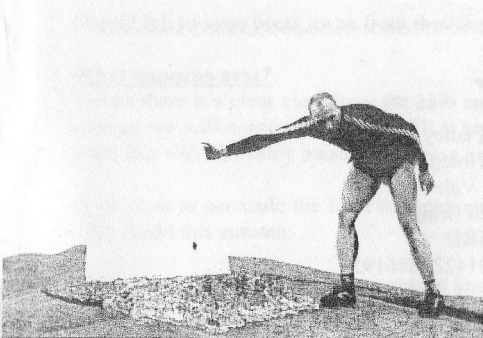
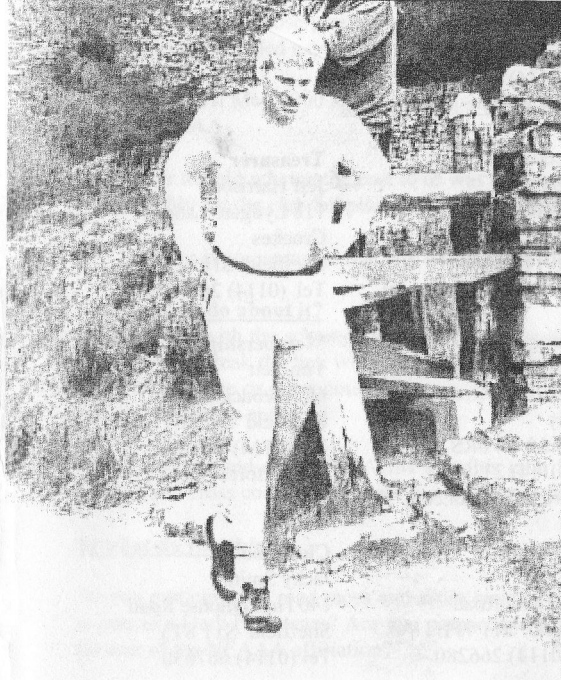


Dark Peak News



Summer 2000

Jura race goes ahead despite strike threat

Most runners arrived on Jura early to avoid the threatened ferry strike. In the end the strike was called off at the last minute but the situation had already been confused by the local police who declared the race cancelled because of a lack of rescue cover. With so many runners already on the island there was always going to be a race of some sort and in the end the official race went ahead.

Burbage Fell Revival Successful

The Burbage fell race, not run for 2 years, was successfully revived by Dark Peak. Race organiser Andy Moore's superb efforts were rewarded by a good turnout. He even managed to revive the typical cool damp Burbage fell race weather although the sun did actually shine during the race itself. Full results are now available.

Dark Peak on the telly

You've probably seen John Inverdale present rugby internationals and then go on to meet famous sporting stars on his chat show. Well coming soon to BBC1 John Inverdale meets... the Fulton family!

The Fulton Family have taken part in a 36 hour outward bound challenge in Eskdale filmed by the BBC. Jim says, "There were a number of mental and physical challenges set for two families to accrue points culminating in a head to head challenge. The presenters are John Inverdale and Shawna Lowrie. Dark Peak gets plenty of publicity during the 1 hour programme." Even more impressively for those that know Jim... navigation skills were needed; he doesn't say whether he used them correctly though - we'll have to wait for the programme - BBC1 22/6/00 8pm-9pm!

Dark Peakers show in numbers Championship races

Whether it's the new Dark Peak "Champs" League acting as an incentive or just a simple revival of interest in the Championships but dark Peak numbers have been up on recent years at all the championship races held so far. There were particularly good turn outs at Wrekin and at Fairfield.

Clean Sweep at a Gallop

Dark Peak runners took the first three places at the 20 mile Grindleford Gallop on 11th March with Roger Woods taking the victory. This reincarnation of the Thornbridge 20 retains the same route but moves the start and finish to about half way round the original course. The leading group gradually dwindled leaving Roger to claim victory ahead of new member Ian (?). Gavin Williams had been one of the leading group dropped but a storming descent to the finish took him from 7th to 3rd in the last half mile.

Gold medal for exiled Dark Peaker...

Jamie Stephenson, now resident in Sweden, won a gold medal in round 3 of the orienteering World Cup in Canberra, Australia. It's a rare achievement for a Brit to make the podium let alone win one of these prestigious series of events. He followed it up with a 3rd in day 1 of the two day event making up round 4 only to finish a disappointing 42nd on round 2! Nevertheless, a superb effort by Jamie.

Several other Dark Peakers were selected in the squads of 6 men and 6 women to visit Japan and Australia for these first series of races for the 2000 World Cup. Dave Peel, who has dominated the domestic scene this year came home a respectable 17th in the short race with Ollie Johnson 28th. Meanwhile in the women's event Jenny James, Kim Buckley and Helen Hargreaves finished 19th, 21st and 22nd respectively. All three went on to compete in the two day event with Jenny finishing an excellent 9th and 13th.

...but more trouble with trees

...But round 1 of the orienteering World Cup on the slopes of Mount Fuji wasn't plain sailing for all the Dark Peakers. Richard Wren collided with a tree and following hospital checks has been advised to miss the remainder of the events. He is back in the UK and hopes to be running again soon. Dickie's accident follows close on Martin Smith's trip to hospital last month after another tree collision. Dangerous stuff this orienteering... .. maybe try a few more fell races lads - it sounds safer!

