

Winter
1997/98

Dark Peak News

DARK PEAK NEWS - WINTER 97/98

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NEWS

AUTUMN RELAY SUCCESS

Dark Peak continued it's gradual rise towards the top in relays with our best ever all round performance in the FRA Relay. Coming just two weeks after a 6th place in the prestigious Ian Hodgson Relays (results page 31) the men's team gained an impressive third place in the relay championship event on Pendle Hill. Despite the absence of both our real individual stars, the team of Steve Bell, Andy Poirrette, Neil Conway, Mark Hayman, Jamie Stevenson and Alistair Buckley all recorded solid performances.

Not to be outdone the women's team of Karen Green, Ann Watmore, Jo Stevenson, Hilary Bloor, Jenny James and Kim Buckley matched the men with a third place and the men's veteran's team (Jon Cant, Bob Toogood, Graham Berry, Neil Goldsmith, Mike Wynne, Mark Harvey) rounded off an excellent day with fourth in their class.

Full results have yet to be received so a report and results will be in the next issue.

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FRA BRITISH AND ENGLISH CHAMPIONSHIPS 1997

By contrast with our relay successes we had more limited representation in the major championship awards was emphasising that the club, whilst having tremendous strength is depth, has few out and out stars. Still it was good to see Mark Hayman and Neil Conway mixing it with the best in the big races. The one award winning performance was Dave Tait's second place in the English over-50 class.

British Individual Championship

Open: 1 Ian Holmes (Bingley)

M50: 9 Dave Tait

Female: 1 Angela Mudge (Carnethy)

F35: 10 Jacky Smith

English Team Championship

Male: 1 Borrowdale

13 DPFR

M40: 8 DPFR

Female: 1 Pudsey and Bramley

6 DPFR

English Individual Championship

Open: 1 Mark Roberts (Borrowdale)

25 Mark Hayman

M40: 13 Dave Tait

M50: 2 Dave Tait

11 Roy Marlow

15 John Armistead

Female: 1 Mari Todd (Ambleside)

9 Claire Crofts

15 Jack Smith

F35: 5 Claire Crofts

9 Jacky Smith

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Dec

Wed	17	18:30	Club run	Sportsman - Christmas Carols at the Headstone
Sun	21	10:30	Club race	Crookstone Crashout
Wed	24	18:30	Club run	Sportsman
Sat	27	06:00	Club event	Bradfield Boundary Run (48 miles on a 12 hour schedule) Contact Dave Holmes in advance if interested.
Wed	31	18:30	Club run	Sportsman

Jan

Sun	4	10:30	Club race	Rivelin Skyline, Rivelin Hotel. Details from Tim Tett
Wed	7	18:30	Club run	Sportsman
Wed	7	18:45	Warts run	Kings Tree
Sat	10	10:30	Club race	Burbage Baffler. Four person relay (1 star, 1 vet, 1 woman, 1 wart). Contact Martin Spence for more details.
Sun	11	11:00	XC race	Yorkshire Veteran's Championships, Hull.
Wed	14	18:30	Club run	Sportsman
Sun	18	11:00	XC race	South Yorks League & Champs, Cantley, Doncaster.
Wed	21	18:30	Club run	Sportsman
Sat	24		XC race	Northern Champs., Manchester. Details from Pete Dyke.
Wed	28	18:30	Club run	Sportsman
Wed	28	18:45	Warts run	Grouse Inn

Feb

Wed	4	18:30	Club run	Sportsman
Sat	7	09:15	Club race	Margery Hill (alternative "fast pack" start at 09:30 or at 09:00 for the very slow)
Wed	11	18:30	Club run	Sportsman
Wed	18	18:30	Club run	Sportsman
Wed	18	18:45	Warts run	Edale
Sun	22	09:00	Club event	Loxley Lollop 24ml
Wed	25	18:30	Club run	Sportsman

Mar

Wed	4	18:30	Club run	Sportsman
Wed	11	18:30	Club run	Sportsman
Sat	14	10:30	Club race	Not-the-National, Long Lane, Rivelin Valley
Sat	14		XC race	National Championships, Leeds. Details from Pete Dyke.
Wed	18	18:30	Club run	Sportsman
Wed	25	18:30	Club run	Sportsman

[XC=Cross Country]

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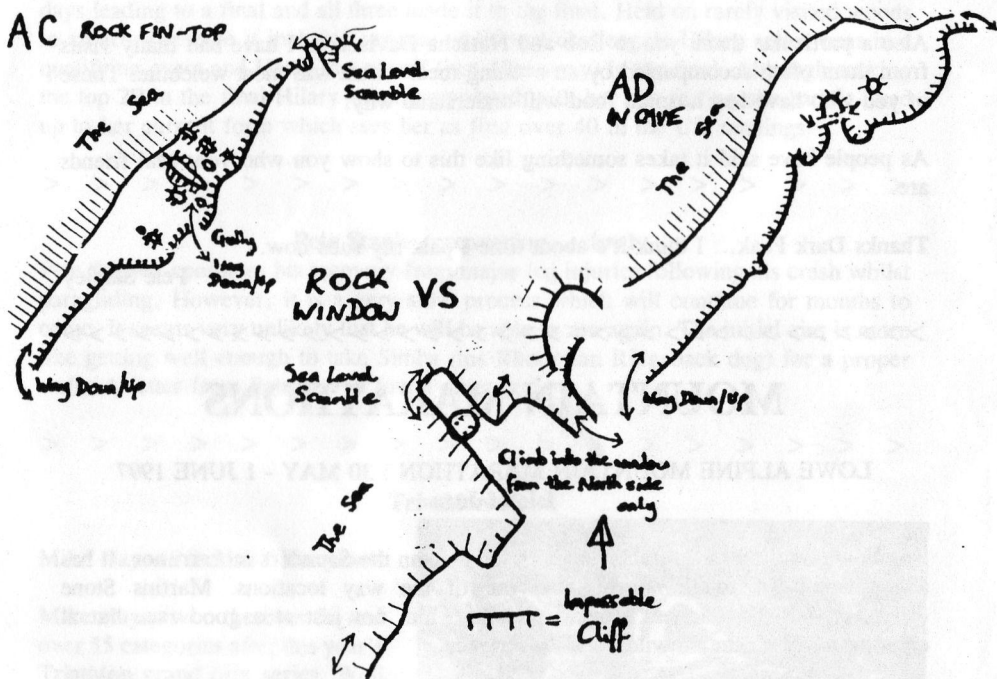
London Marathon 1998

Once again the club has received four entries for the London marathon. Priority goes to those who have rejection slips from their 1998 entry. Please contact Paul Sanderson if you are interested by 30th December. If accepted you will be expected to run. No shows could seriously affect our chances of retaining these entries for future years.

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The courses were excellent, few controls all with route choice. For the A and Elite courses a further surprise was in store as they received only a part 1 map on day. Unfortunately a few thought "part 1" meant "day 1" and to the "finish"... only to find a boat waiting to take them across the sea lock to a completely different area (not on the maps provided at the start) and a part 2!

Some control locations can only be described as unique. Several included sketch plans showing how to get down (or up) the sea cliffs to reach them. Everyone, even on the shortest course, went up Beinn An'Oir the biggest of the paps. Going up wasn't our problem, coming down was (down the Jura race route in reverse). But got down it we did and stomped off across the moorland to make up the time we felt we had lost.



Three of the additional sketches provided to show how to reach controls!

The weather added the finishing touches to a perfect weekend. Clear and sunny. Though the dry conditions left some with horrendous blisters. But even those suffering could gain a great deal of satisfaction from the weekend. Relaxing in the sunshine with a pint outside the Port Askaig Hotel, waiting for Cal Mac to take us home I gazed back to Jura with memories of a truly remarkable event.

M.P.

Elite (58 km)
1 M. Seddon/M. Hartell 9:19:18
13 started

A (50 km)
1 A. Keith/D. Bearhop 9:39:57
3 C. Bourne/A. Ward 10:14:15
8 R. Caves/J. Lawrenson 11:13:32
37 started

B (43 km)
1 I. Smith/K. Daly 8:27:56
35 M. Musson/H. Musson 10:27:15
71 started

C (38km)
1 N. Barrable/N. Altman 7:16:50
26 M. Nolan/M. Pannell 9:26:31
56 L. Bland/N. Davison 10:35:21
71 started

D (33km)
1 D. Hughes/B. McRossan 6:42:58
2 R. Patton/C. Fothergill 7:16:11
6 K. Saville/D. Bradbury 8:15:12
13 M. Pedley/H. Pedley 8:56:07
60 started

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SAUNDERS LAKELAND MOUNTAIN MARATHON : 5-6 JULY 1997
Some passing comments!

Many are the thoughts that spring fleetingly to mind when looking back at this weekend, it was in turns, blazing hot, waterless, exceedingly long, a spartan camp-site with only a mucky duck pond to wash in, 12 toilets to seat about 2,000 people (enough said on that matter suffice it to say that the nearby woodlands are to be avoided for this year), a wet night followed by yet more hot and sunny weather. Yet another thought is that it can tax friendships to their utmost especially when you send your running partner off on a wildgoose chase involving him in 200 metres of descent with the accompanying ascent to find the penultimate control of the weekend, only (as he had suggested and I had strongly denied) to find that I had marked it in the wrong grid square and indeed we were only about 30 metres away from it sometime earlier, but more of that in a while.

The start was from Grasmere and we (Jim Fulton and me) were signed up to run the 'Bowfell' class, the one for the not quite as 'ard as the real 'ardmen who do the Scafell class but 'ard enough at this time of year. Last year's run was pleasant and we had in mind a sociable, not to say drunken evening in sight for the overnight campsite, much like last years had been in Eskdale. How wrong can you be (as they say).

