

Dark Peak

News

Spring

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News

All March's races cancelled as F & M spreads

All FRA races throughout March and early April have now been cancelled as the FRA, along with most other organisations, advises everyone to stay off the hills. In fact in many areas just running on a footpath could land you a heavy fine. Even some of Sheffield's city parks are now closed. The race cancellations include Dark Peak's own Edale Skyline.

With parts of the 42 mile Derwent Watershed passing over farmland and people due to come from all over the country, the organisers decided to cancel the event. The event joins a growing list of sporting events including almost all the country's orienteering events which were cancelled for the first weekend following the discovery of foot and mouth cases. Just to add to people's frustrations the night of the event turned out to be one of the coldest March nights on record and the peat bogs would have been frozen solid.

Dark Peak club runs have also been affected. With farmers in our area very concerned there will not be "away" runs until further notice - even die hard warts like Jim Fulton, Roy Small, Geoff Nichols and more have said they'll take to the roads.

Calderdale: Disqualification confirmed

After many weeks of arguments, letters, hearings and appeals it has been confirmed by North England Athletic Association that our women's team have been disqualified from the Calderdale Way Relay. This comes despite the organising club informing us in advance that we could run second claim runners. It seems that technically they should not have given that advice and have been forced by the FRA to impose the disqualification. Ironically, the disqualification came because of us running Chris Howard (who had joined as "1st claim" in September and run all the Autumn relays for us) and not because of running Helen Hargreaves whom we all thought was second claim for DPF and ran for Pennine in the FRA Relay. It seems the FRA ruled that Chris was first claim for Matlock, despite her assertion that she ran for Dark Peak on the fells and that Helen was first claim for Dark Peak despite openly running all year for Pennine. At an appeal to the NEAA they ruled that Chris could not run 1st claim for DPF until 1st June 2001.

The only possible bright spot in all this is that it seems to be clearer that the NEAA will recognise someone having different first claim clubs for fells from road / country. This is provided that it is put in writing to both clubs and that 9 months is served if someone has previously run first claim for another club. What it really needs is a change in the FRA rules to clear up these rules and clearly state some simple conditions for first claim. Watch out for the FRA AGM date (and we'll try to avoid a clash with our own club champs).

Coming Events

SPRING-SUMMER 2001

Club runs every Wednesday from the Sportsman, Lodge Moor, Sheffield at 6:30pm. Away runs are suspended until the foot and mouth access restrictions change so watch out for further cancellations. Revisions to venues will be posted in the club hut and on the web site.

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>Apr</u>						
Wed	4	18:30	Club run	Grindleford station road.		
Wed	4	20:00	Club event	AGM, Maynard Arms, Grindleford		
Sun	8	Tba	DPFR race	Langsett to Edale; details to follow or from Tom Westgate		
Wed	11	18:30	Club run	Sportsman		
Wed	18	18:30	Club run	Sportsman		
Sat	21	11:00	Brit Ch	Spelga Skyline, Spelga Dam, Mourne, N.I.. Entries £5 by 14/4/01 to Jim hayes, Dermont Walk, Comber, BT23 5NU	13ml/6175'	
Wed	25	18:30	Club run	Sportsman		
<u>May</u>						
Wed	2	19:00	DPFR race	Back Tor and Beyond, Foulstone Delf near Strines. Details: Howard Swindells		
Sat	5	11:15	Brit. & Eng. Ch.	Coniston. Entries £3 by 21/4/01 to N. Matthews, High Beck, Bank Cottages, Coniston, LA21 8KD		
Mon	7	15:00	Local race	Penistone Hill race; Penistone Show Ground	7ml/1055	
Wed	9	18:30	DPFR race	3 Stones including 'Worsell's 60 th celebrations, Sportsman. Details: Pete Dyke		
Sat	12	11:00	Local race	Mount Famine, Hayfield Scout Hut	5ml/1700'	
Wed	16	18:45	DPFR race	Some You Win, Twitchill farm rail bridge, Hope. The steepest race in the Peak? Details: Jim Fulton. Date to be confirmed	7.5ml/3000'	
Sun	20	12:00	Eng. Ch.	Saddleworth, Tanners Waterside Mill, Greenfield (NB separate mens and ladies events (ladies 12:00, men at 13:00)	3ml/950'	
Tue	22	19:30	Local race	Burbage Fell Race, Fox House. Details: Andrew	6ml/700'	

				Moore		
Wed	23	18:30	Club run	Sportsman		
Sun	27	13:00	Local race	Shelf Moor Uphill race (yes, finish on Higher Shelf Stones!), Royal Oak, Sheffield Road, Glossop.	3ml/2463'	
Mon	28	13:00	Local race	Bamford Sheepdog trials (new Bamford 'alternative' race)	4.5ml/1000'	
Wed	30	18:45	Club run	Cutthroat Bridge, A57		
Thu	31	19:30	Local race	Totley Fell Race, Cricket Inn, Totley		
<u>Jun</u>						
Sat	2	11:00	Brit.&Eng. Ch	Duddon, Newfield Inn, Seathwaite.	20ml/6000'	
Tue	5	19:30	Local race	Pilsley Fell Race, Devonshire Arms, Pilsley	5.5ml/750'	
Wed	6	18:30	Club run	Sportsman		
Fri	8	19:30	Local race	Castleton Fell race. Castleton Playing Fields	6ml/1500'	
Sun	10	11:00	Local race	Edale Country Day, Edale village.	5.2ml/1400'	
Wed	13	18:30	Club run	Sportsman		
Thur	14	19:30	Local race	Grindleford. Grindleford Playing Fields	4.5ml/500'	
	15-16		MM	Lowe Alpine Mountain Marathon. Entry details from: Martin Stone, Sleagill Head Farm, Penrith, CA10 3HD or at www.lamm.co.uk		
Wed	20	18:30	DPFR race	Crookstone Crashout, Rowlee Bridge (just off A57)		
Thu	21	19:30	Local race	Blackamoor, Cricket Inn, Totley.	6.5ml/1400'	
Sat	23	15:00	Brit. Ch.	Eildon, Greenyards, Melrose. Entry £7 (£5 for Scots) for 4.5 miles!!!!	4.5ml/1500'	
Sun	24	11:00	Local race	Kinder Trog. Scout Hut, Hayfield.	6.5ml/1400'	
Sun	24	14:30	Local race	Broomhead Chase, Broomhead Hall Farm (including gala).	6.5ml/1400'	
Wed	27	18:45	Club run	Longshaw		
Wed	27	19:30	Local race	Hope Wakes. Hope Sports field	4ml/650'	
Fri	29	19:30	Local race	Tideswell. Tideswell Dale car park (SK153742)	4.5ml/820'	
Sat	30	15:00	Local race	Dungworth gala, Dungworth sports field (including gala which starts at 1pm)		
<u>Jul</u>						
Sun	1	11:30	Local race	Peakers Stroll. Reading Room, Peak Forest. Entry by 28/6, £6.5 to J. Hipwell, Hernstone Lea, Church Lane, Peak Forest, SK17 8EL	25ml/4000'	
Wed	4	18:30	Club run	Sportsman		
Mon	9	19:30	Local race	Hathersage, School field.	4.5ml/925'	
Wed	11	18:30	Club run	Sportsman		
Sun	15	11:15	Local race	Peak Forest. Peak Forest village stores.	6ml/650'	
Wed	18	18:45	Club run	Yorkshire Bridge		
Wed	18	19:30	Local race	Bamford. Bamford recreation ground.	4.5ml/1000'	
Thu	19	19:30	Local race	Sheldon, Cock and Pullet, Sheldon	4ml/527'	
Sat	21	15:00	Other race	Ingleborough. Ingleton Community Centre sports field	7ml/2000'	
Tue	24	19:30	Local race	Robin Hood Monumental Fell Race. Robin Hood near Baslow	5ml/875'	
Wed	25	19:00	DPFR race	Cakes of Bread, Fairholmes		

