

DARK PEAK NEWS



SPRING 2003

DARK PEAK NEWS

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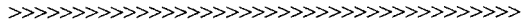
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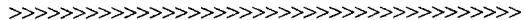
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News

Racing Successes continue

2003 has already seen a series of very good results combined with a much larger turnout at races, especially those outside of the Peak. Helped in part by encouragement from Mark Hayman, Dave Tait and others, there have been a string of good results with victories already for Tim Austin, Phil & Helen Winkill, Karen Davison and Helen Thorburn. Tim and Phil already have at least 5 victories between them in open races this year. This month the Championship races start with one on home soil at Lads Leap, Crowden on the 16th. A good chance for individual and team championship points.

Dave Tait's car share web page (accessible from the DPFR homepage) has played its part in encouraging people not only to run, but to share transport. For those online, have a look to see what races the racers are aiming for and maybe join them to show those brown vests off (preferably the back) to the rest of the country!

Meanwhile in one of the Peak's annual classics, the Derwent Watershed, there was another DPFR victory with Al Ward, Marcus Scotney and Simon Bourne part of the winning quartet. First complete DPFR team went to "Three Blokes with Sweaty Cox" comprising Jim Fulton, Tom Westgate, Kev Saville & Phil Cox.

The racing year had got off to a good start from the very first morning. Tim Austin started the New year in fine style by breaking the course record for the 3 mile "Giant's Tooth" race at Ogden near Halifax by 1 minute. Meanwhile Dave Tait's new race on Eyam Moor attracted a good field with victory going to Mike Robinson and first woman to Anna Forrester.

Round Rotherham successes

Earlier, as 2002 draw to an end, there was success for Dark Peakers in the Round Rotherham individual and relay events. DPFR won first mixed team in the relay over the 50 mile course. Just 35 minutes behind them was Mick Robinson who ran all 50 miles himself!

Al Cory-Wright 2nd in New Zealand Classic

And exiled Dark Peakers are flourishing too. Al Cory Wright had another excellent performance in this year's New Zealand Coast to Coast. This 240km (ish) run-bike-run-bike-kayak-bike event is the premier challenge event in New Zealand and attracts a large and international field. Al finished 2nd just 13 minutes down after 12 hours of competition (and just 30 seconds ahead of 3rd!). Read of other NZ races on page 22.

FRA Selection and International races

For those racers contemplating the international scene there are full details of FRA selection races, international races, selection policy in a letter from Mark Kinch on page 7.

Skyline Route to Change

A change to the Edale Skyline route was needed after the National Trust have requested it moves away from the traditional route across Brown Knoll. Details of the change can be found on page 12.

New Club Captain needed

Rob Davison has decided to step down as club men's captain at the AGM in April due to other commitments including the new(ish) addition to the family. Rob has been involved in the organisation of the Dark Peak relay teams for many years now and feels it is time to let someone else have a go. Karen is still keen to organise the women's teams and Gavin has helped by taking on the vets team last year. (Thank you Gavin). Please let Roy Small know if you are interested in this post or the role of secretary which is to be vacated by Bob Berzins at this year's AGM.

Stalwart goes bionic

After a frustrating and painful year with an arthritic hip, stalwart Howard Swindells is looking forward to getting out on the fells again in 2003 after having a partial hip replacement operation this winter.

FRA secretary seriously ill

FRA secretary Mike Rose is having chemotherapy to clear the cancer that has closed down much of his central nervous system. Whilst movement is very restricted, he can still walk with care and has use of the right arm and hand. Mike writes, "I am quite fit apart from the tumours; good appetite, sleep well and no pain. I'm not done yet, and I look forward to seeing you all at fell races in 2003. One of my targets is my annual pilgrimage to Jura for the race. I particularly want to tell you that the messages of encouragement and support have been a great help to me and my intention to maintain a decent quality of life." We wish him a successful recovery.

Saddleworth fell runner dies after illness

Saddleworth fell runners announced the death from cancer of Paul Blagborough. Paul was well known on local fells and will be sadly missed by all at Saddleworth.

Dark Peak in Print

Dark Peak has been featured in a couple of recent publications. A new book on Kinder Scout published late last year included references to fell running and a picture of various runners tackling the climb on Crookstone Crashout. Whilst fell running is but a brief mention, the book is a good read for anyone who frequents Kinder. It also includes contributions from our own Kev Borman.

The March 2003 edition of the "Peak District Magazine" features a 4 page article about Dark Peak Fell Runners. Aimed at the armchair reader, it provides a good overview of the club even though some readers who skim through it may come away thinking we're runners in tights who drink Mackeson and eat fruit cake! The full article is reproduced on page 19.

Events

Club runs: every Wednesday from the Sportsman, Lodge Moor, Sheffield at 18:30 or at an "away" venue (usually at 18:45 but check below). Abilities vary and there are usually a couple of regroupings during the run. 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.