The course was constrained by the start being on the western edge of the Eastern Lakes Harveys map and the overnight camp being underneath Clough Head near Threlkeld a straight line route of some 10 miles and a zigzag route nearer 25 miles, in essence we traversed the Helvellyn ridge from south to north on the first day, going via Great Rigg, High Blakestones, Black Brow, Hart Crag, Dollywaggon Pike and Ruthwaite Cove, Hart Side, Clough Head, Threlkeld Knotts, Calfhow Pike and down to the overnight camp at Fornside, all this whilst carrying the weight of a dead pig on your back!

We English are a peculiar breed, if someone can give me a plausible reason as to why I do this year after year, I should die a happy man. The orienteering is not in itself very difficult especially in the early stages, you simply look for the crowd of people appearing to implode onto the control (there were notable exceptions to this, the penultimate ones on both days were difficult and resulted in some poor fellows (ho-ho) punching the wrong control after having stormed past us.

The tricky control on the first day was north of the camp-site at Threlkeld Knotts, the description being a re-entrant. Unfortunately the place is a veritable forest of re-entrants many of which had controls in for other courses and by the time we had reached here it was generally agreed that we were mostly brain dead after some 9 hours of lugging the dead pig around (and listening to Jim Fulton's increasingly voluble complaints about how he was never going to do another one of these ****ing things with me again - like I said it can stretch friendships to the limit - as a footnote I would add the Jim and I have been accepted to the Long Score on the Karrimor, I can't wait).

Anyway the overnight camp-site and the beer stall beckoned, so after purchasing a 4 pack of Guinness we set off to find the Dark Peak enclave where we could start the party off with a good meal! Now most of you will know my running partner, Jim Fulton and kind, genuine and very affable fellow who suffers from one major problem for which it is generally agreed there is no cure - he has some, to put it kindly, eccentric notions. This culminated in a new weight saving idea which he had thus far assured me would work but which he refused to divulge in case any of the opposition cottoned on to it, namely dispensing with a billy can and using the old foil cartons from a previous nights curry. Well I was prepared to try this new and innovative idea secretly wondering why everyone else within sight had a metal billy. Before trying this I should point out that we nearly committed a very painful suicide when he lit the burner without connecting the gas cylinder properly and we sat in a sea of burning gas for about 2 seconds, I can recommend this for removing unwanted hair from the legs, although immaculate timing is needed to avoid it removing any wanted accessories.

So the time for trying the new invention arrived and after nearly 10 hours of running (with a dead pig etc.), we were ready for something to eat having already consumed two of the cans of Guinness. So imagine our surprise, if you can, when the foil containers full of boiling water began to sag as they became warmer and warmer and eventually to turn convex depositing said boiling water all over the tent floor. This experiment was immediately pronounced a failure and we decided to put "plan B" into operation. Sadly neither of us had brought plan B along and so we were forced to beg for the use of a billy. People can be so hard at times like these, how could they when they were confronting such entrepreneurial genius, sure we all make mistakes but the important thing is to learn from them and then pass the benefits of your experience on, we were very willing to let anybody who enquired, know, that foil containers are a waste of time! To bed with the cans of a Guinness, and a by now very flatulent Jim Fulton.

The second day was a reverse of the first but at least there had been an acknowledgement that the first day had been too long for the Bowfell, they very thoughtfully removed one of the controls from the course. Anyway, as I remember it went something like this: Jim's fold on Clough Head, Lurge Crag east of Great Dodd, the old chimney east of Raise, sheepfold west of Whiteside, south of Seat Sandal via the summit of Helvellyn, Nethermost Pike and Dollywagon and then the worst of the lot a control just below the ridge south of Great Rigg. The route choice here was either a long contour underneath Fairfield up Great Rigg and follow the ridge down or the direct route down into Great Tongue and up a horrendous climb of some 400 metres onto the ridge, we chose the latter. This as it turned out was the quicker of the two options but left us in a state of total collapse with the consequence that we couldn't find the control. Jim, to his eternal praise, set off dutifully down the other side whereas I was not quite sure that it was so low down especially as the rock climbing skills necessary to descend were definitely in the "V.Diff." range. As luck would have it some kindly fellows that we had stormed past some 30 minutes earlier sauntered straight to the control leaving James to climb the rock face back to the ridge path. He didn't need to say anything, the withering looks said it all.

Duly chastened we sprinted down the hill for two miles or so to the finish, the cameras, the TV interviews etc., sadly only to timekeepers (surely some mistake) especially as we had our pictures on the front of the results last year, what a photo opportunity missed! We both agreed never again, so see you next year.

Chris Barber

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MOUNTAINS OF MOURNE

Having been voted by others to write a report of our little adventure to the Mourne Mountain Marathon, I wondered where to start. Well, first of all, I was injured and, like most fell runners, had inflicted a verbal barrage of woes on family, friends, work colleagues and almost anybody else that did not really want to know. A couple of week before the race I was tanking down Rivelin playing who can sprint fastest with Rob when I went over on my ankle and heard it ripping etc. This was followed by hopping and expletive practice. The whole episode sent my mood into a nose dive. After a couple of days rest I resorted to trying to find a replacement, my mood hadn't improved and my ankle was swollen and purple. Then a visit to a rather pleasant physio improved my mood: "strap it up for the race and with two week's rest it should be fine as long as you don't go over on it again". My only question: how do I run for two days on rough terrain without going over on it? I decided the only option was to look where I was putting my feet. No map reading, compass work or sight seeing. I let Rob know and he agreed, all I had to do was run.

We were set: 2 cars, 7 club members and 1 extra leaving 7am Friday for Stranrath and the Seacat to Belfast. A cup of tea then off to Rostrevor and the Southern part of the Mourne. Rob and I went to the pub for a pint where we met the organisers, a friendly bunch who wet our whistle with another pint.

A good night's sleep saw us stretching and flexing for the start. Ever since his accident in March Rob has gone stretching mad, he can even touch his toes now rather than his knees. We set off at a civilised 10:07 and set into a pattern, Rob in front with me just behind looking at the floor. Uphill was fine, flat was pretty good but downhill I felt like a giraffe drinking water. We went past Curraghknockadoo and Rocky Mountains then between checkpoints 2 and 3 we went through some farm land where two young lads had set up a little bar on a wall serving chilled drinks. I had half a pint of refreshing orange juice complete with ice cubes, it was great. I think Rob had some Ribena. Twice in a day local hospitality had given us a good feeling.

It soon became apparent that Rob was running fitter than me and was beginning to drag me along. The sight of the mountain was a pure joy, a perfect little hill of great character, it was topped with little rocky knolls. We were skirting to catch people, always a good boost. Then off to Butter mountain. I felt a little flat in the middle of the day but soon came around, though I was still lagging behind.

Two lean types came past us towards the end of the day, we guessed that they were the leaders and were right : they had taken a massive 3/4 hour out of us. We'd had a pretty good day, though we both felt it had been a touch slow, so I was pleased we were lying third overnight, 10 minutes behind second place. The rest of Dark Peak came in unscathed and happy.

That evening saw a bizarre equipment failure. Rob had managed to put a hole through the bottom of both our cooking pans - rather not so tough Christmas pudding tins. Our combined engineering prowess failed to stop the water dripping (nay gushing) onto the weak flames below. There was only one option, borrow Tom's offered pan. We were very grateful as the prospect of very "al dente" Macaroni was not very appealing. Fed and watered, the group chattered merrily away on our campsite below Pigeon Rock.

Day 2 saw us legging it up the road, heading for Cock Mountain (not an egg's throw from Hen Mountain). We worked our way generally south. I began to feel a bit rough again. I think I had miscalculated my food intake, eating too much sugar and not enough water. I was feeling very slow and nauseous all of a sudden I threw up three times in quick succession ... then I felt great again and off we went. We were heading towards the finish, back past Curraghknockadoo, when the pair that were fourth overnight caught us (though with the mass start we still had ten minutes on them). We picked the pace up and pushed each other to the finish. In our haste we missed the taped right turn to the finish funnel and ended up entering the finish from the opposite direction! We felt certain that we had held third place only to find we had come in second by seven seconds. What more could you ask for, other than an exhilarating sprint finish with fourth place only to find you have pipped in second in front of some locals. Meanwhile the leaders had been in a long time. However light we make our kit it won't make us an hour faster; I'll just have to start training harder.

We chatted with the others, skipped the prize giving, got the later ferry back to Scotland and ended up creeping into bed about 4am. Another good weekend.

Roger Woods

CLUB CHAMPIONSHIP AND HANDICAP

8 NOVEMBER 1997

Now firmly established in its chasing start format, this year's club championships centred on Dark Peak's "other", some might say "original", home of Hayfield. Pete Dyke had devised another excellent course. The route choices were, perhaps, more subtle than in previous years. However, when combined with a biting Westerly, rain, swollen rivers and a cloud base of around 1500' it was more than enough of a challenge. Eleven of the sixty five starters would certainly agree. They comprised one of the highest retiral rates in the championship's history. If you thought running was hard, spare a thought for the marshals. At the third checkpoint, Kinderlow cairn, Howard Swindells and Hugh Mathieson (I think - I could hardly see them!) were wrapped up in full waterproofs and bivvy bags as they peered into the gloom.