Sun	29	11:00	Local race	Holme Moss. Brown Hill res., Holmbridge	16ml/4000'
Aug					
Wed	1	18:30	Club run	Sportsman	
Sat	4	14:00	Brit. Ch.	Y Garn, Cwellyn Arms, Rhd-ddu, Caerfon	3ml/1500'
Wed	8	18:45	Club run	Mam Nick	
Wed	8	19:30	Local race	Bradwell.	4.5ml/600'
Wed	15	18:30	Club run	Sportsman	
	18-19		MM	Phoenix Long O. Cheviots Entry details: A Nicoll, 47 Holywell Avenue, Whitley Bay, NE26 3AQ.	
Sun	19	12:00	Eng. Ch.	Sedburgh, People Hall, Sedburgh	14ml/6000'
Wed	22	18:30	Club run	Sportsman	
Tue	28	18:30	Local race	Barrel Inn Fell race. Hawkhill car park., Eyam.	5.5ml/900'
Wed	29	18:45	Club run	Longshaw	
Sep					
Sun	2	14:00	Local race	Shelf Moor. Shepley Street, Glossop.	5.9ml/1500'
Wed	5	18:30	Club run	Cutthroat Bridge (note early time)	
Fri	7	18:45	Local race	Great Longstone Chase. Cricket Ground, Great longstone.	4.8ml/950'
Sun	9	10:30	Local race	Totley Terminator. Cricket Inn, Totley	20ml/3250'
Sun	9	13:15	Local race	Padfield Plum fair Torside Scamper. Padfield (near Glossop)	6.5ml/1050'
Wed	12	18:30	Club run	Sportsman	
	15-16		MM	Mourne Mountain marathon. Entry details: www.mourne2day.com	
Wed	19	18:30	Club run	Sportsman	
Sat	22	12:00	Brit. Ch.	Merrick, Bruces Stone, Glentool. £5 by 1/9/01, to Colin Butler, 12 Corsbie Grove, Newton Stewart, DG8 6JE	9ml/3300'
Sat	22	15:00	Local race	Lantern Pike, Little Hayfield.	5ml/1050'
Sun	23	11:00	Local race	Stanage Struggle. School lane, Hathersage.	6.75ml/950'
Wed	26	18:30	Club run	Sportsman	
Sat	29	15:00	Eng. Ch.	Thievely Pike, Holme-Chapel-in-Cliviger, Burnley	4ml/900'

Eng. Ch. = English Champs, Brit. Ch. = British Champs

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 those online may like to try the web site set up by Keith Parkinson from Todmorden Harriers:

<http://www.runningfixtures.com/>

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Letters

Cancellation of the Don Morrison Memorial Edale Skyline Fell Race 2001 Scheduled to take place on Sunday 25 March.

Last night the members of "Dark Peak", present at the Club Run, were unanimous in agreeing that this year's "Skyline" should be cancelled because of the outbreak of foot and mouth disease. To leave this decision until later would, in the circumstances, have seemed insensitive to the plight of the farmers upon whose goodwill we all rely for our sport.

I hope that all fellrunners, walkers, climbers and mountain bikers will abide by all the restrictions imposed on access during this crisis. Failure to do so, will, I believe, endanger the future of organised events: especially fellrunning. It is to be hoped that the "outbreak" will be shortlived; current news does not indicate that this is likely to be the case.

Next year's Skyline will hopefully be held on Sunday 24 March.

Thank you for supporting the Race, all entrants will have their money refunded over the next week or two. Best wishes and buy some road shoes!

Dick Pasley

Further letters on relays and first claim registration can be found on pages 28-31

Features

"Drowning Was Not Good Enough For Him..."

Winter training runs and birthday treats are combined.

We were able to do the impossible by running uphill for the whole outing and still return to our starting point---a continental fell runner's dream perhaps but this was done in our own Dark Peak on the windiest of days in late November (a few years ago). From Strines car park, uphill into the wind to Back Tor but, believe us, up against the wind into Sheepfold Clough.

Next, Abbey Brook, we thought should be no problem, but no, this was head down running into the wind, again. Now time for the quick stream crossing at the bottom of

Abbey Brook, the water was thick, brown, foamy, full and fast. It was up to the thighs and cold but an easy crossing compared with what was to come.

Uphill again to Wilfrey Edge then the reverse of the Margery Hill race back to the Sheepfold Clough area. Another stream crossing ("should be easier this time") again with water brown, foamy etc. In the spirit of my cowardice, "Andy you go first", Andy made tentative steps into the stream. "Andy, hang on to me ", I said. There were more tentative steps in the roaring stream and, then, both of us were floating and scrambling down the middle of the maelstrom, holding hands (what devotion!).

Such were our state of minds, that even though we were in the middle of the stream, we swam back to the side we'd just started from! Another attempt was made higher up the stream, this time without floating down and with success (minimal hand holding). This dousing had the effect of stiffening my every joint and muscle; but for Andy, this was just the invigorating dip he needed to spur him to storm back up to Lost Lad to continue our uphill only run. Half drowning wasn't good enough for Andy!

Another year but birthday time again, birthday treat again, this time it was to be a run from Cutthroat Bridge on Christmas Eve on a cold and windy day through the snow. The freezing cold wind had turned the old snow into ice and had crusted over the new snow. We reckoned the wind chill effect made the temperature equivalent to -10 to -15C.

We fought our way, against the wind (again) until about the Cakes of Bread when Andy set off on to an alternative route; I carried on, using what could be seen of the paving stones towards Back Tor. Halfway there, I stopped to see where Andy was, but no immediate sign of him until I saw him some distance back on the edge, bouncing through the frozen heather. I crunched on to Back Tor, and sheltered from the wind behind the rocks and waited and waited.....

Eventually, Andy arrived with a much bloodied forehead and nose, "What the hell have you done?" The alternative route had provided a small ice climb, which Andy had managed to slip on and fall head first on to a rock and knock himself out for a while. This was another invigorating experience, enhancing his running ability as shown by his subsequent descent back to Cutthroat Bridge.

Clearly, half drowning had not been good enough and a yet more sensational experience was needed to get the adrenalin and the endorphins going. Do these count as performance enhancing drugs and should such practices as half drowning and semi-conscious inducing experiences be banned (or encouraged?) from use in DPFR?

I look forward to any correspondence in this magazine and a mind expanding discussion at the next AGM.

Graham Berry

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DPFR Championship Series- A view from the front.

The new millenium brought a Dark Peak innovation, a championship series of races, run over classic English / Welsh courses. Devised late in the evening of the 1999 dinner over many a pint, it was acclaimed by 'hotshot' and 'greybeard' alike as the best thing since Goretex underpants. The best 6 results from 9 races were to count. These included the English champs races (Wrekin, 3 Peaks, Fairfield, Ennerdale, Kentmere and Dalehead), plus Cader Idris, Borrowdale and a mystery 9th race, the identity of which was kept a closely guarded secret, presumably to allow the organiser to claim maximum points and disqualify all rivals.

