

Winter
1998/99



**Dark
Peak
News**

DARK PEAK NEWS

Winter 98/99

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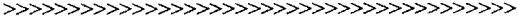
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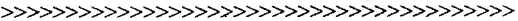
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News

Karrimor Casualties (and Successes!)

The Karrimor Mountain marathon returned to the Howgills. The normally fast going of these smooth grassy hills was transformed by some of the worst weather for years. The wind and rain were close rivals to the famous epics in Galloway as were the retirement figures. For example, on the B class only 59 of the 293 starters finished and other classes weren't much better.

However, there were some Dark Peak successes including victory on the B for Oli Johnson, first female pair in the same class for Kim Buckley and her partner, 3rd on the Long Score for Will Sullivan and Andy Bell and 2nd on the C for Richard Patton and Chaana Fothergill.

Report and results on page 19.

Mixed Fortunes in Autumn Relays

Ian Hodgson Relay : Best result to date

The Ian Hodgson is the territory of the experienced Lakeland fell runners with it's rough and rocky terrain. The entry is very restricted and having been effectively readmitted a few years ago Dark Peak has steadily improved. This year's 3rd place by the men's team was an excellent performance. Jamie Stevenson and Mike Jubb then Ray Ward and Ali Buckley ran the fastest times of the day on the third and fourth leg to list the team to finish only 11 seconds off second place.

FRA Relay: Last minute injury alarm

It says a lot for the progress of Dark Peak's performance in the big team events that coming away from the FRA relay with *only* 5th place was seen by many as a disappointment.

Look a little deeper and you would find quite an achievement. Mike Jubb injured his back warming up whilst first leg was already running... and Mike was to do 2nd. The team was rapidly rearranged and, in the circumstances, 5th was a creditable performance.

The women's team, often our star performers in this event, suffered from several injuries and absentees. Meanwhile the men's veteran team included particularly strong runs from Dave Tait and Mike Wynne to finish 9th in their class. Competition was even stiff for the B team who ended up 19th, only 6 minutes off the fastest B team.

Full report and results on these relays and the Calderdale Way Relay in the next issue.

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Coming Events

WINTER-SPRING 1998/99

Two options every Wednesday both 6:30pm from the Sportsman (unless stated below):

- on the roads for about 70-90 minutes, usually with a fast and slower pack.
- on the fells with the 'warts; similar routes to summer but at a slower pace.

Please dress appropriately! The roads can be a dangerous place to be so make sure you can be seen. The fells hold different dangers; take warm and windproof stuff with you (even if you don't think you need to wear it when you set out).

Warts runs from the Sportsman also start at 6:30pm. About every three weeks the 'warts meet "away from home" for a change of scenery. These start at 6:45pm.

If any warts want to start their runs from the Sportsman at 7pm (rather than 6:30pm) during the Winter, please contact Andy Malkin or Guy Seaman BEFOREHAND. Unlike summer, do not assume that there will be anyone there at 7pm!

After the clocks change it's all-together-again on the fells at 6:30pm prompt from the Sportsman.

Dec

Wed	23	18:30	Club run	Sportsman – Christmas Carols at the Headstone Everyone on the fells, BRING YOUR HEADTORCH!	
Sun	27	06:00	Club event	Bradfield Boundary Run, (see below for details)	42ml
Wed	30	18:30	Club run	Sportsman	
Wed	30	18:45	Warts run	Yorkshire Bridge Inn, Ladybower	

Jan

Wed	6	18:30	Club run	Sportsman	
Sat	9	10:00	Club race	Burbage Baffler (15 th and LAST) Details: Martin Spence.	
Sat	9		XC	Yorkshire Champs, Rotherhan	
Sun	10		XC	Yorkshire Vets, Graves Park, Sheffield	
Wed	13	18:30	Club run	Sportsman	
Wed	13	18:45	Warts run	Edale (main car park)	
Sun	17	10:30	Club race	Burbage Nuts Race, Porter Clough car park.	
Sun	17		XC	South Yorkshire Champs, venue to be decided.	
Wed	20	18:30	Club run	Sportsman	
Wed	27	18:30	Club run	Sportsman (including Warts Night Race)	
Sat	30		XC	Northern Championships, Graves Park, Sheffield	

Feb

Wed	3	18:30	Club run	Sportsman	
Wed	3	18:45	Warts run	Snake Inn, A57	
Sat	6	09:30	Club race	Margery Hill, Fairholmes car park	13ml

COACHING CORNER

Having almost completed my level 2 coaching qualification for fell running (only one exam and lots of practical work to do!), I propose to write a training section for forthcoming newsletters in case anyone wants to "think" about their training. I know that many (most?) Dark Peakers just go out and run... But some may yearn to reach that elusive goal, be it for a set distance, personal best or just to beat an arch rival consistently, yet not know quite how to plan their training towards it.

I already coach five women – we mostly meet as a group and discuss plans together. If any men (or other women) want to start a group or would prefer to approach me for advice less formally, please do!

This is the time of year to set goals for next season, and to work out a plan for how to achieve them. Who knows what you may be capable of in the next millenium!

Meanwhile, would all those interested in another Thornbridge training weekend please let me know: likely dates are mid February or early March. I suggest it could focus on navigation skills and basic orienteering techniques, with talks on cross training, circuits, and weights to improve strength, stamina and performance. Any other suggestions for topics gratefully received. The highlight will be similar to last year, a wonderful meal with plenty of wine, all at minimal cost!

Jacky Smith
0114 266 4702

Club Championships

BLEAKLOW : 21 NOVEMBER 1998

There is almost a tradition that the winner writes a report. But that hardly seemed fair as the winner was moving house on the day of the race! Not only did he find time to run but he and his partner made it to the dinner in time for the presentation in the evening.

As a race much of it was about this one person. Mark Hayman not only did the fastest time of the day, winning by over 13 minutes, he also started from scratch and overtook the entire field to win the handicap. In the 22 year history of the club champs this is only the second time this feat has happened, the previous being by Graham Berry in 1978. However, among other very creditable performances was a fine run by Mike Wynne who not only was first veteran but claimed second overall. In the women's event Hilary Musson's accurate navigation helped her to an 11 minute victory ahead of Hilary Bloor who claimed the women's over 40 trophy.

It seems to have become almost customary for the race to be run in poor weather. Yet again, strong winds and thick mist plagued parts of the course. The first checkpoint took many across Bleaklow on a line they had not been before to the infrequently visited Lawrence Edge quarries. Finding the checkpoint was easy but deciding on a route proved more troublesome. Most stayed high, saving as much descent and climb as possible. A few descended Torside for the fast running of Longendale. However, the race winner took the bold step of attempting the contour from Torside below...

In good weather Hern Stones would have been another good fell running checkpoint. In thick mist it became the downfall of several, including some good orienteers. A few even managed to lose time on the final leg, maybe dithering over which route option to take instead on getting on with it! Despite these experiences (which prompted the club chairman to present the course planner with a bucket of mud at the club dinner!) most people seemed to enjoy their tour of Bleaklow.

