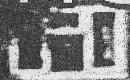


# DARK PEAK NEWS



**AUTUMN 2003**

# DARK PEAK NEWS

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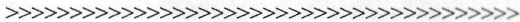
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# News

## **Paddy Buckley and Bob Graham Successes in early summer...**

Five Dark Peakers have made the most of the good early summer weather to make successful completions on two of the classic ultra distance challenges. On the longest day itself Al Ward, Tim Hawley and Jo Smith made successful completions of the Bob Graham round in the Lake District. Three weeks later, Gavin Williams and Bob Berzins completed the longer (and more rarely completed) Paddy Buckley round in North Wales. More details of Bob's Paddy Buckley on page 14.

## **...but mixed fortunes in August**

August brought more BG attempts by club members. On the first weekend Alison Shepherd completed a successful clockwise round starting in the early hours of the morning. The August heatwave hadn't reached it's peak in the Lakes so conditions were good but not too hot and she finished with 3 minutes to spare. A week later Martin Spence attempted an anticlockwise round on what turned out to be the hottest weekend of the year. He used the 8am start favoured by most of the early Dark Peak attempts but decided to pull out at Wasdale when it became clear the heat would be too much.

## **Gold at World Champs**

Former Dark Peaker Jamie Stevenson now resident in Sweden claimed Gold at the World Orienteering Champs Sprint event in Switzerland. Other Dark Peakers in the British Team included Oli Johnson, Jenny Whitehead, Matt Crane and Hannah Wooton. More details on page 12.

## **LAMM victory for Rob and Karen**

Karen and Rob Davison won the B course at this year's Lowe Alpine Mountain Marathon at the Spittal of Glenshee. Leading by almost half an hour after a superb run on day one, they held on to win on an unusually long day 2. Also on the B course Kirsty Bryan Jones was part of the pair that won the women's class in 7th overall and Pete Gorvett with Phil Cox were second veteran's pair in 12th overall. A Dark Peak pair also won 1st Mixed on the A course with a fine run from Helen Thorburn and Geoff Kirk.

## **Stronger "Champs" showing continues**

Both English and British championships are now well advanced with Dark Peak showing better in all categories than in recent years. The senior men had a few set backs early in the season, due to injuries and illnesses, but the Vets and Ladies results have been good. For further details see page 7.

## **FRA secretary passes away**

Mike Rose, FRA secretary, died at 14.10 on Saturday (14th June). He had been in a coma since last Tuesday and it is thought he died peacefully.

# Events

**Club runs:** every Wednesday from the Sportsman, Lodge Moor, Sheffield at 18:30 or at an "away" venue for "warts" (on the moors) or hog(warts) (slow road run) at 18:45. Abilities vary and there are usually a couple of regroupings during the run. Remember winter's coming so be **bright** on the roads **and prepared** on the fells. Also every Thursday: intervals at 18:30 from the monument (by the big field) in Endcliffe Park.

"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.

## Oct

Wed	1	18:30	Club run	Sportsman	
Wed	1	18:45	Warts run	Fisherman's car park, A57	
Wed	1	18:45	Hogs run	Monsal Head	
Sun	5	10:00	Relay	Ian Hodgson, Brotherswater. Contact Alan Ward or Karen Davison regarding DPFR teams.	
Wed	8	18:30	Club run	Sportsman	
Sat	11	11:00	Eng Champ	Langdale, Entries in advance by 4 <sup>th</sup> Oct. See: <a href="http://www.xldhdemon.co.uk/his/lhs">www.xldhdemon.co.uk/his/lhs</a>	
Wed	15	18:30	Club run	Sportsman	
Wed	15	18:45	Warts/Hogs	Castleton (park near church or YHA)	
Sat	18	11:00	Relay	FRA Relay, Church Stretton. Contact Alan Ward or Karen Davison regarding DPFR teams.	
Sun	19	10:00	Local race	Grin and Bear it, Langsett Barn (LDWA 13 or 27 ml event)	
Wed	22	18:30	Club run	Sportsman	
Wed	29	18:30	Club run	Sportsman	
Wed	29	18:45	Warts/Hogs	Ladybower Inn	

## Nov

Wed	5	18:30	Club run	Sportsman - inc. Rivelin landmarks event	
Sat	8	10:30	DPFR race	DPFR Club Championships, venue to be confirmed. NB DPFR paid up members only.	
Sat	8	19:30	DPFR event	DPFR Club Dinner, Maynard Arms, Grindleford. Reservations to Ann Watmore	
Wed	12	18:30	Club run	Sportsman	
Wed	12	18:45	Warts/Hogs	High Bradfield (Old Horns)	
Sun	16	10:00	Local race	High Peak Relay, Cromford. A 10 stage 35 ml relay. For details and entries see <a href="http://www.runningwithdavid.com">www.runningwithdavid.com</a>	
Sun	16	10:30	Local race	Roaches, Village hall, Meerbrook	15ml/3700'
Wed	19	18:30	Club run	Sportsman	
Wed	26	18:30	Club run	Sportsman	

Wed	26	18:45	Warts run	Fairholmes
Wed	26	18:45	Hogs run	Low Bradfield
Sun	30	10:30	DPFR race	Warts revenge, Ringinglow Road
<b>Dec</b>				
Wed	3	18:30	Club run	Sportsman
Sun	7	08:00	local race	Marsden-Edale, Entries: B.G. Stokes, 6 Anglesey Road, Hill Top, Dronfield. S18 1UZ
Wed	10	18:30	Club run	Sportsman
Wed	10	18:45	Warts/Hogs	Strines
Sun	14	08:00	Relay	Calderdale Way Relay. Contact Alan Ward 50ml or Karen Davison to volunteer for DPFR 6 stages teams. Drivers/reserves also needed to make the day a success. Usual DPFR race HQ with mulled wine & mince pies for all!
Wed	17	18:30	Club run	Sportsman - carols at the Headstone
Sun	21	10:30	DPFR race	Crookstone Crashout, Rowlee Bridge, A57
Wed	24	18:30	Club run	Sportsman
Fri	26		DPFR event	Boxing Day Bogtrot - details in next issue.
Wed	31	18:30	Club run	Sportsman
<b>2004</b>				
<b>Jan</b>				
Wed	7	18:30	Club run	Sportsman

### Club Championship Race – 8th November 2003

Venue: Woodhead Station (GR 114 998)

Race start time: 10.30am (mass start all runners).

Route: This will be revealed on the day. From 9.30am onwards a photocopied map will be available. Please bring and carry with you, your own map. The competition area will be south of the Woodhead Road, (Bleaklow only). Suitable map OS Dark Peak or Harvey. Checkpoints must be visited in the order shown (runners can only go in one direction).

Winning time: approximately 1hour 30 minutes. Slower runners can expect to be out for 2 hours thirty minutes or more!

Entries: **Paid up members only.** Please pre-enter – I just need your name. Sign the list in the club hut, e-mail robert.berzins@btinternet.com or (but preferably not) - by phone 0114 2668415). I need pre-entries so that I can work out handicaps. Entry fee £2 to be paid on the day.

Kit check: The following equipment must be carried by all competitors – Cag, leg cover, hat, gloves, map, compass. There will be a kit check at the finish for the winners of all categories and anyone else who looks like they are not carrying enough.

Help needed please: At least five people. Two for registration/start/finish and three people for the checkpoints.

Bob Berzins.

### **Eric's Birthday Run**

Club president Eric Mitchell is 80 this October and to celebrate Eric has organised a run with open house afterwards. Start from 23 Corbar Rd , Buxton (tel. 01298 25553) GR 055740.

Date: Sunday 26th October. Start any time between 10am and 1pm.

Timed run around the Goyt Valley hills anti-clockwise around one of Eric's favourite 12 mile training circuits. Take a "tinnie" and socialise afterwards.

### **Welsh training?**

How about a mass attempt on the Welsh 3000's - it's about 25 miles/10 feet and would be good BG/PB/RR/KIMM training. Starting with a doss on Snowdon summit (or early start from Pen y pass). Next Spring sometime perhaps. If interested contact Gavin Williams

### **Al goes Norwegian**

Al Sealy and family are moving to Oslo in late September where Al is starting a new job. He'll still work as a physio but in a specialist role working with vertigo sufferers. Meanwhile they are all having a crash course in Norwegian, especially important for the children who will be starting at a Norwegian speaking school. They'll have a large spare room so visitors are welcome!

