

A black and white photograph of a runner in a field. The runner is in the foreground, wearing a dark long-sleeved shirt and shorts, running towards the camera. The background shows a grassy field with a few other people in the distance and trees on a hillside under a cloudy sky.

# Dark Peak News

Autumn 2000

# DARK PEAK NEWS

## Autumn 2000

3 News

5 Coming Events

10 More News  
- committee notes

12 Letters

13 Features  
- Family hols in Nepal  
- Irish Munroes

19 Going the Distance  
- Joss Naylor's Challenge

22 Reports                      alts

37 Fell Off

38 In Gear

39 The-bit-at-the-end

President: Eric Mitchell

**Chairman**

Dave Holmes  
615 Loxley Road  
Loxley  
Sheffield S6 6RR  
Tel. (0114) 2344186  
[Holmesloxley@netlinkuk.net](mailto:Holmesloxley@netlinkuk.net)

**Cub Captain**

Vacant  
(contact Rob Davison  
regarding Relay teams)

**Secretary**

Bob Berzins  
147 Dobbin Hill  
Sheffield, S11 7JF  
Tel. (0114)2668415  
[bob.berzins@talk21.com](mailto:bob.berzins@talk21.com)

**Treasurer**

Jeff Harrison  
118 Lydgate Lane  
Crookes  
Sheffield, S10 5FP  
Tel. (0114) 2687114

**Clothing & Equipment**

Richard Hakes  
454A Loxley Road  
Loxley  
Sheffield S6 6RS  
Tel. (0114) 2339912  
[richard.hakes@bt.com](mailto:richard.hakes@bt.com)

**Membership**

Tim Tett  
68 Roebuck Road  
Sheffield S6 2XA  
Tel.(0114) 2667922  
[timtett@tpca.force9.net](mailto:timtett@tpca.force9.net)

**Cross Country**

Pete Dyke  
13 Falkland Road  
Sheffield S11 7PL  
Tel. (0114) 266280

**Club Coach**

Jacky Smith  
140 Hunterhouse Road  
Sheffield S11 8TY  
Tel (0114) 667630



**Editor**

Mike Pedley  
Frost Hole Farm  
Cragg Vale  
Hebden Bridge  
HX7 5RU  
Tel. (01422) 886195

email: [mike@frosthole.demon.co.uk](mailto:mike@frosthole.demon.co.uk)  
or: [editor@dpfr.co.uk](mailto:editor@dpfr.co.uk)



# News

## **It's a poor club that can't even compete in it's own race!**

Dark Peak faced the bizarre prospect of being banned from the FRA relay - which we are organising!! In one of a long line of chapters in the registration scheme debate, the NEAA wrote stating that the club will not be eligible to compete in NEAA sanctioned events. This came somewhat as a surprise after club officials had decided to enrol for this year. The answer is thought to lie in some administration error along the line and the club has (we think!) now paid it's affiliations. It was almost unimaginable that the club could stage a major event from which it was itself banned.

The event takes place on October 15<sup>th</sup> and will be one of DPFRR's biggest ever organisational commitments. With 600 runners and often as many spectators it is a bit like organising two Skylines at once! Dick Pasley is co-ordinating the event and Pete Dyke planning the courses. Arrangements for entries, car parking, catering, results, maps and even flags (several miles need to be flagged!) are all progressing. Lots of helpers will be required so if you haven't already volunteered please do so (!) by contacting Gavin Williams or Roy Small. Let's make the event a big success both in results and organisation.

## **Record Thornbridge weekend defies weather forecast**

Under new management it may be, but the club's annual family weekend at Thornbridge Hall produced its now customary superb sunny weather. Roy Small took over as organiser and the event was another great success with over 40 adults and about 20 kids enjoying the hot sunshine. The race also saw a record turnout and record time as Tim Tett disappeared into the distance ahead of the 24 chasers. Other regular events followed including the barbecue and the string course (both children's version and adult's "grope-on-a-rope") and a gentle Sunday morning run on another sunny day.

## **Lockwood joins long distance elite: Superb Naylor Challenge Success**

On 22<sup>nd</sup> July, Dave Lockwood successfully achieved the Naylor Challenge route in under 12 hours. The challenge route set by Joss around 10 years ago has a target of 12 hours for those in the 50-59 age group. Many have tried but only 12 prior to Dave have successfully completed the challenge. Dave's superb achievement was completed with just 3 minutes to spare after a storming last hour from Steeple over the remaining peaks to the finish in Wasdale with Joss himself waiting to greet him

## **Confusion at Eyam as runners arrive 4 hours early!**

Getting to a race in good time is one thing, but some runners found themselves at Eyam with over 4 hours to kill. Some adverts had the start time listed at 15:00 when it is actually a 18:45 start. Unfortunately, some turned up for the earlier time - but it isn't clear whether any of them stayed for the race (does anyone know?!)!

### **Fulton TV - winning isn't everything**

Sporting his Dark Peak (trig point) tee shirt, Jim Fulton led his family the wrong way off a Wastwater fell. In doing so he probably made the biggest contribution to the Fulton family's narrow defeat in their 2 day head to head with another family. But by then the Fultons had already won the hearts of even the neutrals in the audience. They had probably everything the programme makers had been looking for: a mixture of fun (even when wading up a Eskdale gorge) and fear (e.g. Jim's face as he contemplated abseiling) which compared sharply to their rivals who cycled along one stretch shouting gear changes at each other. Well done Luke, Jo, Sue and Jim!

### **Good results as LAMM goes to Glen Sheil**

The area south of Glen Sheil was the venue for this year's Lowe Alpine MM. Starting from the event centre at Sheil bridge the competitors headed south on day 1 to the overnight camp near Corran. For the elite and A runners it was even more of an adventure as they headed into north Knoydart and were then ferried back across Loch Hourn to complete their day. Few Dark Peakers made the long journey but those that did had good runs.

Alan Ward and Simon Bourne finish 5<sup>th</sup> in a very strong elite field which even included the Swiss Karrimor winners who had flown in specially. The Swiss pair didn't figure in the leading places being surprised at the length of the courses (double continental MMs) and the roughness of the terrain! On the C course Rob Davison and Karen Dalton, in her first mountain marathon, finished second after a close battle. 5 minutes down on the lead after day 1 they closed to just two minutes at the finish after over 8 hours racing. Not too far behind them on the C course Ant Mayer (who had only found a new partner on the Thursday after Mike Pedley took ill) finished 13<sup>th</sup>.