Much of the hard work (i.e. all the organisation was again done by Pete Dyke and his handicapping efforts were rewarded as the first ten runners all descended the final hill together. Behind Mark, Ron Caves and Chris Barber both had good runs to claim second and third respectively in the handicap.

Back to the triple crossing next year... and maybe to a mass start. What to you think?

Mike Pedley

Pos	Name	Class	0 to 1	pos	0 to 2	pos	TIME
1	Mark Hayman		0:30:00	1	0:59:00	1	1:19:55
2	Mike Wynne	M40	0:32:00	2	1:06:00	2	1:33:05
3	Tim Tett		0:35:00	7	1:11:20	3	1:33:34
4	Charlie Adams		0:36:00	8	1:14:50	4	1:38:22
5	Martin Ward		0:36:00	9	1:14:50	5	1:38:22
6	Dave Tait	M50	0:35:00	6	1:17:00	8	1:42:14
7	Andy Jenkins		0:34:00	4	1:16:30	6	1:43:24
8	Dave Lockwood	M50	0:40:00	20	1:20:00	11	1:44:57
9	Paul Sanderson		0:38:00	12	1:20:00	12	1:45:09
10	Phil Young	M40	0:40:00	19	1:21:00	15	1:45:48
11	Chris Barber	M40	0:39:00	14	1:21:00	16	1:46:42
12	Tony Keddie	M40	0:41:00	22	1:18:00	9	1:48:00
13	Chris Stamp	M40	0:43:00	27	1:24:00	20	1:49:32
14	Andrew Moore		0:35:00	5	1:16:50	7	1:49:50
15	Bob Berzins		0:34:00	3	1:22:40	18	1:49:57
16	Ron Caves		0:42:00	23	1:20:00	10	1:50:20
17	Ken Jones	M50	0:42:00	24	1:21:00	14	1:51:40
18	Rick Ansell		0:39:00	17	1:27:20	24	1:51:48
19	Roger Woods		0:40:00	21	1:20:30	13	1:53:00
20	Clive Last	M40	0:43:00	26	1:25:00	21	1:53:20
21	Graham Berry	M50	0:44:00	29	1:29:10	28	1:53:30

Pos	Name	Class	0 to 1	pos	0 to 2	pos	TIME
22	Andy Harmer	M50	0:36:00	10	1:25:30	22	1:54:00
23	Martin Fox		0:44:00	30	1:24:00	19	1:54:25
24	Roy Marlow	M50	0:38:00	13	1:21:30	17	1:54:50
25	Darrel Bradbury		0:43:00	25	1:27:20	23	1:55:56
26	John Armistead	M50	0:49:00	41	1:28:00	25	1:59:32
27	Tom Westgate		0:39:00	15	1:28:20	26	2:00:22
28	Pete Gorvett	M50	0:46:00	33	1:37:30	40	2:03:10
29	Guy Seaman	M40	0:46:00	32	1:29:00	27	2:03:17
30	Hugh Cotton	M50	0:55:00	57	1:37:00	38	2:03:33
31	Howard Swindells	M50	0:48:00	39	1:32:00	31	2:03:47
32	Richard Hakes	M40	0:45:00	31	1:31:50	29	2:03:59
33	Bob Marsden	M50	0:51:00	49	1:32:50	32	2:04:22
34	Roy Small	M40	0:50:00	45	1:36:45	36	2:05:05
35	Matt Flinders		0:48:00	38	1:34:00	33	2:05:40
36	Dave Holmes	M40	0:43:00	28	1:34:20	34	2:07:25
37	Matthew Hulley		0:52:00	51	1:37:00	37	2:09:46
38	Maurice Musson	M40	0:47:00	36	1:32:00	30	2:10:15
39	Mark Harvey	M40	0:39:00	16	1:36:15	35	2:10:20
40	Phil Crowson		0:50:00	42	-	?	2:12:12
41	John Woodcock	M50	0:54:00	56	1:38:00	41	2:14:44
42	Mick Robinson		1:08:00	63	1:50:00	46	2:14:46
43	Tim Mackey	M40	0:51:00	48	1:37:30	39	2:15:35
44	Hilary Musson	F	0:50:00	44	1:44:00	43	2:17:10
45	Rob Davison		0:38:00	11	1:44:00	44	2:17:12
46	Andy Malkin	M40	0:50:00	43	1:43:00	42	2:24:21
47	Colin Henson	M60	1:10:00	64	1:53:12	48	2:25:00
48	Roger Baumcister	M50	0:58:00	58	1:54:50	50	2:25:38
49	Graham Bell	M40	0:48:00	37	1:57:30	51	2:26:38
50	Mike Browell	M40	0:53:00	54	1:50:50	47	2:27:55
51	Hilary Bloor	F40	0:51:00	47	2:00:30	53	2:28:07
52	Jan Cave	F40	1:05:00	62	2:03:30	54	2:34:20
53	Ted Woodhouse	M50	0:53:00	53	1:54:00	49	2:35:00
54	Lynn Bland	F	0:54:00	55	1:50:00	45	2:37:10
55	Jim Fulton	M40	0:47:00	34	-	?	2:37:22
56	Colin Lago	M50	0:47:00	35	-	?	2:37:22
58	Jim Stothard	M50	0:49:00	40	1:58:50	52	2:45:50
59	Geoff Bell	M60	0:52:00	50	2:10:50	55	2:50:50
60	Jim Orrell	M40	0:58:01	60	2:20:30	56	3:03:25
dq	Dave Markham	M40	0:50:00	46	-	-	2:12:48
dq	Pete Simpson	M50	-	-	-	-	2:28:15
dq	Andrew Dickenson		0:39:00	18	-	-	2:30:35
dq	Jeff Harrison	M50	0:59:00	61	-	-	2:33:45
dq	Stuart Oglethorpe	M40	0:52:00	52	-	-	2:36:20
dq	Clive Wilson	M40	0:58:00	59	-	-	2:38:05
dq	Pete Griffies	M40	1:15:00	65	-	-	2:57:35

Features

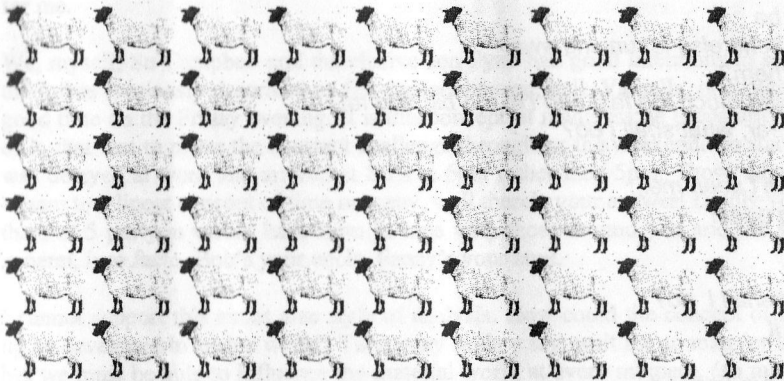
GET DOWN SHEEP!

There was a thick mist, the sort that dragons breathe, and the snow lay deep and crisp and even except where pounded to a yellow paste by sheep tracks. It was on a dark and frosty winters night in February this year and I was running alone through Brown Edge Quarries.. With my portable sun headlight it all seemed bright and sharp up to the edge of darkness.