Their new address will be: Trudvangveien 37c, 1368 Stabekk, Oslo, Norway.  
(Phone and future email unknown).

They have a very nice family house with 4 bedrooms and a garden in Crookes to let if anybody is interested. Long term let available and a R reg Subaru Legacy estate for sale (good condition, low mileage ~43,000 , taxed and MOT etc.). Also Al is looking to find a home for Saucony Jazz Grid trainers for someone with size 9 1/2 feet. They have been worn only once. "Yours if you make a donation to the club beer fund for next years Thornbridge weekend", says Al.

### **More Photo Fame**

Leading on from pictures of Dark Peak members toiling up Crookstone Knoll in the Infamous 'Crashout' published in a recent book on Kinder Scout. Another picture of one of our members has appeared showing us all 'hows its done' in the KIMM. The book in question is: 'Offroad Running' by Sarah Rowell, and the Dark Peak navigation guru... the legend that is Maurice Musson with an onlooking Lynn Bland!

# Letters

## Championship Races 2003

As we are nearing the end of what feels like a long racing season I wanted to write a short article to say how much I have enjoyed this year. It is the first year in a while that we have made an effort to encourage as many Dark Peakers as possible to enter the English & British Championship races. Many people have been enthusiastic and Dave Taits 'car share website' has been a fantastic success, meaning we have been able to share fuel costs and make the long journeys to and from races more enjoyable. Competing in both series has meant racing nearly every other weekend but we have managed to arrange some excellent weekends away and have enjoyed running races we wouldn't otherwise have done.

Unfortunately the senior men had a few set backs early in the season, due to injuries and illnesses, but are set to return strongly next year. Meanwhile we have had successes in the Vets and Ladies results and I would like to say a big thank you to ALL the women who have taken part in the races so far. All have scored points or counted for the Ladies team in one race or another, putting us in 2<sup>nd</sup> place in the English Champs and 4<sup>th</sup> in the British (we should be even higher up now after finishing 2<sup>nd</sup> at Skiddaw last weekend). These have included excellent results from Lynn Bland, Ann Watmore, Hilary Bloor, Helen Winskill, Karen Davison, Helen Thorburn, Philippa Leach, Kirsty Patten and Lesley Atchison (apologies if I have missed your name off). We have also had excellent support from 'other halves' and I would not have been able to compete in some of the races without the 'Dark Peak babysitting network' (Thanks Lisa Austin & Tony Keddie!).

I am now looking forward to some strong relay teams-we may not be able to beat Bingley but we can certainly give them a run for their money!

Keep up the good work.

Karen Davison

### Training in Malta

*Unsolicited advert but it may be of interest to someone going on holiday and wanting a break from the beach...*

Over the last ten years the sports facilities in Malta have rapidly spread all over the Island. As a result Malta has become an ideal place for school and professional teams to come for intensive training weeks in our ideal weather both in winter and summer. Our company is a specialized company in these matters and we cater for each team separately offering all the commodities and necessities for such training camps.

The Sports Facilities include both outdoor and indoor complexes ideal for any team (visit our website on [www.sunshinesport.net](http://www.sunshinesport.net) for a view). Most of them are brand new and include a cafeteria and dressing rooms.

We would like to bring to your attention our facilities for athletics. We offer training sessions at two venues:

**Matthew Micallef Athletics Stadium**

- a) 8 lane synthetic track IAAF approved complete with all facilities for field events.

**St. Aloysius Sports Complex**

- b) 6 lane synthetic track IAAF approved complete with long jump and high jump facilities. (no shot, discus or javelin can be used due to a synthetic surface in the football ground around it).

In this complex a high tech fitness center is available for the use of athletes and members of the public.

Accommodation and Transport

Our agency uses a variety of four and three star hotels around the Island. These hotels offer full buffet breakfast, lunch and dinner so as to cater for all the needs of the athletes. Transport from the hotels to the training venues is made possible by a professional transport service included in the package.

Package deals

A standard package deal for a week (6 nights) includes all the airport transfers and traveling to the venue for every training session. Accommodation can be either in a three or four star hotel on full board basis. We can cater for ten to twelve training sessions (2 sessions a day). The price per person would have to be worked out according to your accommodation and training requirements. I would be more than happy to correspond with you on such matters so that a price can be fixed

Please, email me back should you wish more information putting "Attn: Carmen Carabott" in the Subject area.

Yours in sports

Carmen Carabott

*Ed. There are a variety of other running holiday companies. Has anyone tried them and got any recommendations?*

For one further letter see "3 Stones race report on page 25.



# Features

## **La Marmotte (but it wasn't very soft and fluffy)**

As I crawled up the last 3km of the Col du Galibier a Dutchman asked me "why do we do these things?" The answer in my case was down to Jan Cave. Having practically given up running and moved to France she had still managed to get me involved in a gruelling long distance event, this time on a bike.

La Marmotte is an annual event starting from Bourg d'Oisans. This year 6500 cyclists from 24 countries set off on the 175km circuit which includes 5000m of ascent over the Cols, Croix de Fer, Telegraphe and Galibier finishing at Alpe d'Huez.

I had done all the climbs before on my bike carrying panniers so I knew what to expect but it had taken about 4 days with numerous café and picnic stops. I knew from a couple of Audax events I had done with Jan and Gerry that stops were kept to a minimum and when they started snipping open food packaging before we set off so they could eat on the move I knew they meant business.

We set off at 7.15am in perfect conditions. I had never seen so many bikes in one place! Jan gradually pulled away from me and I decided the only way to survive was at my own pace. That was the last I saw of her until 7pm.

After 30km mostly uphill I stopped on the Col de la Croix de Fer for food and drink, the views were stunning but what seemed like about 1000 people came flying past. The descent was pretty scary, the road was full of pot holes and there were people racing past on both sides. Inevitably 3 people didn't make it and we were held up while the ambulance scraped them off the road and took them to hospital after a collision with a car (I wasn't in the least surprised!)

The next climb was the Col du Telegraphe, a mere 11km but by now it was getting hot. Whilst most of us guzzled water a French competitor stopped half way up to smoke a Gauloise! I was looking forward to the food stop at Valloire and was bitterly disappointed. Hundreds of cyclists were fighting over some meagre offerings, so I grabbed some cake and shoved my way out.

A further 20km climb followed to the top of the Col du Galibier, by now every part of my body was starting to hurt and I stopped 3 times on the way up just to get off the bike for a minute. I engaged granny gear and struggled to overtake people who were by now regretting their choice of chain rings and walking the steep final section. I realised things were getting desperate when a cyclist with one leg overtook me and I began to wonder how I would ever be able to climb Alpe d'Huez as well.

When I finally reached the Col du Galibier I got off my bike shaking. I ate, drank and composed myself before launching down the hairpins. Once you reach the Col du Lautaret the descent is fantastic on a smooth road with sweeping bends. My touring

gears prevented me from slip streaming the constant line of slick racing machines that flew past me, but it didn't matter. By the time I got to the foot of Alpe d'Huez I had recovered enough to know I was going to succeed. Pantani's record for the climb is 37 minutes, it took me 2 hours!

I arrived exhausted, an anonymous cyclist in a huge crowd. I had been out for over 11 hours. I dumped the bike and collapsed on the grass until I could muster the energy to search for Jan. It was such a relief to see a familiar face and I could tell from the way she greeted me she had found it just as tough as I had.

Jan had Gerry had in fact beaten me by an hour and received a prestigious certificate for arriving in gold standard time, which was a great achievement for them. I knew before I started that I hadn't done enough training and it felt like a huge achievement for me just to have finished.

Perhaps next year I'll go back and spectate from the terrace of one of the bars on the Galibier so I have time to enjoy the views!

Lynn Bland

### Lights in the Sky

On Sunday 29<sup>th</sup> June, I had parked near Fairholmes and set off for a run up to Alport and then over to Lower Small Clough Cabin, down the Derwent valley and up Cranberry Clough. A little beyond the top of the clough where the land levels out somewhat, I had a short break and sat down to admire the view on this fine sunny morning, eating the last of my jellybabies and drinking the last of my water.

I looked over to the far distance where the path from Alport rises to the Bleaklow Plateau and saw a white object moving at a steady rate along the path. I assumed it to be a runner in a white shirt or cag (seemed too warm for that though) as it was moving quicker than a walker would have done. It appeared so bright, I thought, because of the sun reflecting off it.