### **BG success as cloud and breeze takes the edge off the heatwave**

This year's BG was something of a joint Dark Peak - Penistone effort with 5 contenders and three successful rounds; Tony Simpson and Chris Ledger from Dark Peak were successful with Tony pushing on to an impressive 22h 18m. Whilst much of the country was seeing temperatures soar there was a pleasant breeze and even a little mist for this year's attempt. Once again Colin Henson provided the co-ordination with plenty of supporters from both clubs to help.

### **Late News: Terminal domination!**

Dark Peak completely dominated the Topley Terminator taking 8 of the top 10 places including victory for Marcus Scotney finishing six minutes ahead of Dickie Wren with Oli Johnson a further 4 minutes back. Other top ten finishers included Rob Davison, Steve Bell and veterans Dave Allen and Dave Tait. Full report and results in the next issue.

# Coming Events

AUTUMN/WINTER 2000/2001

Club runs every Wednesday from the Sportsman, Lodge Moor, Sheffield at 6:30pm or at an "away" venue (start times vary – CHECK BELOW). Runs are normally 1.5 hours on paths and moors with shorter options often available. Abilities vary and there are usually a couple of regroupings during the run.

"Local races" are open events usually entry on the day with an entry fee (£2 ish) and a few prizes. "DPFR races" are informal events for Dark Peak club members, usually with no entry fee and no prizes.

<u>Oct</u>				
Sun	1		MM (1 day)	Open Country; Entries per pair (£15) by 17/9/00 to: Stuart Gascoigne, 14 Lakelands Close, Macclesfield, SK10 1RF
Sun	1		Relay	Ian Hodgson Relay, Brotherswater
Wed	4	18:30	Club run	Sportsman
Sat	7	11:00	DPFR race	Dungworth "not the gala" fell race, Dungworth playing fields. Details from Alan Yates.
Wed	11	18:30	Club run	Sportsman
Sun	15		Relay	FRA Relay, Edale
Wed	18	18:30	Club run	Sportsman
Wed	18	18:45	Warts Run	Fisherman's car park, A57, 165 879
Wed	25	18:30	Club run	Sportsman
<u>Nov</u>				
Wed	1	18:30	Club run	Sportsman
Wed	1	18:45	Warts run	Grouse Inn, 258 779
Wed	8	18:30	Club run	Sportsman
Wed	8	18:45	Warts run	Snake Inn, 112 906
Wed	15	18:30	Club run	Sportsman
Sat	18	10:30	DPFR race	Club Championships and handicap, venue to be confirmed.
Sat	18	19:30	DPFR event	Club Dinner; Maynard Arms, Grindleford.
Sun	19	10:30	Local race	Roaches, Village Hall, Meerbrook, 15ml/3700' Staffs
Wed	22	18:30	Club run	Sportsman
Wed	22	18:45	Warts run	Low Bradfield car park, 263 919
	26-27		DPFR event	Training / coaching weekend, Thornbridge. Details from Jacky Smith. Places limited - booking essential.
Wed	30	18:30	Club run	Sportsman
<u>Dec</u>				
Wed	6	18:30	Club run	Sportsman

Wed	6	18:45	Warts run	Strines Inn, 223906
Sun	10		Relay	Calderdale Way Relay
Wed	13	18:30	Club run	Sportsman
Sun	17	10:30	DPFR race	Crookstone Crashout, Rowlee Bridge
Wed	20	18:30	Club run	Sportsman; carols at the Headstone - BRING YOUR TORCH
Wed	27	18:30	Club run	Sportsman
<b>Jan</b>				
Wed	3	18:30	Club run	Sportsman
Wed	10	18:30	Club run	Sportsman
Wed	10	18:45	Warts run	Cotton's Hut run (details Hugh Cotton)
Wed	17	18:30	Club run	Sportsman
Wed	24	18:30	Club run	Sportsman
Wed	24	19:00	DPFR race	Warts Night race; venue to be decided; meet Sportsman: 18:30
Wed	31	18:30	Club run	Sportsman
Wed	31	18:45	Warts run	Kings Tree, 168 939
<b>Feb</b>				
Wed	7	18:30	Club run	Sportsman
Wed	14	18:30	Club run	Barrell Inn, near Eyam (to be confirmed) - a roadies away day
Wed	14	18:45	Warts run	Barrell Inn, near Eyam (to be confirmed)
Wed	21	18:30	Club run	Sportsman
Wed	28	18:30	Club run	Sportsman
Wed	28	18:45	Warts run	Hathersage Car Park, 233815
<b>Mar</b>				
Wed	7	18:30	Club run	Sportsman
Wed	14	18:30	Club run	Sportsman
Wed	14	18:45	Warts run	Edale Car Park, 125854
Wed	21	18:30	Club run	Sportsman
Wed	28	18:45	Warts run	Fishermans car park, A57, 165879
Wed	28	18:30	Club run	Sportsman

Eng. Ch. = English Champs, Brit. Ch. = British Champs, \* DP Champs League, XC=Cross Country, MM = Mountain marathon or Long mountain orienteering

Where an address is provided entry is usually in advance only. Where no details are stated entry can usually be obtained on the day. However, to be certain please refer to the FRA calendar. A full listing of all fell events is available to FRA members.

All club members should consider joining the Fell Running Association. At a cost of £9 a year it includes 3 magazines as well as the full fixture list. For details contact the Membership Sec., Pete Bland Sports, 34a Kirkland, Kendal, Cumbria LA9 5AD.

For a list of many open events on or off the fells try the excellent web site recently set up by Keith Parkinson from Todmorden Harriers: <http://www.runningfixtures.com/>

> >







## MORE NEWS

### Committee News and Notes

#### DPFR Committee Meeting 24/7/00

Present: Dave Holmes, Jeff Harrison, Dick Pasley, Pete Dyke, Richard Hakes, Mike Pedley, Tim Tett, Bob Berzins, Paul Sanderson. Apologies: Jacky Smith

#### 1. Matters Arising

Dave will send the agreed constitution to Mike for inclusion in the next newsletter. Also a copy to be displayed in the club hut.