Suddenly there came a thundering of tiny hooves and hundreds of yellow sparkly darkly eyes lit up as an avalanche of sheep poured down the hillside immediately in front of me. Alarmed at the early approach of tomorrow's sun these dozy small brained woolly fleeced mammals were aroused from their slumbers and, never questioning authority, followed a panicky leader across the path to a shadowy safety.

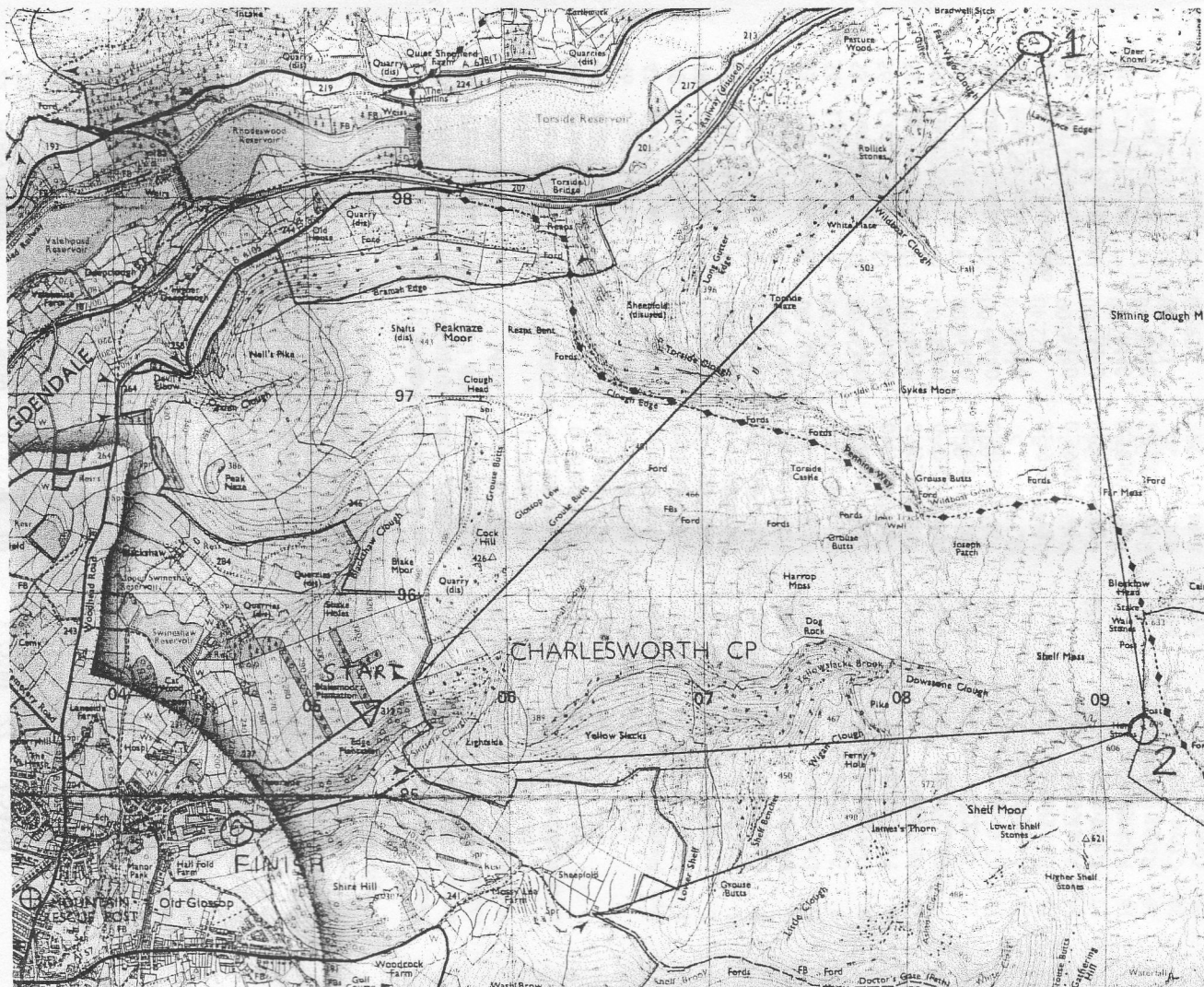
I stopped dead.

They ran past.



Hundreds of them it seemed, at least a few dozen. The farmer was using the shelter of the quarries to overwinter his breeding ewes, and had placed their feed on the path near the stile.

Then there was silence, and I decided it was probably safe to continue to the stile, only fifty metres away. I had gone about five paces when a new and urgent small thunder sounded somewhere above and left. As I half-turned I saw the two slowest, but most frightened and fattest sheep hurtling down hill towards me. I stared, confidently expecting them to swerve to avoid running into me. The last thing I remember was two pairs of yellow eyes bearing down on me, seemingly in mid-air.....





Next the world performed a double back flip and I found the ground had come up and caught me from behind, arresting my somersaulting fall. A tearing noise followed by a graunching hot ankle pain suggested that my foot hadn't been as agile as the rest of my body, and had tried to remain fixed to the spot as the world went into free fall.

Picking myself up from the trashed ground with a covering of straw and sheep droppings, I realised that a large woolly projectile had walloped me in the ribs. Being a sheep, and half blinded, half asleep and terrified, it hadn't considered that a small portable sun was probably attached to the ground by a human body. It had probably hoped to duck underneath and escape.

*Subsequent playback of the situation from a sheep's eye view**

What's that light in the sky?

It's coming for me!

Help bleat ba ba

Oh dear, everyone else is running away

Shall I follow them?

No, they're going much too fast and I'm too big and fat

Oh dear, oh dear, what shall I do?

Its stopped.

Perhaps it hasn't seen me...

No, its coming again

Its after me....

Oh no!

Oh dear, what shall I do?

Quick, run for it

Its in the air

Perhaps I can run under it...

Wallop

Oh dear, what was that?

Ba ba

An airborne ewe has little choice in direction. Its like having a four wheel drive vehicle and still managing to ram it through a hedge by taking a corner in aerial mode.

In February a pregnant ewe will weigh in at over 60 kg, and not much of that will be brain.

A sheep of limited brain power is unlikely to figure out that a bobbing light in the sky is actually a head torch attached to a body, usually below the light.

A running body will travel in a straight line until knocked off trajectory by 75kg of sheep travelling on a transverse collision plane. The resulting angle of deflection will be calculated by:-

Ba ba x mc2 = aaas/tip

Mike F Browell

April 1998

* *Sans shepherd font*

CATCH UP

Nuts in May race... eventually

This game can be played solely, or with two or more partners, (in this case three over the number required for the event), and a dog. I'll try and stick to the stated concept rather than attempt to give a detailed account of the happenings and our respective parts in it, as I'm probably incapable of supplying a step by step account of the course. Anyone with cursory knowledge of my approach to the activity will no doubt vouch for me.