Well, to my surprise, as it reached the plateau, it continued in a vertical direction, leaving contact with land completely! It ascended vertically for a couple of minutes reaching a considerable altitude, when all of a sudden it changed direction on to a horizontal plane at the same altitude in an easterly direction towards Barnsley. I watched it for quite some time in the same direction and altitude until it overshot the horizon.

I have no explanation apart from it being an unidentified flying object, because it was something, it was flying (moving through the atmosphere above the surface of the earth) and I could not identify it.

Has anybody any suggestions as to what I saw, and has anybody made any similar observations?

Moz (Maurice Musson)

## Splitting, Hare And Clear Water

Two weeks in Tuscany and in the French and Swiss Alps had left me unprepared for a casual run in the Dark Peak on the last day of my holiday before returning to work. The casual bit was a chance call to Bob Berzins on the Saturday night to see if he was interested in a run later on the Sunday morning rather than the sometimes very early morning runs for the Loxley Lads (Andy Harmer and company). Bob was interested and also preferred a later start which gave me a chance to have a trip to the tip to remove all the cuttings from an attempt to clear an overgrown garden.

So at 10.30am (normally a Loxley Lads' finishing time) Bob and I set off to drive to the Dark Peak where a route had been devised starting from Birchen Clough and lasting about 2 hours. Initially this was the start of the Alport race and then we drifted over the top towards the Alport valley despite ominous warnings from a rapidly returning couple muttering about heavy rain and thick mist. The crossing of the valley higher up was remarkably painless compared with the Alport race and we were soon (it seemed to me) on the Alport ridge where two figures were running along the path towards Bleaklow in our intended direction.

Mike Browell and Alan were, it seems, preparing / planning for their Pyrenees cycling holiday with discussions on rings and chains. My only contribution was the story of meeting a German (at a Swiss camp site) who was planning to take four and a half hours to reach the top of the Grand St. Bernard pass. He would then cruise down to Italy where he was going to catch the train to the coast because cycling across the plains was just too hot. However, the German would have been thinking of clear cool water on his trip and that was this running group's next target. Bob knew of a spring near Westend Head which was duly found and washed in or drunk of; pleasantly cool in the humid weather.

After this refreshment, we abandoned Mike and Alan and we went off to look for Bleaklow Meadows. This over heated my mind to imagine alpine type meadows with cow bells clanking. I was not entirely disappointed because there was an area which was surprisingly green in the barren peat wastes of Bleaklow. It stretched for at least half a mile though it did have quite a few stones and boulders strewn around. These we dodged around or jumped on to cross the Meadow. Whilst Bob was hopping on a boulder, it split clean in two, down the middle. This seemed a truly biblical experience which should have been followed by lightening and a clap of thunder but, alas, whilst the conditions were right, none appeared. I was also hoping that maybe the next lottery numbers were on the split boulder faces but, again, no such luck. We did see however a hare scurrying across the Meadow shortly afterwards but only the one hare. Does this close encounter with a cliché mean anything and should we avoid Bleaklow Meadow in the future or was the water we drank not so clear? All these were puzzling me as we continued our run past Wain and Hern Stones and on to Doctor's Gate and across to Thomason's Hollow for the final run into Lady Clough woods and across to Birchen Clough. One last thought: was Lady Clough related to Lady Canning?

Graham Berry

## Dark Peak at the World Orienteering Championships, August 3<sup>rd</sup>-9<sup>th</sup> 2003.

The club was well represented at the event in Rapperswil, Switzerland at the start of August. Jenny Whitehead (long and middle), Hannah Wooton (long and relay), Oli Johnson (long and middle) and Matt Crane (middle) were all selected for the team with Helen Winskill, Kim Buckley, and Dickie Wren unlucky to get the reserve spots.

The week started very well for the British Team with a sprint race around the picturesque old town of Rapperswil. The streets were lined with around 10,000 spectators for the first ever WOC race to be held in a town, and Jamie Stevenson (ex Dark Peak) cruised to a gold medal in the searing afternoon heat. This was the first time a British male has ever won a WOC gold!

Next up was the long race; traditionally the main discipline in orienteering, and it certainly lived up to its name this year with the winning times around 20% longer than the predicted 90mins. Oli, Jenny and Hannah all qualified comfortably for the final that was held in typical Zurich terrain – bushy, brambly and unbelievably steep. Temperatures soared to around 38 degrees for the afternoon race and drinks stations were few and far between. Hannah ran a solid race to finish 23<sup>rd</sup> with Jenny close behind in 35<sup>th</sup>, both good results in a gruelling race. I just about survived with a decent run only to be told at the finish that I was disqualified for not punching the control at a drinks station. I was gutted, and very dehydrated, too – it took me 4 hours and 7 litres of sports drink and water before I could produce anything for a drugs test!

For the middle race we left the bushes of Zurich behind and headed up into the (relative) cool of the mountains around Trin. Here the terrain completely changed to grassy, intricately contoured (but still bloody steep) forest. Although the middle distance only has a winning time of 35 minutes, it was still a tough day of competition as all runners had to qualify in the morning and only had 2-3 hours to relax in between races. The qualifiers were very close, and Matt was unlucky to just miss out after a small mistake. Jenny suffered in the final after her experiences in the long and was disappointed with 47<sup>th</sup> place. I had managed to recover enough for an almost mistake free run to finish 22<sup>nd</sup>.

The week ended with the relays (which almost didn't happen at all after the forest was blown down in a storm with only 3 weeks before WOC!). Hannah ran 2<sup>nd</sup> of 3 in the women's team and had a great run to pull up from 18<sup>th</sup> to 10<sup>th</sup>. Heather Monro on last leg pulled them up to a podium finish in 6<sup>th</sup>. The real highlight, though was the men's team of Dan Marston, Jon Duncan and Jamie, who took bronze to give Jamie his 2<sup>nd</sup> medal of the week, and GB 3<sup>rd</sup> in the medals table (most of them had been won by Switzerland!).

Oli Johnson

## **People and wildlife can live together at Stanage ... with a little co-operation**

From Stanage Forum newsletter

Thanks to visitors' help, I am delighted to report that Ring Ouzels (the endangered "Mountain Blackbird") have successfully raised chicks from two nests on the "Popular End" of Stanage Edge. The nests, half way up the crag on Mississippi Buttress and Trinity Wall, were in one of the busiest climbing areas in the UK. During the very busy late May Bank Holiday period all visitors (but climbers and paragliders in particular) were incredibly co-operative in avoiding the nest site areas for the crucial three week periods between egg laying and fledging (chicks leaving the nest). The British Mountaineering Council and Derbyshire Soaring Club have been enthusiastic in their support for these rare birds and exemplary in getting the messages out to their members quickly. This is a truly remarkable achievement and the first notable success on the ground for the Stanage Forum's voluntary approach.

*The Peak District National Park Authority and the other members of the Stanage Forum Steering Group sincerely thank everyone involved for their support and co-operation.*

### **Stanage Bird Breeding**

*In a letter to Bob Berzins and also the Stanage Forum newsletter.*

*Some is out of date but may still be of interest*

### **Blanket bog above the Edge**

There are currently at least two pairs of rare birds of prey nesting in this area – one pair close to the path across the corner of the bog from the Pole to the Edge and one pair in the middle somewhere (although we haven't located the nest precisely yet). There are also Golden Plover and Curlew nesting throughout the area. There are also numerous species nesting between the Edge and the road at the moment from Ring Ouzel mainly at the base of the Edge (see covering note), to Whinchat in the upper bracken beds, to reed bunting and linnet in the lower bracken beds, to snipe and curlew in the wet areas. Finally, there is a pair of rare birds of prey and a pair of curlew nesting on Cattside.

### **Recommendations:**

Due to the great number and widespread nature of birds nesting at the moment, we would ask runners please to keep to the Management Plan's Objectives until the end of July, particularly:

- Please keep to the main paths and particularly avoid running across the blanket bog and the wet sitch and dense bracken areas between the Edge and the road.
- Please keep off Cattisside until our proposed meeting in August.
- Please keep all dogs on leads

I hope you can understand our requests at this particularly important time for birds. I will keep the situation under review and let you know if anything changes (for example if fledging occurs before the end of July on the blanket bog).