Martin Smith OK after race accident

Martin Smith finished a run near Helmsley in hospital after taking a heavy blow to the head (from a tree branch?) plus cuts to the forehead and mouth. Although he managed to make his way the 1km back to the first aid tent, unassisted, the medical staff took no chances and an ambulance was called. Apart from awaiting more work on his damaged teeth, he is now fine and back on the fells.

Borrowdale raid Skyline (but Dark Peak win M40 team)

Edale Skyline, Dark Peak's biggest organisational event of each year saw close battles between some of the club's best runners and border raiders from the lakes - Borrowdale. Seven of the top 10 places went to the two clubs with Borrowdale winning the men's team award whilst Dark Peak won the men's veterans and were 2nd in the men's open team prize. Our three top 10 finishers were: Alan Ward, Al Sealy and Roger Woods who finished 6th, 7th and 8th. Sadly only two Dark Peak women ran leaving the team prize to Retford AC; the only team to finish three women!

Club Hut Re-opens... ..officially

An "official" event to mark the rebuilt club hut was staged on Sunday 11th June with events including football DPFV vs Sportsman U11 All Stars and a score event where Tom Westgate and Howard Swindells studied the rules, ignored the delights of Rivelin and ran 11 laps of the playing field to take an unpopular share of first place! Full details in the Autumn issue.

Coming Events

SUMMER 2000

Club runs every Wednesday from the Sportsman at 6:30pm or at an "away" venue (start times vary - CHECK BELOW). There are numerous races on Wednesdays but club runs continue for those who don't want to race.

Club runs usually last approximately 1.5 hours often with a longer or shorter alternative. Please remember that even summer evenings on the fells can bring bad weather requiring windproofs or thermals. Come prepared!

Jun

Wed	28	18:45	Club run	Sportsman	
Wed	28	19:45	Local race	Tideswell, Tideswell dale, car park	4.5ml/820'

Jul

Sun	2	11:30	Local race	Peakers Stroll, Devonshire Arms, Peak Forest	25ml/4000'
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Mon	3	19:30	Local race	Hathersage	4.5ml/925'
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Wed	5	18:45	Club run	Grindleford cafe	
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Wed	5	19:30	Local race	Hope Wakes	4ml/650'
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Sat	8	17:00	DPFR event	Loxley Lunge & barbecue, Dave Holmes house.	
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Sun	9	14:30	Local race	Broomhead Chase	3.5ml/800'
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Wed	12	18:45	Club run	Yorkshire Bridge	
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Wed	12	19:30	Local race	Bamford	4.5ml/1000'
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Sat	15		Race	Ingleborough (why not do a double bill with Kentmere and camp with other club members overnight at Stainforth?)	7ml/2000'
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Sun	16	11:15	Local race	Peak Forest	6ml/650'
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Sun	16	13:00	E.Ch.&DPL	Kentmere	11.9ml/3300'
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Wed	19	18:30	Club run	Sportsman	
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Thu	20	19:30	Local race	Sheldon	4ml/527'
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Sat	22	10:30	DPFR event	DPFR club biathlon (run-cycle-run-cycle-run), Sportsman	
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Tue	25	19:30	Local race	Monumental Fell Race, Robin Hood pub (near Baslow)	5ml/875'
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Wed	26	19:00	Club race	Cakes of Bread; Fairholmes	
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Sat	29		Brit. Ch.	Slieve Donard	6.5ml/2800'
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Aug

Wed	2	18:30	Club run	Sportsman	
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Sat	5	10:00	DPLLeague*	Borrowdale, Rostwaite	
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Sat	5	10:00	Triathlon	Andy Moore's birthday triathlon; Ramsley Res.	
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Wed	9	18:45	Club run	Mam Nick	
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Wed	9	19:30	Local race	Bradwell **NEW DATE **	4.5ml/600'
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MORE NEWS

Permit dispute ends £100,000 windfall

Extract from The Guardian - Tuesday May 2, 2000

British athletics is set to miss out on a £100,000 windfall after the Imperial Cancer charity refused to apply to the authorities for permits to stage its 61-race series of five-kilometre fun runs.

Each road race in Britain is supposed to require a permit from the governing body of the area in which it is held and, under the terms of that being awarded, each organiser must pay them £1 for every runner who is not affiliated to an athletics club.

Imperial Cancer disputed this because as the majority of the women taking part in their races were fun-runners it represented an ever-increasing figure as the popularity of the series escalated. The final straw was when the Scottish Athletic Federation doubled the unattached levy in their area to £2. Their 2000 Race for Life series, which will be launched today, are expected to attract 120,000 entrants and raise £4m for charity. This will be the first time that the races have been staged without permits.

"Last year we gave the governing bodies £65,000," said Jo Symington, the national fund-raising manager for Imperial Cancer. "This year the figure could have been as much as £100,000 which, as a charity, we couldn't really justify. It wasn't a decision taken lightly. But our key objective is to make as much money for the charity as possible."

Imperial Cancer have also become disillusioned at the lack of recognition their series has received from UK Athletics, adding to a growing feeling that the national governing body is out of touch with the grassroots.