We, myself, Su Campbell and the elusive Jon Fyne had good intentions to set off for the Lakes (variously described as fell runners heaven, hell, Valhalla, or Skegness!) in good time on the Friday evening. It is this concept of readiness: ie preparation or lack of it, that was to prove the constant challenge throughout the weekend. To start with, I was delayed at work and arrived at Su's at 6pm rather than 5pm. Those who strictly adhere to a linear concept of time may say, well there's your answer! If only you'd got there at 5 pm you would have been in tune with those around you and the world in general, ipso facto, Bob's your uncle, Fanny's your aunt.

I cannot support this smart arse style of analysis. How could the concept of catching up be developed in such a world? Time, may as they say, wait for no man (or woman), but we must be able to influence the material world at every moment, (so many of us strive to do so), or is that another of my illusions shattered! Enlightenment on a postcard please.

Anyway, after a deal of verbal chastisement from Su, we realised that Jon had also failed to meet the 5pm start. This came as no surprise to me, as myself and others had, in the past, remarked on the fissure between Jon's time and those around him. This rift has been known to vary between five minutes and infinity. In this instance, he was with us shortly afterwards, though a further delay for petrol, and fish & chips at Ecclesall Rd (Jon's carbo loading, but hard chips and therefore to be avoided in my opinion) saw 6.15pm on the clock before the journey commenced.

I have a little car and drive like a right Reginald, therefore there was no hope of warp drive performance, which meant we would be late arriving. Once past Lancaster, the setting sun transported our thoughts far away from such ephemeral measures. Once in Keswick we plotted our route to our objective (Loweswater) and set off across the famed Whinlatter Pass. So near, and yet so far to get to the pub before the last bell, which injected a new urgency to our progress. My measured pace was transformed into what I thought resembled the gung ho of a Nigel Mansell charge. My passengers however were not impressed, seeing little change to our velocity, until steeply descending one particularly tight bend, I managed to lock the front wheels. Suddenly adrenaline pulsed through my veins, as the organs in my chest danced about! Time appeared to stop, or stretch so slowly, whilst I instinctively tried to keep the car on the road. We finished the journey at a very sedate pace, Su and Jon concluding that it was pointless to encourage me into a driving style I was obviously incapable of.

Have you ever been to the pub at Loweswater? Well if so, you must know that its very nice, and the locals have that inbred frostiness which reassures you that you've come away for the weekend. We got the drinks in and all was well as we discussed the forthcoming day with other Dark Peak members at the bar. One, Roger Baumeister, helped to illuminate the discourse by hospitably extolling the virtues of Jura whisky. I mused on Roger's feat in completing two Bob Graham's back to back. Was it aided by the route being circuitous? Did Roger doing the second round in reverse order thereby gain some form of latent energy as in the concept of rebound of a swing ball? Was this the secret of his success? I didn't trouble Roger with this, not wishing to imply he was aided by any external force. However, I realised that I would have to carry a ball of string 4 feet in diameter if I were to begin to emulate his achievements. Since this would weigh about 80lb, I immediately ruled myself out of such an undertaking.

We eventually camped on the landlord's lawn, unbeknown to him, and were kindly awakened at the crack of dawn by the aforementioned Baumeister, who had camped next to us. He retired to his mobile home for a slap up breakfast, leaving us to pack away the tent and cook our own porridge. Jon and Su refused to eat theirs' because there was no sugar, and two bowls were wasted!

It was at this point that I realised we were due to start in ten minutes! We were still under the accursed influence of the previous evening – a continuum of the one hour delay. We could not miss out the requisite stops at the pub's water closet, so time marched inexorably on towards eight o'clock. A chap called Ged Cudahy turned up with human friends and an alsatian dog. He stated that his running partner had not turned up and I assumed he had not been able to get the organisers to recognise the dog's qualifications as an alternative. Perhaps this was on account of its numerical superiority in the legs department. Anyway, less about the detail, just look at the vista all swathed in morning mist, hill tops floating above the ether, silhouetted by ice blue sky which progressively cleared towards the heavens. I couldn't help realise the distinctly oriental quality very "Water Margin of Lian Shan Po" ish. Anyway this vision of loveliness didn't regain our time deficit and the three of us plus canine friend started down the road some 17 minutes after the rest of the field.

We had embarked on the Nuts in May, 25 mile course, and what followed, proved to be an absolutely stunning day out. It was quite a time before we began to overtake fellow runners. I suppose I like starting at the back as this increases the chances of overtaking somebody. I surmise it also means that you are less likely to be faced with running along with an unplanned partner of similar pace, a point for the less gregarious to consider. You are also less likely to be engaged in a race with someone of similar pace, a factor for the less competitively minded. We were amply provided with sustenance at Honister Pass, being a point I did recognise, by Su before proceeding up Dale Head. As the day progressed I also became aware that I was playing catch up within the group i.e. trying to keep up with Jon, Ged and the dog. Fortunately my progress did not deteriorate too markedly before we descended into Loweswater. We had finished sixth team and apparently had the second fastest time. Tasty tea and cakes to revive you as well as a stream to wash in..... what more could one ask. There's also a 14 mile course should you prefer a shorter event.

Dave Allen

Going the Distance

THE BOB GRAHAM 1998 DINNER AND PRESENTATION

I attended this year's function as it was the 10th anniversary since I completed the Round with several Dark Peakers in 1988 (seven of us including two females). On the way round we met Mark McDermott (375) and his supporters all clothed in red gear. They shouted to us that they were half an hour up. Mark went on to beat Joss's record by topping 76 peaks. At the dinner we had a new President, one Mark Hartnell who topped 77 peaks (25 hours 47 minutes) in very poor weather conditions at his third attempt! A coincidence that I should see a change of two presidents.

This was also the year that Fred Rodgerson passed on most of his jobs and retired. Fred made a very moving speech and was presented with several gifts including a book of poems etc. from many members of the club admirers. He spoke about friendship, sportsmanship and camaraderie on the fells and made special mention of Dark Peak's efforts in the past and this year. A statistic quoted by Fred was that only 30% to 40% of contenders completed the Round. Another interesting feature this year was lists of statistics. I discovered I was the oldest successful competitor (56) in 1988. The oldest ever (67) was helped to success, again by Dark Peak. The youngest ever was a mere 13 years : not to be encouraged in my opinion.

Selwyn Wright was an excellent compere with a great sense of humour. It was a right good do!

Bill Kenyon (BG 529)

PEAK TRAVERSE : 24 AUGUST 1998

A fund raising run from Marsden to Somewhere in the vicinity of Fenny Bentley

Following the clubs decision at the AGM back in April to do something for the "Pound for the Peak" appeal by the Peak Environment fund much discussion and debate took place over several Wednesday nights. It was apparent from early on that several members of Dark Peak were looking on a much grander scale than others. Suggestions ranged from a run around the boundary of the Peak District (too far, logistical nightmare). Visiting all the trig points (already done by Howard Swindells and colleagues) or, doing something very complicated which involved running to western, eastern, northern and southern boundaries of the park and then back to the Sportsman. Unfortunately only the club chairman understood this last option and it soon became apparent that he was going on his holiday over the August bank holiday. It was therefore decided that the north to south traverse of the park would be probably fulfil all criteria. It would be a good day out, runners could join in at various points on route and hopefully it would also draw attention to the charity concerned with collections being organised along the route. During the week prior to the run the publicity machine got into full swing with press releases issued and articles appearing in a number of newspapers.