My big surprise of the day was what appeared to be an extremely generous handicap. Even Pete Dyke was having second thoughts about it but he needn't have worried. He had reckoned I wouldn't last the distance and he was right! I passed the 38 in front by the second checkpoint making the most of a tail wind and some fast ground but a thorough soaking as I waded the river plus general lack of stamina slowed me to a crawl on the climb back up Kinder. Meanwhile Gavin Williams was running an excellent race. Despite starting 17 minutes behind me he slipped past in the mist and was in front by the Downfall. His superb run for fourth overall was the day's star run and well deserving of the handicap trophy.

In the race for overall victory Neil Conway held off Mark Hayman for the title with last year's winner, Richard Wren, back in sixth. Phil Crowson got his navigation right to take third only just in front of the storming Gavin. Only one veteran, Mike Wynne, made it into the top ten; a sign of the times? In the race for the women's title Jo Smith was many people's favourite but a full immersion in Ashop River left her struggling to get warm and she retired. In the end only four women finished and Jan Cave took the honours as first woman and first female veteran.

And finally, the last finisher, well over double the winner's age in less than double his time was club president Eric Mitchell. How he manages to explain away the club champs as "non-competitive" (since he retired from competitive running last year) we will have to see. It was great to see Eric on the fells or, more precisely, at the start and the finish few people saw anyone else in the clag on the fells themselves.

So trophies were won and lost but what got lost the most was John Myers. Many felt that at the evening's dinner he should have broken with tradition by awarding the Pertex Trophy to himself. He would have deserved it. Sadly for John his club championships bid fell at the first hurdle but not for the want of trying. He approached Mermaids Pool, the first checkpoint, from every conceivable angle (yes, even from the top of Kinder) but only arrived there after the marshals had packed their bags and shivered their way home. Indeed many had completed the course by the time John returned from his out-and-back.

M.P.

RACE REPORTS AND RESULTS

DUNGWORTH AMATEUR INTERNATIONAL GALA CELEBRITY FELL RACE
29 SEPTEMBER 1996

Apologies to all participants and to the world at large for the late presentation of these results. One reason for the delay has been the protracted enquiry into the false start which saw the entire field of 50 minus the organiser taking the wrong gate out of Dungworth recreation ground. The organiser's appeal was finally over-ruled.

A summary of achievements will still be of interest to those distinguished by awards, and even to other curious followers of the sport. Hats off, then, to old campaigner Bob T, who walked off with all the main titles (1st local, 1st veteran and 'Granville Harper' Champion of Champions) in a time 3 seconds quicker than his 1993 win. Nice one Bob! Paul D. a former winner, in the lead at the turn, went walkabout and took young Anthony Turner and Brett Stocks with him. This feat and nifty decoy earned Paul the much coveted Hiro's fan (still missing, so Paul was presented with a sort of picture of the fan). Local star Karen Green fully deserved the accolade of holder of the Moosehead for 1996.

Dave Holmes walked off with the grotesque neo-fascist Brugarolas trophy for collecting most points in the second season of the Loxley Valley Rough Running Championship.

			Alan Yates
1	Bob Toogood	35:02	22 Roger Woods 39.35
2	Stuart Oglethorpe	35.37	23 Mick Cochrane 39.37
3	Anthony Turner (Knott FR)	35.46	24 Roy Small 39.43
4	Dave Griffin (Penistone)	35.48	27 Paul Deaville (Knott) 40.37
5	Brett Stocks	35.58	28 Colin Lago 41.04
6	Dave Tait	37.12	29 Dick Pasley 41.56
7	Dave Lindop (Pen.)	37.17	30 Mr. Markham 42.02
8	Dave Green	37.19	31 Mick Poulter 43.00
9	Chris Barber	37.29	32 Karen Green 43.01
10	Ron Caves	37.46	33 John Gunnee 43.29
11	Graham Band	37.52	34 Jeff Harrison 43.35
12	Dave Holmes	37.58	36 Paul Haynes 43.48
13	Richard Horsefield	38.00	37 John Myers 43.56
14	Richard Hakes	38.09	39 Tom Westgate 44.23
16	Billy Wilson	38.15	40 Neil Palazon 45.22
17	Alan Yates	38.20	41 John McCall (Knott) 45.49
18	Dave Lockwood	38.28	42 Lynn Bland 47.13
19	Neil Goldsmith	38.41	43 Will McLewin 47.26
20	Bob Berzins	38.49	44 Harry Bell 49.25
21	John Herbert	38.52	50 finished

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LAMB'S LEG FELL RACE (HAYFIELD) : 16 FEBRUARY 1997

2.75ml/900'

1	A. Trigg (Glossopdale)	21.09
11	N. Goldsmith	25.28
16	R. Marlow	26.45

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BLACK COOMB : 9 MARCH 1997

English Championship Counter

9ml/3800'

1	I. Holmes (Bing.)	(rec.)1:05:18	218	Ja Smith	1:32:27
22	N. Conway	1:11:53	224	D. Markham	1:33:05
29	M. Hayman	1:12:28	246	P. Dyke	1:37:00
83	D. Tait [2nd M50]	1:18:15	247	C. Henson	1:37:14
89	S. Ogletorpe	1:18:38	276	T. Trowbridge	1:41:50
91	M. Todd (Ambl.) [1st F]	(rec.)1:18:49	281	H. Bloor	1:42:30
142	C. Crofts [3rd F]	1:23:41	305	B. Thackery	1:46:51
			348	finished	

DPFR 1st women's team

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1ST ANNIVERSARY WALTZ (NEWLANDS) : 19 APRIL 1997

11ml/3600'

An excellent addition to the early season calendar with marshals in full wedding attire, good hot food and fine beer from Hesket Newmarket.

We awoke to snow on the hills but conditions were sunny with a strong cold wind on top. Beginning in Stair the race followed a good track to Little Town allowing the road runners to get away from the gnarly wide-eyed, bushy-bearded fell runners. There followed good grassy running over Robinson, Hindscarth, Dalehead and High Spy before a fast descent off Catbells lead to Stair and the barrel of Blencathra bitter.

Al Sealy

1	S. Booth (Borr.)	1:35:04	80	H. Musson	2:20:11
9	A. Sealy	1:41:20	83	J. Harrison	2:22:36
14	A. Mudge (Carn.) [1st F]	1:48:00	86	D. Pasley	2:23:40
22	A. Harmer [2nd M45]	1:52:10	87	P. Dyke	2:23:56
39	B. Berzins	1:59:20	98	J. Cave	2:34:23
57	P. Sanderson	2:07:52	102	N. Palazon	2:38:17
70	R. Hakes	2:12:52			

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BURBAGE : 21 MAY 1997

6ml/1000'

Yet another cold evening for a slow but exciting race round our local stomping ground. The head of the field represented a Dark Peak championship race as Simon Patton made the early running before the Buxton gate-crasher and Steve Bell took over the lead. Al Sealy hurtled down the plummet to take the lead for the climb to Burbage Bridge but was over hauled by Steve and the eventual winner, Ivor Ward, only to squeeze past Steve on the rocks off Burnage North.

A fast ladies race saw Jane Palmer (Sheffield AC) hold off Karen Dalton, both well clear of their rivals.

Al Sealy

Note: course slightly longer than previous years.

1 Ivor Ward (Buxton)	41:28	86 J. Armistead	52:00
2 A. Sealy	42:07	87 R. Hakes	52:08
3 S. Bell	42:11	88 C. Radcliffe	52:18
5 S. Oglethorpe	43:12	90 B. English	52:25
6 M. Nolan	43:19	91 C. Wilson	52:29
10 M. Wynne [2nd M40]	44:02	93 J. Smith [1st F40]	52:39
13 D. Tait	44:51	95 D. Pelly	52:45
15 R. Hutton	44:51	103 R. Kendall	53:15
16 M. Harvey	45:13	104 H. Bloor	53:15
21 J. Palmer (Sheff.) [1st F]	45:38	111 P. Jones	53:51
22 P. Westwood	46:02	116 J. Woodcock	54:28
25 K. Dalton [2nd F]	46:14	118 G. Nichols	54:39
28 R. Freeman	46:45	121 J. Fulton	54:52
33 G. Berry	47:09	128 S. Cross	55:17
34 C. Barber	47:10	129 H. Musson	55:20
38 A. Jameson	48:02	135 B. Sprakes	56:32
39 M. Pedley	48:10	136 M. Arundale	56:34
42 A. Moore	48:19	142 M. Poulter	57:07
44 R. Baxter	48:23	149 K. Borman	57:49
45 D. Holmes	48:25	149 K. Borman	57:49
46 T. Cochrane	48:27	153 R. Hambleton	58:05
51 B. Berzins	48:49	160 T. Mackey	59:41
54 M. Cochrane	49:08	168 T. Atkin	1:00:35
62 Jo Stevenson	49:32	173 G. Goldsmith	1:00:57
64 R. Hopkinson	49:43	180 M. Browell	1:02:04
66 S. Patton	49:59	182 D. McCart	1:02:34
82 M. McCart	51:30	184 F. Galbraith	1:02:45
83 M. Musson	51:38	210 finished	

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DODD FELL RACE : 25 MAY 1997

5ml/1200'

A grand day out ensured as the race is part of the Yorkshire Dales show. Typical Dales scenery: a long climb to the summit, grassy ridge running, walls to jump and then a glorious steep plummet, to rival Crookstone, directly down to the finish. Lots of cash prizes and spectacular traffic jams as everyone leaves the show at once!