"Since we started we have brought 180,000 runners into the sport but no one seems to have recognised that," said Symington. "We had no contact with UK Athletics last year except to send them the cheque. I don't think they even know we exist."

The loss of this income will hit the area associations hard, who rely largely on unattached levies to fund their activities. The South of England Athletic Association's major source of income last year was the £80,000 they received from road races in their region.

"British athletics is the loser," said Bryan Smith, the head of endurance competition for UK Athletics. "Unattached levies are almost the lifeblood for many associations. Without them there would have to be a major change in the way the sport funds itself." Technically UK Athletics has the power to ban any runner or official who takes part in one of the Race for Life events but this is a sanction rarely applied and almost unenforceable with so many people involved.

AGGM

Minutes of the 2000 Annual General Meeting of Dark Peak Fell Runners

Held At the Maynard Arms Grindleford on 19th April 2000

Approximately 40 members attended the meeting

Apologies

Apologies for absence were received from Al Sealy, Mike Browell, Geoff Nichols and Mike Pedley.

Minutes of the Previous Meeting

Jim Fulton questioned the accuracy of the paragraph "Proposals from Jim Fulton" that you had to be had to have been there to understand any of it. Roy Small stated that he had been there and didn't understand any of it anyway.

The minutes were therefore accepted as a true and accurate record.

Matters Arising

Club Constitution

Dave Holmes outlined the issues surrounding the debate last year and why we had got where we are. He explained the need behind the constitution and the difficulties the club officials had had in coming up with the wording.

The debate then ensued which was lively at times. Hugh Cotton felt that we should leave out the words "and protective" from the objectives. Tim Tett suggested that it was not necessary for the Edale Skyline Race Coordinator to be on the committee. Jackie Smith on the other hand proposed that the Club Coach should be included on the committee.

Andy Harmer accused the club as hypocritical in the way it had dealt with this issue and its stance on political issues such as the right to roam. He also claimed that the committee had fudged the issue. This accusation was denied by Dave Holmes, who stated that far from fudging the issue the committee had dealt with this issue in a fair and open manner. It was claimed that we had agreed to hold an EGM at last years AGM to discuss this matter. It was pointed out by Paul Sanderson that due to the time it took to get the draft constitution circulated in the newsletter and giving the membership time to feedback on it (which in fact there was none!) an EGM was felt unnecessary to deal with this one issue.

Frank Galbraith and Dave Lockwood both agreed that the tone was about right and agreed with the wording. Frank felt that it should however be amended to include an ability to expel any member who brings the club into disrepute. AH stated that this had actually been done in the past.

After the discussion votes were taken on the following proposed amendments

I) "That the Edale Skyline Race Coordinator should be not on the committee"
Prop Tim Tett Sec ?
This proposal was defeated

II) " That the Club Coach should be included on the committee"

Prop Jackie Smith Sec Pete Dyke

This was accepted

III) "That the words 'and Protective' be removed"

Prop Hugh Cotton Sec Maurice Musson

This was defeated

IV) "That the constitution should include a way of expelling a member who brings the club into disrepute" Prop Frank Galbraith Sec Pete Dyke
This was defeated

A vote was then taken on accepting the draft constitution with the appropriate amendments. This was passed unanimously.

Chairman's report

Dave circulated this at the meeting. He thanked Roy and Hugh for the work put in on the hut. He also stressed that the club should not underestimate the task ahead in organising the FRA relay. Club members should volunteer and not wait to be asked to help. Dave thanked Paul for his service to the club over the past six years. Dave also stated that although he would stay as chairman for the coming year he would not seek re-election next year. He asked all those present to think seriously over the next year about a successor.

Secretarys report

Paul circulated two reports one, which was very similar to Dave's and the other which attempted to explain the recently introduced NEAAA registration scheme. This provided a lot of discussion, not a lot of clear cut answers and the understanding that we are probably stuck with it for this year but guidance should be sought from the Fell Runners Association at the earliest opportunity as to where this sport should be going. A H stated that he felt we as a club should clarify what we are. Are we just a fell running club or are we an athletic club. It was felt that the club committee should negotiate this issue with the relevant bodies as taking a unilateral position on this is difficult. At this point Jim Fulton introduced a proposal see below

Mr Chairman, Club Officers, Ladies and Gentlemen,

Some club members may recall various motions proposed at past AGMs some of which were voted upon and have since passed into the annals of history. I speak of course about the conversion of the Tinsley Twins Cooling towers into the Dark Peak Indoor Fell Running centre.

The proposed and accepted motion that all fell races should be designed to cover a figure of eight course to even up the wear caused to costly Walsh soles.

The proposal to censure certain anoraks (and you know who you are Roy Small & Paul Sanderson) for their foul utterances on Kinder Scout blathering on about Windders 95 dot com, the size of their interfaces or how to insert a floppy.

What happened to the production of a run of Engraved, Limited Edition, numbered, Millstone Grit Ashtrays to mark the passing of the Millennium in which most of you were born I hear you ask.

We missed a golden opportunity to purchase a half dozen tills from Sainsbury's store in Ecclesall when it underwent a refit. It was proposed that the Club Joiner would transform the Checkouts into Clearouts with the scanner activated in the unit to read a bar code printed on the genitalia of Competitors in Dark Peak Fell Races.