All began well, with the early English races pulling big turnouts and high placings. Unfortunately the series fizzled out somewhat, due to our indecision over a final event and the fuel crisis preventing many contenders from reaching Dalehead. Did anybody run? I apologise if you did and I have not included your results. Confusion reigns over the final placings, and the reckoning may resemble the scramble for the White House. Legal challenges may well prevail. Read on and all will be revealed, but I'll leave you with 3 alternative, parallel endings- you choose!

The early pace was set by Marcus Scotney, who narrowly gained top honours from Steve Bell at the Wrekin, both finishing in the top 30. Rob Davison, Dave Tait and Andy Jenkins contested closely and all were to feature well. Steve was to miss out on top spot again at the 3 Peaks, this time hustled by Alan Sealy in a sprint finish after 3 1/4 hours of running. It was not much of a sprint really, but both placed in the top 30. Pre-race contenders Mark Hayman and Alan Ward wilted in the heat, along with many others. This left Steve leading the pack, with Rob, Andy and Dave in pursuit.

Things were to hot up at Fairfield where 21 Dark Peakers finished, Alan again winning out in a close tussle with Steve. Both knew that if Alan could see Steve at the summit then the race was anybody's! Alan Ward and Roger Woods laid down their first counters in a closely packed contest with Rob, Dave and Dave Allen. So, 3 down, Steve the leader in the clubhouse, pushed hard by Rob, but Alan and Dave Allen beginning to show their hands.

Ennerdale, and a new name makes an impact. Ian Smith had a very strong run, only just failing to squeeze under 4 hours, but taking the highest championship placing of the year in 23rd. Roger was a strong 2nd, and Rob and Dave Tait picked up more points to strengthen their challenges and head the field.

Race 5 was in Wales at Cader Idris and at last Steve took the honours, this time over Al Ward. Rob and the Daves all finished within a gnat's whisker of each other to leave Rob and Dave T. still on top of the pile, but Steve with better scores and Dave A. closing in fast.

Having sat out Ennerdale and Cader, Alan S. again took top spot at Kentmere on another hot Lakeland day. Steve had a rare off-day and slipped to 5th as Rob and the

Daves again battled closely for the minor placings. Alan now looked in a strong position with 3 victories, but would he have enough counters to contest the series? The usual suspects topped the pile but the series was now wide open.

Borrowdale was a great occasion, with Dark Peak taking 2nd team prize behind.... Borrowdale, of course! Strong running from Ian and Alan S. dominated early on until a navigational blunder off Scafell Pike turned the tables. "Sty Head Tarn's bigger than I thought, Ian....Hmm, looks just like Wastwater..." Dave A. took full advantage and raced up Dalehead to keep his nose in front of a fast-finishing Alan. Maximum points for Dave pushed him up towards the top of the table, challenging strongly for the title.

With no 9th race announced, the scene was set for a monumental show down at Dalehead. Any one of a number of runners could yet clinch the title. Alan S. or Steve were probably pre-race favourites, however, Ian and Andy were in-form, Alan W. and Mark were back to fitness, the race favours strong descenders like Rob, and Dave A. kept improving as the season went on. We shall never know.

Oh yes, the overall winner?

Scenario 1, with the original 6 counters in the series to score, sees Rob (248 points) squeeze home ahead of Dave Tait (233). Ant Mayer and Barry Thackery were the only other runners to complete 6 races. Congratulations Rob.

But, the 9th race never happened, so why not reduce the series to best 5 from 8 races. Scenario 2, has Steve (224 points) well clear of Rob (209), in turn a hairs-breadth ahead of Dave Allen (207). Only the 6 runners mentioned completed 5 races. Well done Steve.

However, Dalehead was effectively a 'non-race' so reduce the series to best 4 from 7. Scenario 3 now shows Alan Sealy the winner (195 points), from Steve (185), Dave A. (170) and Rob (169). Roger Woods and Billy Wilson were the other runners to complete 4 races.

Clear as Mermaids Pool- take your pick. Of course I favour scenario 3, but I **grudgingly** have to admit that either of the first 2 scenarios might be a more logical result. Let the legal proceedings begin.

As a personal observation, I feel that the whole series was extremely successful and resulted in large Dark Peak turnouts at championship races. The competition was intense and was undoubtedly spurred on by in-club rivalry. To my knowledge, no ladies completed more than 3 races (KarenDalton with 93 points), but please prove me wrong. Well done Karen. Considering that few runners finished more than 4 races, why not limit next year's series to the English Championships, and use the same format - best 4 from 6. What do you think?

Al Sealy

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How the Karrimor (and similar pursuits) help you to survive winter in China

I. What to do in the evenings?

I am now well practised in going to bed early in order to keep warm, just like on the Karrimor. Its like that sickening feeling you get at the overnight camp when you have been there for what feels like hours. You have set up your tent, had 3 cups of tea, 2 cup-o-soups, (what I would give for one of those right now), looked over your map of where you went devastatingly wrong, been laughed at by your friends for being blindingly stupid on this point, and gone for a walk, to realise that its only 4pm, and then to have it pointed out that, well, actually it is only 3pm! After having laughed at the man who wished you good evening, what on earth can you do for the next 4 hours, in the pouring rain, knee-deep mud and cold? You decide to go to bed to keep warm, and have 3 more cups of tea, (before you realise that you now have to leave the warmth of your hard bed to venture out to the loo). You come back, and decide that it is a respectable time to eat something, spend as long as possible cooking the food as it kills time, as little time as possible eating it before it goes cold, one last trip to the loo, and then back to bed. Just the same as a Karrimor evening!

II. Savouring those moments of warmth.

Holding onto those last few precious seconds of warmth and comfort before braving the cold has become something of an art form. Staying in bed until the very last possible moment, reaching over to touch the radiator to find that its providing just enough heat that if you stand really closer to it you can get warmer (comparatively speaking). The Saunders 2000 taught me to how to overcome the emotions when you know you have to put on your wet, frozen stiff Walshes, (after lovingly caring for your blisters all night), safe in the knowledge that your feet will be yet again torn to shreds, (although your Mum reckons it is a good thing your feet were crippled otherwise she wouldn't keep up with you).

III. Toilets.

Those of you who think that the Karrimor toilets are bad, think again - they are better than Chinese public loos! These are based on the French squat style ones, only more basic, at least the French ones always flush, and you don't have to use a separate bin for your waste paper. Again experience has taught me the invaluable lesson of carrying round little plastic bags with rolls of toilet paper in. Even McDonalds has French toilets!

IV. Clothing

Owning 2 pairs of Lifa bottoms, 3 Lifa tops, a Buffalo, a Gortex jacket and several woolly hats. If I had never done any of these events I would not own so much precious warm clothing.

V. The ability to cope with being stared at.

As a white person in China, (and everyone likes to point out that I am very pale indeed) with green eyes I get stared at all the time. However I am used to this after many years of parading around in Lifa bottoms and being looked at as if mad by those big groups of ramblers. Or being stared at as you go past some walkers carrying your mountain bike on your shoulder, and getting used to the witty comments of, "you'd be better riding it" or if you are riding, "you'd be better off carrying it"

I am currently in training for the next Karrimor by running along the beach. Its not really training but I see it more as a way to keep warm. I would liken the beach at the moment to Kinder in deep winter, all iced over, snow drifts, blizzards and that eerie feeling that you could be anywhere in the world millions of miles from civilisation. It is incredible to see a beach covered in snow, I would take pictures but at -15C my camera refuses to work. In the evening I am also to be found dancing round my room to the Spice Girls in an effort to keep my feet warm (It was the only English music I could get over here and for 12 RMB a CD (1 Pound = 13 RMB) I couldn't say no). According to my Chinese thermometer it is a toasty warm 6C inside my room, but with snowing blowing under the door last night I think it was colder.