#### 2. FRA Relays 15th October

Approximately 24 entries have been received so far, some may need to be sent back, because they exceed one team per class. The Village Hall has been booked and licenses received from the National Park.

The National Trust is concerned about any routes crossing the Kinder Plateau. Dick and Pete are looking at alternatives to take back to the National Trust representative.

We will need to arrange for extra toilets (portaloos). This could cost £500 but a grant may be available from UK Athletics. Dick is still negotiating with local farmers for extra parking. We also need a public address system (see Mike Rose or Brian Shaw of SYO). Martin Stone has offered to do the results. We are going to need lots of flags, Richard offered to co-ordinate flag production.

Dick may invite outside caterers to set up a stall on the start field.

So far the finances of the project look OK and we should comfortably break even.

We all agreed that this is the biggest event the club has ever organised, so WE EXPECT EVERYONE TO HELP! IF YOU HAVEN'T GOT A JOB YET, SEE DICK PASLEY, ROY SMALL OR GAVIN WILLIAMS.

#### 3. NEAAA registration scheme.

Bob wrote an article for the last newsletter asking for views. Thank you those people who replied. Members views could be summarised as:

- a) Everyone agrees its a crap scheme
- b) Its only a pound so its not worth the hassle of opposing it (and I might want to do the odd road race).
- c) I only do fell races. Lets keep fell running simple. Why do I have to affiliate to the AAA's at all?
- d) We are being conned into subsidising road running, track and field.

A tricky subject and no matter what decision the club takes, some members may be upset.

What will we do this year?

As we are already part way through the year and the affiliation fees are overdue, we will pay the club affiliation fee, but try to defer payment of individual fees, until we have more information from our members. (We will need a new membership renewal form). If this is not possible we may have to pay individual fees straight away.

What about next year?

We don't like the scheme because:

- We want value for money - the scheme will cost us at least twice as much as before
- We've had no guarantees that any of the fees we pay will find their way back to fell running
- Many of our members are purely fell runners
- There is too much bureaucracy - will our fees be eaten up by administrative costs?
- The scheme is too complicated to administer
- We are worried that if we accept the scheme this year, registration fees may rise dramatically in future years

We propose to put forward the following motion to the FRA AGM:

Proposal

With regard to the Northern AAA registration scheme

1. The FRA negotiates to get the best possible financial deal with the current scheme. We want to see the maximum amount of money finding its way back into fell running.
2. The FRA consults with grass roots fell runners throughout the UK and looks at alternative ways of administering the sport, including the possibility of dis-association from the AAA regions.

We would like the FRA committee to report back to the membership, outlining the different options available and recommending a course of action, by the February or June Fellrunner.

4. Club Championships

Unfortunately set for 18th November, same day as the FRA AGM. There are no alternative dates available for the dinner, so the race may start early (venue western peak district) to give people a chance to get to the AGM in Barley.

Bob Berzins

> >

MEMBERSHIP NEWS

Congratulations to Mark Hayman who is due to get married to Liz in October and to Mike Jubb who is getting married to Gillian (Wainwright).





# Features

## Nichols family trek in Nepal.

Over Easter Julie and I took our two oldest boys, Tom and Joe, aged 11 and 9, to Nepal. We almost didn't, as four days before we heard that the day before we were due to land Maoist rebels had planned an armed strike. After some soul searching we reasoned that Qatar Airways would not risk their plane if it was too dangerous to land, so we went. In the event the Kathmandu Post reported little disturbance; just a few police shot in the west of the country.

After two days in Kathmandu we flew in a small plane to Tumlingtar, which is a one airstrip; or in this case, field; village. There we stayed at a local guest house and made it known we were looking for a guide / porter. After an hour or so, a shy but pleasant Nepali, with a Karrimor fleece, approached us, and we arranged to hire him for the trip. This was not easy, as communication was limited, but it was a great move as he; An Tsring; turned out to be wonderful as a guide and with the children. He had been cook on Doug Scott's 1980 Makalu trip and normally worked for a trekking agency set up by Scott and his wife to provide fair employment for porters and guides, and to raise funds for community projects in Nepal. He was 59, probably one of the oldest guides we saw.



Everest and Lhotse from Kala Pattar

(ed. the rest of the photo also showed Geoff & co but when it came to scanning it was them or the mountains so...)

In the first 6 days, from Tumlingtar to the main Everest trail, we only saw four other trekkers and one group. The boys were a great attraction for local women, who huddled round them, looking at their ginger and blond hair. Tom was offered the chance to marry a local girl, but declined. At first it was hot, and difficult to find the route. Even Tsring had to ask, and we could not have done it by ourselves. The scenery was beautiful, and it was good to have started our trek in this more remote area. Another advantage of this approach was that we had a more gentle acclimatisation. Although a pass early on the fourth day was 11,000 ft, most of the trail after that was around 8-9000ft. We stayed at local tea houses, and sometimes just people's houses. The trail went across the valley systems running north – south, so some days we descended and climbed 4000 ft.

Once we got to the main Everest trail there were many more trekkers and large trekking parties than we met when we were here 18 years ago. While we just had the four of us and An Tsring, organised parties of 7 trekkers usually had at least 30 porters and guides; needed to carry all the tents, camping equipment, food, and trekkers' rucksacks. Lodges were much more frequent. The scenery got more and more spectacular as we walked into the high mountains although Everest itself just appeared as a tiny pyramid above the Lhotse ridge. It was amazing to think that in 1856 its height was calculated by English surveyors to within 16ft of its estimated height today.

We had an acclimatisation day at Periche, [4280mts.] where we could walk up a local peak. That night it snowed, and the boys were up snowballing the yaks opposite the lodge. Two more short days up took us to the highest lodge at Gorak Shep, 5170 meters. At his point we were worried about Joe. It was hard to distinguish symptoms of altitude sickness from those of a small boy who had just walked uphill for 15 days. A sudden violent blizzard, with an hour of daylight remaining, put an end to the discussion about if we should carry him down to a lower altitude. He was fine, but tired, the next day, so Julie stayed with him at Gorak Shep. Tom, An Tsring and I went up Kala Pattar, a hill another 430 meters up, which gave the best views of Everest. We saw the sun rise behind it and then it became fierce on the fresh snow. At the top Tom put a picture of Will, our youngest son who could not come with us as he is handicapped, in the cairn. It was a good moment to share.