This would have led to threefold benefits. vis A cleaner Environment, the monitoring and progress of Competitors around the course and the optional photographic record to put upon the mantelpiece.

These represent missed opportunities to mention but few.

Now to the gist of this proposal and listen hard because its an iconoclastic one which will really knock your rocks off.

In view of the new Registration Scheme which has been foisted upon us by "the Triple A Men in Blazers", Does the Team Think that the name of Dark Peak Fell Runners should be changed?

I propose that the club name is changed forthwith to "UNATTACHED" (Upper Case) the benefits to club members may not be obvious, but I for one would think it well worth a quid to be able to register at a race as an "UNATTACHED" runner, not "unattached" (lower case), but "UNATTACHED" (Upper Case). Runners who are "UNATTACHED" would almost certainly win the team prize at most events and be members of the Club which, by far, fields the most competitors. An added personal benefit would be the resultant maximum amount of confusion caused to the Triple A and FRA pen pushing statisticians who have forced this vile tax upon us.

I should offer one note of caution. It could be considered unwise to wear club colours emblazoned with the new name "UNATTACHED" whilst road running in some of the more Bohemian areas of our city, when using Public Toilets or for our Southern Members who find the need to train upon Clapham Common.

Note:- This proposal unfortunately failed to get a seconder.

Treasurers report

Jeff outlined the current financial position and stated that finances are generally healthy. Although we now have significant amounts of unsold gear we are still in a good position for now.

Maurice Musson asked if it would be possible to pay subs by standing order. Jeff said that this was not an option as it was too complicated to administer. It was pointed out that Jim paid his by BACS transfer and this did not make it any easier either.

Newsletter Editors report

Unfortunately as Mike was ill there was no Editors report. However it was agreed that Mike was doing a fantastic job.

Edale Skyline

Dick reported that it was very successful and we even made a slight profit. Thanked everyone for all their help. Good club performance with 6th, 7th and 8th position (2nd team) and we won the vets team. He also said that next year would be his last year as coordinator and asked for someone else to take it on. Jim asked if it would be possible to get rid of the radio 'anoraks' as he was getting a bit fed up with them. It was noted that they were in fact the greatest liability on the hill during the race and this would be looked into.

Election of Officers

Unlike previous years there was actually a vacant post this year as Paul Sanderson was not standing for re election as Secretary. Dave Holmes stated that this was his final year as chairman as he felt it was time the club moved on.

All the current officers were subsequently re elected with Bob Berzins taking over as Club Secretary. No one was sure whether Mark Hayman was club captain although it was noted that he had sorted out the relay teams. He would be asked that if he thought that he was club captain would he care to continue in the role

FRA Relay

Dick outlined that Dark Peak were to stage the British Fell and Hill relay championships this year. It would be in Edale on 15th October. Asked people to keep their diaries clear. Routes were being planned and the main problems concerned car parking. Start and Finish would be in the playing field.

The question which does have to be asked is 'does fell running need the NEAAA?' In order to clarify matters I have attempted to explain how this scheme is supposed to work in a separate report. I'm sure we haven't heard the last of this.

This year has seen the 'rebirth' of the club hut. In the middle of last year it looked as though the hut was doomed as all avenues for rebuilding seemed to be exhausted. It is however amazing what a spell of getting changed in the car park can do in focusing attention on the problem. Thanks must go not only to Hugh and Roy for the work they have put in over the last few months but to all those volunteers who have devoted their weekends and free time to assisting in the building work and to all the club members who contributed financially.

I would like to take this opportunity to thank Mike Pedley who I am sure you will all agree continues to do a fine job with producing not only the newsletter but the extremely informative web pages. www.dpfr.co.uk is becoming an increasingly useful way for club members who are not regular "Wednesday Nighters" to keep in touch between newsletters.

As highlighted in the newsletter and on the web page I intend this to be my last AGM as Club Secretary. I have spent the last six years in this post and feel that it is now time to move on and allow someone else to have an opportunity to put something back into the club. Contrary to the popular view this club does not run itself and requires the work of a few committed individuals to ensure it runs smoothly for the rest of us.

Over those last six years the club has grown and developed with new members joining whilst the senior members among us like Mike Hayes have turned to easier pastimes such as triathlons! We have also established a fine record in the various Relay competitions over recent years; last year was no exception with the women's team again being victorious at the Calderdale way relay. Individually Dark Peak is very much on the map with some fine performances in recent races. With the development of the Dark Peak League this year it is to be hoped that we will see more of our top athletes contesting the championship in future. Last year our own newly qualified fell running coach, Jackie Smith organised some coaching and training weekends. These were well attended and proved to be very informative. Her move into sports massage is proving to be equally popular with some members, particularly after the rigours of the Edale Skyline.

The clubs reputation with the Bob Graham round also continues undiminished with a particularly fine effort last year by Kev Saville and Andy Dickinson in the most appalling conditions.

The year to come sees the club take on the challenge of staging the FRA Relay. This is arguably the biggest event Dark Peak as a club has ever staged and as such will require the involvement of many of you in some capacity. Lets hope that we can all play our part to make it a success, both organisationally and competitively.