2003

Mar

Wed	26	18:30	Club run	Sportsman (back on the fells)	
Mon	31	18:45	Local race	Trunce (1), Waggon & Horses, Oxspring	4.25ml/550'

Apr

Wed	2	18:30	Club run	Sportsman	
Sat	5		Brit champ	Slieve Bearnagh	
Sun	6	11:00	Local race	Wirksworth Incline, Ravenstor Rd, Wirksworth	4ml/650'
Wed	9	18:45	Club run	Cutthroat Bridge	
Wed	9	19:30	Local race	Herod farm, Drovers Inn, Glossop (grid ref 033929)	3ml/1100'
Sun	13	09:00	MM	Dark & White Peak Challenge, Pindale (Gref. 163825). 3 hour score for teams of 2. Entries by 7 th April. 200 limit. See www.darkandwhite.co.uk	13ml/6175'
Mon	14	18:45	Local race	Trunce (2), Waggon & Horses, Oxspring	4.25ml/550'
Wed	16	18:45	Club run	Lower Bradfield car park	
Sat	19		Eng Champ	Anniversary Waltz	
Wed	23	18:30	Club run	Sportsman	
Fri-Sun	25-27		MM	Lakeland Three Day (solo mountain marathon). faulknerjoe@hotmail.com Details:	75miles!
Sun	27	11:30	Local race	Kinder Downfall, Hayfield Scout Hut. £3 by 23/4 to W Harrison, 24 Spinner bottom, Birch Vale, SK22 1BL. Also junior races at 11:15 (eod)	
Wed	30	18:30	Club run	Sportsman	
May					
Sat	3	13:00	Brit Champ	Stuc a Chroin, Strathyre, Perthshire	15ml/5000'
Wed	7	19:00	DPFR race	Back Tor and Beyond, Foulstone Delf (provisional)	7.5ml/3000'
Sat	10	09:00	Other event	Fellsman, Ingleton. Entries in advance (teams of 4 or individual) See www.fellsman.org.uk	61ml/11000'
Sat	10	11:00	Local race	Mount Famine, Hayfield scout hut	5ml/1700'
Mon	12	18:45	Local race	Trunce (3), Waggon & Horses, Oxspring	4.25ml/550'

Wed	14	18:30	Club run	Grouse Inn, Froggatt (note start time). Followed by:	
Wed	14	20:00	AGM	Dark Peak AGM, Grouse Inn, Froggatt.	
Wed	14	19:30	Local race	Shining Tor, Errwood sailing club, Goyt valley	5ml/1500'
Sat	17	13:00	Brit champ	Moel Elio, Llanberis YH	8ml/3000'
Tue	20	19:30	Local race	Burbage, Fox House. A DPFR production: offers of help to Andy Moore please	6ml/600'
Wed	21	18:30	Club run	Sportsman	
Sat	24	10:30	Other race	Jura, Craighouse, Isle of Jura. Entry: by 1 May on official form - contact arj.curtis@talk21.com	16ml/7500'
Mon	26	13:00	Local race	Bamford sheepdog trials fell race, Bamford rec.	4.5ml/1000'
Wed	28	18:45	Club run	Birchin Clough, A57 (Kinder Springs?)	
Thu	29	19:30	Local race	Totley Moor, Cricket Inn, Totley	5ml/800'
June					
Mon	2	18:45	Local race	Trunce (4), Waggon & Horses, Oxspring	4.25ml/550'
Wed	4	18:45	Club run	Froggatt car park (below Grouse)	
Wed	4	19:30	Local race	Calver Peak	5ml/900'
Fri	6	19:30	Local race	Castleton, Castleton playing fields	6ml/1500'
Sat	7	14:00	Brit & Eng Champ	Pen Y Gent, Horton. Ladies start at 14:00, men at 15:00	5.5ml/1650'
Sun	8		MM	Peacock Challenge, 5 hour score in Peak District for teams of 2. See www.ladymanners.org.uk	
Sun	8	15:00	Local race	Penistone Hill race, Penistone rec.	7ml/1055'
Wed	11	18:30	Club run	Sportsman	
Sat-	14-		MM	Lowe Alpine Mountain Marathon. See: www.lamm.co.uk	
Sun	15				
Sun	15	11:00	Local race	Edale Country Day, Edale main car park	5.3ml/1400'
Sun	15	12:00	Local race	Up the Nab, Glossop Rugby Club	4.5ml/750'
Wed	18	19:00	DPFR race	Crookstone Crashout	
Thu	19	19:30	Local race	Grindleford, Grindleford playing fields	4.5ml/500'
Thu	19	19:30	Local race	Blackamoor, Cricket Inn, Totley	6.5ml/1400'
Sat	21	11:00	Local race	Hunshelf Amble, Rock Inn, Greenmoor	8.5ml/1100'
Sat	21	15:00	Local race	Dungworth Gala Fell Race, Dungworth playing fields	
Sun	22	11:00	Local race	Kinder Trog, Hayfield scout hut	18ml/3400'
Mon	23	18:45	Local race	Trunce (5), Waggon & Horses, Oxspring	4.25ml/550'
Wed	25	18:45	Club run	Langsett Barn	
Wed	25	19:30	Local race	Hope wakes, Hope sports field	4ml/650'
Fri	27	19:45	Local race	Tideswell, Tideswell dale car park	4.5ml/820'
Sun	29	11:00	Local race	Great Bakewell Pudding race, Bakewell rec.	6.25ml/695'
Jul					
Wed	2	18:30	Club run	Sportsman	
Wed	2	19:30	Local race	Shelf Moor Uphill, Royal Oak, Glossop	3ml/2460'
Sat-	5-6	08:00	MM	Saunders MM, Lake District. See: www.robertsaunders.co.uk	25ml/4000'
Sun					
Sun	6	11:30	Local race	Peakers Stroll, Peak Forest reading room	25ml/4000'