# Going The Distance

## The Paddy Buckley Round – Bob Berzins

The club has built up a very detailed knowledge of the Bob Graham, but the Welsh version – The Paddy Buckley round remains a bit of a mystery. So I'll try to provide some information and also tell you what it felt like to finally manage the round.

Paddy Buckley dreamt up the round in 1978, a circuit of 61 miles and 27,700ft of ascent – 2 miles and 2400ft more climbing than the Bob Graham (the BG doesn't measure 72 miles on a map!). A couple of years later Wendy Dodds did the first continuous circuit in 25 hours, but it was Plas y Brenin instructor Ian Fox who did the first sub 24 run. Our own Martin Stone was the second, as described in his article in "Ten years on the Bog."

These days it's Mark Hartell who holds the record at 18:10, some two hours longer than his fastest time for the 42 peak BG. The other 3000ft tops not on the classic PB have also been added. But overall only about fifty people have completed the Paddy Buckley, with Gavin Williams and I getting round it in July. The traditional starting point is Capel Curig at 1am, which Paul Sanderson followed. Although this section to Aberglaslyn has the roughest, boggiest ground, it's also the flattest. I didn't want to do it at night but perhaps save it until the end. Instead we decided to start at Aberglaslyn at 6.45pm and do Snowdon as the night section. This was also a very sociable time for our supporters to start (and finish).

Earlier this year I really didn't know if I wanted to have another go at this round. I'd attempted it last year with Chris Ledger and after some appalling weather, I just wasn't enjoying the run and felt sick, utterly drained and without a hope of making up the time we'd lost. Twenty four hours seemed like too much. Eventually I realised that being out on the hills in the middle of a long run was what really meant the most to me, especially the chance to see the hills through the night and early morning. And the supporters had enjoyed themselves and were happy to have another weekend in Wales. I was pleased that Gavin decided to have a go and hoped we could inspire each other.

I tried to get through the last week without being too preoccupied and nervous. As always there seemed to be a hundred and one things to think about. Lynn came to pick us up with the news that van's exhaust had just blown and we had to swap cars, which left us a bit rushed for our 6.45 start. Chris Ledger got us off to a great start and we were amazed to see a young badger near the top of Moel Hebog. At the summit the support really got going with John Myers handing out drinks and honey sandwiches. Conditions were perfect with all the tops clear and we kept gaining on the schedule. Rhydd Ddu was a quick stop due to the midges and we were soon walking up the track towards Craig Wen with Roy, Tom and Pete ready for a good warts night out. We actually saw three or four people getting ready to bivvy at the top of Snowdon, which can't have been much fun with the café generator going all night. A full moon helped navigation and there was a constant supply of food and drink available. Gavin and I were moving well and it was a brilliant place to be with a few mates.

We arrived at Llanberis still up on schedule, to find the lads had entertained themselves with a bonfire. As soon as we started to climb up through the quarries I started to lag behind. This was where I really struggled last year. I'd recced the direct route straight up the inclines, which was steeper but shorter, but by the top I was feeling rough. Just as the first hint of dawn appeared we went into some mist and it seemed like a repeat of last year. I got to the top of Elidir Fach and threw up my entire stomach contents. It was strangely quiet, I don't know if Andy, Chris and Gavin were shocked, but I know I was. Last year had left me determined to keep going. I had fifteen hours to go, which seemed like an eternity of pain but I knew that spending the rest of the year thinking about failure was a lot longer. Having to work so hard on the climbs meant I hadn't been able to digest my food and drink. I knew I had to eat, but it was the last thing I wanted to do.

We made the top of Elidir Fawr in good time and I just managed to hang on until we got out of the mist and into the grey morning. I started to have a few fruit jellies, bits of mint cake and banana, which kept me going right through the day, but I didn't lose the fear that I was about to bonk. This time the rocks were dry and overall we kept to the schedule and arrived at Ogwen slightly ahead. We'd done the hard half – 30 miles and 16,600 ft of climbing in 12 hours. All we had to do was hang in there!

The climb up Pen yr Ole Wen was sweaty but there was a cool breeze on top along with the first walkers of the day. We arrived at Capel Curig to Jon's fried egg sandwiches and cups of tea and best of all eight hours ten minutes for the last section. Moel Siabod was very hard for me but Lynn and Paul kept me going. Gavin was climbing really well with Kev up ahead. John Myers had more drinks waiting on top and we were soon striding down the grassy descent. The afternoon grew warm as Paul led us around the bogs and through the heather along to Moel Meirch. Good job he had an eye on the schedule as we were slowing up. Jon and Richard were waiting at Bwlch Cwmorthin and very pleasant it was too, in the afternoon sun. Cader Idris and the Arans were clear, along with all the peaks we'd already climbed.

Gavin was suffering from sore feet and I was a bit the same but I realised afterwards I'd damaged my tibial nerve which left me with a numb foot for a month. Up onto the Moelwyns at last, I was climbing well, buoyed up because I knew I was going to do it and with time to spare I could really enjoy the last hills. Gavin took his own pace off Cnicht and ran down with Richard and Kev. The last descent went on and on followed by what seemed like a mile of uphill road. I felt a bit numb at the finish, but the first pint in Beddgelert slipped down and I even managed some chips in Pete's Eats and a few more pints of Snowdon in Nant Peris. A great end to the day.

So I've managed the classic three rounds: BG, Ramsey and Paddy Buckley. For me the most important thing is I've just had a brilliant day out. It was really tough but I was able to enjoy it and appreciate who I was with and what I was doing. It's not ticking them off that counts, it's being there.

Bob Berzins

### **Cape Storm Rogaining Event - Johannesburg : 16 November 2002**

As my hamstring was getting better I decided to enter an orienteering event on the Suikerbos hills, South of Johannesburg, just to ease gently back into the rigorous of running again. There were three classes, an 8 hr, 3hr & 90min. So I talked Ray (an ex Irish fellrunner) yes you've got it - from Ireland, Belfast actually, done the Mourne, Kimm and a few big races in the Lakes and Scotland, into doing the 8 hour stint. We were issued control cards and a route card with all these weird phallic symbols on that meant nowt to us plebs. The map was a tourist map special with pictures of animals and birds that we were likely to encounter but the actual info was missing somewhat i.e. contours, water courses, hills etc. There were 32 controls in total spread over 50km or so it felt. Rays map was totally different to mine and on more than one occasion we set off in opposite directions.

Basically it was sh\*te. It was hot and the veld was thick in thorn scrub so our legs were torn to ribbons, water was scarce and the elusive controls definitely did not exist. Final straw came when we took 46 minutes to find a control and it was only spotted when a huge Baboon ran screaming across the tundra at full pelt with the red and white control firmly clutched to it chest. The scenery was quite spectacular and there was an abundant of wild life such as Zebra, Eland, Mountain, Reed buck, Jackal and damn Baboons but they wouldn't punch our control card, besides we couldn't catch em!

But, it was yet another good day in the hills and we finished 4<sup>th</sup> (goes to show how bad the others were). Next year Rand O Club intend organising a two day event with an overnight camp. Hope the maps are up to scratch and the controls Baboon proof eh?

Andy Forsyth

### **Roger Baumeister's Joss Naylor Challenge : 10 May 03**

Set off from Pooley Bridge at 4:50am with Colin H, Bob Berzins and Colin Lago. It was first light with conditions clear, cold and with a strong head wind. We arrived at Kirkstone in good shape, 16 minutes down on schedule after a small route error and set off up Red Screens in fine style still with Bob and Colin. Coming to the top of Fairfield Colin was clearly not happy and the message came that he was packing up at Dunmail.

I set off with Roger Woods up Steel Fell with Alan waiting at Dunmail for Colin. We saw Alan set off behind us but he never caught us up. As usual Roger was spot on with the route and we duly arrived at Great End to find Alan waiting. I chose the easier route back to the path for Styhead subsequently missing Dave Lockwood who had come up the more rougher direct route intending to take me back that way.

The infamous Dora Webster cheese flan was waiting for me at Styhead in Jeff's hands. It was just as good as twenty years ago. I climbed Gable strongly with John Armistead and Dave Sant, Jeff setting off late because of having to repair his sack. Pillar seemed to go on and on having missed the ideal route off Kirk Fell.

The forecast had been thankfully wrong for the afternoon and I got to Greendale Bridge in 16 hrs 14mins on a fine eveing to find Joss waiting to congratulate me with a bottle of bubbly. What a day and what fine mates to be on the hill with.