And so it was that at 5.30am on Saturday morning a hardy band of Dark Peak runners met up in Marsden to start the run south. Conditions for the run at this stage seemed ideal with a good weather forecast for the day ahead. The newsletter editor, who thought that a run to Wessenden Head and back at 5.30 in the morning would be excellent preparation for an orienteering event later in the day, eventually joined us. A steady run by the side of the reservoir's to Wessenden head was punctuated with several stops to remove unnecessary thermals. Mike said his goodbyes at Wessenden as the rest of us headed off into the mist enshrouded Black Hill.

I don't know what it is about the combination of Dark Peak and Black Hill but as is sometimes the case on the first Sunday in December every year, Black Hill got the upper hand. It transpired that in the group of six we only had one map and two compasses between us. One compass seemed to be full of air and wasn't functioning very well (mine!). The other was in the hands of Alan Yates one of the clubs most renown navigators (and previous holder of the Pertex trophy) unfortunately his seemed to have been adapted in some way which meant it permanently pointed South no matter what direction we were going in. Anyway, having explored seldom visited parts of Black Hill we eventually found our support team at Crowden who provided very welcome cups of tea and even better bacon butties (except for Gavin who being a veggie had to miss out on this carnivorous pleasure!).

We ascended Bleaklow via Rollick stones and Wild Boar clough. By now the mist had cleared and we arrived at Bleaklow Head without any further navigational variations. On the way to the Snake Alan and Gavin decided that the route via Mill Hill and Kinder downfall was not to their liking so they set off to cross Kinder via Fairbrook Naze. The rest of us carried on to cross the 'difficult' Snake summit (well according

to the Sheffield Star!) where we encountered what appeared to be a shooting party... gun dogs, sticks, Barbour jackets and land rovers – odd for a Saturday!

We arrived at the Rambler in Edale at 11.15am just in front of Gavin and Alan and almost on time for the 'publicity opportunity' and collection. This included a very strange interview by a bemused Radio Sheffield reporter who had us doing 'heavy breathing' sound effects in to his microphone to quote 'make it sound more authentic!'

The party having been rejuvenated with some fresh running legs in the form of Lynn Bland and several 'Warts' set off on the 'White Peak' part of the journey. This took us via Mam Tor and Winnats to Speedwell cavern (a although notably unsuccessful collection point) and then on to Peak Forest for more tea. Next stop Monsal Head.

This proved to be an ideal vantage point to witness yet more Dark Peak navigational skills at work. Having got to the viaduct instead of running over it and up the other side the current holder of the Pertex trophy, Chris Barber, led the leading group down to the river, underneath the aforesaid viaduct, back to a footbridge upstream and then up to the car park. A very interesting variation much appreciated by the assorted tourists sitting eating ice creams.

At Monsal Head we now had only Alan and Richard who had run all the way from Marsden. I had dropped out at Castleton and Dave Markham decided to call it a day at Monsal Head. We were however joined by a lean and mean Colin Henson who was to run to the finish. From Monsal Head the route took the easy line along the river and up Deep dale to Moneyash. At this point I rejoined the fray with Pete Gorvett and Louise Johnson for the last few miles down to Dovedale.

During the run down the picturesque Milldale discussion had took place as to the need to finish in Fenny Bentley a far more natural finish would be the summit of Thorp Cloud. What better way to finish a 60 odd mile run than with a steep 300ft climb up a hill. Democracy won the day and so it was that a fine day ended with a spectacular view and a gentle run down across the fields to the waiting supporters in Thorp village. A good end to a great day rounded off by some seriously good homemade cake provided by Diane Hakes.

My thanks must go to all those runners and supporters who took part and paid for the privilege with their donations, especially those who I've not mentioned, and all those members of Dark Peak who gave to the fund. In the end we raised in the region of £285 which when added to other donations received on the back of this venture amounted to nearly £900. An undoubted success all round. Perhaps we can do something similar next year, which doesn't clash with the club chairman's holiday.

Paul Sanderson

P.S. If anyone else from Dark Peak wishes to donate to the Peak Environment fund the address is Eccles House, Eccles Lane, Hope S33 6RW.

BOB GRAHAM 50, AT 50 YEARS : 26 JULY 1998

In the autumn newsletter, Rick Ansell's write up of the Wasdale race refers to various team excuses, and cites "my most recent epic" the weekend before. Actually I had no such excuse for my performance which was attributable purely to age. I was however talking to two spectators (and BG supporters at the same time) who had the previous weekend completed a Ramsey round, using my schedule as a guide.

My epic came two weeks later on the Bob Graham. The significance of the Wasdale was that I was trying to compare my Wasdale times of 20 years ago to assess my chances of completing a BG plus 8 extra peaks within 24 hours, and concluded that on that basis, my best estimate was 25 hours. Nevertheless, I was determined to do it, with the time as a secondary consideration.

I was lucky: excellent support from Tim Kelly, Paul Taylor, Gary Oulds, Boyd Millen and Clive Lane, together with a rare weather window ensured a trouble free circuit.

Going anti-clockwise, leaving Keswick at 7am, I reached Wasdale 45 minutes up on schedule, to be graced by the presence of Fred Rogerson. At Dunmail I was nearly 90 minutes up on schedule. I retained this advantage over the Dodds (despite having seriously underestimated the descent time from Great Dodd to Threlkeld), and then (predictably) lost an hour in the dark from Blencathra to Calva. But, with a final time of 23 hours 37 minutes, I was not complaining!

The extra peaks in minutes taken were: Scoat Fell (0), Allen Craggs (approx 15), Loft Crag (5) , Pavey Ark (7), Bannerdale Craggs (at least 20 , I really slowed here!) Little Calva (10 awful mins), Skiddaw Little Man (7), Lonscale Fell (10), adding approx an extra 75 minutes to the basic round.

Having broken my leg in a motorbike accident in 1994, been on crutches for 13 months and struggled to regain fitness, this was a fulfilled ambition to be savoured.

Peter Simpson

IN BRIEF

FELL RUNNING AND INJURIES - UPDATE

Thanks to all those members who returned the injury survey included in the summer newsletter. If there are any more out there could they please be returned soon. I will produce a summary of results for a future newsletter. A second thank you to those who also took part in the second part of the survey.

Helen Henderson

Mountain Marathons

KARRIMOR MOUNTAIN MARATHON : OCTOBER 1998

The KIMM is a two day event : Karrimor long score - catharsis

Its only the last control that really counts.

All the others are merely padding.

It's what you do at the end of the day - each day - which positions you in the final scores. Miss the final opportunity to grasp an extra control and you slide down the snake. Seize the opportunity to score and you glide up the ladder.

John Myers and I always do well, very well, on Day One. We start with the fire burning in the gut, plenty of drive, everything to play for. With killer instinct, the will to survive, the rocky desire to win. So we take bold decisions, play for maximum stakes, shit or bust, and generally pull it off. For a couple of ageing sloths it's a wonder to everyone that we should be up there, in the bright lights of the chasing start on Day Two.