We walked back down to Periche that day, much easier going down, and wanting to get Joe to a lower altitude. It took four more days walking back down to Lukla. Here we met a man who planned to run from Everest base camp to Kathmandu in 72 hours; which was to be a new record. He was on the way up. We wished him luck. Our plane to Kathmandu left via a terrifying airstrip; a 30 degree slope that runs out as the plane lifts into the air. We then had four days in Kathmandu, being tourists: imbibing the culture. At a Hindu temple a particularly interesting attraction was a Sadhu who claimed to be able to lift huge rocks with his penis. The boys and I were keen to witness this, but Julie did not want to part with the required 600 rupees. This remarkable feat is reproduced in a photograph in Joe Simpson's latest book, 'Dark Shadows Falling'. A 'cool' moment was when stuck in traffic jam our driver put on a tape of Dylan singing 'like a rolling stone'. So Kathmandu.

The whole thing was the best experience I have shared with my family. Lots of things could have gone wrong, we lay awake some nights before we left thinking about them. But, none of them did. We were lucky picking up An Tsring. He made the trip just as we wanted it, and was great with the boys. If we did it again, I would organise a guide in advance through Doug Scott's company. It was good just to spend a lot of time with the boys, talking, playing cards or chess in the evening. It was good to get two hours more sleep on average than here, and live life at a more reasonable pace. The scenery was spectacular, and the culture fascinating. The boys probably learnt more in a 15 minute walk or taxi ride in Kathmandu, than they would in a month in school. Some wonderful memories to hang on to, which still put the rest of life in perspective.

Geoff Nichols

## The Irish Munros Duathlon

Munros with a bike, but without a beard

Climbing the Scottish Munros requires colossal amounts of time, commitment, and for those of us based south of Edinburgh, mind-numbing tolerance of vast distances of monotonous motorway travel, weekend after weekend. All those car miles make Munro-bagging a very environmentally unfriendly activity. Of course, there is always the green alternative, a continuous Munro traverse by foot and by bike which will just take up the best part of 3 months, but few of us get that much holiday.

The Irish Munros are a less time consuming and much greener prospect, and a lot more achievable. For a start there are only seven of them, and rather than being scattered around liberally, they string out to form a neat line across the island, from SW to E. Most of Ireland has been conveniently flattened by glacial activity, with the mountains protruding as isolated lumps, so its fairly bike-friendly.

As a bike/run duathlon, the Irish Munros offer an excellent short blast across the island, a blast which can be as short as 24 hours from summit to summit! More realistically and without attempting to break the record (less than 24 hours from summit to summit), they form an excellent four day adventure, with an extra day at each end for travel from Britain.

### *Cycling in Ireland*

Before embarking on this adventure, there are some things you need to know about cycling in Ireland. It's a big country, and a small population, so the roads are relatively empty and some are superlatively over-engineered, for Ireland has embraced Europe and euro-lolly with enthusiasm, and received massive amounts of cash to improve the underused trunk road system. However, while the main roads are brilliant, the shortest distance on a bike usually means using minor roads. This is not a good idea. The lanes which meander through the Irish countryside have evolved, but not very far, from manure encrusted farm tracks. It is a surprising fact that Ireland has precious few footpaths – anything worth its salt has become a lane. Cattle and tractors are common users, and, what with the things that cattle leave behind, its no wonder, grass sometimes flourishes in the middle. Repairs are effected one pothole at a time - and that's a continuous process; tractors turning out of fields leave dollops of dried mud as a traffic calming rollercoaster. All of that makes for lumpy cycling.

The main roads have their hazards, big fast buses. Beware of buses. There are lots of them, conveying tourists at great speed, or simply ferrying the locals around, those who don't travel by tractor. Now, Irish buses regard bikes as solitary revolutionaries who threaten the public transport system, and their mission in life is therefore to eradicate dissident cyclists. To do this they rely on terrorist tactics; they pass terrifyingly close, usually signalling their arrival on your rear wheel by a spooky whoosh of air brakes, then nudging past a few millimetres from your elbow. And that's in the country! In Dublin, buses are even more menacing, and hunt in packs.

On the shared cycle/bus lanes, its pretty obvious the buses don't want to share, and several queue up behind to form a convoy, then perform some scary synchronised swerving as they overtake.

### *Weather*

We chose late June 2000 for the best chance of settled weather. However, the spell of good weather came too early, and broke a week before we set off. Consequently we drove west across North Wales through a series of savage squalls which hit at cyclical intervals. Fearing the worst we boarded the ferry with ample waterproofs. And that was the end of it, for the next week. As we arrived in Dublin it brightened up, and the next day saw wall to wall sunshine, blue skies and a heatwave which followed us across the emerald isle.

### *The Ultimate Irish Duathlon*

So our epic Duathlon took place in gorgeous weather in June 2000. Escaping from dreadful rainstorms in North Wales, Stuart Gascoyne and I dumped the car at Holyhead, cycled onto the very impressive Dublin Swift which took under 2 hours to reach Dublin Ferryport, then cycled along the River Liffey to Dublin Heuston station. We were there for lunch, and by late afternoon we were in laid-back Tralee in SW Ireland, enjoying a truly foreign country with late evening sunshine till well past 10.00.

On the way we learnt a bit about Irish uncertainty and probability theory. There was certain to be a wildcat strike on the railways that afternoon, and our train from Dublin to Tralee would certainly end at Mallow. Perhaps we could get the bikes on the link bus? Sure, there'll probably be no problem. In the event, there was a connecting train and no-one looked like striking.

Getting from Tralee to Brandon, our first Munro, required a crack of dawn start and a 70 kilometre cycle ride on virtually empty minor roads. Well, virtually empty, except for the occasional transporter lorry carrying road mending machinery to the next site. Stopping to enjoy the view, well actually to effect mechanical repairs, proved unpopular with us, though very popular with hungry midges. Despite the empty minor roads we soon came across the ubiquitous road mending gangs, doing a bit of pothole patching. Again, and again and again.

### *Brandon Mountain*

Wild and windswept, Brandon is the most westerly Munro in Europe, with St Brendan the Navigator's oratory on the summit, gazing west to America. For many, this is a favourite mountain, as only a mountain by the sea can be. Just as in the Cuillin in Skye, so here too there is something magnificent about the close triple juxtaposition of oceanic expansiveness, the coastline's abrupt vertical emergence, and sweeping mountain slopes, together combining all that is glorious in landscape.