Roger Baumeister

# Reports & Results

## Pen y Ghent Fell Race : 7 June 2003 English and British Championship.

A short event, but steep, fast and hard, hot running. A large field with clubs strongly represented. The start was a real mess with people gossiping away when someone decided to go. At least we didn't have to do the other Two Peaks.

Dave Tait

MENS RACE			LADIES RACE		
1	M.Roberts (B'dale)	44:30	1	T.Brindley(Carnethy)	54:32
68	S.Bell	52:53	8	K.Davison	59:47
112	D.Bradbury	55:31	16	H.Thorburn	1:02:26
121	G.Williams	55:56	27	L.Bland	1;06:10
148	K.Holmes	57:17	51	A.Watmore	1:14:06
169	D.Tait	58:22			
170	R.Davison	58:23		3rd Ladies Team	
187	D.Soles	59:09		85 ran	
217	G.Kirk	1:01:05			
267	D.Beresford	1:04:03			
	Senior Team 15 <sup>th</sup>				
	V40 Team 12th				
	421 ran				

## Penistone Hill Race : 8 June 2003 7ml , 1055ft.

Some tired legs after Pen y Ghent, but a good event to slip in. Typically cold, even with a date change to co-incide with the gala. I never did find out what the Kangaroo Kid did on his stunt motor bike tricks.....

1	S.Penney (Chesterfield)	44:36	44	C.Edwards	57:40
8	A.Moore	50:02	48	J.Gunnee	1:00:29
10	K.Holmes	50:17	51	C.Lago	1:01:14
14	D.Tait	50:49	52	B.Needle	1:01:32
26	R.Marlow	52:45			
38	T.Mackey	56:08		70 ran	
40	R.Slater	56:22			

**Edale Country Day Fell Race : 15 June 2003**

One of the genuine AS races in the Peak. Flagged this year, but Andy is promising to let us loose over the top moors, and off Grindslow, for next year. It is nice to have the final descent coming along where a good hurtle can pick up places.

1	M.Hayman	40:07	32	J.Griffiths ( 1st L40)	53:37
4	P.Winskill	44:36	34	T.Mackey	54:38
5	D.Allen ( 1st V40 )	44:41	35	L.Bland	54:54
8	K.Holmes	45:45	38	J.Searle	55:16
9	D.Bradbury	45:58	43	R.Slater	56:04
11	R.Fawcett (needs signing up!)	47:14	46	P.Tapping	56:57
12	D.Tait ( 1st V50 )	47:41	56	J.Fulton	59:51
13	K.Parker	47:49	64	M.Arundale	1:00:53
17	D.Beresford	48:29	72	G.Nichols	1:04:11
31	C.Barber	53:28		83 ran.	

**Blackmoor Chase : 19 June 2003**

1	L.Banton (Clowne)	42:28	72	M.West	56:21
11	D.Allen	48:04	73	P.Tapping	56:23
13	K.Holmes	48:11	74	M.Musson	56:36
22	M.Cochrane	50:08	82	C.Radcliffe	58:07
25	D.Tait	50:32	94	J.Fulton	59:52
37	G.Kirk	51:59	97	P.McFarlane	1:00:11
39	R.Hopkinson	52:06	98	M.Arundale	1:00:21
41	L.Bland ( 1 <sup>st</sup> Lady )	52:14	111	D.Arundale	1:02:13
42	H.Thorburn	52:15	113	G.Nichols	1:02:29
50	S.Oglethorpe	53:19	133	D.Hopkinson	1:10:23
				139 ran	

**Kinder Trog :21 June 2003**

Very hot and dry underfoot, no need to wash the shoes after a trip around Kinder. Even the Downfall was dry, so a lot of a water shortage for the unprepared.

1	N.Leigh (Altrincham)	1:57:36	68	R.Slater	2:36:03
4	P.Winskill	2:03:37	87	M.Musson	2:44:27
10	D.Tait	2:07:08	106	M.Poulter	2:58:00
19	D.Allen	2:10:50	108	J.Fulton	3:00:57
23	G.Williams	2:12:24	109	J.Vernon	3:03:56
27	J.Boyle	2:14:57	115	M.Browell	3:12:11
41	R.Hopkinson	2:25:05			
43	H.Thorburn (2 <sup>nd</sup> F)	2:26:25		121 ran	
46	D.Soles	2:27:24			

**Hope Fell Race : 25 June 2003**

Why not more categories to reflect the way fell races are going – at least Lady V50 and a V70?

1	M.Fowler (Pennine)	26:03	49	B.English	33:32
3	P.Winskill	27:20	53	H.Winskill	33:58
4	T.Austin	27:52	61	P.Tapping	34:36
7	A.Middleditch	28:37	69	J.Searle	35:00
9	S.Patton	28:50	70	J.Herbert	35:05
12	G.Williams	29:25	71	R.Slater	35:09
13	R.Woods	29:43	75	D.Ni Challanain	35:42
14	S.Smith	29:46	80	A.Watmore	35:55
16	R.Davison	29:52	85	H.Bloor	36:11
17	R.Hutton	29:54	98	R.Hambleton	37:49
21	D.Tait	30:29	102	G.Nichols	38:44
26	K.Davison (1 <sup>st</sup> F)	31:02	106	H.Elleker	39:22
30	N.Boler	31:43	108	C.Rising	39:50
33	R.Marlow	31:59	115	J.Norman	40:30
45	J.Smith	33:10	122	C.Henson	41:10
48	K.Bryan-Jones	33:25			

Kim Buckley ran but wasn't in the results provided



Back: Jane Searle, Ann Watmore, Jo Smith, Deirdre niChallanain, Ruth Hambleton, Kim Buckley. Front: Karen Davison, Kirsty Bryan Jones, Helen Winskill

**Tideswell Fell Race : 27 June 2003**

It rained all the way out, rained at the start making the limestone paths nastily slippery. A large field considering the awful conditions.

1	M.Fowler (Pennine)	30:41	29	J.Smith	38:08
5	A.Middleditch	32:58	35	S.Pape	40:30
10	D.Bradbury	34:57	46	B.Bryan	42:38
11	D.Tait	35:00	50	M.Arundale	43:39
17	D.Charles	35:38	61	M.Browell	48:49
18	K.Davison (1 <sup>st</sup> F)	35:42		62 ran	

**Bakewell Pudding Race : 29 June 2003**

1	D. Yates (Matlock)	41:44	41	J. Griffiths	50:54
3	P. Winskill	43:39	56	J. Bacon	52:48
7	S. patton	44:49	68	P. Leach	54:01
11	D. Bradbury	45:54	75	R. Slater	54:52
18	D. Harrison	47:55	79	M. Hulley	55:16
23	R. Davison	48:29	95	T. Mackey	57:20
24	N. Boler	48:33	124	M. Arundale	1:00:04
29	R. Marlow	49:02	148	J. Myers	1:04:18
36	D. Berresford	49:54	166	M. Browell	1:07:59
38	K. Davison	49:59	173	S. Smith	1:10:13
			186	Ran	

DPFR also first team

**Skiddaw Fell Race : 6 July 2003**

9ml, 2700ft. British and English Championship

A long way up, turn round, and all the way down again. The mad start out of Fitz Park saw no crashes, the plenty of time to settle in and work up the hill. Did the front people run it all? The descent was fast, a flank down some slate scree, somewhere some grass, and the heel-blistering hard path off Jenkin Hill. Proper refreshments and the race for £4, value for money ( which we so often don't get ). With a full car the petrol was only £4, the worth of carsharing. The Ladies – superb results. Senior men ??? (14<sup>th</sup> team, with me as a counter!).