But anyone who has seen us perform on two day events has no real worries. They know that we aren't a serious force to be reckoned with on Day Two. They slip smilingly past us in the first hour; no contest.

So what goes wrong with our mindset overnight? What mental weakness subverts our killer instinct and causes us to tackle Day Two with the lukewarm intention to merely finish? It's the mental equivalent of playing for a draw rather than score.

But it happens every time. We continually convert a top twelve position overnight into a top thirty something after Day Two. It must be that we are genetically programmed to mediocrity, content with a middling performance and totally phased by the possibility of excellence. Men or mice?

The KIMM is a two day event but we are handicapped by a one day mouse mentality.

They say that genetic engineers can grow an ear on a mouse.....how about winged heels?

The KIMM is a two day event
The KIMM is a two day event
The KIMM is a two day event
The KIMM is a two day event
The KIMM is a two day event
The KIMM is a two day event

Mike F Browell

<u>Elite</u>		Day 1	Day 2	Total
1	Mark Seddon & Steve Birkinshaw	7h07m00	1 3h23m48	10h30m48
2	Hugh Symonds & P. Clark[1st M40]	7h37m55	2 3h31m08	11h09m03
11	Duncan Woods & Roger Woods	8h44m53	14 4h18m26	13h03m19
27	Tom Westgate & Richard Hakes	11h23m17	33 5h15m42	16h38m59
	David Markham & Dave Holmes	12h31m00	38 Retired	
	Dick Pasley & Colin Lago		Retired	
	Philip Elliot & Jim Lawrenson		Retired	
	Rick Ansell & Andy Dickenson		Retired	

99 teams entered, 87 started, 28 finished

59 teams retired - 49 on day 1, 2 at camp, 8 on day 2

<u>A Class</u>		Day 1	Day 2	Total
1	D. O'Regan & J.Collingwood	7h34m55	4 2h58m23	10h33m18
13	R. Hopkinson & M. Wynne[3rd M40]	9h02m55	23 3h32m26	12h35m21
	Mark Chapman & Stein-Arne Olsen	6h42m50	1 Disqualified on day 2	

167 teams entered, 142 started, 54 finished

87 teams retired - 80 on day 1, 2 at camp, 5 on day 2, 1 teams was disqualified

<u>B Class</u>		Day 1	Day 2	Total
1	Ed Nash & Oli Johnson	6h17m20	1 2h45m37	9h02m57
2	J. Emberton & J. Hyde	6h52m00	2 2h49m38	9h41m03
10	A. Bedwell & Kim Buckley [1st F]	7h39m40	6 3h12m16	10h51m56
	Jeff Harrison & Colin Henson		Retired	

331 teams entered, 293 started, 59 finished

232 teams retired - 220 on day 1, 11 at camp, 1 on day 2, 2 teams were disqualified

<u>C Class</u>		Day 1	Day 2	Total
1	Piers Newbery & Steve Wilson	5h45m50	1 1h39m16	7h25m06
2	Richard Patton & Chaanah Fothergill	6h14m20	7 1h31m52	7h46m12

<u>Long Score</u>		Day 1	Day 2	Total
1	Marki Johnston & Tracey Brindley	390	300	690
3	Will Sullivan & Andy Bell	344	290	634
32	Mike Browell & John Myers	300	190	490
110	Maurice Musson & Lynn Bland	180	180	360
231	Stephen Cribb & Julie Cribb	60	80	140

332 teams entered, 314 started, 232 finished

<u>Short Score</u>		Day 1	Day 2	Total
1	Simon Ross & Ian Stamp	250	200	450
19	Bill Hanley & Guy Seaman	160	170	330

331 teams entered, 305 started, 194 finished

CRACKEN EDGE : 12 AUGUST 1998

The whole field bar 1 went the wrong way. As we had a glorious descent through the quarry I remember thinking 'I'm sure we ran up here last year'. As we ascended a short stretch of road and a horrible broken rocky path, I remember thinking 'I'm sure we ran down this last year'. Sure enough, at the finish, as the race organiser pointed an accusing finger at the marshals who were comprised of several the Mountain Rescue Teams, it was confirmed that it had happened again. However, as we all agreed it was a better way round, nobody seemed to mind - except me, I'm now being classed as a jinx. When will it end?

A Moore

1	D. Gartley (Stockport)	48:31	41	N. Boler	57:11
18	R. Hutton	54:00	69	P. Griffies	1:02:05
22	R. Marlow [1st M50]	54:42	82	R. Robertson	1:04:44
35	A. Moore	56:20	103	B. Thackery	1:07:43
40	N. Goldsmith	57:10	121	D. Hopkinson	1:13:15
			128	finished	

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THORNBRIDGE / ASHFORD RACE : 15 AUGUST 1998

The third running and the third "new" course

Having been warned off Fin Cop by the Chatsworth Estate because it had been declared an SSSI (Site of Special Scientific Interest), I took the race route over on to the other side of Monsal Dale through Brushfield Hough farm, this year. Interestingly I spoke to the farmer at Brushfield who tenants land including Fin Cop from Chatsworth Estate, and he had no idea that an SSSI had been declared.

A small but select field of ten assembled at 11am in the sports field of Ashford village. The heavy rain of the previous night had cleared, leaving us with sunny, warm conditions. As the church clock chimed eleven for the start, we were still lacking our starter, Frank Galbraith, who some how had got lost between Thornbridge and the sports field... so we started without him!

Roger Freeman soon pulled out a good lead on the track leading up to Monsal Head which he maintained on the descent into Monsal Dale. On the steep clime up Putwell Hill, Dave Holmes forced his way briefly into the lead but was then unable to hold off the strong climbing of Roger and Mike Pedley who were leading at Brushfield Hough Farm. Mike had been muttering before hand that he wasn't very fit for racing as he'd just returned from a walking holiday in Iceland, so we expected him to go well.



Start of the Ashford (Saturday) fell race showing runners in various states of readiness – most of whom appear to be more concerned with some sort of wrist problem they appear to have developed. Photo: John Gunnee

From Brushfield the route descended steeply back into Monsal Dale to the crossing of the A6 at White Lodge. Soon Sheldon race route was joined with a fine steep and rocky ascent leading up from the dale to the field below Sheldon. Roger began to open up a good lead with the field well spread out behind him. Misunderstanding between the race organiser and his chief marshal Colin Henson (who had not been given a map of the course) caused Colin to send the leaders on different routes into Sheldon than was intended. However Alan Yates and Hugh Cotton, who were having their own private battle, were unable to take advantage and close on the leaders.

The final descent from Sheldon took the runners down a lovely sward to finish by the river Wye at the bottom of the hill. If not finishing in the river we all plunged in afterwards. Times are somewhat provisional because although our starter and timekeeper had by now reappeared, he then had trouble with his stop watch!