Despite all this I am thoroughly enjoying myself, so if you are passing China, call in and see me, they tell me it gets warm in summer, I only hope so.

P.S If anyone asks you why you do the Karrimor?, tell them you are actually training to spend the winter in China.

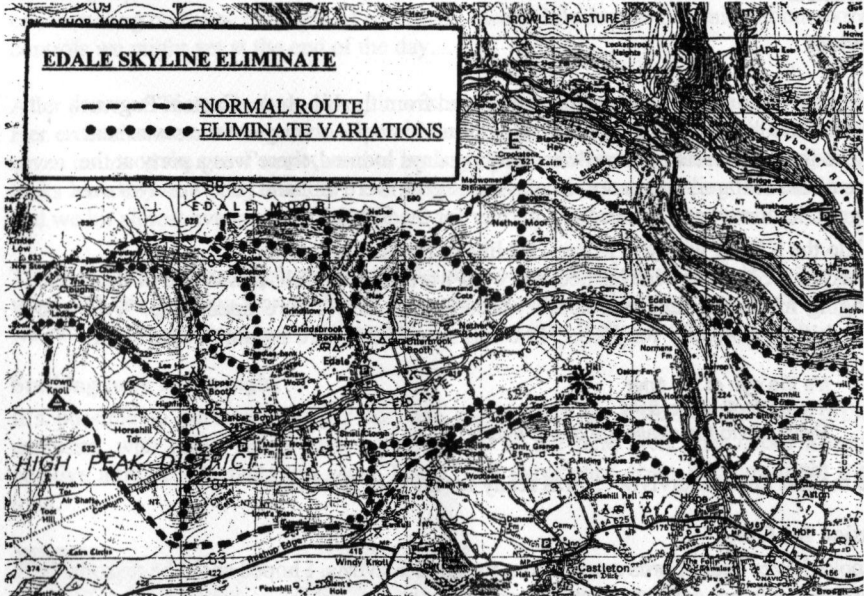
Jo Armistead

Going the Distance

Edale Skyline Eliminate

Half my running career appears to have been spent circling round the Skyline, at all times of the year, in all weather conditions and in both directions, but always with the same intention in mind, namely to find the fastest and most direct line. It therefore seemed rather strange to set off last August with brain engaged in a different gear. My agenda was to seek out new and interesting route variations. As this entailed constantly 'dropping' off the ridge to discover unknown territory, it invariably meant more climbing, with the result being a worthwhile outing covering approx. 30 miles and over 7,500ft. of ascent. I therefore offer it for consideration to other Skyline fanatics amongst us, who are desperately looking for that little something extra to add zest to their ageing Skyline days, [and there are plenty of us in Dark Peak].

Perhaps we could introduce these route changes five minutes before the start of next year's Skyline race. Hopefully these last minute minor changes and extra check points might screw-up the marauding Borrowdale Mafia, and give our local lads a 'slight' advantage. How about it Dick?



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|---|----------------------------|
| Edale | Mam Nick |
| The Nab | Rushup Edge |
| Ollerbrook Clough | Chapel Gate Track [cross] |
| Rowland Cote Moor | Dalehead |
| Rowland Cote YHA | Highfield |
| Clough Farm [track above] | Jacob's Ladder |
| Nether Moor | Edale Rocks |
| Crookstone Knoll | Noe Stool |
| Hope Cross | Crowden Tower |
| Wiseman Hey Plantation [edge of] | Crowdenbrook |
| Winhill | Broadlee Bank Tor |
| Hope - cross Edale Rd. and follow tracks via. | Grindslow Knoll |
| Losehill farm, avoiding road section | Grindsbrook [cross] |
| Losehill | Un-named Clough |
| Backtor Nook | Nether Tor |
| Backtor Farm | Ringing Roger |
| Hollins Cross | Edale |
| Greenlands | |
| <i>Length - 30 miles</i> | <i>Ascent - 7,500+ ft.</i> |

Ken Jones

KIMM 2000 : 28-29 OCTOBER 2000

Eye Of The Tiger

After surviving the worst of KIMM 98 in the Howling Howgills, Team Lard hibernated.

Survivor

Some two years passed, and only one emerged from the big sleep. Captain Pugwash had hoisted his Jolly Roger and was transformed into the scourge of the seven seas. May he live in interesting times! As the short days loomed, there was a party at the home of the seafarer, and generous glasses of grog were on hand. The Survivor was hungry and thirsty, and he needed a partner for the KIMM...

"I'll do the KIMM with you Mike - I'd like to try the Long Score"

The assembled throng was hushed. All eyes were on Jo Smith. It was one of those life changing moments: time and space warped and a new future opened up. "Are you sure? It'll be a bit slow for you..." She was sure. Team Lard became Team Tiger.

*It's the eye of the tiger
It's the thrill of the fight
Rising up to the challenge of our rivals*

And the last known survivor ... was ready for another KIMM.

Passion for Glory

Jo looked over Team Lards results from previous KIMMs. I hoped she'd be reasonably impressed with our consistent top 30 positions.

*Don't lose your grip on the dreams of the past
You must fight just to keep them alive*

But her eyes were already at the top and scanning down. Looking for the first Mixed Teams. Carefully analysing who they were, their present form, and our chances of beating them. It was my turn to be impressed....and just a little apprehensive.

Back on the Street

As the inevitable foul weather forecast for the KIMM weekend became confirmed, away went the silly superlight kit list and out came the almost sensible gear. Jo was relieved to hear that we weren't taking the disposable tent and bubble wrap sleeping bags. At the Event Centre I realised the depth of the time chasm between us. Jo was chattering away to all the youngsters, tomorrow's heroes, hardly known to me. But she didn't recognise yesterday's stars, didn't know their track record. "Hey Jo, meet Craig Harwood and Mark Elsegood. They won last year!" "Who were they? They were a bit old, weren't they?" Youth is not a great respecter of history...

Rising up, straight to the top

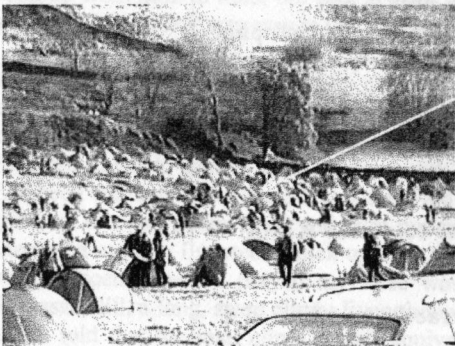
From the Day One start, promised wind, incessant rain and thick mist were generously available, much as we had hoped. The strategic mapwork was down to me. As we set off I took a quick glimpse at the big picture, selected a few controls and a number of finishing options and we were up into the mists. From then on I was only concentrating on the next couple of controls. Meanwhile Jo was dreaming about extra controls we might get at the end of the day...

After years of Team Lard plodding, it was an enlightening privilege running with Jo. Her enthusiasm made the whole day seem easy, effortlessly jogging uphill even after seven hours on the go. I'm not used to having a partner who can read a map (Pugwash tucks his away as a body warmer). Our combined precision map reading was faultless, and we hit almost every control spot on.