Al Sealy

1	G. Devine (P&B)	30:13	
9	A. Sealy	32:31	
31	C. Greenwood(Bing.) [1st F]	35:03	(rec.)

155 finished

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KETTLESHULME ROSE QUEEN FELL RACE : 4 JUNE 1997

6ml/850'

1	M. Hutchinson (Trafford)	35.45
10	M. Nolan	38.45
142	J. Cave	53.33
152	G. Goldsmith	54.35
154	J. Harvey	54.57

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EDALE : 23 JUNE 1997

5ml/1200'

A big Dark Peak turn out for what is perhaps the toughest of the local villages races. Karen Dalton had a great run to break her own record and finish 17th overall.

For the men Darrell Bradbury stormed up the climb and cunningly led the leaders astray to let Mark Hayman and Al Sealy in (great teamwork Darrell!). Mark then went astray on the plateau. On the steep descent off Grindslow Knoll I was so surprised to be overtaken by Mark again that I promptly fell over. "Look at the state of him" a rambler exclaimed as I limped in, bruised and bloodsoaked, through Edale. At least I had a valid excuse to avoid getting lost on the Crashout!

Al Sealy

1	A. Okell (Stockport)	41:14	35	M. McCart	50:15
4	M. Hayman	41:49	51	G. Nichols	54:45
6	A. Sealy	42:14	59	K. Saville	55:51
10	D. Bradbury	43:54	60	P. Farrell	56:02
14	M. Nolan	45:38	62	J. Myers	56:09
17	K. Dalton [1st F]	(rec.) 46:50	65	L. Bland	57:02
24	N. Boler	48:18	76	R. Hambleton	59:18
29	A. Moore	49:42	79	D. McCart	1:00:56
30	R. Smith	49:44	87	M. Browell	1:03:17

97 finished

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BLACKAMOOR : 26 JUNE 1997

6.5ml/1400'

Rain, Mist, miserable!

Hilary Bloor

1 ? . ??? (Stockport)	??:??	58 H. Swindells	52:41
2 S. Bell	42:46	60 R. Hakes	53:01
6 D. Bradbury	45:32	63 P. Jones	53:23
7 R. Hutton	45:50	65 R. Small	53:30
9 A. Jameson	46:53	68 H. Lawrenson	53:47
11 B. Edwards	4/047	69 Ja Smith	53:51
14 D. Tait	47:30	71 J. Armistead	54:01
16 G. Band	47:44	78 N. Boler	54:27
20 R. Freeman	48:15	79 D. Markham	54:33
28 D. Green	49:36	80 H. Bloor	54:34
30 A. Moore	49:44	84 M. Musson	55:01
37 R. Hopkinson	50:13	93 K. Saville	56:07
38 J. Lawrenson	50:26	95 K. Green	56:45
39 D. Holmes	50:31	96 G. Williams	56:57
41 M. Cochrane	50:39	97 E. Rybinski	56:59
44 K. Jones	51:08	109 P. Dyke	59:23
49 R. Marlow	51:41	111 M. McKenzie	59:32
52 C. Radcliffe	51:58	112 T. Mackey	59:39
53 B. English	52:05	117 N. Palazon	1:02:00
55 T. Westgate	52:18	131 T. Lundean	1:13:36
56 P. Sanderson	52:27	135 finished	

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MOUNT FAMINE : 29 JUNE 1997

Brilliant race/course. Brilliant weather. Brilliant T-shirts!

Hilary Bloor

1 D. Gartley (Glossopdale)	44:21	53 M. Flinders	58:33
2 M. Hayman	44:40	58 T. Woodhouse	59:27
10 N. Goldsmith	49:41	61 P. Dyke	59:41
13 M. Ward	50:10	63 C. Henson	1:00:06
16 K. Dalton [1 st F]	50:32	71 J. Myers	1:03:00
42 H. Bloor [1 st F40]	56:13	82 J. Harvey	1:06:45
46 P. Jones	56:36	83 B. Thackery	1:06:50
50 P. Wheatcroft	57:54	98 finished	

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HATHERSAGE : 7 JULY 1997

1 B. Stocks	30:17	77 P. Sanderson	39:04
9 D. Bradbury	32:18	84 K. Green	39:13
13 R. Hutton	32:46	91 P. Jones	39:54
28 D. Green	35:21	105 P. Dyke	41:34
34 R. Baxter	36:07	116 P. Guerrier	42:22
36 C. Radcliffe	36:09	133 L. Outwin	44:09
38 N. Boler	36:16	136 M. Browell	44:33
42 A. Moore	36:32	140 M. Arundale	45:00
45 M. Flinders	36:42	141 J. Searle	45:01
49 R. Marlow	37:01		
64 H. Bloor [2nd F, 1st F40]	38:18		

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DARK PEAK CHALLENGE : 13 JULY 1997

Score orienteering

Cerebral running doesn't appeal to all.

Only 36 pairs entered for the first running of Monty's Dark Peak Challenge on 13 July 1997 but next year there will be more. It was a brilliant event enjoyed by all who took part (I may be biased).

This was a low key, low impact event, spread over 72 square kilometres of countryside centred in Bradfield on the east edge of the Dark Peak. Score orienteering is a successful way of reducing the environmental impact of a running event; giving freedom of route planning and thereby spreading people out.

Organised virtually single-handedly by Adrian Roberts with sponsorship from Monty's Motors, Foothills and The Old Horns pub, it was well managed in a light handed way with a minimum of fuss; an excellent event. For the competitors on the day his planning was immaculate, with just enough controls to be feasible in the six hour schedule by the strongest pair, but traps to ensnare the overambitious and plenty of soft options for the cautious.

Nicely inconspicuous green painted control clippers were discretely fixed to posts and the odd dead tree. One such dead tree caused great wailing's and rantings as people searched high and low and way out into the river on a wobbly log for the elusive clip. The controls were scattered within five miles of Bradfield, with extremities reaching from the top of Beeley Woods in the east to Cartledge Flat in the west, taking in lots of high quality scenery which few visitors to the Peak Park would ever see. The full scenic tour involved a twenty seven mile circuit which only one team achieved; unfortunately Keith Holmes and Richard Horsefield took more than the six hours allowed.

The scoring system was generously devised so as to allow slow runners to achieve a respectably high score by picking off the high scoring ten pointers which were possible in a fifteen mile loop. The more remote controls had low values, making them quite 'expensive' points to collect. It was a lovely day, a little on the warm side with some cloud giving way to hot sun, making it thirsty work; less so for the cunning who had pre-placed drinks!

Despite a closely grouped finish the organisers were a bit slow on the abacus and results took a long time with many departing from The Old Horn before prize-giving. Prizes were generous, with vouchers in multiples of £25, with £100 for the winners, exchangeable at Foothills and The Old Horn. The Toyota Landcruiser rumoured as first prize failed to materialise.....

There was oodles of route choice and at the finish little consensus on the optimum course. Except from Matt Flinders and I because we won!

Roy Small and Roger Freeman were forced to eat their tasty hats as penance for coming a close second, with John Herbert with Robert Small in third place. Maurice and Hilary Musson lost some points in penalties and came sixth, just in front of Keith Holmes and Richard Horsfield and Mick Poulter and Kev Borman.

A thought for next year: the organiser will need to plan longer courses to cater for faster teams. Those who do the elite class in Mountain Marathons would have easily mopped up all the points in well under six hours.

Mike Browell

	<u>points</u>
1 Mike Browell and Matt Flinders	115
2 Roy Small and Roger Freeman	111
3 John Herbert and Robert Small	109
4 Ruth Charles and Dave Charles	101 [2nd Mixed]
6 Maurice and Hilary Musson	101
7 Keith Holmes and Richard Horsfield	100
8 Mick Poulter and Kevin Borman	99
30 M. Arundale and R. Byron	43
36 pairs started	

Analysis

This is the optional extra bit which some will find tedious and others may disagree with violently. It is possible to approach score orienteering as a logical network analysis....if you have the time. But there is also a creative technique to score orienteering, where pathetic runners (like me) can still excel.

This is a completely different skill to fine orienteering, where precision map reading at high speed enables top class runners to find intricate route detail from complex maps. In score orienteering it is macro-map planning which counts. The ability to see the big picture (and to recognise the decision making permutations)!

The right side of the brain is creative, controlling spatial awareness, design and intuition. The left side is logical and diagnostic. Looking at the map, the right side conceives a topographic model and rapidly tests best fit routes like pieces in a jigsaw. To try to test route choice logically causes the creative process to slow down and become unwieldy, with too many parameters to consider. A piece of string equivalent to six hours of running helps.

Analysts of score orienteering may be familiar with the 'travelling salesman' route planning model. I prefer the 'supermarket trolley dash' model. For this event there were twenty seven controls, a full O-card worth. To collect all 120 points in 360 minutes (6 hours) gave each point an average time cost of 3 minutes. So the 2 point controls might be worth 6 minutes effort, the 5 pointers 15 minutes and the 10 pointers 30 minutes?

Well, not quite. Because it was possible to Hoover up 96 points in a very economical fifteen mile circuit, conservatively 225 minutes, making these relatively 'cheap' points at 2.34 minutes each. This became the core circuit, the 'essential shopping' trip. The remainder were comparatively "expensive", only 24 points and 135 minutes available to "buy" them at an average price of 5.62 minutes each.

For those of you still reading, these remaining controls were positioned at the east and west extremities of the map. So the 'shopping trip' had to be planned to get best value and allow maximum flexibility. On the east side were 13 points in three miles with 200 metres ascent. I reckoned 50 minutes, so relatively good value at 3.84 minutes per point. Once started on this 'tunnel-string' circuit they all had to be visited to get best value. There was no point in missing any out.