1	S.Bailey	1:03:11	175	H.Thorburn	1:26:30
58	S.Bell	1:14:55	211	K.Bryan-Jones	1:29:43
75	S.Patton	1:15:55	226	P.Leach	1:30:51
91	D.Tait	1:17:40	243	C.Edwards	1:32:34
102	D.Allen	1:19:00	309	H.Bloor	1:39:29
141	K.Davison ( 3 <sup>rd</sup> Lady)	1:22:34	339	B.Thackeray	1:48:43
165	D.Soles	1:25:22			
169	G.Kirk	1:25:43			

**Hathersage Fell Race : 7 July 2003**

1	D.Yates (Matlock)	27:38	75	J.Herbert	36:46
3	P.Winskill	28:34	87	T.Mackey	37:35
7	A.Middleditch	29:20	96	J.Searle	38:37
8	M.Hayman	29:45	97	S.Pape	38:46
11	S.Patton	30:37	117	D.Challanain	39:55
12	N.Northrop	30:42	123	G.Westwood	40:26
18	R.Woods	31:44	125	P.Jones	40:53
20	R.Hutton	31:51	129	M.Arundale	41:01
21	R.Davison	31:56	133	J.Gunnee	41:20
25	S.Smith	32:10	136	H.Cotton	41:37
26	D.Harrison	32:14	138	D.Arundale	42:04
41	R.Hopkinson	34:26	139	J.Fulton	42:06
46	N.Boler	34:40	152	H.Elleker	43:39
55	K.Bryan-Jones	35:27	163	J.Myers	45:41
58	J.Griffiths	35:41		181 ran	
64	D.Tait	35:55			

**Black Rocks : 9 July 2003**

1	K. Webster (Matlock)	38:11	58	P. McFarlane	54:49
13	R. Marlow [1 <sup>st</sup> M50]	44:28	63	D. Hay	56:31
35	T. Atkin	49:39	73	M. Edwards	58:37
40	C. Edwards	50:40	80	Ran	
57	R. Cooper	54:34			

**Wasdale Fell Race : 12 July 2003 21ml, 9000ft**

Another great day out in the high Lakeland hills. Warm, but not too hot, and clear with no trouble finding the way. Coming back over Scafell and you look across to where you've already been – some real feeling of achievement. The coveted team prize eluded us again, next year? With a sprint finish from Lesley to better her excellent 2<sup>nd</sup> place? These are the real, the proper fell races. If fell clubs, like ours, don't support them they will be lost. Can more of us line up for Duddon, Wasdale or Ennerdale next year, while they are in the calendar?

Dave Tait

1	R.Jebb	3:46:43	29	D.Allen	5:20:06
10	M.Robinson	4:35:00	30	L.Atchison	5:20:08
13	D.Tait	4:48:30		68 ran.	
25	R.Hopkinson	5:16:37			

**Peak Forest : 13 July 2003**

1	L Footit (Buxton)	41:44	12	R. marlow	47:33
2	Y. Lewis	42:19	18	C. Barber	51:20
7	J. Boyle	44:59	19	T. Atkin	51:20
8	A. Moore	45:49	30	J. Fulton	57:35
10	J. Kewley	46:42	38	Ran	

**Bamford Fell Race : 16 July 2003**

1	M.Fowler (Pennine)	29:04	82	R.Hakes	37:07
2	O.Johnson	29:29	83	J.Griffiths(1 <sup>st</sup> L.40)	37:08
3	T.Austin	29:46	93	C.Barber	37:37
4	P.Winskill	30:14	100	D.Holmes	38:10
9	A.Middleditch	31:37	102	M.Payne	38:12
10	M.Hayman	31:44	108	J.Herbert	38:36
11	S.Bell	31:47	109	T.Westgate	38:38
14	N.Northrop	32:11	113	A.Yates	38:44
15	J.Boyle	32:22	119	P.Sanderson	39:15
19	I.Lewis	33:04	127	R.Small	39:37
25	A.Moore	34:10	131	D.Hakes	39:45
26	R.Davison	34:12	136	P.Tapping	40:13
30	G.Williams	34:31	140	J.Fulton	40:29
32	B.Hanley	34:37	141	J.Sewle	40:42
33	R.Horsfield	34:38	152	A.Watmore(1 <sup>st</sup> F50)	41:24
38	K.Mcgrath	34:46	163	G.Westwood	42:17
40	D.Tait	34:59	164	M.Poulter	42:20
44	M.Salkild	35:10	166	M.Arundale	42:24
48	D.Harrison	35:24	169	E.Bryan	42:53
49	J.Whitehead (1 <sup>st</sup> F)	35:26	177	J.Welbourn	43:23
50	K.Holmes	35:27	178	R.Baumeister(1 <sup>st</sup> V60)	43:32
52	N.Boler	35:39	189	D.Arundale	44:03
63	P.Stopford	36:18	192	H.Elleker	45:06
66	A.Barnett	36:30	204	J.Norman	46:56
76	G.Yates	36:51	211	J.Myers	47:47
78	K.Bryan-Jones	36:54	232	Ran	

**Robin Hood Fell Race : 22 July 2003**

1	T.Austin	34:00	55	H.Thorburn	42:17
2	P.Winskill	34:21	62	R.Hopkinson	42:41
8	S.Bell	36:12	65	J.Griffiths	42:55
10	M.Robinson	37:01	69	K.Bryan-Jones	43:11
11	J.Boyle	37:16	84	S.Patton	45:17
12	B.Edwards	37:21	93	P.Tapping	46:16
19	R.Davison	38:27	117	J.Fulton	48:59
20	A.Moore	38:45	123	M.Arundale	49:41
25	K.McGrath	39:14	128	G.Nicholls	50:01
26	I.Smith	39:19	135	R.Cooper	51:14
27	D.Allen	39:22	148	H.Elleker	52:26
28	D.Tait	39:26	150	C.Rising	52:45
29	B.Hanley	39:30	158	M.Edwards	54:00
39	R.Hutton	40:06	166	M.Browell	54:55
44	D.Harrison	40:48	179	D.Hopkinson	60:34
			194	Ran	

Jim Fulton in action at Robin Hood (photo: Graham Revell):



**Holme Moss Fell Race : 27 July 2003**

English Championship (5)

Excellent performances on this demanding, real fell, course – from individuals, from team members, all the way through . Congratulations to Barry now running as a V70 ! Marvellous to see so many Dark Peak vests. Just Langdale to come, can we finish this English campaign with a real flourish? 1<sup>st</sup> Ladies team, 2<sup>nd</sup> Mens team – can we maintain this? The event was superbly organised, £4 for the race, loads of food, and how welcome to see prizes for lots of categories ( miserly races could learn from today.)

Dave Tait

1	R.Jebb (Bingley)	2:11:26	88	L.Atchison	2:57:48
5	A.Ward	2:18:44	91	Jo Smith	2:58:12
19	P.Winskill	2:25:33	106	P.Leach	3:03:22
31	M.Robinson	2:30:55	115	P.Crowson	3:06:56
32	J.Boyle	2:31:12	161	T.Mackey	3:23:53
33	S.Bell	2:31:23	165	M.Musson	3:26:09
42	D.Tait	2:37:07	176	C.Edwards	3:28:08
76	H.Winskill	2:54:40	208	A.Watmore	3:43:10
78	H.Thorburn	2:56:05	211	B.Thackery	3:45:22
82	R.Hopkinson	2:56:44			
83	R.Horsfield	2:56:57			

**Borrowdale : 2<sup>nd</sup> August 2003**

On the day when Alison was successfully wandering around the BG thirteen Dark Peakers chose to have at crack at Borrowdale. We were rewarded with a largely cool clear day although temperatures rose at the death over Dalehead. Everybody seemed to enjoy a classic day out in some proper hills although John did bemoan the demise of a fell shoe and Paul his current lack of fitness. It was good sport to see Yates senior get the better of junior (and me).

Tom Westgate

1	Simon Booth	(B'dale)	2:49:12	90	Charles Hird	4:20:05
17	Mick Robinson		3:30:17	99	Tom Westgate	4:26:17
22	John Boyle		3:35:06	113	George Yates	4:34:05
32	Dave Allen		3:48:20	122	Paul Sanderson	4:38:04
38	Dave Tait	3 <sup>rd</sup> V 50	3:53:20	160	Alan Jones	5:04:18
43	Rick Ansell	(Tring)	3:56:51	172	Chris Edwards	5:12:55
72	Alan Yates		4:13:36	dnf	Lesley Atchison	



Master and apprentice – Alan and George Yates (photo: Tom Westgate)

**Latrigg Fell Race : 3 August 03**

Despite the disappointment of not being able to make the Borrowdale race, this proved to be an excellent start to our family holiday in the Lakes. A steep climb, an exhilarating descent through the trees and the excellent Fitz Park to keep the youngsters entertained. Ice creams in Keswick rounded the day off nicely.