Towards the Day One finish we were paddling along a waterlogged road, head into the wind and rain, passing a crocodile of exhausted plodders. Through the sheets of rain we saw the nearby trees bent by the wind. "Look at the lovely autumn colours!"

Stalking prey in the night

It's possible to survive anything for one night. But to actually enjoy a KIMM campsite, with gales, heavy rain, squalid mess in the tent; well, that needs a very positive attitude. It made the usual Team Lard experience seem like one night too long.



Our tiny tent

KIMM overnight camp, Duddon Valley

Bright and early on Day Two, and with split second precision, we collapsed the tent and limped nonchalantly towards the start. A casual glance at the Day One Results List confirmed that we were on the first page. We stopped. Better than we had thought! We dawdled, took a second glance to see who was in front. That delayed us, so we went straight through the late start lane...

Take to the street for the kill, with the skill to survive

KIMM Day Two has always been my Achilles heel, until this year, with the eye of the tiger! Now there was no possibility that we might take a soft option. I conceived the game plan, then Jo picked the line which best suited our style: no slippery rock features and nice easy descents for her, no serious running for me. Our last three miles were probably our quickest, and we floated through the finish with a comfortable time margin.

*Had the guts, got the glory
Went the distance, now I'm not gonna stop*

We finished 21st in the Long Score, good enough for 1st Mixed Team.

Mike Browell

And now
For our younger readers...

I AND THE TIGGER

Pooh Bear and Eyeore needed to have a good long rest after being out in the windy hills.

Eyeore liked going for long runs but his old bones were creaking more and more. Most of all he liked eating thistles and dreaming about running away to sea.

“I think I’d rather go to sea with Christopher Robin and be a pirate chief” he announced one day. Pooh was left alone.

Then one day while searching for huney.. He met Tigger.

“Hello Tigger. Would you like to do the KIMM Long Score with me?”

“Will I be able to eat malt extract? And live in a little house in the woods?”

“Well, no, not exactly. It would be more like pot noodles and cup a soups actually. And a very small tent. But I’m sure you’ll survive...”

more later...



Everest Marathon Report

You may remember from the Summer 2000 newsletter that I was destined for Nepal to compete in the Everest Marathon. Well, in spite of injury problems (resulting in serious soul searching about whether or not to go) and a bad respiratory infection caught 2 days before the race (Kumbu cough) I did it! I cannot deny it was tough. It took me 7 hours 11 minutes and I have never done an event of such long duration before. I was just so delighted to have got round in one piece, the icing in the cake was to be 3rd woman and 31st overall. About 8 competitors didn't even make it to the start, due to mountain sickness or other illnesses. The first 11 finishers were Nepalese men (no surprise there then, given that they have the edge on us when it comes to red blood cells) Hari Roka won again, I think for the third time in 3.50.23, the last finisher took over 10 hours.

We had been warned that it could be -20 at the start but we were lucky, the weather was clear and sunny and not too cold. There were aid stations approximately every 3 miles and runners were soon shedding layers. Of course minimum kit had to be carried and everyone ran with a rucksack. The start was tough in the thin air (17,000 feet) we were on Glacial morrain after Gorak Shep- real ankle twisting terrain. Once off the morrain it remained very rough with big boulders and a couple of shallow river crossings towards Pheriche. There were some icy patches on the tracks to contend with. The views were so spectacular, (Ama Dablam is a beautiful mountain) I would look up from time to time, but then put my head down to watch where I was putting my feet. Of course it was easy to navigate as we had walked in on the same route.

At 14 miles I reached the Buddhist monastery called Tengboche. At this point I was close to tears because I was feeling so ill with the infection. Under normal circumstances I would never attempt a marathon when so poorly. However I had invested so much, namely £2000 and a month's unpaid leave from work. The runners I had been with left me up the hill and at the aid station I sat down for a few minutes and tried to take on some fluid and rice pudding (yuck!) Fortunately, maybe due to increased oxygen, I started to pick up after that and get my second wind. There was a steep descent where I prayed my knee would hold up, followed by the dreaded Sarnassa Hill, a long, steep climb. Even though it is a predominantly downhill course, I was told that the total climb is still equivalent to climbing Ben Nevis! The trails became very dusty, especially if you got stuck behind a yak train. Luckily I didn't meet one coming over one of the high suspension bridges or I would have been held up for minutes. Our marshals and medics were so supportive, so were other trekkers, many of them American, giving applause and saying 'good job' (no doubt all the time thinking- "you mad idiots!")

At last Namche Bazar the finish line was in sight, however (this is the cruel bit), we were sent out on the Thamo loop- another 6 miles to make the full marathon distance. On the loop there is no such thing as a flat bit of land it is either up or down- just what you don't need.

Once through the finish line I just sat in the sun and watched other runners come in. I paid for the illness over the next week as the virus took hold and redoubled its efforts. Thankfully, I wasn't too stiff, perhaps because I was going so slowly!

The event was really well organised, it can't be easy getting 70 runners + doctors, Sherpas, porters, marshalls etc. up to 17,000 feet in hostile terrain. I would recommend it highly. The highlights – seeing Everest, seeing Everest from the top of Kala Pattar, riding an elephant in Chitwan and naturally the race itself. I've also raised £1,100 for charity so far.

Philippa Leach

Reports and Results

"Five Blands and a Chicken" or the Steel Fell Race : 9 August 2000

Having stayed in the Lakes following the Borrowdale it made a change to do a Wednesday night race not in the Peak District. It is not normal however in Peak District races to have nearly a fifth of the entry related to each other. Neither is it normal to be set off at the start and be accompanied across the start field by a chicken! Although it made a good early showing, the chicken retired as we left the start field and unfortunately never made it to the top of the hill. The race itself goes straight up to the top of Steel Fell and comes back the same way – a magnificent decent requiring good studs especially on a very wet night.

1=	J Bland (Borrowdale)	21.47
1=	G Bland (Borrowdale)	21.47
6	W Bland (Borrowdale)	25.41 (1 st v50)
7	A Bland (Borrowdale)	25.46
13	P Sanderson	27.21
14	P Bland (Borrowdale)	28.02
27 ran		

Paul Sanderson

> >

Three Shires Fell Race: 16 October 2000

A reduced field, due to the fuel crisis. However those who made it had good conditions and weather for this classic race.

Richard Hopkinson

1	A.Kitchen [Lothian]	2.03.39
5	T.Austin	2.12.56
9	R.Hopkinson	2.32.52
108 Finished		

Boxing Day Bog Trot : 26 December 2000

1	Rob Davison	1:03:30	12	Roger Slater	1:18:45
2	Mick Robinson	1:03:31	13	Maurice Musson	1:19:10
3	Bob Berzins	1:05:05	14	John Gunnee	1:19:18
4	Chris Ledger	1:06:16	15	Ken Jones	1:19:22
5	Andy Harmer	1:08:40	16	Karen Dalton	1:19:25
6	Chris Barber	1:09:35	17	Dick Pasley	1:21:00
7	Richard Hakes	1:10:04	18=	Mick Poulter	1:22:24
8	Andy Bell	1:10:20	18=	= Hilary Musson	1:23:20
9	Al Pollard	1:10:28	18=	= Jim Fulton	1:23:20
10	Dave Tait	1:10:30	21	Mike Browell	1:31:00
11	Dave Holmes	1:12:21			

> >

Trig Point Race : 6 Jan 2001

15ml/1500ft

This year's race was interesting when some ultra-fast marathon runner shot off at the start, never to reappear from the mysteries of Cannock Chase. He did apparently revisit the finish to retire gracefully. Mark maintained a strong club showing at this race, even going back to the distant 1980's when Malcolm seems to have won it three years running. Never to be missed are the organiser's mum's special baking – worth the trip whatever else happens.