Sun	6		Brit & Eng Champ	Skiddaw, Keswick, Fitz Park	9ml/2700'
Mon	7	19:30	Local race	Hathersage, Hathersage School Field.	4.5ml/925'
Wed	9	18:30	Club run	Sportsman	
Wed	9	19:30	Local race	Black Rocks, Matlock rugby club	5.5ml/850'
Sat	12	14:30	Local race	Charlesworth & Chrisworth, Charlesworth recreation ground	3ml/500'
Sun	13	11:15	Local race	Peak Forest, Peak Forest village store	6ml/650'
Sun	13	14:30	Local race	Broomhead Chase	3.5ml/800'
Mon	14	18:45	Local race	Trunce (6), Waggon and Horses, Oxspring	4.25ml/550'
Wed	16	18:45	Club run	Fisherman's car park	
Wed	16	19:30	Local race	Bamford Carnival, Bamford rec.	4.5ml/1000'
Thu	17	19:30	Local race	Sheldon, Cock & Pullet, Sheldon	4ml/527'
Tue	22	19:30	Local race	Robin Hood, Robin Hood Inn, Baslow	5ml/875'
Wed	23	19:00	DPFR race	Cakes of Bread, Fairholmes	
Sun	27	11:00	Eng Champ	Holme Moss, Brown Hill reservoir, Holmbridge.	16ml/4000'
Wed	30	18:30	Club run	Sportsman	
Aug					
Mon	4	18:45	Local race	Trunce (7), Waggon and Horses, Oxspring	4.25ml/550'
Sat	16	10:30	Brit Champ	Brecon Beacons	19ml/4500'
Sep					
Oct					
Sun	5	10:00	Relay	Ian Hodgson, Brotherswater	
Sat	11	11:00	Eng Champ	Langdale, Entries by 4 th Oct. See: www.xldhdemon.co.uk/his/lhs	
Sat	18	11:00	Relay	FRA Relay	

Full calendar for August onwards will appear in the Summer edition.

AGM

Don't forget: DPFR AGM at the new venue of THE GROUSE. Wednesday May 14th at 8pm. Nominations and items of business to Bob Berzins by May 7th.

More News

Star Couple

Congratulations to Helen Hargreaves and Phil Winskill were married in December.

Make 2003 a Racing Year

There's a big push for championship points this year. With many more Dark Peakers intending travelling to championship races (both men and women). There's lots of car sharing too (see the web site or contact either Dave Tait or Karen Davison). You need to run at least 4 out of the 6 races including one in each category (short, med., long).

Letters

England International Mountain Running 2003

The following information refers to the selected international mountain running events in 2003. The purpose of providing this information is to help you to plan your season's training with a view to gaining selection to represent England in these events. The competitions are listed in chronological order and include details of trials, selection criteria, dates, venues, distances, types of competition and members of the management team responsible for specific events.

Management Team for 2003.

Team managers:

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Barry Johnson

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Peter Shields

6 Longmeadows
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Selection Committee 2003

Chair - Barry Johnson (Team Manager)	contact as above
Mark Kinch (Team Manager)	contact as above
Ian Smith (Junior coordinator)	Tel: 01204 691951, Mob: 07968 803641.,
Harry Jarrett (Masters Coordinator)	Tel: 01946 811727

Selection Advisors: Norman Matthews - 01204 468390
Peter Shields - 01943 864755

Please take time to look through the following pages, and if you have any questions please contact one of the above people.

With very best wishes for 2003

Mark Kinch, England team Manager

International Competitions 2003

Knockdhu Home Counties International – Northern Ireland.

Saturday April 25th 1.00pm – 4.7 miles / 1470ft.

Up and down, Open fell, Funded event,

Team comprising: 4 senior men (plus possible B team), 4 o/40 men
4 senior women, 4 u/20 junior men, 4 u/20 junior women

It is expected that Scotland, Wales and Ireland will also enter teams. The event will be partly funded by the AAA, and a contribution of £30.00 per athlete will be charged.