Young Hamish Harmer, age 9, was followed home by Dad Andy and set a very useful time for future junior entrants. Helen Pedley said she enjoyed her third Ashford race except for an unintentional detour up Deep Dale. As for Geoff Harrison... we were still trying to work out next day how he managed to divert from the race route altogether and visit Litton Mill and Cressbrook Dale!

Next day a second group who had been unable to run the official race on the Saturday ran the course. What with the benefit of cooler conditions, an excellent and restful Saturday night BBQ laid on by Paul and Tracy Sanderson, and the absence of the official time keeper, comparisons between the two sets of times are somewhat meaningless. All were agreed on the excellent course which we will use again next year.

Hugh Cotton

Saturday "Main Event"

1	Roger Freeman	58:15	6	Hugh Cotton	1:03:00
2	Mike Pedley	1:00:45	7	Haimish Harmer	1:21:35
3	Dave Holmes	1:01:11	8	Andy Harmer	1:21:36
4	Paul Sanderson	1:01:20	9	Helen Pedley	1:35:00
5	Alan Yates	1:02:40	dnf	Jeff Harrison	

Sunday "re-run"

1	Tim Tett	52:03	4	Richard Hakes	56:46
2	Andy Harmer	56:37	5	Roy Small	1:04:41
3	Chris Barber	56:38			

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SEDBURGH : 16 AUGUST 1998

16ml/6000'

1	S. Booth (Borr.)	2:00:04	186	J. Armistead	2:54:33
48	W. Sullivan	2:26:36	225	D. Pasley	3:03:52
88	D. Allen	2:35:01	228	C. Henson [2nd M60]	3:04:29
116	D. Lockwood	2:43:28	282	R. Beaumeister	3:23:06
178	Ja Smith	2:52:57	314	finished	

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CASTLETON RUGBY RUN : 19 AUGUST 1998

1	D. Gartley (Stockport)	31:04	62	R. Caves	40:15
10	R. Davison	33:53	68	T. Mackey	40:55
17	P. Elliot [2nd M40]	35:16	72	P. Seyd	41:22
19	A. Bell	35:30	107	A. Watmore	45:20
23	R. Marlow [1st M50]	36:05	114	M. Arundale	46:02
26	G. Williams	36:33	136	H. Elleker	48:47
36	N. Boler	38:14	158	finished	

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Action from the Terminator: Photos by Roy Marlow.

replaced by a valuable autograph letter and piece of original artwork by the initiator, the legendary Hiro.

Paul Deaville is to be congratulated for his second consecutive victory (third in all), to carry away the coveted Granville Harper trophy and retain the title of Knott FR champion. Paul's sportsmanship shows through in the meditation given below, which recounts not the details of his sequence of fine wins but rather how he once carried off Hiro's Fan for a truly spectacular walk-about (probably equalled only by that performed by the legendary Hiro himself).

Another grand morning's sport at Dungworth: misty and mellowly fruitful conditions made for a most atmospheric occasion. Many thanks to all who helped out with flagging (Squire J.B. and Lady Margaret Edwards, and Jeff Harrison), time-keeping (John Manthorpe and Les Outwin), sweeping (Frank Galbraith and the eponymous Tracy who also did a stint at Sanderson's Bottom), spectating (Mrs Harper and Bob Toogood) and general course supervision (Peter Dyke), not to mention the farmers who painstakingly tend the race route to keep it in shape for the annual classic event.

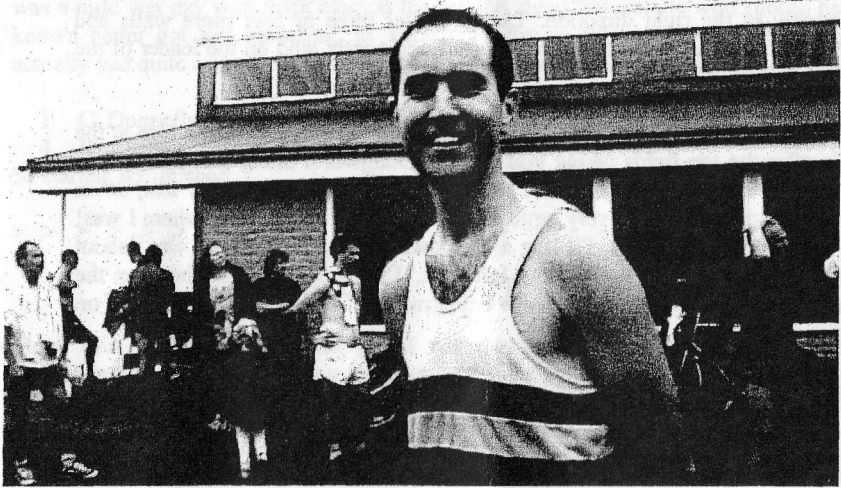
Dungworth, Storrs & District Community Association are discussing proposals for celebrating the Millennium. Your favourite race will, it is hoped, figure in the programme, perhaps in special millennial format: suggestions to Stewards Committee (Alan Yates).

1	Paul Deaville (Knott FR)	33.56	17	Ian Bennett	41.05
2	Will Sullivan	34.10	19	Dave Markham	41.26
3	Dave Griffin (Penistone)	37.32	20	Roy Small	42.49
4	Mike Pedley	37.39	21	Pete Farrell	43.01
5	Andy Moore	37.44	23	Colin Lago	44.11
7	Dave Tait	37.55	25	Tom Westgate	45.14
8	Dave Holmes	38.09	27	Dave Green	45.38
9	Richard Hakes	38.17	28	Dick Pasley	45.45
10	Dave Lockwood	39.24	32	Jeff Harrison	46.53
12	Paul Sanderson	39.48	33	Jim Fulton	47.49
13	Alan Yates	40.02	34	Neil Palazon	47.51
14	John Herbert	40.03	36	John Myers (+ Bess)	57.32
15=	John Gunnee	40.54	40	Roger Baumeister	59.28
15=	Roger Woods	40.54	41	Squire J.B. Edwards	60:00+

Next year's race is planned for Sept. 25th: put it in your diary now!

The grotesque neo-fascist Bugarolas cup (reconstructed), for victory in the Loxley Valley Rough Running Series, went to Richard Hakes: a thoroughly deserved award. A separate report on the series may be forthcoming.

Alan Yates



Will Sullivan seems happy enough after his second place at Dungworth. Photo: John Gunnee

Dungworth - Hiro to Hero

"It was at the invitation of some running pals that I first turned out for the Dungworth Gala International Celebrity Fell Race. John McCall, Mel Cranmer, Phil Wheatcroft and Ian Bennett, not forgetting your very own Neil Goldsmith, had evolved out of The Waltzing Weasel Quiz Team into a squad calling themselves 'Knott Fell Runners', having sort of adopted the Dungworth race under that appropriate name.

Little did I know at this stage about the famous Hiro and his fan. I was told that it's a great little race, lots of cow muck and brambles, and a course that is a bit iffy. That was Dungworth '94. Somehow I managed to win. 'Great!', I thought: 'now for the pub and the presentation.' Mrs Harper presented the shield in memory of her husband, and it was after that I first heard mention of Hiro and caught sight of some awful-looking trophy that nobody seemed to want to win [actually, an exquisite and irreplaceable sample of the Japanese fan-maker's art, subsequently 'lost' in mysterious circumstances; perhaps Paul, through the mists of memory, is confusing the Fan with the grotesque neo-fascist Brugarolas trophy: see above, AY].