On the west side were 11 points in seven miles with 125 metres ascent. I reckoned 110 minutes, so a cost of 10 minutes per point! Very expensive! The west side became our elastic controls, capable of stretching or contracting to fit the time available. One control in particular stuck out like a sore thumb, the 5 miserable points up on the top of Cartledge Flat. Taken alone those 5 points would cost 15 minutes each, making them exceptionally poor value. We also kept a short bit of elastic end-game route choice for the finish, in case we got back early. We left two controls, each worth a lowly 2 points at the standard rate of 6 minutes each, as last minute purchases.

I have already said that the event was well planned. Just how well planned becomes clear when Mike Hayes' wise words of advice to score course planners are repeated:

- a) Choose an area with crazy paving path pattern - more challenging route planning.
- b) Avoid a close cluster of controls which is easy for everyone to reach.
- c) Avoid an evenly spread pattern of controls - too many equal route choices.
- d) Offer diminishing returns for greater physical effort - it certainly did that!
- e) Build in temptations for the unwary - Cartledge Flat is a superb example.
- f) Encourage good end-game strategies - routes capable of extension and vice versa.
- g) Encourage intelligent use of map information - particularly contours.

Mike F Browell

BAMFORD : 16 JULY 1997

1 G. Cudahy (Stockport)	21:10	88 J. Herbert	26:43
4 S. Bell	22:00	98 H. Bloor[2nd F & 2nd F40]	27:01
6 M. Nolan	22:25	105 J. Gunnee	27:20
13 A. Sealy	22:37	111 M. McCart	27:25
16 D. Bradbury	23:18	112 K. Green	27:26
27 M. Harvey	24:00	116 C. Wilson	27:35
30 D. Tait [3rd M50]	24:10	126 C. Lago	27:53
35 J. Soady	24:29	128 R. Small	27:57
38 R. Horsfield	24:36	135 D. Pasley	28:15
44 B. Hanley	25:02	147 C. Henson	29:01
45 R. Caves	25:03	148 P. Seyd	29:04
54 R. Freeman	25:31	149 K. Saville	29:09
55 R. Hakes	25:34	153 L. Bland	29:17
59 C. Barber	25:39	161 H. Musson	29:34
61 R. Baxter	25:41	204 J. Norman	32:42
63 A. Moore	25:46	208 M. Browell	33:01
76 R. Marlow	26:07	222 J. Roberts	35:36
79 D. Lockwood	26:19	239 finished	

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SNOWDON : 26 JULY 1997

The race is always high quality with an international field and a separate race within the race for the internationals. The weather was poor with mist and drizzle on the mountain.

1 I. Holmes (Bingley)	1.04.50	285 P. Dyke	1.45.19
36 C. Greenwood (Bing.) [1st F]	1.16.11	286 G. Goldsmith	1.45.21
77 N. Goldsmith	1.24.22	324 J. Harvey	1.51.36
102 P. Griffies	1.27.20		

Neil Goldsmith

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JACK AND JILL CHALLENGE, SUSSEX : 27 JULY 1997

5.5ml/1100'

Excellent running on chalk downland and a fine sunny day couldn't compensate for the extortionate entry fee (£6). The outside sweat shirt given as the prize for coming first doubles nicely as a tent.

1 S. Bell	33:10
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Steve Bell

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BORROWDALE : 2 AUGUST 1997

1 J. Bland	2:42.04	116 R. Small	4:06.16
16 M. Angharad (Eryri) [1st F]	3:14.36	121 M. Cochrane	4:07.27
38 N. Goldsmith	3:37.08	149 H. Musson LV	4:21.29
46 A. Dickenson	3:40.48	157 D. Pasley	4:26.02
77 D. Lockwood [3rd M50]	3:51:42	190 M. Browell	4:44.47
78 W. Sullivan	3:52.51	217 F. Galbraith	5:12.02
86 R. Ansell	3:55.34		

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NORTH BARRULE FELL RACE I.O.M. : 5 AUGUST 1997

Run in typical British holiday weather, gale force wind's and heavy rain, this race gave me my best ever chance of being the first Dark Peaker back.

Cos I was the only one there. Thank God I managed to finish.

John Gunnee

1 Tony Rowley (Manx FR)	38:17
16 John Gunnee	46:41
19 Rose Hooton(Manx FR)[1st F]	47:01
26 ran	

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CRACKEN EDGE : 13 AUGUST 1997

You might recognise the name here of someone who said he had given up racing. He was trying to be incognito but we recognised him.....

Gerry Goldsmith

1 D. Gartley (Glossop.)	44:10	37 P. Wheatcroft	54:31
11 P. Crowson	48:31	39 M. Flinders	55:13
14 D. Tait	48:55	77 J. Myers	1:02:37
22 P. Griffiths	51:22	83 T. Woodhouse	1:04:43
28 N. Boler	52:01	84 G. Goldsmith	1:04:48
29 A. Moore	52:13	86 B. Thackery	1:05:13
30 R. Marlow	52:21	97 E. Mitchell	1:19:56
		101 finished	

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DARK PEAK WEEKEND "ASHFORD" FELL RACE : 16 AUGUST 1997

A shorter and simpler course this year from Hugh Cotton retained the Fin Cop experience. The prologue to it consisted in a gradual climb through fields to Monsal Head and descent to Monsal Dale whilst the epilogue comprised a long scenic, but sometimes uncomfortable, contour back to Ashford.

Doubts over the exact nature of the route resulted in some early bunching. When Mike Pedley and Dave Holmes did try their hand at leading they found inside knowledge (which they didn't have having not recce'd the course) to be much more useful than a map (which they did have but showed a course which owed a lot to artistic licence). Consequently, their 50m lead turn into a 50m deficit!

At Fin Cop the real race began and Darrell Bradbury together with Dave Beresford pulled out a significant lead on the gruelling climb. They avoided some minor confusion afflicting others on the precise route into Ashford for Darrell to claim victory by 11 seconds.

		M.P.
1	Darrell Bradbury	44:12
2	Dave Beresford	44:23
3	Roger Freeman	45:52
4	Andy Harmer [1st M40]	46:46
5	Chris Barber	48:01
6	Dave Holmes	48:08
7	Alan Yates	48:12
8	Mike Pedley	49:08
9	Roy Small	49:14
10	Hugh Cotton	50:35
11	Dick Pasley	50:36
12	Colin Lago	50:50
13	Matt Flinders	51:00
14	Paul Sanderson	51:14
15	David Hay	54:30
15	Lynn Bland [1st F]	54:30
17	John Gunnee	58:22
18	Jim Fulton	58:29
19	J. Keen	59:12
19	Ann Watmore	59:16
21	John Myers	1:03:50
22	Jeff Harrison	1:04:00
23	Helen Pedley	1:04:08
24	Les Outwin	1:07:39
25	Jane Crowson	1:11:35

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WINDER GRIND : 17 AUGUST 1997

Winder is a three lap circuit from Sedburgh. Hard and steep in the midday heat from which many people suffered. There is not many fell races involving laps and I hope this isn't a trend.

1	B. Burns (S. Ribble)	54:22		
56	D. Tait	1:08:29	89	P. Dyke
65	A. Dickinson	1:11:38	91	C. Henson
			122	started, 114 finished

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ALPORT : 20 AUGUST 1997

18.5ml/3000'

1 Richard Wren	1:03:49	15 Dave Holmes	1:22:06
2 Al Sealy	1:06:34	16 Tom Westgate	1:22:06
3 Roger Woods	1:08:23	17 Maurice Musson	1:22:29
4 Bill Edwards	1:09:06	18 Dave Tait	1:22:40
5 Andy Harmer	1:10:11	19 Matt Flinders	1:25:14
6 Rob Davison	1:10:38	20 Dick Pasley	1:26:05
7 John Soady	1:11:15	21 Jim Fulton	1:27:19
8 Bob Berzins	1:14:11	22 Ann Watmore	1:28:19
9 Roger Freeman	1:15:14	23 Colin Lago	1:28:42
10 Alan Yates	1:17:29	24 Hilary Musson	1:31:43
11 Andrew Moore	1:18:25	25 Clive Last	1:32:18
12 Martin Fox	1:18:34	26 Pete Dyke	1:32:48
13 Roy Small	1:19:14	27 Mike Browell	1:35:47
14 Paul Sanderson	1:21:44	28 Adam Connor	1:39:59

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TOTLEY TERMINATOR : 31 AUGUST 1997

18.5ml/3000'

1 P. Deaville (Glossop)	2:29:51	74 K. Green	3:12:45
2 M. Hayman	2:30:07	75 M. Musson	3:13:15
5 S. Bell	2:32:34	76 J. Gunee	3:13:55
6 W. Sullivan	2:32:45	82 B. Thackery	3:16:21
8 R. Davison	2:34:30	85 S. Patton	3:17:13
9 D. Tait	2:34:56	86 M. Nolan	3:17:13
14 R. Freeman	2:40:06	89 H. Cotton	3:20:38
18 T. Westgate	2:44:43	90 J. Fulton	3:21:08
23 D. Bradbury	2:45:56	98 J. Harrison	3:24:23
24 G. Williams	2:46:22	103 P. Dyke	3:29:24
25 A. Moore	2:46:36	104 H. Lawrenson	3:29:27
26 R. Hakes	2:47:50	113 J. Cave	3:35:06
33 D. Green	2:49:17	120 A. Malkin	3:39:58
40 D. Markham	2:55:32	124 N. Palazon	3:44:23
46 M. Cochrane	2:57:19	127 T. Atkin	3:50:32
50 K. Jones	2:58:33	128 D. Hay	3:50:32
51 R. Hopkinson	2:58:38	129 M. Browell	3:51:09
53 P. Griffies	2:58:46	130 G. Nicols	3:51:10
55 R. Patton	2:59:21	136 S. Basire	3:57:10
62 C. Lago	3:06:56	137 T. Lundean	3:57:36
63 J. Smith	3:07:11	138 J. Adams	3:58:15
65 R. Small	3:08:06	145 F. Galbraith	4:25:30
66 C. Radcliffe	3:08:12	147 D. McCart	4:47:08
		149 finished	