Accompanying team: Mark Kinch, Barry Johnson and Peter Shields.

Knockdhu trials race – Saturday 5th April at Pendle fell races – details as in Fellrunner or confirm details with Team Managers. Junior Trials will be at the Wrekin Fell race on Sunday 6th April – this is also a Junior Championship race.

Please note Veterans should be in the Veterans category on the day of the Trial race.

Selection criteria see below.

Black Forest Teenager Games - Germany

July 13th – 14th

Uphill only, Mixed terrain, Limited Funding

Team comprising: Minimum 3 junior men , Minimum 3 junior women.

This event is for juniors born 1991 – 1996 inclusive. It is normal practice to travel overland by minibus with an overnight stay en route each way and three nights in Germany.

Accompanying team: Norman Matthews, Ian Smith (+1).

BFTG Trial race – June 8th. Horwich, 9.30am – From bottom of Top Barn, Rivington.

Selection criteria for BFTG see below.

International Snowdon Race.

July 26th – 2.00pm. 10 miles / 3300ft

Up and down, Mixed terrain, from Padarn Park, Llanberis - Wales. Limited Funding

Team comprising: Men's A team – 4 men.

Men's B Team – 4 men.

Women's A team – 3 women.

Women's B team – 3 women.

This event is normally funded by the Snowdon Fell Race organisers who provide one night's dinner, bed and breakfast and race entry for the A teams. Limited funding is available, but selected athletes should be prepared to finance their own travel to Llanberis. Accompanying team: Mark Kinch, Barry Johnson and Peter Shields

Trial race – Sunday July 6th (12.30pm) – Skiddaw Fell Race, from Fitz Park, Keswick – 9 miles/2700 ft up and down. This is also a British and English Championship race.

Selection criteria for Snowdon see below.

European event

TBC – Small team to be sent to a European race for International experience.

TBC – limited Funding

Please note: Selection details for the GB team to compete in the European Trophy will be advertised in the FRA Fixture List.

World Trophy – Alaska

September 20th – 21st

Up and down. No funding available.

Team comprising: 6 senior men, 4 senior women

4 junior men, 3 junior women

Trial Race – Saturday 10th August -Whinlatter Forest, Braithwaite, Keswick.

Details in ' Fellrunner'. Selection criteria see below.

World Masters International – Germany.

27th September

Uphill only. No Funding.

Age groups: Women 35-70, Men 40-70 in 5 year blocks

For further details contact Harry Jarrett (Tel: 01946 811727)

Trial Race – Saturday 10th August – Whinlatter Forest, Braithwaite, Keswick

Home Counties Junior International.

October 12th, Scotland

Up and down, Mixed terrain, Limited Funding

Team comprising: 4 u/18 men 4 u/16 men

4 u/18 women 4 u/16 women

Transport to and from Scotland (with pick-up points) is likely to be organised and accommodation will be provided. A nominal contribution towards food may be expected. The event is funded by the AAA.

Accompanying team: Ian Smith / Norman Matthews, Barry Johnson

Trial Race - September 27th – Thieveley Pike – details as calendar.

Selection Criteria for HCJI see below.

Changes to National Competitions and Trial Races.

From time to time circumstances arise which are beyond our control, like changes to dates, venues, times etc. It is worth keeping an eye on the FRA website (www.fellrunner.org.uk) or contacting the appropriate team manager to confirm the details of the Trials / races prior to the event.

Selection Criteria for all National/International competitions:

Team selection is based on specific trial races. The winner of the trial race and those who come within 3% of his/her time will be selected automatically to fill all but one place on each team. If there are unfilled places after selection has been made on these criteria, the remaining team members will be selected at the discretion of the selectors. The last place in each team will always be at the discretion of the selection committee. Please note:- Athletes selected to run for England in the Internationals must confirm their planned racing schedule to the Team managers.

Training and Race Preparation.

There are often significant differences between British fell running and international mountain running. British races are usually up and down, starting and finishing at the same place, with a wide variety of terrain which can be anything from easy and non-technical to steep, rough and pathless. European courses are usually uphill only, generally on good paths and tracks with fast running and very little rough ground, though there are occasional exceptions.

British and European races do, though, have a mountain environment in common, so if you are looking for selection and are coming from a cross-country / road or orienteering background you would be advised to adapt your training and racing to the requirements and demands of mountain running.

For details of FRA races in England you would be advised in the first instance to join the FRA. You can contact Pete Bland (membership secretary) at, 34A Kirkland, Kendal, Cumbria LA9 5AD. (Telephone: 01539 731012.) Membership of the FRA will entitle you to receive the FRA fixture list and the 'fellrunner' magazines.

Codes of Conduct.