And the Pilgrims Path provides a nice green introduction to Irish Munros. The tarmac road leads past a couple of small farms – ‘Yes, surely, you can leave your bicycles outside my house. There’s no need to lock them’ – to a small and newly built walled shrine, wired up with a large cable. The large cable (another EEC grant?) suggested that it may light up at night!

The Pilgrims Path is remarkably untrodden, and green, but clearly delineated by white plastic posts every hundred metres or so. The posts bear some resemblance to road markers, and I’m sure that’s what they were manufactured for before St Brendan called them to a higher duty. The route is broken into the 14 Stations of the Cross, each ending at a wooden cross. The pilgrimage to the summit took 1:10 hours, and a lot less down. St Brendan may have been a fine navigator and may well have discovered America, if it was ever lost. But I’d swear that the disciples who way-marked his Pilgrims Path have deviated from the straight and narrow line which it surely had at one time. The contemporary translation meanders in a gently contouring long zig and zag where true pilgrims would never have dithered from the difficult and steep direct ascent. Which we took!

Naturally enough, there was a cross on top.

And a broad rolling summit.

The minor roads of Dingle made the next cycle stint a tad arduous, starting with a long flattish flog along the south coast of the Dingle peninsula to Castlemaine. We wouldn’t have given a XXXX for anything except a cold Guinness and this was paramount in our thoughts as we pressed on up a steady uphill grind to the foothills of the Reeks. Fortunately we had earmarked a village close to our intended overnight stay, and surely all villages in Ireland have a couple of pubs...? Unfortunately, this was the village with no pub whatsoever, not even a shop. Ever seen a mirage shimmer away?

Fortunately, we found a nice lady who was willing to sell her husbands private stock of the black stuff for black-market prices. She was later seen to be laughing all the way to the supermarket...

### *The MacGillycuddy Reeks*

Featuring in The Big Walks as one of the best mountain days out, this was not to be a disappointment. Not quite Skye Ridge or Aonach Eagach quality, but close. The horseshoe around Hags Glen takes in Irelands highest summit, passing first over Beenkeragh, then over the highest point, 1039 metres high Carrauntoohil to outlying Caher, then back and along a switchback ridge to Cummeenapeasta. An early start saw us underway as early morning mists rose, and up onto the ridge on a sunny windless day while the rest of the country was waking up from a heavy Saturday night. You might imagine that one of the finest mountain walks in Ireland would be popular

on one of the rare sunny days of the year, and a Sunday to boot, yet we only saw one person, and this was a Scot on the summit of Carrauntouhil!

In fact, he was the only person we saw on any of the Irish Munros.

Makes you think, doesn't it? Can you envisage climbing Scotland's highest summit on a perfect summer Sunday and seeing no-one? More likely, you'd be trodden by hordes of sponsored peak-baggers. But then, like Carrauntoohil and much of Irish legend, this is fairy story stuff. Can you imagine grassy paths up Scafell?

Our circuit from the roadhead in Hag's Glen was clearly not a popular route, as we could neither find a clearly defined path up or down. A tally of four munros were easily notched up, the airy ridge traverse from Beenkeragh to Carrauntouhil being not too tricky in perfect conditions.

Naturally, there was a cross on top of Carrauntoohil.

And a broad rolling summit.

The MacGillycuddy Reeks circuit took just 5:45 hours, followed by a brisk 50km cycle ride to Mallow for an overnight stay.

### ***Galtymore***

After some desperately challenging navigation along very minor lanes we eventually found a promising route which ended at a 'Marie Celeste' farm yard. Looking for permission to park our bikes we found no-one at home, just a solemn faced dead sheep in the shearing yard and a car with its door and boot open, seemingly abandoned centrally in the farmyard. More spooky!

Again, we couldn't find a path after the first few hundred metres, so it was a bit of a meander across grouchy peaty moorland towards the inevitable cross on the summit.

Naturally, a broad rolling summit.

The promised streams, which looked so convincing on the map, failed to deliver any water when we reached them, so by the time we reached the farm (still deserted, but an abandoned tractor had now appeared) we were running on empty. In keeping with Brandon, this was also a 2 hour trip.

Another gruelling flog on the bikes in the heat of the day took us 70km to Waterford. We chose this slightly longer detour for the certainty of fast roads and easy gradients, with a minimum of lumpy bits. By now we had grasped that the larger roads had very good hard shoulders which gave cyclists plenty of space to keep away from buses.

**Lugnaquilla**

A solid seven hours of pedalling was required for this 150km stage, the final 15km taking us up the delightful and remote Glenmalure. We dumped our bags at the very welcome Inn, and resolved to test a couple of Guinness's later. A few more kilometres of cycling were needed to reach the Youth Hostel where we left the bikes and sweated up an unmapped but 'bound to be there' forest road, deteriorating into a disappearing path which we failed to follow to the summit. Another rounded grassy plateau unfolded to meet us as we scrambled up and over the third short sharp slope, like an assault course, and before long we were on the summit, admiring the distant but slightly hazy views and celebrating a cumulative Peak to Peak time of 32 hours of bike/run.

Naturally it was a broad rolling summit.

But no cross?

Without any guilt whatsoever we cracked open a couple of cans of the local brew, by way of a small celebration. Not what we would normally do on the summit of a Munro, but honestly, it felt quite all right in Ireland. Its really green and more laid-back there. Try it.

Mike Browell

---

# Going the Distance

## The Joss Naylor Lakeland Challenge

A brief account of the day: 22nd July 2000

At 6am on my watch and with Colin's stop watch activated we started on the first leg to Kirkstone Pass with a clear blue sky, silent fells and the prospect of a good day ahead. It was a good feeling to be out there after the anticipation and build-up to this attempt. I had tried this run in 1997 with Alan only to be thunderstormed off Bowfell after eight hours in driving sleet and well down on Schedule. This then was unfinished business which needed another go, and hopefully favourable weather. This time I had set an 11h-40m schedule with no planned stops between sections preferring to eat on the move and at various pre arranged points during the day.

