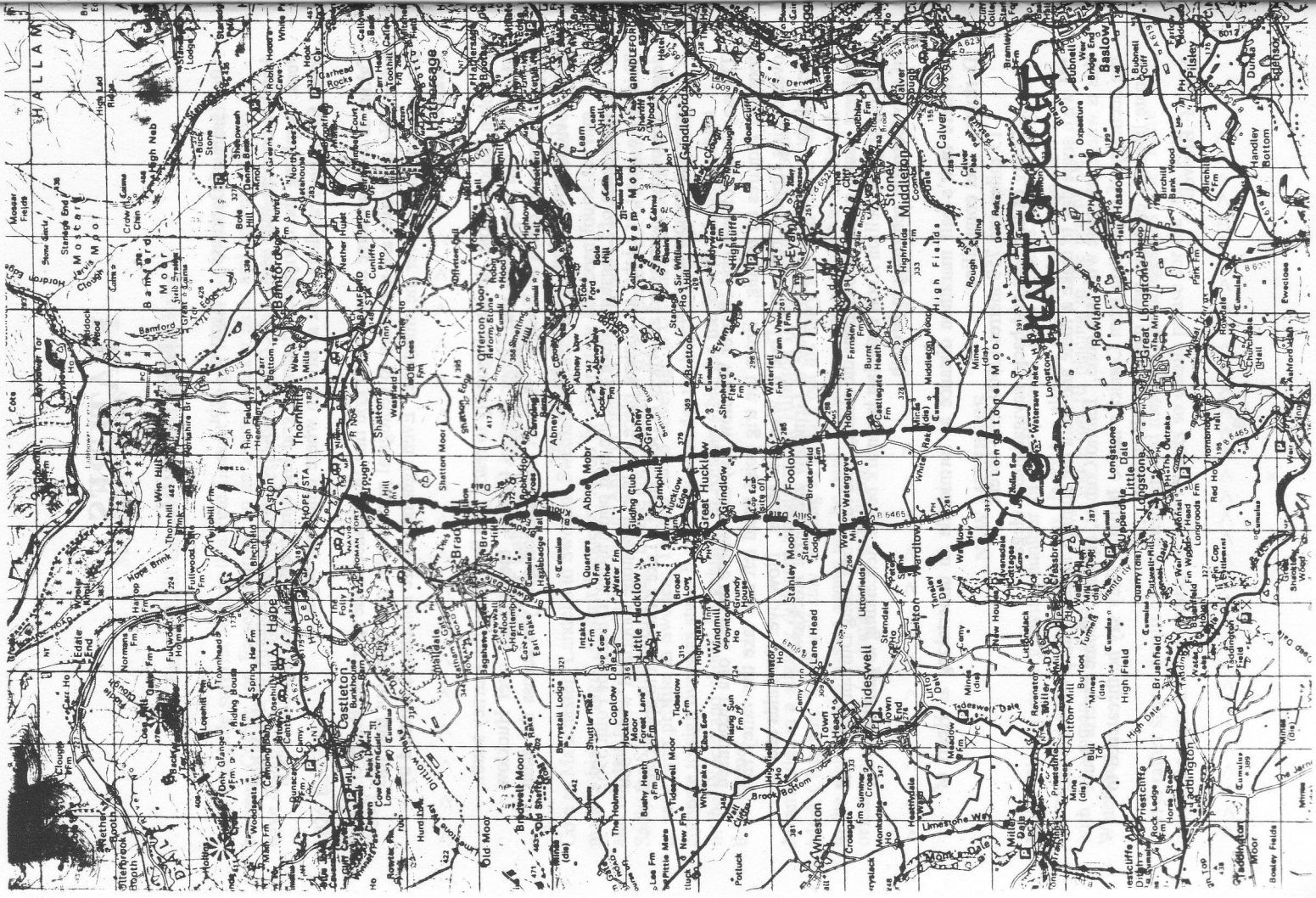
I was wondering about that recently after a little foray into the Welsh mountains. One particular day stands out. It rained with various degrees of intensity for 15 hours. For ten of those hours I floundered across, or perhaps through, thigh deep heather, turks heads and head-high reeds. My sleeping bag, fortunately, was the only thing that didn't need wringing out that night. The latter half of the day was spent traversing featureless, rounded moorland hills. One or two of the hummocks rose above 2000' contour and were therefore 'listed'.

The original plan was to spend the two weeks between the Mountain Trial and the Black Mountains RACE working my way down through Wales, rounding up the last unticked hills and tops. I don't know if these are a compulsion but there are certainly days, especially those following featureless fences across featureless bog and heather, where there seems little pleasure in it. On the other hand, had I spent two weeks at home doing household chores, I would have gone back to work dissatisfied. Tilman summed up things quite nicely, if you'll forgive another quotation, "We are never really satisfied with the present. Change is what we really like and if there is too much of that we long for stability."

I said to some people as a sort of cover-up that I was going to have a look at some of the hills the Dragon's Back would have covered but the fact that I was visiting the 'Hendres' and Rhinogs was purely coincidental. Peak bagging is a rather disdained pass-time, ridiculed and scoffed at by 'real' mountaineers from whom the line is everything; and certainly some of the routes I took were not natural mountain lines: rounding up outlying tops involved dipping in and out of central valleys between the ridges of main peaks the summits of which I didn't visit. Peak-baggers lamely trot out the excuse that their bagging takes them into areas where they would not normally go. In the case of the heathery, featureless protuberances there is no other reason on Earth for going there except, perhaps, on a botanical expedition.