Athletes should be reminded of the importance of representing their country, and their behaviour should reflect this privilege.

Keeping in Touch.

Mountain running has a wide range of events in Britain, Europe and elsewhere. It can be a difficult task for Team Managers to keep up to date with the performances of individual athletes. Please keep us informed of performances, which you think might be relevant to selection. Write, phone, e-mail, or come to any of the development training sessions, help us to help you and most importantly keep in touch.

Very best wishes for 2003

Mark Kinch

Warting Hall of Shame

Dear Editor

Following the recent Warts night race I would suggest that several established club members are given a good seeing to. Gavin, and the night's leading light (judging by the size of his headlamp?), Andy Middleditch, took the direct line across Ramsley moor towards check point 3, at the stone circle beyond. They made good time as you might expect. Dave Holmes, Tim Ray and myself thrashed our way along an elusory tree line and onwards to the submerged turks heads beyond towards the sad bulldozed dam wall that was Ramsley reservoir. However despite Guy's pre race ethical guidance, several members decided to circumvent the quagmire on the obvious roadies route. The hall of shame reads – Andy Harmer, Richard Hakes, Tim Hawley, Roy Small, Maurice Musson (who also decided to ignore check point 4 !) and Chris Barber – shame on them all!

Yours disgustedly

Tom Westgate

PS When is a Worsell not a Worsell – when its on the road?

Skyline Changes

Because of erosion problems over Brown Knoll, DPFR and the National Trust have come to an agreement for the running of this year's Edale Skyline which will be reviewed next year.

The agreement means that we will not be able to run over the Brown Knoll section, from Rushup Edge to Jacob's Ladder. As a consequence the new route means descending from Rushup Edge via a checkpoint at the top of Whitemoor Clough, down Whitemoor Clough to the farm track beneath the railway line. Unfortunately because of more objections from the landowner, we aren't able to use the footpath directly across to Lees Hall Farm but instead will have to use the farm track to the road and then run down the road to Barber Booth. From here, the race will follow the track up Jacob's Ladder to Edale Cross and then resume the old route. Because of the extra length which this diversion entails, we have decided to remove the checkpoint on Grindslow Knoll and reposition it at the head of Grindsbrook north valley. In total, this adds about 1k extra and about 200 metres extra climb with unfortunately about 1k on tarmac road.

We hope that the situation can be resolved in time for next year's race but can only offer our apologies for the route change which is unavoidable if we wish to maintain our good relations with local landowners.

Chris Barber and Jim Fulton
Race Organisers

Features

MOZ'S TRIP TO MOUNT RAINIER WA, USA

We were awoken by the clunk and chinkle of ice screws and carabiners dangling off climbing harnesses and the noise of 'power breathing' at 1-00am. I say woken, but to be honest neither Martin, my brother, nor I had slept one wink since we crawled into our tent at our base camp on Mount Rainier, Washington at 10,190 feet at 9-30pm the previous evening. However we had had an extremely comfortable and relaxing rest only disturbed by one almighty loud rumbling avalanche. Thankfully this was not on the glacier we were camped on the edge of, but on the adjacent Ingraham Glacier, where initially we were intending to set up our base camp. Neither of us sleep very well at altitude, and even after a hot hard trudge up to our camp and some food, we still found the total peace of slumber just keeping out of reach to us.

A couple of days earlier it looked as though our long planned trip might be delayed, as none of our baggage arrived in Seattle with us on the Sunday night when Hilary and I arrived to meet Martin after a long tiring journey from Manchester. Air Canada said that our bags were probably still in Toronto where we had a changeover, but could not confirm that, and suggested that they would probably come on the same time flight the next evening. A telephone call the following day could not guarantee this, and because Martin lives across Puget Sound there was no chance of us getting the bags delivered before we were due to set off for Mount Rainier National Park. So we took a chance on the Monday evening and drove over to the airport again, having spent the day in some borrowed shorts and T shirts. Luckily everything turned up, so the trip was on.

We had checked the weather on the Internet, and the best day looked to be early on the Thursday morning, with a totally clear sky forecast and a cloudless day. This was difficult to believe with the local coastal fog inshore, and on the drive over the cloud level well set in at about 5000feet.

We arrived at the forest park campsite and took up our appointed bay with its mandatory campfire, which I found quite surprising with all the huge trees around. Martin and his wife, Ingrid, slept in their RV (motorhome) with their two dogs and cat: Hilary and I put up the Saunders spacepacker on the hardest ground I have ever slept on, with only a few pegs in to keep the tent up. A trip up to the Park Visitor centre at 5400feet, the Henry Jackson Centre, saw us driving in thick cloud, an ominous start! We had to confirm our arrival, collect our back country permit and book our overnight base camp. We were also issued with some blue plastic gloves and self locking plastic bags to put any bodily solids into. At the time there was a bit of bustling about, as there was 'an incident' going on up the mountain. We did not ask any questions about this, but decided to go and check out the underfoot conditions in the guide office. They confirmed that the route we proposed was one of the few in condition for that time of year and it should be pleasant.