Paul Sanderson, Hon Secretary April 2000

Letters

Everest Marathon 2000

This is my treat for myself for the millennium, or greatest challenge yet depending on which way you want to look at it! During November of this year, I will be in the Himalayas of Nepal acclimatising to the altitude before competing in the highest marathon in the world. Its been my ambition for some years now to take part in this event, but finally, this year it seems to be happening. The achilles tendonitis that has plagued me for nearly 5 years seems to have settled down somewhat (touch wood) and the Governors at the school where I teach have agreed to let me take unpaid leave.

The order of events is roughly this-fly to Kathmandu and trek from the roadhead at Jiri for 17 days into the Everest region. The race itself is on 26th of November and starts at Gorak Shep (5184m), just below Everest base camp and finishes in the Sherpa 'capital' of Namche Bazaar (3446m). The course is a measured 26.2 miles, and although it is basically downhill, the trail undulates, and there are two steep uphill sections. Anyone who has ever tried running at altitude, as I have already in Peru and India knows what a weird experience it is, your lungs feel like they're going to burst!

Needless to say the event is run under very strict medical supervision and anyone suffering from altitude sickness is not allowed to run. To add to ones problems, the race starts at 7.00 am, there is likely to be snow and ice for the first 5 miles, but further down the course sunburn could be an issue. Apparently the terrain is very varied, boulders, grass, sandy scree, stone staircases, trails through forests, exposed paths that contour round mountain sides, narrow suspension bridges and yak trains!

I'm really looking forward to the whole adventure, seeing that stunning scenery, experiencing the culture of Nepal, thoughts of the race fill me with excitement and fear! I dread getting an injury between now and then or getting the dreaded 'Delhi belly' whilst out there.

Obviously with taking unpaid leave I'm investing a lot financially. I will be raising money for charity with my efforts. Half of any money I raise will go to Nepalese charities, medical trusts, schools and so on, and I am also raising money for my school and a day centre for adults with learning disabilities. If anyone in Dark Peak would like to sponsor me, or can offer any help with training tips, I would be most grateful.

Philippa Leach

> >

Burbage Race Thanks

I would just like to say well done to Andy and the team for organising an excellent event. Thoroughly enjoyed by all I think, hope it can be repeated next year!

Russell Beresford

> >

Features

Fulton TV All Stars

Over Easter, Jim, Sue, Jo & Luke Fulton took part in a 36 hour Outward Bound challenge from Eskdale in the Lake District. The event was a competition between The Fulton Family and the Latham Family from Otley.

The challenges were various mental and physical tasks to be completed by all members of the family. Two challenges per family were big ones involving ropes and water - normal sort of things for the Lake District and there were quite a few smaller, basic Mountain craft / outdoor tasks. The points gained in these challenges were used for a handicapped start time in the head to head event which was a straightforward "first past the post winner" challenge to end the event.

The event was organised and filmed by the BBC and the programme is expected to be shown sometime in the coming weeks on BBC1. It is a 50 minute programme. We hope you might watch it and will enjoy the programme.

The programme name will probably be River Deep Mountain High and is a sort of "Infotainment" programme to encourage families to not be couch potatoes and get up and do things in the outside world. We certainly packed plenty of action into the two days and think it will make good viewing. The presenters who were with us for most of the time were Shauna Lowry and John Inverdale. We were microphoned up all of the time and had a cameraman and sound man with us all the time (when they could keep up with us that is).

The BBC are editing it right up 'til Broadcasting so we have no idea what it will be like, but one clue could be in the statement I made on the first day. Whilst doing a pretty basic (and fundamentally important) task I said something like "I'm definitely getting the hang of this".

On the following morning, I demonstrated that it was quite obvious that this was not so!

Jim, Sue, James, Jo & Luke Fulton.

"River Deep Mountain High will be shown on BBC1 on 22 June 8pm.

Going the Distance

Wind and Waves

Friday

On Friday morning I get a good luck card from my parents, which makes me think they must be worried, and a phone message from a friend wishing me luck with my marathons. I've slept really badly, but feel ready to get on with things.

Friday afternoon is supposed to be when I clean the flat, check my kit, do some translating and reading (diversion), have a bath and get to bed for 6pm. Instead, the phone rings and it's Radio Sheffield wanting to send out a reporter on Saturday. 2 further calls follow, and then another in which I'm interviewed for a news bulletin. The questions I'm asked are completely different from the ones I've "prepared", and my answers don't seem to cut any ice: wrong, wrong, wrong, or that's the impression the man on the phone is giving me. I come out with banalities but can't help being facetious.

I console myself with the thought that no-one listens to Radio Sheffield anyway.

I then get 3 calls from the Sheffield Telegraph: 1 fleshes out the press release that the PR company finally sent out 2 days before the event (did you say "scull"? What's that?), I want to know where the Dam is, and another wants me to change the order of things to suit their photographer. The report's supposed to be in next Friday's paper; but the photographer never shows.

I switch the phone off so I can have a bath in peace.

I get about 2 hours sleep. My alarm goes off at 11.45pm and I refuse to get out of bed. I dream that Billie is banging on the window telling me to get up and I shout that I'm staying put and tell her to go away. I eventually get up about 30 mins later, eat toast and bananas.