"The climbing game is a folly, taken more or less seriously, an indulgence in an activity which is of no demonstratable benefit to anyone." Joe Tasker again. It's a bit like life really. Just like with life we look for a purpose, so with mountaineering we look for a purpose, a reason to struggle uphill in desperate weather. The list gives us a reason, a purpose. This begs the question: why do we do it anyway? With life, we have little choice, we're here but I choose to go to the mountains. Which brings me back to compulsion. I see no alternative to condemning myself to the wet discomfort and effort of spells in the hills. It's something I believe I need.

For me there's something in there called freedom. Being free to tramp, squelch and struggle through whatever Nature graces me with; put my tent up on a sodden patch



of tussock by a swollen stream and sort out a cup of tea and pan of rice. It gives me a feeling of superiority too when I return and see my flat and flaccid fellow humans for whom a walk to the pub is an ordeal.

These don't seem to be very good reasons.

I ran into Jim Fulton at the Black Mountains Race and he was commenting afterwards how little used the paths we had run on were. And, yes, they were and that made me realise how unspoilt most of the hills I had been walking on were. We read a lot about footpath erosion but really it is confined to just a few popular pockets: the Brecon Beacons, Welsh 3000's, Yorkshire Three Peaks and, of course, the Lake District. That leaves an awful lot of other mountain areas of England and Wales where one can wander in relative unspoilt solitude.

There were times on the hills around Bala when I felt I could sit down in the heather and die and not be found for days or even weeks. I talk of freedom but sometimes I feel like a prisoner. As I wade across a sea of heather and my legs start to give up the struggle and wilt; I feel trapped by it all. There is no escape. no alternative but to struggle on and on. It can be the same in races, condemned to go on to the end and I pass a group of walkers relaxing and enjoying the view.

Ultimately, perhaps this imprisonment in struggle is the freedom; the freedom to shake off the shackles of routine life and conceived limitations and transcend them. What freedom it must be to do a three-day Pennine Way but what a confining, constraining discipline it must require to endure the pain and exhaustion for hour after hour.

Where did I go? Well it hardly matters. Four days around Bala in the Arenings, Arans and Berwyns. Arening Fawr is a fine mountain and Aran Fawddwy is just 30 feet short of 3000. A little more movement of a tectonic plate and we would have 15 Welsh 3000s... what a circuit. Next on the list were the Rhinogs, Cader Idris and Tarrenhendre. These are real mountains, so rough that access is very limited. Time estimations need to be doubled. Even walking 10 hours a day I needed four days, not three, to get to Dinas Mawddy.

Eventually I got back to Dolgellau on the way to get my car at Trawsfynydd. I had an hour to wait for the bus. Time for a pint or two and a meal. I had a tenner and a wet one at that so I thought I'd find a cash machine. Where's my card...? Well, where's my card?...I've left it behind. £10 was just enough for the half tank of fuel I needed to get home.

And so there they stand, a monument to my disorganisation: seven summits still unclimbed... and I was too knackered from walking to have a decent run at the Black Mountains Race.

Rick Ansell

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INJURY AND ADVENTURERS IN NEPAL

For at least 18 months prior to last Autumn, myself and six others were planning and organising an expedition to climb an unclimbed peak in Arunchal Pradesh (N.E. Assam, India). This involved a lot of work gaining sponsorship, negotiating permissions and putting together food and equipment. We only had limited information about the area and the mountain, it being close to the India-China border which has been closed to Westerners for 50 years. This made it all the more exciting!

By September we were ready to leave in October but then received notification that the expedition was 'off' due to 'trouble' on the border.

Being very fed up and desperately needing a holiday, myself and four others decided to go to Nepal to climb and trek where permissions to climb are much easier to obtain. So... on October 13th we met at Heathrow and flew to Kathmandu. The five were myself, three other mountaineers (Max, Rory and Phil - also a runner) and Dave a botanist and keen walker. The plan was to trek together and climb Mera Peak and then split up with Phil, Max and Rory climbing Kusun Kangorro (a technical peak) whilst Dave and I climbed Island Peak. We would then meet up again at Namche and trek back together.

I had only been in Nepal for three days when I was hit by a motorbike! There had been a festival and the biker was drunk. People were milling everywhere and he just ploughed into the crowd... and it happened to be my leg he hit first. Luckily he wasn't going too fast so it wasn't a break just a very badly bruised left thigh. I spent one day with ice packs and tablets then took a 14 seater plane to Tumlingtar, camped for the night and then started walking!

I started slowly, more of a hobble but managed seven hours and wasn't too far behind. It was a matter of having too and being determined. A week later I was walking properly even if the bruising looked horrendous. The next section was great, 12 days negotiating a wonderful ridge route never trekked before. It was very exciting, having to route find and read the land forms, and hard work being between 14,000 and 17,000 feet. When scrambling we helped porters to ease round ledges by sheer drops to avoid rocky pinnacles or areas of thick Rhododendron.

Often, we had to descend 1000 feet to get water and one night had no water and had to survive on the contents of our water bottles between us and 15 porters. We eventually descended steeply for about 4000 feet, cutting a path through rhododendron, bamboo and rotting vegetation to reach the side of a swiftly moving river where there was no path. So it was back into the undergrowth, hacking a way through for the porters.

The forest finally gave way to an open area with temporary dwellings (for goat herders) and there was a small track to follow negotiating the river cliffs, rock falls and melt water. After another night our Sirdar ("guide" except he hadn't yet!)

recognised a ridge on the other side of the valley as leading to the Mera La where we wanted to reach. So we found an area of the river narrower than the rest, dismantled part of a bridge over a tributary (still leaving it useable!) and then used our ropes to secure the plank, make handrails and we had a bridge safe enough to cross the river. If you had gone in the river you wouldn't have survived.