Mount Rainier is a huge volcano, one of the highest mountains in the USA at 14,411 feet and boasts a total of 26 glaciers. All routes to the summit are described as dangerous, and many as suicidal.

We returned to the RV and tent, ate loads of food and drank some beers whilst sitting by a raging fire. After an uncomfortable night, we set off late morning with sacks loaded to start our route from the Visitor centre, still in fog. A hearty lunch, and then on with the boots and 45lb rucksacs and we set off about 2pm to base camp with Hilary and Ingrid. After a short while we soon emerged from the cloud into hot sunshine, and our whole vista was filled with huge glaciers and icefields tumbling off this massive mountain. At about 7,600 feet we left the luxury of well trodden paths and stepped onto the Muir snowfield. Crampons were not needed, as the snow was very soft due to the heat, but it made it a slippery ascent and was quite steep in places. With the blazing sun, wet snow and heavy sacks, we were both tired and dehydrated and as there was space decided to overnight at Camp Muir, 10,190 feet. Hilary and Ingrid carried only bumbags, and having seen us arrive safely made a swift descent, spending considerable time sliding on their backsides.

We set up the stove and I filled a trangia pan with snow for a brew. Whilst this was boiling I dug out a base for the tent which Martin started to erect. As soon as the sun went off our little patch the temperature plummeted and we found ourselves putting all our layers of clothes on. We started to warm up after a few brews and had a very liquified beef stew for our evening meal. We filled the pan with snow for the morning brew and retired to the warmth inside the tent, out of the cold wind blowing up the glacier.

You may be wondering what power breathing is. Well, its only hyperventilating and seemed to be some daft idea of the guides who were taking their parties up. We decide to save our breath until we needed it higher up! By 2.00am we were ready for the off, having had a good brew, put on our boots and crampons, headtorches, balaclavas and helmets, lightweight sacs with plenty of water and some food and, thicker ski gloves and a spare fleece. Finally we roped ourselves together about 30 feet apart and set off.

Our first stage was to cross the Cowlitz glacier, the edge of which we had been camped on. Illuminated by our LEDs, the route took us over loads of small crevasses, the crossing of which we accomplished by just giving each other a bit of slack rope and jumped over. We then had to cross a fairly steep rock band, known as Cathedral rocks, which brought us out onto the Ingraham Glacier. By the time we got to where we had originally intended to camp, we had caught up a couple of the guided groups who were having a short rest. We did likewise, and drank some water looking over in the bright moonlight at Little Tahoma Peak a little below us at 11,138 feet. We continued up the glacier in the dark, crossing many more small crevasses until we reached another large rock band known as Disappointment Cleaver. This was a large protrusion of rock gaining us considerable height sticking out above the ice of the glacier. This was a fairly sustained climb for quite some time although not technical, but nevertheless, was uncomfortable in crampons. Earlier in the season this is very

often snow covered. After some time we rose above the rock and ended up on a big snowfield. Before the final long push (we still had some two thousand feet of ascent) we had another drink stop, and both found our energy bars absolutely indigestible, so abandoned the idea of eating altogether. The route now became more interesting in that there was loads of snow and ice blocks almost strewn all over the mountain. Navigation was not really a problem because we were following a furrow in the snow first trodden by the local guides as they opened the route earlier in the season and had also left a few poles as indicators. Doing this without following an established route would have been a very risky business, because you would suddenly come across some huge drops into massive crevasses, which would have been impossible to cross.

About this time, still very cold the sun was just getting ready to rise and far below us to the eastern horizon there appeared a fantastic blood red glow which seemed to deepen in intensity until the sun itself made a fiery appearance in an otherwise totally clear sky. The bright twinkling stars that had been our nighttime canopy, now started to fade away as the sky slowly turned a deep azure blue. A fresh breeze picked up and it was an opportune time to put on a pair of fleece liner gloves. The route now became somewhat steeper and wound in and out between impassable chasms. Many wider and deeper crevasses were crossed : some, when you looked in, opened up like huge icy cathedrals. One, in particular, was a gem, in that you had to step up over a reasonable gap onto a promontory of snow covered ice that thrust itself out of the depths,(but seemed to be keeling over to the left), walk a step or two along it and then step up over another chasm to more solid snow again. This one we treated with more respect and watched out for each other.

By now the sun was up and Little Tahoma Peak at 11,138 ft far below us looked like a pimple. We were now moving up to the last 1000ft and finding we were needing to take more frequent rest stops due to the steepening of the route and the effects of the altitude kicking in. After the final zigzag the gradient relaxed a bit and we made the final push to the summit crater.