D.Soles

1 <sup>st</sup>	Ian	Holmes	18.52
11 <sup>th</sup>	Dave	Soles (2 <sup>nd</sup> MV40)	22.18
15 <sup>th</sup>	Rob	Davison	22.53
29 <sup>th</sup>	Tony	Keddie	24.58
36 <sup>th</sup>	George	Yates	26.45
45 <sup>th</sup>	Chris	Edwards	28.01

**Cracken Edge : 6 August 2003**

1	L. Taggert (Buxton)	41:13	29	R. Marlow	52:44
12	D. Allen	49:52	35	N. Boler	53:22
19	T. O'Neal	51:10	41	C. Barber	54:27
24	A. Barnett	52:44	103	J. Fulton	1:03:31
			129	Ran	

**3 Stones : 13 August 03**

This year we made a late decision to alter the traditional course so as not to cross shooting land on only the second day of the shooting season. So the course was:- Cowper Stone, Buckstone and Mothercap in any order with no roads except crossings. The route was much longer than expected but, what the hell, this is a running club.

Roy Small

A stone too far??? A big bad Mother!

Dear Roy,

Jolly nice night. Jolly long way. Jolly rough and tough.

Too far for me though - my elastic string measured 17.5km and I missed Buck Stone - so the full monty was probably 21km. Two stones good, three stones bad. And probably dark by then.....

Discussion. 21km? Oh - isn't that a half marathon? Well yes, but it wasn't really because quite a lot of it was bashing across bog and bracken and grass-covered tracks. Oh - does that make it harder than a half marathon then? Probably.

How about Ox Stones next time?

Mike Browell

## Three Stones Results:

1	Tim	Tett	1:39:07	16	George	Yates	2:15:32
2	Neil	Northrop	1:43:07	17	Tim	Mackey	2:16:05
3	Roger	Woods	1:48:52	18	Bob	Berzins	2:20:48
4	Andy	Preston	1:49:10	19	Jim	Fulton	2:23:56
5	Iestyn	Lewis	1:56:51	19	Robert	Cooper	2:23:56
6	Tom	Westgate	1:59:20	21	Roger	Slater	2:25:36
7	Richard	G?	2:02:27	22	Guy	Seaman	2:26:08
8	Chris	Barber	2:07:01	23	Peter	Macfarlen	2:26:37
9	Martin	Payne	2:07:31	24	Gary	Westwood	2:28:20
10	Al	Sealy	2:07:47	25	Jane	Searle	2:29:26
11	Karen	Dalton	2:08:30	26	Maurice	Musson	2:33:08
12	Roy	small	2:09:39	27	Alan	Yates	2:34:34
13	Rob	Davidson	2:09:43	28	Tony	Woolard	untimed
14	Dave	Holmes	2:11:34	29	Geoff	Nichols	untimed
15	Tim	Hawley	2:12:44	30	Mike	Browell	2:11:58
				or15		(2 stones)	

**Brecon Beacons Fell Race : 16 August 2003**

British Championship. AL. 19ml, 4500ft.

For many of us a new race, a new set of hills. The day was hot, very dry and firm underfoot, and desperately short of streams to snatch a drink. The course was good, in many ways like the Skyline ; Pen y Fan, the high point, having a steep shale face like Mam Tor. Most of it was runnable, if you were strong enough and not too thirsty. Stunning scenery and views, worth a few days holiday down there. The results have split times and positions if anyone wants them.

1	N.Sharp(Ambleside)	2:28:32	57	R.Horsfield	3:20:51
20	A.Ward	2:52:59	63	R.Hopkinson	3:26:04
48	D.Tait (3 <sup>rd</sup> V50)	3:17:59	119	M.Browell	4:26:48
49	R.Ansell	3:18:00			
51	K.Davison(3 <sup>rd</sup> Lady)	3:18:41		135 ran	
52	D.Allen	3:18:56			

**Alport : 20 August 2003**

I tried to find when this race was first run and the earliest results I could find were from 1986 when Andy Harmer won in 60.43 and I was 2nd in 60.53 - I remember it being a hard dead-to-head with Andy all the way - a bit like the first Margery where I got the better of him courtesy of a shoe sole falling off!. After the first race when about 15 ran, the turnout was poor, probably something to do with running it in August and sometimes on a Saturday. One year only about 5 turned up and we ran it as a training run.

The race has now established itself as one of the classic Dark Peak fell races along with Crookstone, Cakes of Bread and Margery (thanks to Andy H) and there is a regular field of 25-35 these days. 1991 saw Andy's old course record from 1986 beaten by me in 60.40. The record for the slightly shorter (10-15 seconds) new course stands as 60.27 by Alistair Landels from 1993?. Winning times are usually under 65 with the occasional star turning in a sub-62 minute time. The vets record I assume is Andy's 60.43 - I think he was a vet in 1986! Few women run this race for some reason, so it was good to see Lucy run this year - sorry, I can't find the women's record.

						Tim Tett
1	Tim Austin		64.15	17	Chris Barber	79.25
2	Tim Tett	1 <sup>st</sup> V40	64.52	18	Tony Keddie	79.30
3	Rob Davidson		69.12	19	Tim Hawley	80.06
4	Al Sealy		69.45	20	Tim Mackie	80.31
5	Richard Guillaume		73.19	21	Gregg Crowley	81.49
6	Dave Allen	2 <sup>nd</sup> V40	73.38	22	Tom Westgate	82.48
7	Andy Preston		74.21	23	Pete Gorvett	87.47
8	Gavin Williams	3 <sup>rd</sup> V40	74.58	24	Moz Musson	92.21
9	Andy Middleditch		75.35	25	Guy Seaman	92.58
10	Roger Woods		75.36	26	Jim Fulton	83.21
11	Andy Moore		75.56	27	Martin Gayne	94.57
12	Mark Bown		76.25	28	Hugh Cotton	95.00
13	Roy Small	1 <sup>st</sup> V50	77.02	29	Lucy Weigand [1 <sup>st</sup> F]	97.30
14	Graham Berry	2 <sup>nd</sup> V50	78.04	30	Robert Cooper	97.45
15	Andy Harmer	3 <sup>rd</sup> V50	78.21	31	Mike Browell	108.54
16	Dave Holmes		79.11			

### Dark and White MM Challenge Fell Race : 24 August 2003

Starting from Pindale again, but heading into the White Peak. A good event, even for non-orienteers. Three hours means a good day out, a Sunday run with a dibber. A change of scenery, new footpaths to find. The controls worked well for those who can accurately see the details on a map – that rules me out. An issue could be, when can we leave a proper footpath, surely not over enclosed fields?

Dave Tait

Name	points	Name	points
A.Ward	258	J.Fulton / R.Cooper	145
T.Austin	200	K.Jones / R.Butterfield	135
G.Crowley	195	D. and R. Charles	135
D.Tait	195	K. and R.Davison	120
C.Adams	190	R.Slater	105
K.Bryan-Jones	175	J.Myers / M.Poulter	91
J.Boyle	170	C.Henson / R.Baumeister	55
B.Berzins	160		

**Barrel Inn Fell Race : 26 Aug 2003**

1	L.Taggart	40:15			
10	K.McGrath	46:42	64	P.Leach	53:14
19	R.Davison	47:46	65	T.Mackey	53:25
20	R.Hutton	47:59	69	R.Small	53:59
22	R.Horsfield	48:36	78	J.Herbert	54:53
23	A.Moore	48:52	84	K.Jones	55:58
24	D.Tait	48:58	86	R.Slater	56:11
25	D.Allen	49:01	87	P.Tapping	56:24
26	A.Barnett	49:06	97	D.Hakes	58:12
29	N.Boler	49:16	103	J.Fulton	59:11
30	K.Davison	49:23	104	M.Arundale	59:13
33	K.Parker	49:52	109	B.Bryan	1:00:04
44	H.Thorburn	50:57	110	M.Poulter	1:00:20
45	G.Kirk	51:07	119	D.Markham	1:02:21
53	R.Hopkinson	52:16	124	M.Edwards	1:03:44
60	K.Bryan-Jones	52:54	130	J.Myers	1:05:28
63	K.Marshall	53:11			