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BARREL INN (EYAM) : 2 SEPTEMBER 1997

5.5ml/900'

1 D. Neil (Mercia)	38:41	58 A. Moore	49:05
3 M. Hayman	40:59	59 R. Smith	49:09
4 M. Wilson	41:15	63 R. Baxter	49:21
6 S. Bourne	41:59	69 J. Herbert	50:07
8 B. Edwards	42:23	79 H. Bloor	51:41
12 B. Toogood	43:21	84 M. Musson	52:06
15 D. Beresford	44:09	93 H. Musson	53:35
18 D. Tait	44:36	103 C. Hughes	55:29
22 C. Barber	45:39	104 T. Mackey	55:40
27 N. Boler	46:07	109 T. Atkin	56:11
29 R. Marlow	46:12	111 M. Arundale	56:39
48 M. McCart	47:23	123 L. Outwin	1:00:19
52 B. Wilson	48:29	143 finished	
54 H. Swindells	48:42		

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HADES HILL : 4 SEPTEMBER 1997

The West Pennine Moors seem caught in a time warp. Ghosts of miners and quarry men haunt this black waste land. Lovely sunny evening but I'd hate to be here in clag.
M.P.

1 A. Maloney (Rochdale)	31:37		
36 M. Pedley	36:16	125 finished	

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GREAT LONGSTONE : 5 SEPTEMBER 1997

1 D. Neil (Mercia)	27:03	71 J. Gunnee	35:53
7 M. Wilson	29:45	72 K. Green	36:02
11 B. Edwards	30:21	74 C. Radcliffe	36:13
12 R. Hutton	30:37	79 H. Cotton	36:24
13 D. Bradbury	30:42	81 H. Bloor	36:51
14 C. Bourne	30:48	87 M. Musson	37:20
15 C. Adams	30:50	88 D. Pasley	37:24
16 B. Toogood	31:17	90 C. Wilson	37:31
17 D. Tait	31:38	100 J. Harrison	38:13
19 R. Freeman	31:42	101 J. Fulton	38:15
31 B. Hanley	32:38	105 P. Dyke	38:37
36 G. Williams	32:48	106 H. Musson	38:42
37 R. Marlow	32:50	108 C. Henson	39:20
39 R. Hakes	33:08	109 T. Mackey	39:21
41 D. Green	33:24	118 M. Arundale	40:54
47 R. Caves	33:49	124 F. Galbraith	42:32
51 R. Smith	34:02	126 L. Outwin	43:10
55 R. Hopkinson	34:07	138 Jo Fulton	47:39
59 R. Small	34:31	150 finished	

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TORSIDE SCAMPER : 7 SEPTEMBER 1997

6.5ml/1050

If you think the first two miles of a six mile race being along an old railway line doesn't sound much of a fell race you would be wrong. The two miles of speedwork was followed by a steep slog up Torside and then a long descent back to Padfield. This was the first running of this Ted Woodhouse devised course and is well worth a visit next year. Afterwards you can wander round the Padfield Plum Fair and buy... plums (well what did you expect?).

As for the race itself. Phil Crowson had his moment of glory along the railway track before the serious stuff started and Andy Trigg pulled away from Mark Hayman to record a clear victory. Flying Phil faded fast but just held off the followers. Glossopdale just nicked the team prize by two points but had Simon Bourne been in DPFR colours instead of his new home, Altrincham it would have been a clear DP victory.

		M.P.		
1	A. Trigg (Glossopdale)	45:06	7 P. Crowson	50:55
2	M. Hayman	45:48	8 M. Pedley	51:00
4	S. Bourne (Altrincham)	48:43	24 Barry Thackery	1:06:36
				27 finished

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SHELF MOOR : 14 SEPTEMBER 1997

English Championship counter.

1	G. Bland (Borr.)	40:40	136 P. Wheatcroft	54:25
50	S. Bell	46:48	176 J. Smith	58:45
57	D. Tait [2nd M50]	47:30	183 B. Thackery	59:22
78	R. Hutton	49:25	191 T. Woodhouse	1:00:38
108	N. Boler	52:05	198 C. Henson	1:01:21
111	R. Marlow	52:21	230 F. Galbraith	1:10:28
131	J. Armistead	54:13		

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LANTERN PIKE : 20 SEPTEMBER 1997

5ml/1050'

1	N. Wilkinson (Ron Hill)	30.51	99 M. McCart	40.57
19	W. Sullivan	35.18	103 P. Wheatcroft	41.97
27	M. Nolan	36.04	131 H. Bloor	43.09
29	R. Hutton	36.19	152 P. Jones	44.22
51	P. Griffies	38.00	160 B. Thackery	44.53
53	N. Goldsmith	38.12	173 P. Dyke	45.36
55	N. Boler	38.23	179 T. Woodhouse	46.01
63	A. Moore	39.09	183 D. Holmes	46.24
65	R. Marlow	39.14	191 G. Goldsmith	46.47
95	P. Leach [3rd F]	40.32	234 P. Guerrier	53.34

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THREE SHIRES : 20 SEPTEMBER 1997

13ml/4000'

The final English Championship race. The weather was fantastic and I got so carried away with the occasion that I proposed to my girlfriend (in running kit of course!).

Steve Bell

1	G. Bland (Borr.)	(rec.) 1:45:08	149	R. Hopkinson	2:26:13
10	M. Hayman	1:53:04	276	J. Myers	2:56:00
37	N. Conway	2:02:49	283	C. Radcliffe	2:57:13
49	S. Bell	2:05:10	287	M. Browell	2:57:49
69	D. Tait [2nd M50]	2:10:40			

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DALEHEAD : 21 SEPTEMBER 1997

4ml/2500'

From Rosthwaite, Borrowdale - wicked climb, even more wicked descent!

Al Sealy

1	P. Sheard (P&B)	45:39
12	A. Sealy	51:54
80 finished		

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DUNGWORTH AMATEUR INTERNATIONAL GALA CELEBRITY FELL
RACE : 27 SEPTEMBER 1997

(Incorporating Knott Fell Runners' Annual Championship)

Paul Deaville is the first man in History to have won Hiro's Fan and the Granville Harper Trophy in consecutive years. He is also to be complemented on carrying off (probably Knott for the first time) KFR's annual championship. Karen Green is likewise distinguished with two Mooseheads on the trot. Gavin Williams adds Hiro's Fan (replica) to his other great successes of 1997, including the Bob Graham Round and the DPFRR handicap trophy. His chosen ploy was conventional (Edwards's alternative) but sufficiently effective enough on the day (and Gavin was also wily enough to outstay all other contenders in The Royal).

Dave Green it was who came out top in the Loxley Valley Rough Running Championship. Dave Holmes, conspicuous by his absence from Dungworth, sent in a report that the grotesque neo-fascist Brugarolas trophy had come apart in his hands. There are those who believe, however, that someone close to him took a hammer to it. Another version is that a jealous Dave couldn't bear to be parted from the magnificent pot and smashed it up so that nobody else could enjoy it (*¡La maté porque era mía!*, as in classical Spanish wife-murder tragedies). Whatever the truth, the new champion was presented with a plastic bag full of neo-fascist fragments.

Thanks to all who helped before and on the day, this year and last. Proceeds from entries produced gifts for the farmers who maintain the course for us between runnings of the race.

Make a note in your diaries that next year's Dungworth race will take place on the customary last Saturday (26th) of September.

Alan Yates

1 Paul Deaville (Knott FR)	33.57	18 Karen Green	39.55
2 Will Sullivan	35.57	19 Mr. Markham	40.24
3 Graham Berry	36.19	20 Paul Sanderson	40.25
4 Andy Jameson	36.39	21 Dick Pasley	41.38
5 Chris Barber	36.42	22 Tom Westgate	42.54
6 Andy Harmer	36.45	23 Tony Hulme (Noah's Ark)	45.18
7 Dave Green	37.28	24 Jim Fulton	45.53
8 Andy Moore	37.38	25 Peter Dyke	45.54
9 Rob Davison	37.46	26 John Pearson (Noah's Ark)	45.57
10 Gavin Williams	38.10	27 Jeff Harrison	46.01
11 Richard Hakes	38.29	28 Neil Palazon	46.02
12 Alan Yates	38.36	31 Roger Baumeister	46.28
13 Ian Bennett (Knott FR)	38.49	32 Les Outwin	49.24
14 Dave Lockwood	38.55	33 Janice Bennet (Knott FR)	50.47
15 Roy Small	39.09	35 John Edwards Esq.	58.25
16 John Gunnee	39.23	37 finished	

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SCAFELL PIKE : 27 SEPTEMBER 1997

4.5ml/3000'

1 G. Bland (Borr.)	53:37
34 B. Needle [1st M55]	1:19:41
44 finished	

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ECCLES PIKE : 28 SEPTEMBER 1997

1 P. Deaville (Glossopdale)	22.20
5 N. Goldsmith [1st M40]	24.18
10 P. Griffies	26.30

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IAN HODGSON RELAY : 5 OCTOBER 1997

Brothers Water

Dark Peak improved again. Up to 6th this year with a particularly good run from Mark Hayman and Jamie Stevenson on the first leg. As usual entries were very restricted with only two entries accepted from us (a men's and a mixed team).