Dave Tait

1	M.Hartell (Macclesfield)	1:42:43
2	M.Hayman	1:44:27
9	D.Tait (1st V50)	1:48:44
31	R.Hopkinson	2:00:31

> >

Lamb's Leg : 7 January 2001

2.75ml/900'

A cold winter's day with lots of mud underfoot, but no snow. A good club turn out for this short blast on the edge of the Western Peak. Dave Tait being particularly keen having parked up at Mam Tor and ran over from there. Surely the warm up run was longer than the actual race itself!

Ant Mayer.

1	Steve Oldfield (Brad.Aire.)	22.36	62	Ant Mayer	30.37
19	Dave Soles	26.21	83	Mick Edwards	33.40
24	Neville Boler	27.42	92	Pete Topping	35.54
49	Dave Tait	29.50	93	Ted Woodhouse	36.18
54	Chris Edwards	30.03	95	Gerry Goldsmith	36.38

108 finished

Boulsworth Hill Fell Race : 20 Jan 2001

A very cold day for this year's excellent race, with a hard frozen, slippery surface. At least the bogs were firm, but it would have been easy to turn an ankle on the tussocks or the frozen peat. There was a very strong field, but still a regrettably low club involvement.

Dave Tait

1	S.Gould (Bingley)	47:10
33	D.Tait	56:00
127	F.Thomas	67:33

> >

Burbage Nuts Race : 21 January 2000

Conditions were ideal: the ground was frozen hard, the snow storm was abating and the clag was thick enough. It was pleasing to see such a good turnout, given the state of the roads in the hour before the race started. Well done to Bill and Rob, I gather it was neck and neck at the finish and there was almost an appeal to the judges. Andy Moore had a good run: he didn't get lost! Dave Lockwood says he had a good one; Alan. Some interesting routes were followed by people towards the back of the field. The crossing from Stanage Edge to the Pole was like running on tarmac, well almost. At Stanage Pole, Roger Slater pulled away from the organiser and disappeared into the clag and surprise, surprise, Mick Robinson passed me just after the Pole. Funny, I can't remember Mick being at the start but I must be having a good run. Later on when I should have been at White Stones, but was staggering about among tussocks with Alison, two figures on our left moved smoothly across the Moor: obviously Hilary and Lynn had got a much better line. After collecting the coconuts from Rudd Hill it was an easy run to the finish. No sign of Mick, Roger, Hilary or Lynn. I was obviously alarmed by this, I mean I don't, often / ever, beat them in races. Worse still, Dave Markham, who had never been behind me in the race, had not finished either. Oh dear! I was very pleased to see them all finish safe and sound- after me!

Advice to Mick and Roger: the best line from Stanage Pole to Rudd Hill is not via Burbage Bridge, but it is rather better than Dave Markham's route which he claims included Higger Tor! Lynn and Hilary had some difficulty finding their way from Rudd Hill to the finish. That was unfortunate wasn't it Maurice?

Thank you to Colin Lago for: putting the vegetables at Stanage Pole, retrieving surplus coconuts from Rudd Hill, and time keeping. Race organisers use a cereal box to record results on, not a waxed "Go Cat" box; hence some gaps in the results. Incidentally, Mick had had to leave his car near the fire station on Ringinglow Road, because of the snow, and started about ten minutes after the rest of us. Well it gave him chance to warm up properly.

I hope you all enjoyed the Race: I did.

Dick Pasley

Long Mynd Valleys Race : 18 February 2001

There was a stronger club turnout, more people are recognising the real quality of these Shropshire races. A very sharp frost left the north facing steep descents very slippery, but did give clear views in a marvellous setting. As always the last three hills sorted out the climbers, and showed that Dave Allen can hurtle a descent when he needs to!

1	J. McQueen (Eryri)	1:43:56	34	P. Sanderson	2:05:34
6	S. Bourne	1:50:41	106	H. Cotton	2:34:33
11	D. Allen (2nd M40)	1:51:33	114	C. Edwards	2:40:59
12	D. Tait (1st M50)	1:51:43	140	M. Edwards	3:02:39
19	A. Dickenson	1:59:05	165	ran.	

D. Tait

Relays

Calderdale Way Relay : 10 December 2000

...and the first claim club saga

The race

Yet again Dark Peak's men's team got off to a poor start, and were always playing catch up after that. By the finish only 3 minutes separated 3rd-6th but we were at the wrong end of that. A superb fastest time on last leg by Mike Jubb and Marcus Scotney closed to within 4 seconds of 5th but that was the only time they ever saw any other teams on the entire 11 mile leg!

Dark Peak stars yet again were the women, they finished their highest ever overall position of 46th to record their 3rd victory in 4 years. This one looked unlikely after 4 legs with over 11 minutes deficit but another fastest time on last leg by Chris Howard and Hannah Wooton brought victory by 1 second!!

The Veterans also had their best ever finish of 15th overall and 3rd veteran team. At one stage they were 2nd and were never far from Clayton who eventually took second by 4 minutes. Every member of the team ran consistently and contributed to a fine overall performance.

Finally some mixed fortunes, including a significant "walkabout" by Mark Harvey and Nev Boler contributed to a respectable but not spectacular 29th place by the B team.

Overall times were slow after the appallingly wet autumn which made Bingley's winning time even more impressive. The women's winning time was the slowest since the blizzards of 93! Special thanks to Dave Moseley for being travelling reserve and driver, and also to Andrew Middleditch, for filling in on a tough leg in the B team at short notice.

The results

Pos	Team	Time	Class
1	Bingley	5:51:38	
2	Clayton	6:01:19	
3	Pudsey & Bramley	6:06:45	
4	Salford	6:07:23	
5	Horwich	6:09:44	
6	DPFR	6:09:48	
9	Kendal Vets	6:27:42	V1
13	Clayton Vets	6:44:05	V2
15	DPFR Vets	6:48:13	V3
29	DPFR B	7:09:27	
46	DPFR Ladies	7:47:28	F1
47	Bingley ladies	7:47:29	F2
58	Clayton ladies	8:05:12	F3