**Thornbridge – Saturday 30<sup>th</sup> August 2003**

1	Tim Tett	49:34	26	Lynn Bland	64:33
2	Mick Robinson	50:12	27	Pete Tapping	65:18
3	Rob Davidson	52:52	28	Morris Musson	65:25
4	Andy Moore	53:15	29	Alison Shepherd	65:30
5	Gavin Williams	53:19	30	David Hakes	65:39
6	Darrel Bradbury	53:33	31	Paul Shepherd	66:09
7	Karen Davidson	53:45	32	Dave Lockwood	67:29
8	Richard Horsfield	54:05	33	Mick Poulter	67:38
9	George Yates	56:25	34	Dave Moseley	67:49
10	Dave Tait	56:30	35	Dave Markham	67:57
11	Dave Holmes	57:26	36	Roger Slater	70:06
12	Roy Small	57:38	37	Hamish Harmer	70:19
13	Andy Harmer	57:52	38	Jim Fulton	70:25
14	Pete Gorvett	58:09	39	Mike Arundale	70:53
15	Dan Tett	58:13	40	Hugh Cotton	71:57
16	Helen Thorburn	58:37	41	John Gunnee	72:24
17	Tony Keddie	58:44	42	John Myers	73:28
18	Tom Westgate	59:27	43	Jackie Smith	73:37
19	Geoff Kirk	59:38	44	Mike Browell	75:32
20	Bob Berzins	59:49	45	Sue Westgate	78:10
21	Tim Hawley	60:02	46	Hilary Musson	78:13
22	Sam Sherborne	62:34	47	Mandy Moore	78:26
23	Tim Mackey	62:36	48	David Davidson	78:46
24	John Armistead	62:45	49	Bronwen Hiles	80:50
25	Richard Hakes	62:58	50	Marilyn Small	81:00

'Another fine day and a record turnout for perhaps the best fell race in the White Peak. 50 runners toed the line and 48 finished properly in the river - the other 2 failed to get their knees wet and so should have been disqualified. Several runners decided that the weather demanded a full submersion which could see next years rules changing to include such activities in order to get timed!

The race (for me) started pretty much as in previous years - a good'ish lead by the top of the fields allowed me to relax on the run down Monsal Dale. Unfortunately Mike Robinson had other ideas and caught me at the bottom. Running scared I managed to hold him off on the climb and pull away on the top and through the farm. Not wanting a repeat of the earlier descent I ran hard down to the A6 and also down to the finish and managed to set a new course record (49.34) and break 50 minutes for the first time - thanks Mike. Previous winners on this course have been 2000 T.Tett 52.13, 2001 M.Robinson 53.32, 2002 T.Tett 50.56.

Most people seemed to have improved their times. Notable performances were from Karen Davidson in 53 minutes! (4 minutes quicker than last year) - a new women's record that looks likely to last for a long time; and a new junior record of 58.13 by Dan Tett, 2 minutes quicker than last year.

Tim Tett

### Longshaw sheepdog trials fell race 6 September 2003

Some country shows have been criticised for using a new fell race to simply attract income. However, most of us would feel happy at the thought of helping the survival of such bastions of country life. Longshaw is the oldest sheepdog trials in the world, dating back to 1898 and they didn't exactly fleece (pun intended!) the runners, charging 50p for entry!

This new course covers 5 miles of varied terrain, including woods, rocky paths and the occasional bit of bog. There is 500 feet of climb with 300 of that over Higger Tor in the middle of the race.

There were 47 starters, but because of clashes with other events Dark Peak were in the minority. Those that stayed away missed a good morning, with universal praise for the variety of the course. The start field could be seen from the majority of the route and conversely the spectators could follow their nearest and dearest through binoculars. Phil Winskill ran away at the front with Richard Patton a creditable second. The winners received impressive trophies and there were plenty of prizes for those further down the field, including one for the muddiest finisher (a tea towel, won by Jim Fulton). We all look forward to the same event next year.

				Dave Moseley	
1	Phil Winskill	38.53	28	Alison Shepherd [2 <sup>nd</sup> LV]	54.53
2	Richard Patton	40.09	28	Dave Moseley	54.53
7	Rob Hutton	3 <sup>rd</sup> V 44.55	30	Jim Fulton	56.08
8	Kevin McGrath	45.47	32	Hugh Cotton	57.46
14	Karl Marshall	49.24	34	Hilary Musson	59.38

& Jim Fulton adds...

Please put Longshaw Sheepdog Trials Fell Race in your diary for next year. £1.20 return bus fare from town to Fox House, 2 quid entry to the Trials, a quid for a programme which included Sheepdog Trials instructions, score sheets & dog food adverts, and 50 pence to run.

The course goes over fields normally only trespassed on at night, then about 5 miles on familiar, but challenging terrain.

There were nearly 50 runners who all of whom said what a good course it was. The prize list was extensive including 10 x £5 CCC vouchers and more cups to win than Forgemasters Canteen, some to display on the Mantelpiece for a year and some to keep. I won a spot prize and a teatowel for being the muckiest finisher!

After the event, fine ales and conversation were enjoyed in the Beer tent with a panoramic view of the sheep races. A final top up was taken in the Fox House whilst waiting for the bus home ? All good training for Totley next morning.

Jim Fulton

### Peacock Challenge : ?? 2003

A different start venue this year of Baslow School again attracted a number of entrants from Dark Peak. My brother, Martin and I were still driving to the school when our start time came up. Having awoken late from an eight hour drinking session terminating at 12-30, we were surprised we could still stand let alone run.

Anyway, the organisers had been forewarned of our condition, which was a bonus to us as it was chucking it down with rain. By the time we started as last team it had stopped. The tactics for the day were to keep out of woods and forests and keep a steady pace. We soon caught Jim and Hugh and decided that if we kept in front of them and they went to the same checkpoints, then we could beat them with our ten minute time advantage of starting last. About half way through we found them just in front, which they had achieved by going down some ridiculously steep overgrown bank on which Hugh lost his watch. However a better line to the next checkpoint gave us the advantage, which was soon reduced due to some incredibly deep and dense heather.

A steady pace saw us catch up Roy and Kevin who had got another couple of checkpoints, but they were only youngsters so that did not matter to us. A strong finish gave us 30minutes to spare which was good as we missed the horrendous thunder storm that came on for the last twenty minutes.

A total of 500 points were achievable for the five hour event and the winning team scored the maximum points with twenty minutes to spare. Dark peakers did

particularly well gaining a few prizes. One of the most closely contended classes was the supervets with three of the eight times scoring the same points and one team ten points behind.

**Results:**

1 Kevin Lomas & Patrick Devine-Wright	MV	4:40:23	500pts
3 Lesley Atchison & Chris Pearson	1st MIX	4:49:28	460pts
5 Roy Small & Kevin Saville	MV	4:40:53	430pts
6 Tim Hawley & Tim Ray	M	4:40:28	410pts
7 Maurice Musson & Martin Musson	1st Supervet	4:31:21	400pts
8 Jim Fulton & Hugh Cotton	2 <sup>nd</sup> SV	4:44:22	400pts
36 Marilyn Small & Sue Westgate	3 <sup>rd</sup> FV	4:37:00	270pts

There were 46 teams in total. Full results can be viewed on the website [www.ladymanners.org.uk/parents](http://www.ladymanners.org.uk/parents).

Maurice Musson

# In Gear

## Dark Peak Fell Runners Kit Price List

**Vests**                    **£13.00**

All vests are now the same price, sizes are small, medium, large and extra large.

**Shorts**                    **£14.00**

The shorts are the metallic green cycling type, sizes are medium and large.

**Tracksters**            **£18.00**

Purple one pair of each medium and large.

Black are available in medium, large and extra large.

**Hats**                    **£7.00**

Just a few left in black, some knitted and some fleece.

**Socks**                    **£2.50**

Running bear wool socks.

For details of latest kit stocks contact:

Richard hakes      0114 233 9912      richard\_hakes@yahoo.com

# The-bit-at-the-end

## Dark Peak News Winter 2003

If you run a race, a copy of the results and 1 paragraph to go with it can make a huge difference to the readability of the newsletter! Articles can be submitted handwritten, typed or in electronic format on disk or via e-mail. Please use the electronic option if you can – a diskette or via e-mail to: [mike@frosthole.demon.co.uk](mailto:mike@frosthole.demon.co.uk)

MS Word format preferred at the moment but I can read/convert most formats. I can even scan in typed hard copy but please leave handwritten items as a last resort!

Deadline for submission: **Wednesday 26 November 2003**  
Publication: **Wednesday 17 December 2003**

## Thanks

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## Covers

Front: Rob Davison at Hope (photo: Roy Marlow)

Below: Phil Winskill and Tim Austin... but what are they singing? (photo: Phil W.)