The following year I came 3rd, I think, to a young Hallamshire lad called Chris Manthorpe (hi to him, by the way).

BLACK MOUNTAINS : 26 SEPTEMBER 1998

There's usually a few Dark Peakers out for this but this year I was the only one. It was a mild wet day with thick clag on the hills. A good few people who should have known better got lost including, in Yatesian tradition, the organiser. I didn't, and actually had quite a good run; in fact a brilliant one, as I broke 3 hrs for the first time.

Rick Ansell

1	C. Donnelly (Eryri)	2:36:46
4	R. Ansell	2:56:22

56 started, 43 finished

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PASSING CLOUD : 27 SEPTEMBER 1998

Thick mist and a chilly morning did not stop a small band of Dark Peakers descending on the Winking Man for a jog round the Staffordshire Moors. A flagged route taking in the Roaches ridge, Hen Cloud, Ramshaw Rocks and with a cruel half mile climb on tarmac to end on. Still a few runners went astray due to a badly placed marker just after Ramshaw but that's happened to most of us this year!

After struggling to catch Andy and Nev before the road I think they then decided it was time to say goodbye yet again. A race well worth a visit.

Roy Marlow

1	B. Charlton (Mercia)	1:16:11	25	J. Cant	1:28:45
9	A. Jenkins	1:21:13	45	B. Thackery	1:37:26
12	N. Boler	1:21:30	71 started, 65 finished		
13	R. Marlow	1:21:38			

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'OPEN COUNTRY' MINI MOUNTAIN MARATHON : 3 OCTOBER 1998

At short notice the date of this 5 hour score event was switched from Sunday 4th Oct due to grouse-shooting problems. This caused difficulties for some people but the grapevine ensured that, on the day, the maximum number of permitted teams entered. The event was on National Trust land but the distance to this from Low Bradfield, the start/finish, meant that there was a long run out and back, with the navigational choices limited for some of the field at least.

The weather was kind and it was good to be on 'home' terrain - The Duke's Road, Abbey Brook, Outer Edge, Horse Stone. Dark Peak teams put up a respectable show, though some of us should have calculated better on familiar ground than to be late back, losing hard earned points.

BRITISH CHAMPIONSHIPS UPDATE

British Ladies

1	A. Mudge (Carnethy)	66
24	J. Smith	11
27	H. Bloor	10

British Lady veteran 40

1	J. Prowse (K&C)	33
8	H. Bloor	9
12	J. Smith	6

British Mens

1	I. Holmes (Bingley)	144
56	S. Bell	24

British Men 40

1	M. Patterson (Shettleston)	93
30	D. Tait	20

British Men 50

1	J. Patterson (Albertville)	33
3	D. Tait	22
19	A. Harmer	3

Book Review

LAKELAND TRAILS BY TONY WIMBUSH

This is a must for all lovers of the Lake District, fell runners, walkers, and those not yet experienced in the delights of this beautiful area. The book includes:

- * Precise route details with points of interest on the following trails, both centred around Keswick.
 - 1 Heritage Trail – 17 miles with limited amount of ascent
 - 2 Mountain Trail – 25 miles with 8000 feet of ascent
- * A trail directory of 30 other published routes ranging from 18 to 200 miles, all with ascent, grade and terrain information.
- * Recognised Lakeland Mountain Challenges : the Bob Graham round, Lakes Two-Thousands, Lakes Four Three-Thousands, Three Old County summits etc.
- * A useful section covering public transport, and B&B, camping, youth hostels and camping barn accommodation.

One of Tony's best books to date, it brings together the expertise of many walkers, and bristles with some of the finest quotations ever written, all presented in a unique way. A delight to read, very uplifting, and just the thing for a winter night's reading.

Available from:- Mountain Dawn Publications, 10 Beaufort Grove, Bradford, BD2 4LJ at £5.95 post free.

In Gear

Club Kit

New style running vests are available in men's medium and ladies medium. These are the new lightweight synthetic vests in brown at £16.00.

There is still a few of the older white synthetic vest left at £10.00 but sizes are restricted to medium and large all the brown cotton vests have now been sold.

New dark peak "woolly" hats are available (they are the same at the 20th anniversary, logo only) and in black, green, red and blue one size fits all at £7.00

There are still a few pairs of green shorts at £5.00. I am hoping to get some new shorts soon. All the 20th anniversary tee shirts and 20th anniversary sweatshirts have now been sold.

Dark Peak tracksters have now arrived. The initial order was quite small and has been mostly spoken for but if there is any other requests for the tracksters then more can be obtained.

Richard Hakes
0114 233 9912

Shops and Discounts

The following shops usually give discounts to club members (exact amount varies with shop and product. Let Richard know if you encounter problems or find any others who will give discounts.

Runnercare
Keep on Running
Rock and Run
YHA shop
Blacks
Hitch and Hike
DB Sports

Meanwhile, Leading Edge (in Hayfield) don't offer discounts but have some of the lowest prices around. Unfortunately, their supply of Walshes is being restricted. However, they are considering producing their "own-brand" fell shoes shortly so watch out for them during 1999.

The-bit-at-the-end

Dark Peak News Spring 99

In the Next Issue:

Full reports and results on all the Autumn/Winter Relays
Warts revenge
Dark Peak Trog Triumph
& much much more (I hope) – please start writing

Articles can be submitted handwritten, typed or in electronic format on disk or via e-mail. Please use the electronic option if you can – a diskette or via e-mail to:

mike@frosthole.demon.co.uk

MS Word format preferred at the moment but I can read/convert most formats. Despite the years of practice it still takes me a good 15 minutes to type a side of A4 – and that's without all the formatting!

Deadlines for submission:	Wednesday	26 February 1999
Publication date:	Wednesday	19 March 1999

Thanks

This newsletter seemed to creep up on me coming, as it always does, to coincide with Calderdale Way Relay. The last minute contributions were welcome but rather overwhelming. PLEASE PLEASE USE AN ELECTRONIC FORMAT IF YOU CAN (but scrappy bits of paper still accepted!) So if your results or article didn't make it, sorry, watch out next issue! As always, new articles and authors welcome.

Thanks for D.P.News Winter 98/99 to; Dave Allen, Rick Ansell, Hilary Bloor, Mike Browell, Rob Davison, Peter Dyke, Jim Fulton, Frank Galbraith, Peter Gorvett, John Gunnee, Richard Hakes, Andy Harmer, Jeff Harrison, Helen Henderson, Rob Hutton, Andy Malkin, Dave Markham, Roy Marlow, Andrew Moore, Neil Palazon, Dick Pasley, Helen Pedley, Pete Simpson, Paul Sanderson, Jacky Smith, Martin Spence, Will Sullivan, Dave Tait and Roger Woods.

Covers

Action from the FRA Relay: Dickie Wren and Al Buckley hand over in 5th place to Jamie Stevenson (Front) and Totley Terminator (Rear).