Some of the groups that had either passed us on this last leg or started earlier were sat around admiring the view and eating, but this was not actually the summit! In true munro bagging style we dumped our sacks and the rope, and set off with just our ice axes over the snow filled crater and up the other side to the summit. Martin then took off his cagoule in the bitter wind and fumbled in his sack for a T-shirt from his company to pose for a photograph. We got some other bod to take a shot of the two of us savouring this moment. The panorama from the top was amazing, with clear views of Mounts Hood, Adams, Baker and St Helens with the big lump missing out of its side from its huge eruption in the eighties. The Olympic Mountains, in which we would venture the following week, and the huge range of the Cascades were also visible. We returned to our gear, had a drink and slurped on some energy gel. We had arrived at the crater at 8-30am and in total had an hour on the crater and summit , so at 9-30 set off on the descent. By now most of the guided groups had been up, turned round and started their descents without visiting the actual summit, so the guides could go down and pick up their next group of clients.

Our descent was comfortable and after about 1000ft quite a bit warmer. It was also very empty of other climbers, so very peaceful, with many splendid vistas. The tricky double crevasse with the jutting, wonky, ice promontory was trickier going down, and did not look too stable for the long term but we swiftly passed it. At the end of the steep snow and ice field we had a good rest on the rocks above the Cleaver and stripped off some gear. After a drink we started the tricky descent of the rocky Cleaver (its always easier going up), particularly uncomfortable with crampons which kept getting large rocks wedged in them. A rock dislodged by the rope dragging between us put the wind up a couple of guys below us, so we let them get out of range before we continued. Eventually we reached the better footing of the Ingrahams Glacier once again.

However, we could now see the dangers that were not visible during the night with our LEDs. At the top of this glacier was a huge steep ice field with massive seracs that are more likely to become unstable in the late morning and afternoon sun, so we made a pretty speedy crossing of this area to the relative safety of the other side. A year earlier one of these huge seracs had fallen away whilst a party was walking below and wiped most of them out. It was now not too far to base camp, but we still had to cross many more crevasses before we left this glacier and the crossing of the final rock band. At the bottom of this rock band, just before the last glacier crossing, I had to have a drink, in a position where Martin was worried about a potential rockfall, but I moved quicker after the drink anyway. After a final "crevasse long jumping" session we arrived back at our tent at about 2-00pm and I dug some snow for a brew.

It had been a fantastic adventure and great fun, with no untoward effects from the altitude and manageable danger. We were both pleased that we had also managed without any food and had estimated sufficient water. After a couple of brews we took off our gear, packed up camp, donned our heavy sacks and set off on the 4,700 ft descent to meet the girls. The snowfield descent was definitely easier than the ascent, but it was sometimes tricky remaining vertical in the wet, sun-warmed snow. The last couple of miles through the park paths to Paradise Lodge was a bit tedious with big sacks, so we took a couple of opportunities to rest where we passed viewing benches. On these final stages there were not many punters left in the park so it was very pleasant. On our snowfield descent we had passed a number of parties struggling up in the heat to overnight at Camp Muir. Finally we met Hilary at the Lodge, basking in the sunshine, so we dumped our sacks and at last took off our boots at 5-30 having had them on for fifteen and a half hours. Hilary fetched us some beer, which did not even touch the sides!

The thought of a night in the Saunders spacepacker on solid ground did not appeal to me in the slightest, so with a bit of luck we got the last double room in the Lodge. Martin and I had a great shower and met Hilary and Ingrid in the bar before a slap up meal in the restaurant, followed by an early night during which I slept like a log.... almost missing breakfast.

Maurice Musson

The Skarratt Stone

During the last Bradfield boundary expedition (28th December 2002) a small group split from the main party to investigate Skarratts Stone. During what was a rather pleasant alternative route on to Derwent edge, we found the stone and needless to say questions were asked as to what it was? and who was Skarratt? An enquiry was made to one of our contacts in Penistone Footpath Runners who's patch it is in, and a reply has been received from that well know Bob Graham enthusiast (he must be enthusiastic to try four times with a fifth attempt in prospect) Andy Plummer. The answer is in the form of a couple of letters reprinted from Peak & Pennine.

Who was Skarratt?

Does any reader have any information on the stone carved with "Skarratts Stone 1894" which I saw recently while walking on the way up Laund Clough on the Langsett Moors? It obviously commemorates someone, but who and why?
Josie Wilson, Sheffield.

Solving the riddle of Skarratts Stone

In response to Josie Wilson's request for more information about Skarratts Stone in Laund Clough on the Langsett Moors in the last issue, the following details were taken from an article by G H B Ward in the Clarion Ramblers Handbook for 1934-35.

"At the time the carving was made, the shooting rights over the western section of Langsett moors were owned by a Sheffield-based firm of cutlers, Harrison & Harrison. Skarratt was apparently either a partner in the firm or had a financial interest in it, and the carving was done on the orders of Mr George Howson.