Beyond the Mera La we camped at the base camp for Mera Peak for two days; one for a rest and one because it snowed heavily. Then back to the pass and on for a couple of hours before establishing advanced Base Camp. The next day we climbed Mera Peak, an easy snow plod but made harder by all the fresh loose snow. Kicking steps which would often collapse is exhausting at altitude. I led the way and felt fine part from my new plastic boots which cut into my shins... more horrendous bruises and several small cuts. The cuts healed over the next 4 or 5 days; except one which grew and festered and grew...

By this time the group had split up. Dave and I left the others at their base camp and climbed two passes (of around 17000 feet) to reach Lukla and the start of the Everest trail which would take us to Island Peak (Imja Tse). It was on this horrendous trail (so touristy, dusty and dirty that people were wearing pollution face masks) that I got the infection in my left leg. By the time we reached Island Peak it was a festering sore and the climbing boots hurt like hell until my leg became numbed by the climb.

The climb took 10 hours (with stops for photos and food). A more technical climb than Mera Peak with a 45 degree snow and ice climb for the last 100 metres to reach the narrow summit ridge, two feet wide with steep drops either side. It was worth it for the achievement and the views.

By the next morning the leg and foot were swollen and very sore and I was beginning to feel ill. Over the next 10 days it got worse and I got a severe flu type infection. I did take a course of antibiotics and when I rested at Namche Bazaar for two days it did seem to improve a little. But I had to keep on walking and couldn't relax and be ill which is what my body wanted.

I got back to Sheffield (26th November) and went straight to casualty where they took two swabs from my leg and nearly kept me in. I was put on antibiotics and penicillin (16 tablets a day) went straight home and to bed. There I sweated and ached for the next four days. By the Wednesday I was lucid (am I ever?) and by Thursday I got up. By Christmas the leg was fine but the bacteria had lodged in my gall bladder. Time sorted this out too and I was back at work and running just into the New Year.

Would I go away again? Yes! Roll on 1996 when the expedition may get the go-ahead.

Jacky Smith

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THE PROMISED LAND

Fell running in the deserts beyond the Promised Land seems like a dream. Sand, camels and dry canyons, 400 metres below sea level is a bit unreal. One canyon by the Dead Sea contains two miles of fragments of an Israeli fighter in construction kit form. But war debris is commonplace on the West Bank.

Wadi running can be hazardous, not just for aviators: massive drops may lurk around the next bend! One wadi terminated at a mega amphitheatre of overhanging sandstone that would have dwarfed two Malham Coves stacked vertically.

Deep down in Jordan are huge red walls capped by sandstone domes towering above wide sandy plains. This dramatic scenery make Wadi Rum one of the natural wonders of the world and a great place to get lost in. To misquote Lawrence of Arabia:

"Day was still young as we ran between two great pikes of sandstone to the foot of a long soft slope which poured down from the domed hills in front of us....the beginning of the Valley of Rum.

Later when we were often running inland *my mind used to turn me from the direct road, to clear my senses by a night in Rum, to run down it's dawn-lit valleys towards the shining plains, or up it's valley in the sunset towards that glowing square which my timid anticipation never let me reach".*

Lawrence was well guided. By contrast, my guide pointed a casual finger at a complex of ravines and said that it was possible to get through there. A foreshortened mile of running across the desert brought the scenery into perspective. Towering walls hundreds of metres high guarded passage through the ravines. The multilevel maze which ensued had no termination, and besides a serious sense of solitude and beauty, left me with a literally sandbagged feeling. Along soft sandy bedded clefts, past hanging side canyons overhead gained from piles of wobbly rocks prosaically named 'Bedouin steps'. Chimneying up narrowings then swinging precariously onto a side wall to shuffle along ledges with timid anticipation....always ending at the little cairn which means 'not this way!' The glowing square of daylight high above smiled benignly.

In my wanderings I began to dream about those other Israelites and their Promised Land.....

The dream continues through a mist.....

After wandering freely in the Dark Peak wilderness for 40 years since the formation of the Peak District National Park and it's access agreements, Moses nipped up into the mists of Mam Tor (Mount Sinai) and brought down the rules. These he handed to the tribe of Dark Peak, a simple nomadic band of the family Worsell.

ECCLES PIKE : 2 OCTOBER 1994

1	A. Trigg (Glossop.)	20:30
20	J. Armistead [1st V50]	24:24
33	R. Marlow	26:41

67 finished

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WARTS REVENGE : 20 NOVEMBER 1994

Heavy rain for a few months beforehand made the going a bit difficult. Plenty of close inspections of the ground were made by runners hurling themselves face down for a better look including some sump diving in the Rud Hill - Burbage - Stanage Pole triangle.

Discussion was prompted by the introduction of Cowper Stone as a control between Callow Bank and the Pole and some comments were made by some frontal lobotomy types that the course was becoming a bit easy. A stewards enquiry will follow before next year's Aniversary event.

It was a pleasure to see the first lady entrant running this year. Maggie's face really lit up when she accepted the first lady prize.