1	Borrowdale	3:29:12
2	Pudsey and Bramley	3:38:26
3	Bingley	3:41:06
4	Cumberland FR	3:47:49
5	Kendal Vets	3:53:35 V1
6	DPFR	3:54:26
14	Keswick Mixed	4:10:11 M1
33	DPFR Mixed	4:42:50 M3
46	Clayton Ladies	5:22:23 F1

60 started, 58 finished (2 disqualified - both Holmfirth teams!)

Team	Leg1	Leg2	Leg 3	leg 4
DPFR	1:07:02 (3) M. Hayman J. Stevenson	40:46 (13) S. Bell B. Edwards	1:11:27 (10) N. Conway A. Poirette	55:11 (8) B. Stocks A. Buckley
DPFR Mixed	1:19:01 (25) R. Davison W. Sullivan	52:14 (44) K. Green R. Kendall	1:16:53 (21) R. Woods G. Williams	1:14:42 (37) A. Watmore J. Stevenson
Fastest	1:03:42 Borrowdale	33:36 Kendal	1:01:51 Borrowdale	46:32 Borrowdale

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LANGDALE HORSESHOE : 11 OCTOBER 1997

14ml/4000'

In a high quality field it was good to see a high turnout of Dark Peak in this popular Luculent event. The weather was good with only a bit of clag on Bowfell so no navigational problems. The heavy rain for most of the previous day had left the ground a bit damp and the rocks a touch slippery.

After a good bit of running to the start it was downhill from then on (metaphorically). Fourteen miles of slip-slip sliding along, over and around some of the best hills in the Lakes. Off along a path trying its best to be a river, then up a giants staircase to Stickle Tarn. Jakes Rake would have been the fun way to Thunacarr Knott before tackling the submerged crossing to Angle Tarn.

My longest fell race for many a year and the best was yet to come, that great path with contours from Esk Hause round to Ore Gap (did anyone run this section, did anyone not fall, how many wished they had gone over Esk Pike?) It made the boulder field to Bowfell and that little climb to the Crinkles seem a stroll and that's exactly what I did. At last a runnable section, had to make an effort, two Dark Peak supporters watching and a welcome drink. Now just the climb, stumble, over the last pile of boulders, Pike O'Blisco and then the endless knee jarring descent to the pub.

Just a typical Lakeland fell race. Well done Alan for making the front page!

Roy Marlow

1 G. Bland (Borr.)	1:56:13	191 R. Marsden	3:07:01
18 A. Sealy	2:21:56	192 M. Musson	3:07:02
32 G. Williams	2:30:40	194 D. Pasley	3:07:16
33 D. Tait [2nd M50]	2:31:20	209 R. Marlow	3:09:11
44 M. Wynne	2:34:41	222 J. Gunnee	3:12:07
58 B. Berzins	2:38:14	229 H. Musson	3:13:50
88 R. Hopkinson	2:44:44	233 C. Radcliffe	3:14:33
92 D. Bradbury	2:45:57	253 G. Bell	3:22:03
135 D. Lockwood	2:54:25	281 L. Bland	3:30:07
145 D. Markham	2:56:32	286 J. Myers	3:34:59
152 P. Sanderson	2:57:53	295 A. Carrington	3:37:44
164 N. Boler	3:01:34	320 F. Galbraith	3:54:55
170 P. Young	3:03:38	345 finished	

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FOUR CABINS : 18 OCTOBER 1997

Aim: To visit the four cabins, any order, any route.

Eight competitors started this classic event. The remaining Dark Peak members went off to minor relay events or were in purdah for the Karrimor. Due to extreme weather conditions the race was run in shorts and singlets and times were faster than in previous years.

All competitors apart from Roy Small decided to make an anticlockwise tour. Roy ran up the road, visited them in a different route and claims this may be faster. However, the jury is still out on the optimum route. Andy Harmer was a worthy winner, pulling away from big Bob around Ashop Clough cabin.

John Myers

1 Andy Harmer	2:17:49	5 Jim Fulton	2:53:52
2 Bob Berzins	2:18:11	6 Phil Young	2:53:52
3 Phil Crowson	2:36:35	7 John Myers	3:16:50
4 Roy Small	2:37:00	dnf Tim Atkin	3 cabins

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The cyclists came into their own on the 10 mile course. Those with big gears could really motor on the flat sections. At the start of the run Stuart Gascoyne was in the lead, closely followed by Andy Moore. Stuart was unfortunately unable to keep his lead on the 3+ mile run and was overtaken by Andy and by David Swindells and Roger Freeman. These 3 maintained these positions to the finish. As it was Sue Fulton's birthday treat to stand in the wind and rain to watch this event it fell to her to award gold, silver and bronze medals (a series of suitable bottle tops found in various glove compartments) and a kiss to the first 3 finishers. The stile with its stone steps made a perfect podium. The race then adjourned to the pub. It's hoped to repeat this event next year in a similarly informal way , maybe a little earlier in the year.

Howard Swindells

Bike finish		Swim finish		
		Run finish		
1	Andy Moore	8.00	43.00	70.45
2	David Swindells	7.26	45.00	71.52
3	Roger Freeman	9.20	45.34	72.24
4	Stuart Gascoyne	8.20	42.30	74.15
5	Daryl Bradbury	11.32	45.45	75.30
6	Bob Berzins	8.42	47.13	78.08
7	Tom Westgate	8.28	49.00	80.28
8	Roy Small	9.07	52.40	84.15
9	Hillary Musson	9.12	51.52	85.15
10	Maurice Musson	10.55	52.05	85.55
11	Jim Fulton	10.30	53.40	90.35
12	Mike Browell	12.50	57.55	97.45

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NOAH'S ARK DUATHLON (HOUNDKIRK) : 1 NOVEMBER 1997

This year's running seemed to be going down the plughole through illness and injury. One person not to be daunted though he had gashed his shin whilst out on the bike was Colin Edwards. Unfortunately some of his stitches came out and he retired to the Noah's Ark. Another casualty, Matt Flinders, freshly acquainted with a new steed from the Phil Crowson stable, was unseated whilst warming up on a fast descent where caution favoured the brave. He declined the offer of a fresh mount and accompanied Alan Yates on a 100% run variant.

The first run section was led by a nimble Rob Owen and Paul Westwood (both Sheffield Triathlon Club). This changed on the cycle; paul stayed in front and Martin Ward took up the chase in second. Phil Crowson had a chance of hanging on to third but hit a pot hole and somersaulted over his handlebars. One consequence of Phil's mis-hap was that Dark Peak lost the team award to STC by 3 seconds!

John Manthorpe

1	P. Westwood (STC)	52:10	6	C. Adams	54:45
2	M. Ward	53:10	Run/Run/Run: A. Yates		1:00:08
4	P. Crowson	53:53	17 started, 15 finished		

PRESS CUTS

12 | INTERNATIONAL NEWS

Chase for ecstasy through agony

Jere Longman in Leadville, Colorado, on fears that a club of long-distance runners is really a cult

AS THE sun climbs over a distant ridge of the Rockies and the temperature reaches more than 40C, Steve Peterson stands meditating. His hands moving as if to conduct an inner orchestra, he performs a series of exercises to align his body and mind for a 55-mile training run. During it he hopes to achieve Divine Madness, a state his running club is named after.

Running is often used to achieve general fitness and reduce weight, but Divine Madness runners push the sport to an extreme. They specialise in "ultra-marathons" up to 100 miles long.

Mr Peterson, last year's

winner of the Leadville Trail 100, will defend his title in three weeks' time. But for him and other club members ultra-running is part of a bigger programme to achieve self-fulfilment by breaking down personal limitations and adhering to Eastern spiritual traditions, meditation and holistic healing methods.

The group, which has about 40 members, 25 of whom are runners, is based in Boulder, Colorado, the heartland of distance-running and nonconformity in the United States.

Boulder's mainstream runners appreciate the group's discipline, enthusiasm and achievements but are wary of some of its training methods and alternative lifestyle of

communal living and open sexual relationships.

Some describe it as a cult. Its bearded leader, Yo Tizer, is accused of sexual assault by a former member and faces a lawsuit by three others who allege he manipulated them physically, emotionally and sexually and violated their trust.

Mr Tizer calls himself a coach, holistic healer and "contemporary American teacher", although he has no formal training.

Some of his methods are decidedly unconventional. By applying downward pressure to a runner's outstretched arm, he says he can determine everything from muscle strength and emotional state

to nutritional needs and the correct fit of a running shoe.

He says he sleeps 20 hours a week, and many of his runners have learned to get by on about four hours a night. Members run an average of 130 miles a week and, as part of a work-hard, play-hard lifestyle, the group holds dances every Thursday night that begin after midnight and often last until dawn.

The top Divine Madness runners live in a rented house in Boulder and share domestic chores. Other members, whose ages range from 24 to 59, live in communal clusters of five or six people.

Members are single or divorced, and most are self-employed. They are expected to make a financial "commitment" each month of up to \$200 (£125). Mr Tizer also demands that they surrender some individual choices: in-

cluding when and where they run, when and what they eat, and with whom they share a personal relationship.

"You give up some measure of control for a greater benefit. I feel the benefit of a differ-

'Doing these ultra-marathons is kind of crazy but not in an insane, demented way'

ent lifestyle," Mr Peterson, aged 34, said.

Not everyone agrees. The three former members claim in the civil lawsuit filed late last year that, rather than liberating them, Mr Tizer controlled them through fasting,

sleep deprivation and isolation from friends and family.