Saturday

At 1.25am, in running kit, I open the front door to see if Billie and Orco have arrived for the first part of the run, and Billie appears from the side of the house telling me my doorbell doesn't work. We store bags inside, Orco takes a couple of photos outside, and the 3 of us set off, Orco on his bike. The roads up to the Sportsman at Lodge Moor are empty and there's snow still on the verges. It's cool, but not freezing, thank goodness, and a bit cloudy. Billie sets a good pace, Orco keeps us company, and there's a real sense of freedom; no-one around, calm night. I want to stretch it a bit, but decide I should save my energy. We come back via Lydgate where a young couple spot us cresting the top of Crookes, and stand there, staring... We sing Happy Birthday past the Grindstone and jog back to the flat. Distance covered is slightly greater than anticipated, which takes the pressure off a bit for later. I'm warm, I feel bouncy, my legs are fine.

Second breakfast for 3 of us: Fruitibix and (burnt) porridge, tea, coffee, bananas. I massage my calves for 15 minutes, put Morcheeba on ("Big Calm" - because the Beeb played it as Oxford boated on the Tideway a few weeks ago, and I've been reliving the moment ever since...), and change into what seems like 16 layers for the bike. A chaotic half hour follows before Janet arrives at 3.30am, and when I go to fetch my bike from the carport I collide with a broken cupboard and some other old furniture and wake half the house.

Billie jogs off home having done her bit of pace-setting and Orco, JV and myself set out for Moscar and Strines. At Manchester Road it starts to feel colder quickly, but it's still not freezing. At Janet's suggestion I tuck in behind Orco's back wheel but can't stick there. I'm supposed to 'keep spinning' too, to save my muscles, but in the end they get a fair work out while my pacers get cold! The bike route is reasonably flat (for Sheffield) with a couple of small climbs and 2 nasty road sections: Manchester Rd and Rivelin Valley. These are quieter at night, but at night I don't get to see the views out to Win Hill and Derwent Edge further on.

The pace is good (for me), but my brakes screech in the dips.

Out to Malin Bridge I eat a turkey roll: at the time it tastes delicious, but I end up regretting it for the rest of the day. After Rails and High Riggs we're into the pre-dawn, grey and fresh. Since we're quite high, the only thing above us is the sky, and we get a good idea of dawn approaching. The batteries in our lights are running low. We've been talking on and off, and as far as I can tell spirits are high. I feel ok, though my legs have had to work a bit. Orco lies down and takes photos as I struggle up the hill on the north side of the dam. The water's like glass and it looks really inviting. Idyllic.

At 6.06am we ride down to the boathouse where Vicky (cheering sight) is waiting for us with Janet's running kit. Orco brews up, and then cycles back home to bed. Job well done. After changing, eating and drinking and deciding not to scull straightaway because having to do the rest of the run as one chunk afterwards would probably finish me off, Janet and I set off around the dam, on the way to High Bradfield. The dawn is cool, but we soon warm up. It looks like it's going to be a good day. On the way back into Low Bradfield for a reverse circuit of the dam, just where the footpath joins the neck, we see 2 runners. One is Dave Markham Peak who says he usually has a piss at that point in his run but has to wait till we've passed (what a curious attitude for a fell runner! They're usually quite happy to let it all hang out).

Back at the boathouse Patrick is waiting so he can join in the sculling. I stretch quickly, and faff endlessly with kit, food and drink (by which time Janet has mine and her own boat and sculls sorted). The second run went ok, but I was beginning to get indigestion at the end and was feeling pretty uncomfortable. This lasts for the first 14 k or so of the sculling too. A cheerful Hallam crowd arrive and while some of them wish me Happy Birthday others look at me as if I were an extra-terrestrial. I'm beginning to wonder.

Louise has miles more fun on her birthday

LOUISE Johnson got up at quarter past midnight to celebrate her 30th birthday. It was to be a day she would never forget.

For team putting her feet up, she embarked on a gruelling schedule which saw her run 30 miles, cycle 30 km, row 30 km and swim 30 lengths.

And after all that, the Sheffield University Spanish and Catalan lecturer was fit and raring to go for a meal and a drink with friends.

"It was an amazingly busy day, out of this world," said Louise. "I'll have to do it again sometimes! It had some very difficult moments, but it will be one of those days I'll remember."

Not only did she achieve her personal challenge, but she also raised money to be split between Sheffield Children's Appeal and the City of Sheffield Rowing Club, of which she is a member.

Once a matching donation is added by a local firm, the appeal at Sheffield Children's Hospital should be more than £500 better off.

The idea of the "body challenge" was dreamed up by Louise and Alan Vines, a retired Professor of Catalan at Sheffield University.

"Alan is a noted Sheffield fell runner and they are renowned for their amazing feats of endurance, if not stupidity," says Louise.

"With that kind of tradition in mind, I decided to do something different for my 30th birthday instead of getting drunk."

"And I thought I was putting in a bit of effort I ought to be raising money for a good cause. I know people who have been treated at the Children's Hospital and people who are going to give birth shortly. It's an investment in the future."