Jim Fulton

1	Ron Caves [100 watt lamp]	1:20:37
2	Mike Hayes [1st V40&V50: 60 watt lamp]	1:20:47
3	Paul Sanderson	1:21:40
4	Howard Swindells	1:26:50
5	Clive Last [Spot prize: 60 watt spot]	1:27:30
6	John Lyon [1st novice: 500 watt (dud)]	1:29:06
7	Roy Small [Sponsors plug]	1:29:30
8	Andy Harmer	1:31:54
9	John Woodcock	1:32:15
10	Jim Fulton	1:35:09
11	Andy Malkin [Last wart: street lamp (dud)]	1:35:40
12	John Myers	1:52:00
13	Maggie Gallagher [1st lady: 60 watt 10 inch]	2:11:05
14	Pete Lewis [Last in: new fuses]	2:11:18
15	Ged Myers	dnf

Prizes were presented by JAMES FULTON AND SON and wife and daughter.

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RESULTS

PRIZES

Time	Name	Current Champion ?	Sequence of Landmarks Visited and [order of arrival]					Money found	Very Special Presentations
48-40	Bill Edwards {PHNKT Champ}	P[1]	H[1]	N[10]	K[14]	T[16]	£2-00	A New Prize Soon	
53-00	Rob Davison	P[2]	H[2]	N[11]	K[15]	T[17]	£1-00	Gamesman-Prize	
59-20	Mike Pedley {TKNHP Champ*}	T[1]	K[3]	N[6]	H[10]	P[11]	£1-22		
59-29	Ron Caves	T[4]	K[5]	N[7]	H[11]	P[13]	£0-16	Night-Owl Award	
59-55	Mike Hayes {TPHNK Champ*}	T[2]	P[7]	H[7]	N[17]	K[18]	£0-52		
61-00	Howard Swindells {ex-champ}	P[4]	H[4]	N[12]	K[20]	T[18]	£0-20		
64-22	Dave Holmes {TNKHP Champ}	T[3]	N[3]	K[11]	H[14]	P[15]	£0-40	Revenge Trophy	
64-30	Gav. Williams {TNHPK Champ}	T[15]	N[4]	H[9]	P[12]	K[19]	£0-10		
66-00	Sir Alan Yates {ex-champ}	T[5]	K[4]	N[8]	H[15]	P[16]	£0-15		
68-00	Chas. Hird	T[9]	N[5]	K[13]	H[18]	P[19]	£0-05		
73-00	Paul Sanderson	T[6]	N[2]	K[12]	H[17]	P[20]	£0-52		
74-00	Mike Browell	P[6]	H[6]	N[18]	K[22]	T[20]	£0-04		
75-00	Andy Malkin {PHKNT Champ}	P[5]	H[5]	K[16]	N[20]	T[21]	£0-10		
77-00	Guy Seaman {TKPHN Champ}	T[8]	K[7]	P[9]	H[13]	N[23]	£0-01		
77-30	Jim Fulton {NKHPT Champ}	N[1]	K[9]	H[12]	P[17]	T[19]	£1-00		
78-00	Andy Harmer {KNHPT Champ}	K[2]	N[15]	H[16]	P[18]	T[22]	£0-50		
78-30	Hugh Mathieson (started late)	T	P	H	N	K			
79-00	Richard Baker	T[7]	P[8]	H[8]	N[22]	K[21]	£0-01		
79-30	Roy Small	T[10]	K[8]	N[9]	H[19]	P[21]			
80-00	Alan Sealey	P[3]	H[3]	K[17]	N[21]	T[23]	£0-40		
101-00	Hugh Cotton {KPNHT Champ}	K[1]	P[10]	N[19]	H[24]	T[24]	£1-00	Wonky-Duck Prize	
116-00	Chris Barber {KPHNT Champ}	K[6]	P[14]	H[21]	N[24]	T[25]	£0-02		
121-00	Gez. Myers	T[11]	K[10]	N[25]	H[25]	P[22]			
128-00	Roger Baumeister	T[14]	N[14]	H[23]	P[23]	K[25]			
128-00	Colin Lago	T[13]	N[13]	H[20]	P[24]	K[24]			
128-00	Dick Pasley	T[12]	N[16]	H[22]	P[25]	K[23]			

The race was run on a dark moonless night starting and finishing at The Sportsman, Lodge Moor.

Five landmarks could be visited in any order, represented in the table above by.....

- T Lodge Moor Clock Tower (which must be approached via the Main Gate).
- N Rivelin Needle (a famous rock-tower on the N. side of the Rivelin Valley).
- P The Pillar (on the Conduit which feeds into Upper Redmires Dams).
- H The Headstone (well known to A57 travellers and Dark Peak club runners).
- K The Knoll in Lower Wyrming Brook (well-known to everyone of course).

There was a Do-It-Yourself Entry and Results system. Competitors were asked to put tags on poles placed at the landmarks. This worked quite well, enabling results to show the order of arrival at a landmark (apart from Hugh Mathieson who arrived late and wasn't aware of the correct procedure).

New Members of the Exclusive "Rivelin Champions Club"

There are many feasible sequences. In fact 11 different sequences were chosen by competitors on the night. The fastest for each sequence joins the exclusive Rivelin Champions Club (The 11 Champions listed + Howard and Sir Alan who have had their previous record sequence-times bettered. All you have to do to join the club is to better a time listed or set a time for a new sequence. {p.s Mikes Pedley and Hayes have set daytime benchmarks of 52 and 57 minutes for their sequences otherwise the list stands}.

Anyone may do a time trial round the course and apply to join the club by beating a champion's time and by buying a beer for the person who is now an ex-champion. It is bad manners for champions of one sequence to better another champion's time (or their own time come to that) unless it is done in the annual race. Ex-champions may become a champion again but not for the sequence of landmarks for which they previously held a record. On becoming an ex-champion, a club member should be subject to veneration and ingratiation. If, after 1 year, they haven't become a champion again, they are to be objects of ridicule.