97 teams ran

Team	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
A	1:17:10 (17) 1:17:10 (9) T. Austin R. Tett	2:17:13 (10) 1:00:03 (6) O. Johnson D. Peel	2:56:57 (9) 0:39:44 (2) P. Crowson P. Winshell	4:05:13 (7) 1:08:16 (5) M. Hayman A. Ward	5:01:06 (6) 0:55:53 (4) A. Jenkins I. Smith	6:09:48 (6) 1:08:42 (1) M. Jubb M. Scotney
B	1:22:01 (27) 1:22:01 (27) M. Robinson C. Ledger	2:37:41 (35) 1:15:40 (41) R. Hakes A. Mayer	3:27:40 (36) 0:49:59 (46) M. Harvey N. Boler	4:47:26 (34) 1:19:46 (25) C. Webster A. Mid'ditch	5:49:40 (32) 1:02:14 (18) D. Farquar D. Bradbury	7:09:27 (29) 1:19:47 (25) M. Chapman D. Harrison
Vets	1:19:12 (19) 1:19:12 (19) D. Allen(3) B. Toogood(3)	2:28:58 (21) 1:09:46 (25) S. O'thorpe(3) B. Berzins(4)	3:09:53 (14) 0:40:55 (11) M. Pedley(2) M. Smith(2)	4:25:53 (13) 1:16:00 (17) D. Tait(3) R. Hutton(4)	5:30:51 (15) 1:04:58 (28) P. Cox(3) D. Holmes(6)	6:48:13 (15) 1:17:22 (14) M. Salkild(3) M. Wynne(3)
Women	1:29:59 (56) 1:29:59 (56) L. Bland(2) K. Dalton(2)	2:53:51 (64) 1:23:52 (67) A. Carrington(3) A. Shepherd(2)	3:44:42 (59) 0:50:51 (51) H. Bloor(3) D. Pelly(3)	5:10:41 (52) 1:25:59 (43) J. Stevenson(2) J. James(2)	6:23:38 (51) 1:12:57 (48) H. Hargrves(2) K. Br.-Jones(1)	7:47:28 (46) 1:23:50 (35) C. Howard(1) H. Wooton(1)
Fastest	1:05:30 B. Burns J. Brown Salford	0:55:32 M. Harris S. Dolan(L) Harrogate	0:36:14 C. Seddon A. McVeigh Horwich	1:02:09 I. Holmes R. Jebb Bingley	0:51:10 J. Taylor M. Croasdale Bingley	1:01:58 M. Jubb M. Scotney DPFR

The first claim saga

The following is written from my personal perspective. There have been so many official letters that I have decided not to reproduce any of them! I can't decide whether next year we should come back and win it (men's and women's) or not bother at all. What does everyone think? A lot will depend upon how the 1st claim and registration debate unfolds as the year goes on.

Mike Pedley

November 00

Following a letter from FRA about running disputed first claim runners in the FRA relay, Mike Pedley contacts Halifax Harriers to enquire whether second claim runners are eligible to run in Calderdale Way relay. Initially referred to HH chairman who confirmed that second claim is eligible as long as first claim clubs are not running. As a result, Mike selects both Chris Howard (who joined DPFR in September as first claim, though FRA say is really second claim, despite her never running a fell race for her first claim cross country club), and Helen Hargreaves (who used to be first claim DPFR, but now runs first claim for Pennine).

December 00

DPFR women's team win the race by 1 second from Bingley.

January 00

The following is a simplification of the letters and phone calls that went on during this month...

FRA contact DPFR to ask them to appear before FRA disciplinary committee for running two runners who were not first claim.

DPFR write to FRA saying we ran these runners with the knowledge and permission of the race organisers and that running them lay within the rules for this particular event.

Halifax Harriers write to FRA confirming that we sought clarification before the race and were told we could run these runners.

FRA writes to HH and DPFR saying that the race was run under FRA rules and first claim runners only are eligible.

FRA disciplinary committee meet and find that Helen Hargeaves is technically first claim DPFR!!! Chris Howard's status is unresolved and goes to an appeal with the North of England AAA which is subsequently unsuccessful. As a result Halifax Harriers write to DPFR to inform them that the women's team is disqualified.

DPFR return the (engraved!) trophy to HH.

In conclusion

Halifax Harriers were in a difficult position. Whilst, with hindsight, they should not have advised us that we could run our runners, in the end they could have faced sanction from the FRA had they stuck to their original position.

The FRA stuck to the letter of the rules but have made few friends in doing so (other than Bingley). This comes after the registration scheme debate where DPFR opposed

the best way to do this was by using the second claim system, so that not only could DPFR have the membership fee, but I could also compete for them in relays where PFR were not competing. I asked DPFR if this situation was acceptable and consequently filled out the membership form clearly stating that Pennine was my first claim club.

I then competed for DPFR in the Calderdale Way Relay as PFR were not competing. I clearly stated at the time that I was not willing to run for DPFR if another first claim member wanted to compete. Also, the team management entered into discussion with the relay organisers about my position as a second claim runner and the relay organisers confirmed that I was legitimate to compete for DPFR in the Calderdale Way Relay.

In conclusion, the complaint against DPFR should not stand as both DPFR and myself went to lengths to check out what was permitted in terms of joining DPFR as a second claim and running in the Calderdale Way Relay legitimately. I find it difficult to see what else we could have done in order to avoid this unfortunate situation.

This scenario does raise a few points that I would like to see cleared up by the FRA:

1. Membership secretaries must understand what can be permitted concerning individuals wishing to join their or other clubs, fell running or otherwise.
2. Race organisers must be clear on the rules about second claim runners and not give advice that could conflict with the FRA rules.
3. Clubs must make it clear to all members what their club is registered for (track, road, fell etc) and what this means in real terms to members.
4. Membership and resignation rules should be clear. I was not aware that written notification must be given to the club if you wish to leave. It seems very strict for such an informal sport and, as it seems to be enforced, members must be made aware of it if the FRA wishes people to stick to the rules. I add that the FRA rules do not mention this fact. Also, membership secretaries should have a duty to check that an individual joining their club has resigned from their previous club (if necessary) and that the nine-month abstention rule is adhered to.
5. The first and second claim structure must be clearly explained to everyone. I would not have attempted to join DPFR if I had known it was not permitted. Instead, I would have made a gift of the membership fee to the club and supported the Calderdale Way team instead of competing in it. This lack of clarity only results in confusion, frustration and acrimony.
6. The FRA must make it clear to everyone why we have to wait 9 months before we can compete for another club. It makes sense to stay in one club

until the end of the membership year, but then to have to wait ¾ of a year seems crazy. I cannot think of a fell running reason why this is the case.

I am now in a position that could have been fully avoided if the rules were clearer and had been known. I have now written to both Dark Peak and Pennine clearly stating my position to avoid the current situation becoming any more unfortunate. I have had to resign from DPFR in retrospect for the 1999 year and as a second claim club and confirm that Pennine are my first claim fell running club. I will carry on supporting DPFR in the future whilst continuing to compete for PFR as I believe that it is my choice to make that decision.

Regards

Helen Hargreaves
Pennine Fell Runners

cc. Pennine Fell Runners Membership Secretary, PFR Newsletter
Dark Peak Fell Runners Membership Secretary, DPFR Newsletter
The Fellrunner Magazine

> >

Am I legal?"

I am confused. I know that used to be my normal state anyway when I was participating daily in races for Dark Peak. At least my wife says I was racing daily and that she never saw me and the house went to rack and ruin and who was looking after the children etc. etc. I thought I was only doing the odd race now and again, but then wives always remember things differently don't they. I digress. I am still confused, am I legal? And who (or is it whom) is my first claim club?

I am first and foremost an orienteer and always have been. Between 1992 and 1996, when I was working at Castleton I competed in many fell races for Dark Peak and was privileged to run in some great team events, notably first leg of the Calderdale Relays, once with Gavin Williams, once with Jon Cant and once with what's his name..... Graham somebody or other, oh yes, Graham Berry.

I have very fond memories of my time with Dark Peak and have kept up my membership. As I now live on the South Coast i.e. can see the Needles from my lounge window I only occasionally get to run a 'fell race', perhaps the Isle of Wight fell weekend or the Charmouth to Golden Cap race (highest point on the south coast). If running such a 'fell race' I put myself down as Dark Peak – but should I?

The problem gets deeper and darker when you consider that I work in Poole and live in Highcliffe (look at the map!) I train with Poole Runners on a Wednesday after work. I also train with New Forest Runners on some Thursdays, particularly in the summer as all their runs go through the New Forest. I belong to both clubs – but should I?