They also allege that he "required that female clients sleep with himself and a number of other community clients before being allowed to have sexual contact with their partners". Those who tried to break free were threatened with "physical illness and emotional destruction".

A fourth former member, Michele Hirszen, recently filed a complaint alleging that Mr Tizer sexually assaulted her last summer. She was with the group for 11 years.

"He has emotional and psychological control over everyone around him," she said. "He has a system where he tries to seduce any woman that comes across his path."

Mr Tizer, also known as Yousamian and Yousef Amin, says the idea that he is a cult leader is "ridiculous".

"There's such an illusion that I control people," he said. "A cult is where everyone shaves their head and you have to give all your money over. This is something else, where people who are sincerely trying to improve themselves have a teacher who... is trying to help them lead a more balanced, harmonious life."

While some may perceive the group as more mad than divine, its recent accomplishments in the sport of ultra-running are undeniable. Four members finished among the top 15 at last year's Leadville race. Another member, Janet Runyan, won the women's 100km national championship last year.

Next month, at the Leadville 100, Mr Peterson hopes to beat the course record of 17 hours 30 minutes 42 seconds. The 400 competitors will start at

10,152ft above sea level and traverse a remote pass at 12,600ft.

"It's kind of crazy to do this, but not in an insane, demented way," Mr Peterson said, explaining the group's name. "It also means tapping into something greater or deeper beyond yourself, from nature or God."

The group's diet is specially designed to help them run, and distinct running techniques are used, including a pronounced swinging of the hips which is supposed to rely more on the natural range of motion of the body's joints.

"I think they're intriguing," said Rick Rojas, the 1976 national cross-country champion. "I'm a mainstream coach. They do a lot of stuff outside the mainstream. It seems to border on cultism, but at the same time it provides results." — New York Times.

DARK PEAK LOCAL RACE LEAGUE

1996/7 (AND 1995/6)

After last year's tight finish (see next page), this year was a runaway success for Dave Tait. The final result depends in part on which results arrive for publication in the newsletter (before the club dinner when the trophy is awarded). The good news this year is that this year results from most races were received and had those which were not included been received earlier, Dave's victory would have been even more impressive!

For those who have forgotten or who are new to the club; the league awards points to Dark Peak finishers in our club races and in other local Peak District races; 30 points for first DPFR finisher, 29 for second etc. If there are more than 30 finishers then first finisher gets 40pts etc. So every Dark Peaker who finishes always gets at least one point. Best 16 races to count from the 30 or so possible events.

This year's league included results from: Burbage Nuts (28 DPFRs), Crashout (29), Tigger Tor (43), Loxley Lollop (17), Kinder Downfall (30), Back Tor (46), Burbage (55), Hallam Chase (13), Ilam Fete (10), Grindleford (33), Castleton (10), Crashout (15), Blackamoor (41) Mount Famine (14) Hope (16), Hathersage (20), Baslow (59), Bamford (33), Cakes of Bread (32), Thornbridge (23), Cracken Edge (13), Alport (27), Eyam (22), Torside (4), Shelf Moor (12), Lantern Pike (19), Club Champs (54).

Leading positions as follows. Full 1997 listing in the next issue.

1 D. Tait	546	18	34.1	11 R. Marlow	310	12	25.8
2 R. Freeman	385	11	35.0	12 M. Harvey	304	8	38.0
3 D. Holmes	383	13	29.5	13 N. Boler	277	10	27.7
4 R. Hutton	379	11	34.5	14 R. Caves	275	7	39.3
5 A. Sealy	375	9	41.7	15 A. Harmer	271	8	33.9
6 C. Barber	361	12	30.1	16 H. Bloor	259	13	19.9
7 A. Moore	355	14	25.4	17 D. Green	245	8	30.6
8 D. Bradbury	348	11	31.6	18 R. Woods	240	7	34.3
9 R. Hakes	332	13	25.5	19 T. Westgate	238	10	23.8
10 P. Crowson	326	9	36.2	20 K. Dalton	237	7	33.9

Local League 1996

Roger Woods looked like a hot favourite for much of the year but mountain marathon partner Rob took the new trophy home from the dinner.

Race results received in 1996: Warts Revenge (19), Tankys Trog (42), Crashout (22), Warts Night Race (24), Burbage Nuts (17), Loxley Lollop (16), Margery Hill (26), Kinder Downfall (19), Back Tor (35), Shining Tor (13), Burbage (62), Some You Win (36), Grindleford (56), Castleton (23), Crashout (22), Hope (28), Edale (15), Baslow (52), Blackamoor (33), Bamford (32), Peak Forest (11), Bradwell (29), Alport (35), Glossop (26), Shelf (12), Club Champs (84)

Pos	Name	Points	Race	Pts/race	Pos	Name	Points	Races	Pts/race
1	R. Davison	453	13	34.8	86	B. Tye	88	5	17.6
2	G. Berry	430	11	39.1	87	K. Borman	88	6	14.7
3	R. Hutton	414	11	37.6	88	M. Patterson	86	1	86.0
4	N. Boler	411	14	29.4	89	S. Bourne	85	1	85.0
5	A. Harmer	396	11	36.0	90	P. Haynes	84	6	14.0
6	R. Woods	388	10	38.8	91	C. Henson	83	5	16.6
7	G. Clegg	381	11	34.6	92	C. Varley	83	3	27.7
8	C. Barber	355	12	29.6	93	T. Farnell	80	1	80.0
9	M. Hayes	348	12	29.0	94	F. Galbraith	79	9	8.8
10	A. Yates	345	12	28.8	95	J. Lyon	78	3	26.0
11	A. Sealy	323	8	40.4	96	P. Lewis	77	3	25.7
12	P. Stapely	321	9	35.7	97	S. Palfreyman	77	2	38.5
13	R. Small	315	15	21.0	98	R. Baumeister	76	4	19.0
14	R. Hakes	315	11	28.6	99	P. Seyd	76	4	19.0
15	R. Freeman	305	11	27.7	100	K. Green	76	5	15.2
16	D. Holmes	303	9	33.7	101	R. Marlow	75	2	37.5
17	D. Lockwood	302	11	27.5	102	D. Pelly	74	3	24.7
18	P. Sanderson	300	11	27.3	103	G. Myers	74	3	24.7
19	H. Cotton	294	13	22.6	104	Jo Smith	69	1	69.0
20	M. Pedley	291	7	41.6	105	C. Dawson	62	2	31.0
21	R. Caves	285	9	31.7	106	C. Crofts	61	1	61.0
22	M. Hayman	279	6	46.5	107	G. Nichols	60	5	12.0
23	D. Markham	261	11	23.7	108	H. Musson	59	3	19.7
24	A. Moore	259	9	28.8	109	M. Chapman	58	1	58.0
25	J. Fulton	259	15	17.3	110	W. Sullivan	57	1	57.0
26	P. Hague	258	6	43.0	111	J. Fyne	57	1	57.0
27	D. Bradbury	258	8	32.3	112	G. Diprose	56	4	14.0
28	S. Oglethorpe	241	6	40.2	113	P. Smith	56	2	28.0
29	D. Green	239	7	34.1	114	H. Bloor	55	5	11.0
30	A. Poirette	236	5	47.2	115	B. Marsden	54	1	54.0
31	T. Westgate	231	9	25.7	116	M. Arundale	53	5	10.6
32	P. Crowson	219	6	36.5	117	K. Wiley	52	4	13.0
33	J. Myers	217	13	16.7	118	G. Burgin	49	2	24.5
34	J. Herbert	216	8	27.0	119	G. Desforges	47	1	47.0
35	G. Williams	212	6	35.3	120	M. Harvey	45	2	22.5
36	D. Pasley	206	10	20.6	121	R. Ansell	44	1	44.0
37	J. Smith	204	8	25.5	122	A. Pryor	42	1	42.0
38	K. Jones	202	6	33.7	123	T. Mangion	41	2	20.5
39	N. Goldsmith	200	6	33.3	124	J. James	40	1	40.0
40	P. Dyke	188	9	20.9	125	K. Bryan-Jones	40	2	20.0
41	J. Armistead	187	6	31.2	126	E. Mitchell	40	3	13.3
42	K. Saville	174	11	15.8	127	J. Nolan	39	2	19.5
43	D. Tait	172	6	28.7	128	G. Bell	38	2	19.0
44	D. Allen	167	5	33.4	129	A. Carrington	37	1	37.0
45	J. Harrison	166	9	18.4	130	R. Day	37	1	37.0
46	B. Toogood	162	3	54.0	131	M. Spence	37	1	37.0
47	M. Musson	161	10	16.1	132	B. Thackery	35	2	17.5
48	M. Nolan	161	4	40.3	133	B. Jones	34	1	34.0
49	R. Wren	159	3	53.0	134	J. Orrell	34	2	17.0
50	C. Lago	159	7	22.7	135	D. Ni Challanain	33	1	33.0
51	H. Swindells	156	5	31.2	136	S. Patton	30	1	30.0
52	L. Bland	153	10	15.3	137	A. Hoyland	30	2	15.0
53	B. Berzins	152	4	38.0	138	W. Gibbons	29	1	29.0
54	B. Edwards	150	4	37.5	139	B. Stocks	28	1	28.0
55	M. Wilson	145	3	48.3	140	W. Mclewin	25	2	12.5
56	C. Last	143	6	23.8	141	P. Harris	25	1	25.0
57	M. Smith	143	3	47.7	142	B. Needle	24	1	24.0
58	M. Browell	142	13	10.9	143	T. Atkin	24	3	8.0