Prizes

In the race, the first arrival at a landmark found 7 packets containing £1, 50p, 20p, 10p, 5p, 2p, and 1p respectively. He could take the £1 packet (no more), the next arrival the 50p packet, and so on. What people could have collected is shown in the "money found" column, though some people were in such a rush that they forgot to pick up their packet or dropped the money. I found £1.62p next morning.

As an outstanding winner, Bill Edwards has set a benchmark that will be hard to beat in future years. Not many people will be able to match his time in the day, let alone the night. A new trophy will be designed and given to Bill.

In second place, Rob Davison wins the Gamesman Award. A week before the race, I took Rob and a few others around the course, making sure that I took them on circuitous routes to and from Wyrming Brook Knoll, Rivelin Needle etc, claiming that they were secret ways of saving time. On race-night, it seemed to have confused the rest of them but not Rob. He came up to me afterwards and thanked me for showing him some short cuts. He gets one of Stephen Potter's books on "Oneupmanship" etc.

Ron Caves got the "Night Owl Award" for just beating the organiser. He did the same thing when winning the Warts Revenge 10 days ago. Ron is new to the fell-running scene but should be warned. Successful fell-runners start their career by letting me just beat them, not vice-versa.

The most disgusting trophy is a beautiful fur-handled carving set that is given to the person who is around at the prize presentation and hasn't got a valid excuse for refusing it. Bill Edwards and Mike Pedley had left by then. Rob Davison and Ron Caves couldn't be given two prizes. Mike Hayes was exempt as organiser; and Howard (who had it last year) said his family refused to have it in the house any longer. That left Dave Holmes as next on the list, and I had great pleasure in giving it to him as he has landed me with some duff awards in the past.

A stuffed duck with a wonky neck is given to the person who makes the biggest cock-up in navigation. It was agreed unanimously to give this to Hugh Cotton. [Hugh raced to the Knoll, being the first to get there, took tough direct lines to the Pillar, then the Needle, then realised that he'd forgotten about the Headstone].

Subsection times on a daytime training run and during the night race for Mike Hayes + his heart-rate monitor

	<i>Daylight split-times for a sub-maximal (HR = 160) training run of 57-50</i>	<i>Split-times for the night time race at max. effort (HR = 170) recording 59-55 overall</i>
Sportsman to the Tower then back along the road to Wyrming Brook Farm stile.	12-41	11-37
Wyrming Brook Farm stile to the Pillar mostly along an easy gently-uphill path.	8-46	8-42
Pillar to the Headstone along an easy path, mostly gently downhill.	6-05	6-38
Headstone to tea-cabin mostly on a stony downhill path through heather.	4-57	5-53
Tea-cabin to Needle on a mix of road, path-traverse and steep uphill.	9-51	10-12
Needle to A57, first via a steep rocky descent, then gently downhill.	2-51	4-06
A57 to stile into woods, on road.	1-53	1-47
Stile to Knoll. Pathless uphill through little marshes, brambles and rocks.	3-45	4-08
Knoll to field-wall. Steep rocky uphill	3-10	4-04
Field-wall over short grass to road.	1-51	1-54
Along road back to the Sportsman.	2-00	1-54

This gives some idea of how certain terrain affects time and effort at night, useful for Bob Graham or night-orienteeing etc schedules

CALDERDALE WAY RELAY : 12 DECEMBER 1994

This year's Calderdale Way Relay may not have had the drama from the weather but the four Dark Peak teams managed to create their own little dramas and crises. Yes, four teams, 48 Dark Peakers for a race outside the Peak District. Late withdrawals decimated the original "A" team line up and used up all the six reserves. With any further withdrawals meaning we wouldn't finish a team there were a number of heroic performances from a few people who, on another day, wouldn't have run.

The first of these was Tim Tett, who not only had a bad cold, but had got the most unpopular leg... the 10 miles with an 8am start. Partnered by Alistair Landells this should have been a flying start. Instead it was a gutsy run to come in just 6 minutes down on the leaders. Less than four minutes behind them the Gavins were having a fine run and by the end of the second leg the A team had reached the top ten and B team were in a solid top thirty (out of 96 teams).

It was whilst this was going on that one of the dramas was unfolding. [Doctors please skip this paragraph] Phil Crowson had arrived to say he wasn't able to run having been vomiting for most of the night. However the race was on and later runners hadn't arrived. Phil was to do the third and shortest leg so a team official, who wishes to remain nameless (but it wasn't me, I was running past Stoodly Pike at the time) gave him a few tablets and packed him in a car off to the start. Together with Mark Hayman, who kept a discreet distance in front, the two evolved a new form of fartlek training. This involved going flat out then stopping behind convenient walls due to internal pressures then going flat out again! Their time may have been much slower than planned but they still gained two places and took the team to eighth.

The fourth leg is considered by many to be the hardest, and the most enjoyable. Many teams opt for their best runners on this leg. The A team had Charlie Adams and Ali Cory-Wright who produced the eighth fastest time on that leg but were only five minutes ahead of not one but two womens teams, Pudsey and Bramley (including Yvette Hague) and Scottish Hill Runners (including Helen Diamantides). Against that opposition our top pairing of Jenny James and Jo Smith did well to be third womens team on that leg.

The real race excitement was saved up for the finish as Mark Chapman and new recruit Simon Bourne set off with little prospect it seemed of improving on their position, particularly as Simon was another flu victim pressed into service. After miles of tracks and paths, the race finishes with over half a mile of straight road. Four teams turned onto it almost together. Mark and Simon maybe 100m back on 4th, 5th and 6th. Simon had given everything just to get that close and they finished still in seventh but considering the dramas behind it was an excellent performance. With our best team we could challenge for a top three place in what is a very high quality event. We may not have the international stars but Dark Peak has great strength in depth not to mention the excellent team spirit which showed itself well.