Louise says she likes a challenge and was particularly overcome on this occasion by the City of Sheffield Rowing Club as well as by the two university rowing clubs.

"I've been in and out of sport since I was six - swimming and little bit of running - not to a particularly high standard, but enthusiastically."

Last October I joined the City of Sheffield Rowing Club and found myself with some people who were truly inspiring."

Her 30th birthday last Saturday started in the early hours, with a run from her home in Broomhall to Lodge Moor and Hainthill in the afternoon with the swim at the university's Goodwin Centre.

In between came the cycle ride around the north of Sheffield and sculling on Dan Flak, where the rowing club has a boatbase.

Another member of the club, Janet Vickers, joined Louise for the

cycle ride, sculling and two-thirds of the run.

Initially, a 3000-repetition body circuit was part of the schedule, but time ran out, so Louise was planning to complete it in one session towards the end of the week.

At times, the going was very tough.

The run back to the boatbase up the Loxley Valley was "very, very painful," recalls Louise.

"Towards the end of the swimming I was quite dizzy and feeling faint. I used to be a competitive swimmer so it ought to have been a doddle, but it was harder than I could ever have imagined."

Thankfully, the City of Sheffield Rowing Club turned out in force to cheer her home.

"I expected a couple of people to be at the pool, but the whole crew turned up and that helped me so much mentally."

By Monday, Louise was still on a high and could look back on a more traditional end to her birthday. "We ended up going for a meal in the evening and some of us went to the pub afterwards which was great fun."

Only one thing was missing. There was no birthday cake. But as Louise points out: "I wouldn't have had the breath to blow out the candles."



Birthday milestone: Louise Johnson

The water is good, but there's a light headwind. All through the scull I try to think about not slowing the boat down, because that seems more sensible than trying to welly it, but I have more than my usual share of dodgy strokes and heart-stopping moments. Meanwhile, the final bit of the run is beginning to worry me, and I know there's going to be no time to do the reps. These I'll do later in the week as a single session. I focus on the scull, and knocking off the ks. Janet shouts out distance covered every 2k.

I've enjoyed everything so far, and even though I'm beginning to get tired, there are no obvious pains and I settle into sculling up and down with a certain satisfaction (and this is the first time I've actually been the right weight for the boat!). The weather is still good, but the breeze is freshening, and the water cuts up a bit towards the wall.

At 23 or 24k, I dip into the stage to talk to Duncan from Radio Sheffield. He's been waiting patiently, but I refuse (nicely) to get out of my boat and Neil finds him a pair of wellies so he can interview me on the water. I only have a vague recollection of what he asked and what I said. I hope I remembered to thank everyone... I do remember that he was surprised I wasn't out of breath.

I'm feeling pretty tired and my quads are getting sore. My hands have held up well. In the last few metres I even feel a twinge of regret that the sculling's over... When Janet carries her own boat back into the boathouse I manage not to feel guilty when at least 2 people help me with mine.

Another birthday! Another book!

Despite a gloomy weather forecast for Sunday 28th May, I travelled to the Lakes with Ann and John Armistead for this year's run - to reach all the summits of Wainwright's "North Western" book. We were staying at the Fell and Rock hut in Rosthwaite : gathered there were Jeff, Dick, Colin, Pete, Roger and Alan, who had all come to help on the run.

We started from a roadside church below Sale Fell, on the Keswick - Cockermouth road: 2 hours 50 mins later we had seven summits behind us, and we pulled in for refreshments at the Winlatter Visitor centre.

We climbed Grisdale Pike at a good pace, the sun shining and the early mist clearing. At the moment the forecast for a wet day was wrong, so press on fingers crossed. As we reached Whiteside we heard the sound of bagpipes. Moving further along the edge, the mist cleared to reveal a piper in full Scottish dress. The time was 9am: he must have been out and about as early as we were!

After Coledale House the sky cleared; full sun and unlimited visibility. Grasmor, Eel Crag and Whiteless Pike quickly passed, then down to Buttermere to meet the support team. We dropped down to Sail Beck, then a steady climb to Knott Rigg and Ard Crag as in the Buttermere-Sail Beck race, then Sail Pass and along the ridge to Causey Pike. We stopped for a few minutes to take in the view - the whole of Derwentwater and the Vale of Keswick in brilliant sunshine. We descended from the ridge to the smaller hills of Outerside and Barrow, then a long descent through knee deep heather to our refreshments and the village of Stair.

Clouds were gathering and odd showers of light rain fell as we did the familiar B.G. route of Robinson, Hindscarth and Dale Head; then a long run out to Cat Bells and down to Grange. Wainwright described the square mile south of Grange to Rosthwaite as the best in the Lakes and in the middle of it was our last hill : a 700ft climb to Castle Crag. Tired legs finally reached the summit, and then a steady walk down to the finish at the Fell and Rock hut at Rosthwaite.

Many thanks to John, Ann, Pete, Jeff, Dick, Alan, Colin and Roger for their support in helping make the day one of my best in the Lakes. Thanks also to Phil Elliot for his pasta meal at the finish, which unfortunately I couldn't manage.... But did manage the can of beer!