Paul took the helm and we set off across Barton Fell for Arthur's Pike. This section was completed in two and a half hours, maybe a little fast but nevertheless comfortably and enjoyable. Colin came out to meet us at Pike How with welcome refreshments and a broad grin; by Kirkstone we were 35 mins up on estimated time.

The second leg took 1h-55 with Alan in support and by the top of Steel Fell I was still 18 mins in front of schedule time and feeling strong. I had purposely estimated generous times for the first two legs as I knew the third and of course the last one in particular get increasingly harder and I wanted the psychological confidence early on to keep me in good spirits for the latter stages.

Bob took over from Alan at this point and we headed for High Raise. We chose to go direct, up the side of Birks Gill, and in so doing overtook Colin who had gone via the main path under Ash Craggs. We had enough food and water so without loss of time we carried on across to Rossett Pike leaving Colin to presume the situation; at least he had a bag full of goodies all to himself !

By now the sun was very hot and starting to have an affect. At Bowfell I was exactly on schedule which meant I had used up what time I had previously gained. Still, this was the very situation I had prepared for so I was not unduly concerned at this point and made good progress to Styhead, arriving at 2.10pm, still on Schedule.

At Styhead Roy greeted me with a large bottle of warm water, nothing was cool anymore, a brown banana and warm water and following Roy's heels got me to the summit of Gable 10 mins down. I never thought I would be so grateful for those steps. By Kirkfell I'd slipped another 5mins, even the welcoming site of Dick at Black Sail Pass with more water didn't seem to have the desired affect. This was my low point, the heat of the day was now taking its toll so it was not without a little cajoling and verbal abuse from Roy and Dick that Pillar was reached 25 mins down. Looking across at Seatallan the task in hand looked pretty daunting. Roy led the traverse round Black Crag well and we were soon over Scoat Fell to Steeple where Jeff met us with fresh drinks and a tin of fruit. This seemed to do the trick and although there was not much spring in the step anymore I managed gradually to pull some minutes back. Paul also joined us again here for the rest of the journey and steered a good route off Haycock. A battle for time now and two tops left. Seatallen is huge. I didn't look up, just concerned myself with fighting the hill and the watch until it was in the bag.

At the coll before Middle Fell, Allan who'd spent most of the afternoon in Scoat Tarn, appeared for the last bit of fun with his own inimitable contribution of verbal encouragement to assist me to this final top which we reached with 17 mins left. A jolly good descent was had by all. It looked a tall order looking down on Greendale Bridge as we rounded the bend on the 225 contour but the pain had gone now and the end was in sight, the legs suddenly decided to come to life again and even performed a controlled swerve through the bracken to the bridge.

My watch said 5.57pm; Colin appeared with a cheer and confirmed the time so that was that. I'd made it with 3 mins to spare. Joss was at the bridge and joined in the celebrations which was the perfect finish to the day. I'd called him some names during the afternoon I can tell you but all was now forgiven, it was done, and all tiredness, cramps and thirst at least for the time being had gone. So had the sun; we were now in the welcome shadow of the trees at the bridge; the first shade all day.

My supporters; Paul Sanderson, Alan Yates, Bob Marsden, Roy Small, Colin Henson, Dick Pasley and Jeff Harrison were brilliant, I thank them for their support and company.

Dave Lockwood (age 53)

### V50 12 Hr Schedule

1st SECTION			3rd SECTION		
	Est.	Actual		Est	Actual
(Pooley Bridge)	6.00	<b>6.00</b>	Steel Fell	11.35	10.53
Barton Fell	6.20	<b>6.15</b>	High Raise	12.15	<b>11.49</b>
Arthur's Pike	6.45	<b>6.28</b>	Rossett Pike	12.45	<b>12.36</b>
Loadpot Hill	7.05	<b>6.46</b>	Bowfell	1.10	<b>1.10</b>
Wether Hill	7.15	<b>6.55</b>	Esk Pike	1.30	<b>1.27</b>
Red Crag	7.20	<b>7.05</b>	Great End	1.50	<b>1.47</b>
Raven Howe	7.30	<b>7.18</b>	(Styhead)	2.10	<b>2.10</b>
High Raise	7.40	<b>7.23</b>			
Kidsty Pike	7.50	<b>7.29</b>	Pacer/Support: Bob Marsden		
Rampsgill Head	7.55	<b>7.34</b>			
High Street	8.10	<b>7.47</b>			
Th'thw'te Beacon	8.20	<b>7.56</b>	4th SECTION		
Stoney Cove Pike	8.45	<b>8.13</b>		Est.	Actual
Pike How	8.55	<b>8.22</b>	Great Gable	2.35	<b>2.45</b>
(Kirkstone Pass)	9.05	<b>8.30</b>	Kirkfell	3.05	<b>3.20</b>
			Pillar	3.45	<b>4.10</b>
Pacer/Support: .. Paul Sanderson			Scoat Fell	4.10	<b>4.32</b>
			Steeple	4.20	<b>4.37</b>
			Haycock	4.40	<b>4.56</b>
2nd SECTION			Seatallan	5.05	<b>5.25</b>
	Est.	Actual	Middle Fell	5.20	<b>5.43</b>
Red Screens	9.35	<b>8.55</b>	(Greendale Bridge)	5.40	<b>5.57</b>
Hart Crag	10.20	<b>9.40</b>			
Fairfield	10.30	<b>9.52</b>	Pacer/Support: Roy Small		
Seat Sandal	10.50	<b>10.12</b>			
(Dunmail Raise)	11.05	<b>10.25</b>			
Pacer/Support: .. Alan Yates					
			TOTAL TIME	11-40	<b><u>11.57</u></b>

Other supporters: Jeff Harrison, Colin Henson & Dick Pasley

Weather conditions: clear, no cloud and very hot !















The course record of 18'42", (set by Manthorpe Junior, using the family stopwatch), was never in danger. Rob Davison, (back), bided his time at the barbecue to see what the opposition was up to before jogging round the course in the cool of the late evening to clock up his winning time of 22'10". Andy Harmer, (hips, calf and dodgy guts) pushed himself round early in a time of 22'50", thus clocking up the triple glory of being first Vet, first SuperVet and first Local, but crippling himself thoroughly in the process. The stick-of-rhubarb prize for first woman went to Karen Dalton, (back being seen-to by Jacky), who was too injured to run, but would certainly have done quite well if she had.