Within a 50 mile and 96 team event there are many little targets to aim for. Few will have a hope of a fastest leg or outright victory. In this event one for many teams is to beat the mass starts. They are tight time schedules and two thirds will end up in the final mass start. Most predictions showed that our veterans team would just miss the cut off at Shelf for leg six. However, they had reckoned without an inspired Will McLewin. It may not have been the fastest but in the veterans team this was one of the performances of the day. Will and Barry arrived at Shelf setting Hugh and Roger off with the dubious knowledge that a pack of 110 were starting, two minutes behind.

Beating mass starts is one thing but the first real aim is to finish; to many that counts for a lot. The B team had had some good performances during the day but they are diminished a little if the team fails to finish. So the real hero of the day was Roger Lyons. He had come to drive transport but was persuaded to partner Jeff Harrison on the final leg. The last few miles were a real struggle but they got to the finish in 54th place. An effort which was much appreciate by the other 10 runners in the team.

The biggest smile came from the Jane and Georgina who came down the long final straight grinning from ear to ear as they recorded the second fastest women's time on the final leg the team up to 5th womens and 79th overall.

Next year we could always enter more than four teams... but it would be a logistical nightmare and 48 runners is as much as anyone's shower can be expected to cope with in one day! Mine waved the white flag as the forty-eighth relaxed in her shower knowing there were no more to follow... and those downstairs sipping mulled wine started to notice the drips from the ceiling! The aim will be to get another 4 teams beat this year's result. Many have said they'll be back so get your entry in early!

M.P.

Team Results

1	Pudsey and Bramley	5:58:38	
2	Bingley	5:59:46	
3	Clayton	6:07:04	
4	Horwich	6:19:29	
5	Keighley HR	6:19:44	
6	Rossendale	6:19:59	
7	DARK PEAK	6:20:22	
8	Todmorden	6:22:19	
9	Horwich Vets	6:25:03	[1st Veterans over 40]
10	Clayton Vets	6:26:00	[2nd V40]
18	Holmfirth Vets	6:43:14	[3rd V40]
47	DARK PEAK VETS	7:25:09	[9th V40]
54	DARK PEAK B	7:35:44	
62	Clayton le Moors Ladies	7:46:27	[1st L]
64	Scottish Hill R. Ladies (non comp.)	7:48:02	[2nd L]
68	Pudsey & Bramley Ladies	7:57:23	[3rd L]
79	DARK PEAK LADIES	8:21:03	[5th L]

96 teams finished (including 12 veterans and 11 ladies teams).

Calderdale Way Relay: Individual Results

	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
DPFR A	1:22:42 (13)	2:25:36 (10)	3:04:54 (8)	4:15:01 (8)	5:08:31 (6)	6:20:22 (7)
	1:02:54 (10)	39:18 (15)	1:10:07 (8)	53:30 (5)	1:11:51 (8)	
	A. Landells	R. Davison	M. Hayman	A. C.-Wright	B. Edwards	M. Chapman
	T. Tett	P. Stapley	P. Crowson	C. Adams	J. Cant	S. Bourne
DPFR Vets	1:27:08 (28)	2:45:50 (47)	3:28:12 (44)	4:46:10 (39)	5:56:45 (41)	7:25:09
		1:18:42 (67)	42:22 (32)	1:17:58 (33)	1:10:35 (66)	1:28:24 (63)
	B. Toogood	P. Dyke	J. Lawrenson	P. Gorvett	W. McLewin	H. Mathieson
	G. Berry	D. Pasley	N. Goldsmith	J. Armistead	B. Thackery	R. Baumeister
DPFR B	1:26:21 (25)	2:33:16 (22)	3:19:12 (27)	4:39:20 (31)	5:44:48 (33)	7:35:44
		1:06:55 (27)	45:56 (51)	1:20:08 (42)	1:05:28 (50)	1:50:56 (92)
	G. Williams	M. Pedley	D. Smallwood	R. Caves	M. Fox	J. Harrison
	G. Clegg	C. Barber	J. Pearce	H. Swindells	P. Lewis	R. Lyons
DPFR Ladies	1:37:21 (58)	3:15:15 (89)	4:06:33 (86)	5:38:28 (81)	6:52:34 (81)	8:21:03
		1:37:54 (95)	51:18 (72)	1:31:55 (78)	1:14:06 (74)	1:28:29 (64)
	W. Smallwood	H. Bloor	G. Goldsmith	J. James	J. Deakin	G. Macken
	K. Bryan-Jones	M. Gallagher	Jo. Armistead	Jo Smith	S. Basire	J. Searle
Fastest						
Overall	1:17:01	56:20	34:15	1:01:08	51:42	1:08:19
	J. Maitland	M. Rice	C. Watson	I. Holmes	P. Stevenson	M. Wycherley
	S. Green	M. Corbett	B. Whitfield	A. Peace	A. Whalley	K. Wright
	P&B	Rossendale	Bingley	Bingley	P&B	Keighley HR
Veterans	1:22:17	1:04:19	38:27	1:08:22	52:26	1:11:59
	B. Brindle	D. Boseley	S. Westhead	M. Crook	K. Jowitt	R. Leggett
	B. Walton	A. Wilson	J. Holloway	G. Duckworth	T. McDonald	C. Mathews
	Horwich	Holmfirth	Horwich	Horwich	Bingley	Horwich
Ladies	1:34:03	1:13:47	47:32	1:15:14	1:08:08	1:18:50
	M. Laney	V. Peacock	G. Balfour	H. Diamantides	J. Brierley	S. Niedrum
	J. Rawlinson	L. Lord	J. Stephenson	A. Hodgson	J. Hindle	P. Gibb
	Clayton	Clayton	Scot. HR	Scot HR	Clayton	P&B

P.S. Thanks for the sherry which was presented in the Sportsman one night with thanks for the hospitality. I enjoyed the event and my house has (almost) recovered. I hope you will all be back next year for more mulled wine.