Team	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
A	1:15:02 (12)	2:17:07 (7)	2:53:43 (7)	4:02:54 (7)	4:57:54 (7)	6:07:56 (6)
	1:15:02 (12)	1:02:05 (8)	0:36:36 (2)	1:09:11 (6)	0:55:00 (4)	1:10:02 (2)
	R. Davison	N. Conway	R. Ward	M. Hayman	A. Buckley	M. Jubb
	R. Woods	R. Patton	M. Chapman	A. Ward	S. Bell	M. Scotney
B	1:28:04 (50)	2:34:44 (38)	3:15:33 (30)	4:47:26 (24)	5:33:17 (20)	6:53:11 (20)
	1:28:04 (50)	1:06:40 (19)	0:40:49 (13)	1:15:04 (17)	1:02:40 (18)	1:19:54 (23)
	G. Williams	C. Mosley	D. Bradbury	R. Hutton	D. Farquar	M. Ward
	R. Caves	A. Jenkins	M. Pedley	C. Adams	B. Edwards	D. Harrison
Vets	1:18:10 (20)	2:29:05 (28)	3:13:21 (25)	4:32:22 (26)	5:39:17 (25)	6:53:53 (21)
	1:18:10 (20)	1:10:55 (33)	0:44:16 (25)	1:19:01 (30)	1:06:55 (30)	1:14:36 (12)
	D. Allen(2)	P. Keen(6)	J. Herbert(5)	D. Tait(4)	C. Barber(3)	M. Salkild(3)
	B. Toogood(2)	R. Marlow(7)	R. Hakes(5)	S. O'thorpe(3)	D. Holmes(7)	M. Wynne(2)
Women	1:30:42 (57)	2:50:42 (58)	3:37:08 (50)	5:04:14 (49)	6:12:43 (47)	7:44:57 (47)
	1:30:42 (57)	1:23:52 (62)	0:46:26 (34)	1:27:06 (50)	1:08:29 (35)	1:32:14 (53)
	L. Bland(3)	A. Carrington(4)	K. Dalton (1)	J. Stevenson(1)	C. Patton(1)	H. Bloor(1)
	Ja. Smith(3)	J. Cave(3)	H. Wooton(1)	R. Hamblton(3)	K. Br.-Jones(1)	Jo Smith(3)
Fastest	1:07:38	0:56:44	0:35:35	1:01:25	0:51:10	1:06:56
	M. Kinch	C. Moore	S. Thompson	I. Holmes	J. Covery	M. Hill
	S. Hawkins	M. Whitfield	W. Sullivan	R. Jebb	C. Carris	A. Buckley
	Bingley	Bingley	Clayton	Bingley	Bingley	P&B

Key: Total time (race position)
 Leg time (leg position)
 Name 1 (race position in class)
 Name 2 (leg position in class)

Fell Off

Tour du Dents du Midi : 27 August 2000

44km 2700m climb

It was rather warm when I got out to Champéry on Thursday and on Friday (30degrees) and Saturday. I got up 4.50 Sunday and it started bucketing with rain at 5.10 and did for most of the race starting 7.30. There was also thunder when the rain started, and mist but the flags were clearly seen. The descent in the middle from Col du Susanfe was particularly difficult, but the chains helped. I was 10 minutes slower than last year, but comparing split times I was gaining on ascents while losing on descents. After Andre-Marcel left me at Col du Susanfe I ran my own race though I was catching Sylvain Pellaud on the long descent from Enthème.

At the front of the race, Stephane Rouiller built up a 7 minute lead from Meinrad Fleischman at the end of the first climb at Col du Jorat, but faded in the latter half of the race. Stephane Millus crossed the finishing line in his home village with his arms in the air in triumph. The picture in the paper revealed he was well clad unlike many competitors -one, shivering in the shower, just said he could not run fast enough to keep warm. As I've been in two British races with exposure fatalities and heard the weather forecast I wore thermal vests and cagoule.

I won half a raclette cheese, a parcel of bacon and charcuterie with 60 SF butcher's ticket and a bag. I was rather worried about what to do with the meat but was made an offer at the pension.

John Blair-Fish

1.	Stephane	Millus	Verossaz	5.05.02	
5.	Fabien	Bettex	La Tour-de-Peilz	5.22.09	1 st Vet I
7.	Sylvain	Pellaud	Le Levron	5.39.47	1 st Vet II
8.	John	Blair-Fish	DPFR/Carnethy	5.42.38	2 nd Vet II
58	finished				

> >

New Zealand South Island, Speights Coast to Coast Mountain Race 9 & 10 February 2001

A two day Individual event,
Day 1 run 2.8k/cycle 58k/mountain run 26k
Day 2 cycle 15k/kayak 67k/cycle 70k

A current dark peaker (Mike Browell) and a former member (Ali Cory-Wright) completed this year's NZ Coast to Coast Race. In a country of tough multi-sport events this is one of the top competitions. Ali Cory-Wright came a superb 3rd in a time of 12 hours and Mike Browell was no less delighted with his 230th position in just under 17 hours. Mike was somewhat nervous of the kayak stage but came through it, citing some earlier coaching by Gavin Williams as being particularly helpful. We'll look forward to Mike's report on this one!

3	Alistair Cory Wright (NZ)	12:00:43
230	Mike Browell (UK)	16:55:00
265	finished	

In Gear

The Club Kit, February 2001.

Vests

There are now plenty of vests available in most sizes, cotton vests are £12.00 and synthetic vests are £16.00.

Hats

Knitted, one size fits all and available in black, green, red and blue £7.00.

New fleece, these are now in loads of colours, but a word of warning they are a little bit on the big size but only £5.00.

Tracksters

New purple tracksters are now available, sizes are small, medium, large and extra large. There are a couple of green pairs but only large £18.00. I am considering re-ordering these any suggestions on colour?

Shorts

I have some "dark peak" green cycling type shorts in both medium and large at a new (improved price) of £14.00.

Fleece Tops

Fleece tops are now available in a variety of colours and sizes. They are a sweatshirt type top at £15.00 and a zipped jacket £20.00, both with the "dark peak" sewn badge on them. I can now just about order any size colour combination if I haven't got what you want in stock.

Polo Shirts

Both long £15.00 and short sleeved £11.00, are now available in small quantities, at the moment they are all dark blue, I had not intended to keep a lot of these but as ever if you want one let me know and I shall see what can be done.

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 etc. will be more).

Richard Hakes,
0114 233 9912.

The-bit-at-the-end

Dark Peak News - Summer 2001

In the Next Issue:

Lots of creative writing?
How I chose my road shoes?

...and maybe some fell running to talk 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! I have replaced my scanner which broke during production of the last issue so photos or drawings are welcome once again.

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 or 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	30 May 2001
Publication date:	Wednesday	20 June 2001

Thanks

Thanks for D.P.News Spring 2001 to: Jo Armistead, Ian Bennett, Graham Berry, John Blair-Fish, Mike Browell, Gavin Clegg, Jim Fulton, Helen Hargreaves, Richard Hopkinson, Ken Jones, Philippa Leach, Andy Malkin, Ant Mayer, Helen Pedley, Dick Pasley, Mark Salkild, Paul Sanderson, and probably one or two more I've missed!

Cover

Front: Memories of Watershed's past: Jim Fulton and Jan Cave on their way to victory.

Rear: What to do during Foot&Mouth:

- option 1: DPFR FC
- reflect on drawings of great races rather than running them

And Finally...

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