Organiser Dave Holmes, (back, left leg, and intermittent pain in the arse), was also too crocked to run. But he thoroughly enjoyed the barbecue and drinking session, and would like to thank everyone for coming along, (especially the Great Zeffeldi who did some very impressive fire-juggling). Same time, same place next year – don't miss it.

1	Rob Davison	22:10
2	Paul Sanderson	22:16
3	Andy Harmer	22:50
4	Tim Hawley	24:01
5	John Gunnee	24:23
6	Richard Hakes	24:43
7	Dave Markham	25:08
8	Jon Straker	27:02
9	Rod Douglas	29:42
10	Neil Palazon	29:57

> >

**Broomhead Chase : 9 July 2000**

Nobody went wrong this year on this well-organised local race : one of our better short courses with no tarmac, a fuller stream to cross and a strong hill up to the trig point.

Dave Tait

1	S.Penney (Chesterfield)	25:32	34	P.Guerrier	33:39
4	P.Crowson	28:38	38	K.Saville	34:06
6	D.Tait	28:47	42	E.Rybinski	35:28
8	K.Holmes	29:06	45	B.Needle	36:02
9	A.Bell	29:21	65	ran	
13	C.Barber	30:58			

> >

**Bamford : 12 July 2000**

1	M.Fowler (Salford)	28:34	74	D.Beresford	35:25
6	M.Hayman	29:55	76	R.Hakes	35:49
12	A.Jenkins	31:16	87	K.Bryan-Jones	36:52
17	M.Salkild	31:56	100	T.Mangion	37:45
18	A.Middleton	32:00	104	J.Smith	37:56
19	K.McGrath	32:01	112	J.Gunnee	38:16
20	R.Davison	32:02	114	C.Wilson	38:31
23	P.Crowson	32:15	116	M.Musson	38:35
25	G.Williams	32:22	117	J.Griffiths	38:52
27	R.Hutton	32:34	132	M.McCart	39:40
28	K.Holmes	32:46	136	P.Wheatcroft	39:50
29	M.Nolan	32:53	144	M.Smith	40:11
30	N.Conway	32:59	145	T.Atkin	40:20
33	R.Horsfield	33:07	151	R.Baumeister	40:35
34	D.Tait	33:10	154	A.Shepherd	40:42
35	A.Moore	33:14	155	J.Fulton	40:45
38	C.Adams	33:30	156	D.Pasley	40:49
40	M.Harvey	33:34	164	H.Cotton	41:24
45	R.Woods	33:52	176	P.Tapping	41:50
47	T.Tett	33:55	180	J.Crowfield	42:03
49	J.Soady	34:00	181	C.Henson	42:05
52	D.Charles	34:09	186	M.Arundale	42:14
54	M.Flinders	34:22	192	M.Poulter	42:39
62	N.Boler	34:34	226	H.Elleker	45:32
65	R.Marlow	34:55	228	M.Browell	45:36
66	C.Barber	34:56	236	P.Dyke	47:21
71	R.Hopkinson	35:21	243	T.Hawley	47:55
72	P.Sanderson	35:23		278 ran	

&gt; &gt;

**Kentmere : 16 July 2000**

1	M.Roberts (Borrowdale)	1.25.00	156	A.Mayer	2.00.35
33	A.Sealy	1.38.54	166	M.Fox	2.01.56
47	R.Davison	1.42.28	203	W.Wilson	2.06.41
54	D.Tait	1.43.12	230	R.Horsfield	2.09.40
60	D.Allen	1.43.42	247	B.Thackery	2.12.19
61	S.Bell	1.43.44	354	P.Dyke	2.35.05
64	K.Holmes	1.44.34	386	Finished	
155	C.Hird	2.00.26			

&gt; &gt;





**Borrowdale Fell Race : 5 August 2000**

17m/6500'

Another good club showing for this classic event. The morning was bright and sunny so I slapped loads of sun cream on and took a hat. This was a bit of a waste of time as after ½ an hour into the race the sun went in and didn't show his face again. This was my first time for the race and wasn't too sure what to expect even though I'm familiar with most parts of the course. What I didn't expect was the ascent up through the woods to the top of Bessyboot. The amount of stone fall being akin to what you would expect on the North Face of the Eiger. After this excitement I settled in for a bit with Hugh Cotton.

On the way over to Esk Hause I spotted Bob Marsden and thought I'd give chase. As I seemed to repeatable close in however, Bob seemed to effortlessly pull away without even a casual glance over his shoulder. Does he have a secret devise to detect incoming runners wearing Brown Vests? Enquiring minds wish to know.

Things were pretty uneventful till the decent from Scafell Pike when on the scree run down I stated to notice that my toes on my left foot seem to be taking a bit of a jarring. On closer examination I noticed that were in fact sticking out of the end of my shoe! My Walsh then steadily proceeded to disintegrate as I progressed up Gable and over to Honister. The insole worked it's way out just before the Honister checkpoint and the situation stated to look a little dire. Fortunately one of the kind marshals was able to render first aid to my terminally ill Walsh with a bandage which enabled me to nurse it home over Dalehead. I went steadily through the slate quarries just before the finish so prevent me from cutting my exposed toes off.

Ant Mayer

1	Simon Booth (Borrowdale)	2.42.46	88	Mike Nolan	4.04.17
14	Dave Allen	3.24.33	112	Paul Sanderson	4.16.10
16	Alan Sealy	3.25.24	114	Martin Fox	4.16.39
37	Phil Crowson	3.42.24	163	Ant Mayer	4.39.41
40	Roger Woods	3.43.35	164	Robert Marsden	4.40.12
43	Mick Robinson	3.44.56	177	Hugh Cotton	4.52.51
51	Dave Lockwood	3.50.15	224	Finished,	
65	Dave Soles	3.56.14	39	Retired	

Another good weather day as usual for this years race, and a good Dark Peak attendance; almost like old times. Well done Dave Allen, considering there were 6 Borrowdale Runners in the first 10, an extremely good time just pipping Alan Sealy who did a 'little extra' for good measure!