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11th BURBAGE BAFFLER : 7 JANUARY 1995

Pos	Teams	Lap Times		Running Totals
		Lap 1 Lap 2	Lap 3 Lap 4	Lap 1 Lap 2 Lap 3 Lap 4
1	Farting Thatchers			0:22:00
	Neil Goldsmith + Mark Bolton	0:22:00	0:21:42	0:44:03
	Kath Harvey + Paul Deauville	0:22:03	0:21:45	1:05:45
				1:27:30
2	Squeaky Carrots III			0:23:30
	Jo Armistead + Mike Pedley	0:23:30	0:24:13	0:44:32
	John Armistead + Howard Swindells	0:21:02	0:21:42	1:08:45
				1:30:27
3	Me, Jane; Us, Tarzan			0:22:05
	Phil Crowson + Jane Searle	0:22:05	0:22:33	0:45:30
	Colin Lago + Jim Lawrenson	0:23:25	0:23:24	1:08:03
				1:31:27
4	Awesome			0:21:24
	Hugh Mathieson + Rob Davison	0:21:24	0:22:05	0:44:55
	Natashia Davison + Roger Woods	0:23:31	0:26:32	1:07:00
				1:33:32
5	Nameless			0:23:10
	Mark Harvey + Darren Bagnell	0:23:10	0:24:30	0:46:10
	Jacky Smith + Phil Wheatcroft	0:23:00	0:23:30	1:10:40
				1:34:10
6	The Carrot Cakes			0:23:30
	Jane Godfrey + Gavin Williams	0:23:10	0:24:30	0:46:30
	Ron Caves + Pete Lancaster	0:23:00	0:23:30	1:12:12
				1:37:10
7	Gerry and the Pacemakers			0:23:15
	Gerry Goldsmith + John Arran	0:23:15	0:24:42	0:50:45
	John McCall + Chuck Elliot	0:27:30	0:27:53	1:15:27
				1:43:20
8	Small, but perfectly formed			0:24:40
	Jeff Harrison + Dave Lockwood	0:24:40	0:24:20	0:53:05
	Maggie Gallagher + Alan Yates	0:28:25	0:31:00	1:17:25
				1:48:25

Additional Prizes

Fastest lap: John Armistead + Howard Swindells

Most Together: Natasha Davison + Roger Woods

Most Untogether: Jacky Smith + Phil Wheatcroft

Most Knackered: Colin Lago

Best Baton: Small genitalia from the Small but perfectly formed team.

A long awaited win by Dark Peak West with consistent running in cold and icy conditions. Squeaky Carrots may have missed the hat-trick but had the consolation of improving on last year's time and being the first full Dark Peak team. More fun next year as usual.

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THE BIGSTONE BAFFLER : 14th JANUARY 1995

After an unsuccessful attempt last year to run this race (the date clashed with some other DPFR event) we got a good turn out of 9 teams. The course is harder than the Burbage Baffler with a good lap time being around 27 minutes compared to 22 minutes for the Burbage event.

The race course is a loop starting at Hills House going through Phoside, up Foxholes Clough to join the bridle way (033855) to the finger post and then along the bridle way to the path junction (032844: spot height 416m) following the path to the top of Bigstone (037842). From Bigstone the track is followed to Peep-O-Day. Total distance is 3 miles.

Usual Baffler rules applied and several scratch teams were made up on the day.

Winners were the Hayfield team, who also won the Burbage the week before, with a Glossopdale team which included two women (one was the vet), second.

Fastest lap was by Katherine Harvey and John Fyne 26.21. Gerry Goldsmith and Chuck Elliot got the prize for the most un-together lap, Gerry waiting at Peep-O-Day whilst Chuck carried out a sweep search towards Hayfield looking for non-existent flags. Everyone else followed the flags towards Peep-O-Day!

Most together lap was the Smallwoods, Derek and Wendy who came in together, not quite gazing into each other's eyes but not far off!

Mel Cranmer's KFR international team nearly caused an upset, but in the spirit of Mornington Crescent, vets were wild and he had to run. Unfortunately, the superstar, third in the Dovedale dash, could only run on good surfaces and came down hill with the alacrity of a drunken snail and completely ruined the attempted Worselling. They had to be content with third, and vowed to use the Kenyan, someone called Moses something, next time.

The race will be held next year at the same time- one week after the Burbage baffler. See you all then.