Colin Henson

Reports and Results

Ashford Race and Thornbridge Weekend : 21 August 1999

This was the 3rd running of the revised course via Monsal Head, Brushfield Farm and Sheldon. Regulars are now familiar with the course and so avoiding lengthy walkabouts and problems over route finding although Hilary Musson, Marilyn Small and Louise Johnson, out for a social round, extended the course to Taddington!

There was a close battle at the front with Roger Freeman just taking a first win in the event. The weather as usual was excellent and the race was followed by a relaxing afternoon up at Thornbridge, and a superb BBQ organised by Paul Sanderson.

This is one to note for your summer diary: next race - 19th August 2000.

				Hugh Cotton	
1	Roger Freeman	54.00	8	John Armistead	59.36
2	Mick Robinson	54.08	9	Paul Sanderson	60.58
3	Andy Moore	54.54	10	Tom Westgate	61.45
4	Chris Barber	55.15	11	Colin Henson	64.57
5	Andy Harmer	55.49	12	Jeff Harrison	65.07
6	Roy Small	59.09	13	Hugh Cotton	67.55
7	Alan Yates	59.11			

To paraphrase Alan Yates' wise words "It's a poor organiser who isn't prepared to come last in his own race"

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Rivelin Skyline 2000 : 2nd January 2000

A new millenium, a new race format. The new orienteering style score event proved popular and challenging. Handicapping was provided by giving people points before they started, e.g. over 50's started with 70 points. Unfortunately the organiser injured himself the week before and so was unable to prove that all controls could be visited in the 100minutes allotted. This didn't deter some from trying anyway! 15 controls (total of 470 points) were spread throughout the valley, high and low with no discernible 'best route'. Most opted to climb up through Stannington for an anti-clockwise route with only a few opting for the clockwise Den Bank start (the optimum direction).

Almost everyone made it to the Headstone (the furthest point), some well after 60 minutes had elapsed and there were some interesting dashes back to the Rivelin to get back in time. Despite this only 1 person managed to finish within 100 minutes.

The penalty points system (-4 per minute late) was too generous and won't be so next year! Next years race will be a similar format and be held somewhere in the Rivelin. There are plenty of spare maps should anyone wish to have a go during the year.

Tim Tett

Ilam Fete Hill Race : 29 May 2000

Jenkins descending does it again!!

4 miles 1100ft

Eighth at the river crossing, Andy Jenkins' swift (some would say suicidal) descent of Bunster Hill saw him win this year's race by 30 seconds. Fifty runners, 38 adults and 12 under 16s enjoyed a sunny race, despite the torrential shower just before the start (two minutes before!!) With all the rain, the U-16s were not able to cross the river despite it having the rope across : a decision contested by some parents but agreed as "totally justified" by several lead runners. It was waist deep in places for the adults!

It was so treacherous on the hills that we never expected fast times and 11th home in 40:26 was a fine ladies time from Buxton's Elizabeth Batt. Staff Moorlands have some terrific youngsters. The junior race being won by Adam Smith but only by two seconds from Tom Brunt, in a time of 22:37. Emma Amor of Matlock AC repeated her U-16 ladies victory from last year in a time of 29:38.

As always the sun shone on the village fete and on the race (just!) All seemed to enjoy themselves, and the village school is now £100 better off from race entry fees. See you next year.

Jon Cant

1	Andy Jenkins	36:46	22	Mike Arundale	48:39
6	Mark Salkild	38:17	27	Mel McCart	51:56
7	Matt Flinders	39:27			

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Coniston Old Man : 30 May 2000

3.5 ml , 2400 ft .

We had both run the Helvellyn race the day before so legs were a lot tired for the second running of this race. A straightforward up and down course and try not to get lost among the slate quarries. This is probably the second steepest race in the Calendar, and both are held as fell races should be. The results letter has "all the entry fees go towards prizes , food , and mementoes for everyone". Would that it was always so.

D.Tait .

1	J.Bland (Borrowdale)	43:51
11	D.Allen	51:33
18	D.Tait	53:39

59 ran

For all the club kit please see me at a club night or at a race, I usually take a few things with me, otherwise please ring me to check. I can post out most things at about 50p per item (the fleece tops will be more).

Richard Hakes 0114 233 9912.

Shops and Discounts

In addition to the regulars, Pete Bland Sports in Kendal are now online with 10% discounts for club members. The site can be accessed via a link on the dpfr web page: www.dpfr.co.uk

The bit at the end

Dark Peak News Autumn 2000

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

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 September 2000
Publication date:	Wednesday	20 September 2000

Thanks

Thanks for D.P.News Summer 2000 to; Bob Berzins, John Blair Fish, Mike Browell, Jon Cant, Hugh Cotton, Jim Fulton, Richard Hakes, Andy Harmer, Colin Henson, Dave Holmes, Andy Jenkins, Louise Johnson, Philippa Leach, Anthony Mayer, Dick Pasley, Mark Salkild, Paul Sanderson, Dave Tait, Mike Wynne, Alan Yates

Cover

Scenes from Back Tor 99. Photos by Matt Flinders.

And finally... keep up-to-date with the latest DPFR news and results at:

www.dpfr.co.uk

The change of name to this personalised (and seemingly faster) club link has been made possible by J. Fulton & Sons - Sheffield's premier electrical contractor.