Dave Lockwood

&gt; &gt;





## Ashford (Thornbridge) results:

1	Tim Tett	52:13	14	Karen Dalton	1:03:58
2	Gavin Williams	53:33	15	Dave Hay	1:04:01
3	Rob Davison	53:53	16	Tim Atkin	1:05:27
4	Mick Robinson	54:03	17	Hugh Cotton	1:05:49
5	Richard Horsfield	54:09	18	John Gunnee	1:05:52
6	Mike Pedley	56:49	19	Tony Keddie	1:08:02
7	Chris Barber	58:04	20=	Colin Henson	1:08:46
8	John Armistead	58:10		Hilary Musson	1:08:46
9	Martin Fox	58:22	22	Jeff Harrison	1:20:08
10	Roy Small	59:20	23	John Myers	1:21:46
11	Paul Sanderson	1:00:55	24	Gill Marsh	1:22:05
12	Richard Hakes	1:01:08	25	Ann Watmore	1:23:42
13	Jacky Smith	1:03:54			

&gt; &gt;

## Pilsley Fell Race : 24 August 2000

Another welcome new course, unfortunately clashing with Taddington. The longer, more demanding AS route was shortened with the darker nights closing in-another reason for a date change. Lots of scenic grassy running around the Chatsworth Estates with enough hills to make it worthwhile.

Dave Tait

1	S.Penney	27:44	41	C.Edwards	34:51
2	R.Patton	28:06	42	D.Smith	34:53
6	A.Jenkins	29:09	44	J.Smith ( 1 <sup>st</sup> L 40 )	35:32
7	M.Ward	29:14	46	K.Dalton	35:39
8	R.Davison	29:36	51	D.Hay	36:39
11	C.Adams	29:51	61	R.Slater	37:54
12	K.McGrath ( 1 <sup>st</sup> V40)	30:09	62	G.Seaman	37:59
14	G.Williams	30:27	65	J.Fulton	38:26
15	A.Moore	30:36	69	T.Atkin	39:04
16	D.Harrison	30:39	70	M.Arundale	39:13
17	P.Cox	30:41	74	J.Myers	39:32
18	D.Tait	30:59	75	M.Edwards	39:35
21	A.Barnett	31:22	77	D.Pelly	39:52
24	M.Smith	32:20	78	D.Arundale	40:11
27	C.Browell	33:23	86	H.Elleker	41:26
36	J.Armistead	34:07	93	M.Browell	44:05
39	J.Rice	34:45		100 ran.	

&gt; &gt;

## BOFRA Championships

Some forget that there are two types of fell running, two organisations, two championships. They used to be known as amateur and professional but the latter is simply now known as "open" and may be of interest to other Dark Peakers.

The British Open Fell Running Association Championships comprise best 12 out of 20 races from May to October. The races tend to be short and steep for the spectators' benefit. Most of the races are in Yorkshire and the Lakes but the travelling has been worth it and I find myself leading the vets championships.

Mark Salkild

### Cracoe Fell : 11 June 2000

1	R. Hudson	20:20
15	M. Salkild [3 <sup>rd</sup> M40]	23:58

### Kettlewell : 25 June 2000

1	R. Hudson	11:53
6	M. Salkild [1 <sup>st</sup> M40]	13:54

### Kirkby Gala : 1 July 2000

1	T. Mason	34:02
2	M. Salkild [1 <sup>st</sup> M40]	37:13

### Cray : 16 July 2000

1	R. Hudson	23:21
7	M. Salkild [1 <sup>st</sup> M40]	26:14

### Ambleside Show : 3 August 2000

1	R. Hope	
11	M. Salkild [2 <sup>nd</sup> M40]	17:14

### Hawsworth Dash : 13 August 2000

1	R. Hudson	11:56
7	M. Salkild [1 <sup>st</sup> M40]	12:57

### Helm Hill : 17 June 2000

1	J. Mason	24:29
4	M. Salkild [1 <sup>st</sup> M40]	26:19

### Elmton Hill : 28 June 2000

1	M. Salkild	27:58
---	------------	-------

### Langdale Gala : 2 July 2000

1	G. Bland	11:46
6	M. Salkild [1 <sup>st</sup> M40]	13:13

### Farlton Knott : 23 July 2000

1	R. Hudson	
9	M. Salkild [4 <sup>th</sup> M40]	40:32

### Grassington : 6 August 2000

1	R. Hudson	
6	M. Salkild [1 <sup>st</sup> M40]	33:43

---

## Small Ads

Berhaus Cyclops II rucsac. Size 1, never used. Any reasonable offer.  
Jacky Smith (01142 664702)

---



# In Gear

## Club Kit

Extensive range of club kit available from Richard Hakes. In addition to vests and shorts there are lycra shorts, tracksters, fleeces and, of course, the famous woolly hats. Please contact Richard to check availability before ordering.

## 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 (like shops which no longer exist!) or find any others who will give discounts.

Keep on Running, Rock and Run, YHA shop, Blacks, Hitch and Hike, DB Sports, Feet first (Walsh resoling).

---

# The-bit-at-the-end

## Dark Peak News Winter 2000/01

In the Next Issue:

Autumn relays

Mountain marathons

Club Champs

More photos

All the things left out of this issue. Sorry if your item didn't make it - it will!

....and anything else you get up to and write about.

If you run a race, a copy of the results and 1 paragraph to go with it can make a huge difference to the readability of the newsletter!

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](mailto:mike@frosthole.demon.co.uk) or [editor@dpfr.co.uk](mailto:editor@dpfr.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 6 December 2000**  
Publication date: **Wednesday 20 December 2000**

---

24/5/ Barbara wild

Autumn 2000

### Thanks

Thanks for D.P.News Summer 2000 to;

Bob Berzins, John Blair-Fish, Mike Browell, Peter Dyke, Jim Fulton, Richard Hakes, Dave Holmes, Frank Galbraith, Andy Jenkins, Dave Lockwood, Ant Mayer, Dave Moseley, Geoff Nicols, Dick Pasley, Paul Sanderson, Mark Salkild, Jacky Smith, Howard Swindells, Dave Tait.

---

### Cover

Thanks to Dave Holmes for cover photos from the Thornbridge weekend. Gavin races to 2<sup>nd</sup> place (front) and below a Caption Competition: what are John and Colin saying in their reflections on the event? Bottle of Chimay to the winner.



---

And finally for those with anoraks... keep up-to-date with the latest DPFR news and results at: [www.dpfr.co.uk](http://www.dpfr.co.uk)