Results

	TEAM NAMES	LAP 1	LAP 2	LAP 3	LAP 4	TOTAL
1	Neil Goldsmith (V) Mark Boulton John Fyne Katherine Harvey (L)	26.54		26.59		1.48.17
			26.21		28.03	
2	Adrian Jones Michaela Bramley (L) Mike Prady Sharon Jones (LV)	26.57		27.34		1.49.44
			27.18		27.55	
3	Simon Halliday Annie Harris (L) Mel Cranmer (V) Anthony Turner	27.08		27.57		1.51.02
			26.47		29.10	
4	Mark Harvey Jacky Smith (L) Phil Booth (V) Philip Wheatcroft (V)	27.55		29.42		1.53.49
			27.23		28.49	
5	Martin Spence Hugh Mathieson (V) Jo Smith (L) Gavin Clegg	29.45		30.16		1.55.27
			27.03		28.23	
6	Mike Pedley Joanne Armistead (L) Howard Swindells(V) John Armistead (V)	29.30		32.38		1.55.59
			26.32		27.19	

7	Pete Dyke (V)	30.05	34.42	
	Georgina Macken (L)			2.09.44
	Derek Smallwood	31.05	33.52	
	Wendy Smallwood L			
8	Wayne Harrison (V)	30.44	33.00	
	Jan Cave (L)			2.11.39
	Janice Bennett (L)	33.46	34.43	
	Mary Edgerton (L)			
9	Gerry Goldsmith (L)	36.06	35.40	
	Chuck Elliot			2.14.59
	Peter Beal (V)	31.03	32.10	
	John McCall (V)			

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WARTS WINTER CHALLENGE : 25 JANUARY AND 22 FEBRUARY 1995

Our first date for this race arrived with loads of marvellous snow, halting lots of traffic in Sheffield, but failing to deter many runners from completing at least part of the course, starting from home or as near as they could get. Some even managed the whole route! However, the official race was held on the second date, a wet and snowy night, but pretty clear.

Rob Davison managed to fall flat on his face in wet slush and mud, only about 10 yards from the start! It didn't seem to slow him down much. Hugh Cotton managed a particularly good time (training too hard), and Dave Markham got a prize for being the first back with no map.

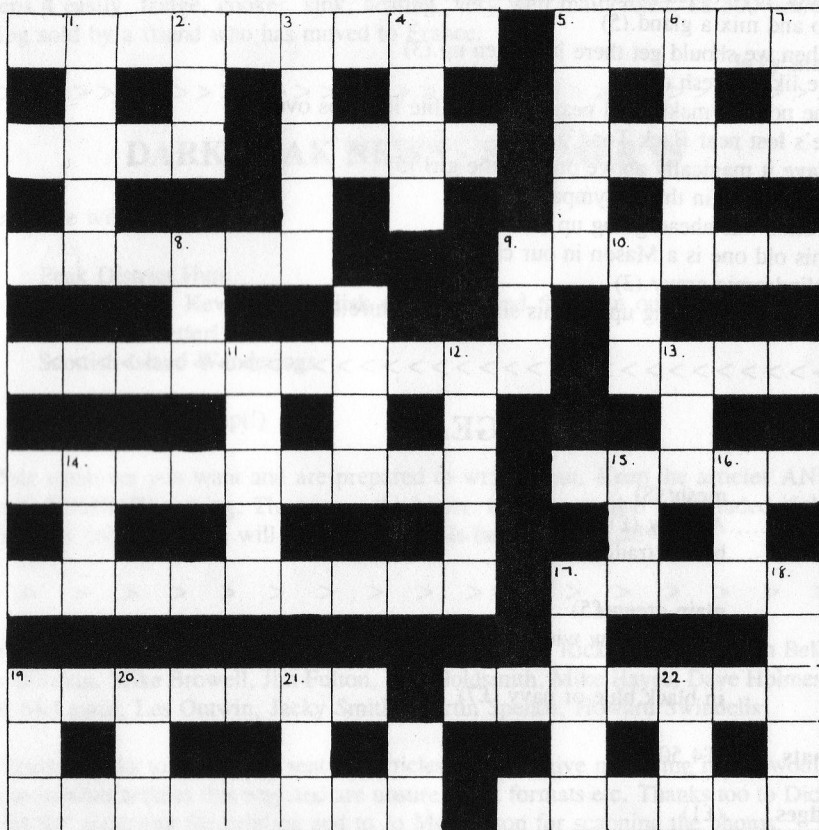
Chris and Di (1st ladies prize, as she was the only lady at the finish) Worsel started the race, and timed people in at the finish. Many thanks. My estimate of the wining time was poor, so they missed the first few, but the results are still pretty accurate. Thanks also to Alan Sanderson, who stood in snow storms at the top of Higger Tor to direct people towards the finish.

Andy Malkin

1	Rob Davison	1:02:00	
2	Roger Woods	1:02:00	(holding hands?)
3	Andy Harmer	1:04:55	1st Vet
4	Hugh Cotton	1:05:30	
5	Howard Swindells	1:06:24	
6	Paul Sanderson	1:06:37	

COMPETITION

CROSSWORD 3



Clues are given in this crossword only for down words. All the across words are the surnames of Dark Peak members. Solve the down clues and then consult your membership list to work out the the names. Items of outmoded , unsaleable running gear will be awarded for the first correct solutions received by the compiler.

Howard Swindells

1. Knowing where you are there's a conflict over the east.(5)
2. Wordsworth's sister is in a spot. (3)
3. Truly missing the orient in this car race.(5)
4. Crawler loses head for Yorkshire river.(4)
5. Maybe another comic inside.(5)
6. A right meal mixed in the kingdom.(5)
7. The eyes have it. What do they say.(3)

DARK PEAK SOCIAL EVENTS PRESENT ...

A Slide Show

ROCK AND RUNNERS

American granite together with Dark Peakers past and present

at

RED DEER

Pitt Street (just off West Street)
Sheffield

Thursday 30th March

Slides start at 8pm.

featuring ,

Big Rocks on Baffin Island

George Diprose

Rocky Mountain Wanderings

Paul Sanderson

Dark Peak and Dark Peakers

Kev Borman

Patagonian Pinnacles (and Penguins)

Mike Pedley

It would be helpful (though not essential) if you could let Mike Pedley know if you plan to attend (01422-886195).