Skarratt was a member of the shooting party from about 1887 to 1897. He supposedly lived in London and made his fortune from an earlier time spent in Australia, possibly gold mining. The shooting party would take lunch at the (then) shooters hut about 400 yards below the confluence of the Loftshaw and Laund Clough streams. On the walk from the huts to the shooting butts near the head of Laund Clough, Skarratt made a practice of taking a ten-minute rest (and a toddy of whisky) at this stone.

According to Ward, one peculiarity of Skarratt was that when he was in a mist on the moors he showed palpable signs of fear."

Jim Milner, Sowerby Bridge near Halifax.

The answer seems quite comprehensive but if Skarratt was in the shooting party until 1897 why is the date on the stone 1894?

Richard Hakes

The Best of the SHEFFIELD CLARION RAMBLERS' HANDBOOKS,

Edited by David Sissons, Halsgrove 2002 (ISBN 1 84114 222 0), 208 pp. £14.95.

David Sissons has performed a valuable service by compiling this anthology of major articles produced by the great (if cantankerous) G.H.B. Ward, founder and guiding spirit of the Clarion Ramblers. Wards' prodigious experience, local knowledge and erudition concerning the Peak District and the outskirts of Sheffield were set down in the Club's tiny-format 'Handbooks,' which he edited for over half a century. Odd copies are still to be found second-hand, but they are becoming increasingly expensive and it is tantalisingly difficult to make up anything like a complete collection. Sissons has carefully selected and edited eleven pieces which cover all the main open-country areas in the near vicinity of Sheffield. Summary enumeration should be sufficient to whet the appetite of DPFR members who like to know about and commune with the history and lore of the country over which we enjoy our training and sport: Broomhead, Bradfield and Howden Moors, including the old tracks around Emlin; Big Moor and White Edge; Waterworks lands; Longshaw, Owl Bar area; Fox House and Hathersage; Blackmoor; Hallam and Ughill Moors; Ringinglow.

Ward's delivery and prose style can sometimes be constipated, and this collection would perhaps have benefited from the inclusion of some modern sketch maps to help readers find or keep their bearings. That said, this is a most welcome publication. I was given it for Christmas (thanks, George) and will never tire of re-reading or just 'dipping into' it.

Alan Yates

DPFR Favourite Colour Survey - Provisional Results

Having re-jigged the DPFR membership form (available from our website) I found I had a spare box, so included a spoof question. Thanks to all of you who took the trouble to tell me your favourite colour. I relived the monotony of registering your vital statistics onto the database.

I am pleased to report that BROWN came out tops, with a few of you even specifying which particular shade (shitty-, Kinder- or turd-). However I think we may have to review our membership criteria in the face of some of the other responses. Can we really allow Mark Harvey ('Ambient' Dulux range), Phil Winskill ('Pink and yellow'), Rick Ansell ('all my underpants are blue') to remain within the clan? As for Al Sealy, he can't even make up his mind ('Blue..., no green... argghhh!')

There are still over 100 of you that I have yet to hear from, **so pull your fingers out and send me the dosh** (please)!

Gavin Williams

Delight to roam for fellrunners

(Originally printed in March 2003 Peak District Magazine)

Andrew McCloy pursues a hardy breed, which like most flocks, is happiest when it's ranging across the moors

For most of us the effort of walking up on to Kinder Scout, Black Hill or Bleaklow is testing enough, but imagine running non-stop all the way? Then without a pause continue at speed over the tops or along the edge, and for good measure run full tilt all the way back down again. That, in a nutshell, is fell running, and it's the motivation behind a small and supremely dedicated band of local athletes called the Dark Peak Fell Runners, who have been bounding over the Peak District's northern moors for the past 25 years.

Cross-country running has been a popular participation sport for well over 100 years, and there are dozens of clubs around the country. Fell running, however, is slightly different, since it involves rougher and more challenging terrain, requiring good navigational skills, strength and adaptability. Fell running events are closely associated with the Lake District, where shepherds used to race each other up to the hilltops and back, but there are a number of races and routes held on the Pennines, particularly in the Dark Peak.

Two of the most famous and long-standing are centred on Kinder Scout - the Marsden to Edale Race, and the 'Edale Skyline' - and it was after one such event in the mid 1970s that the idea for the Dark Peak Fell Runners (DPFR) was conceived. The initial group was mainly Sheffield-based, but soon the fell running club attracted members from across the Peak District and even the Greater Manchester area. Some were already members of cross-country running clubs, while others were former climbers and cyclists, attracted by the Dark Peak's combination of open spaces and rugged terrain that continues to enthrall today. Twenty seven years on and the Dark Peak Fell Runners are still pounding the moors all year-round and in every kind of weather. If it's dark they wear head torches; if it's wet they just get wet.

The current secretary is Bob Berzins, who says that some of their 300 members train as often as twice a day, especially before a big race. He goes out four or five times a week, and depending on the terrain usually runs around ten miles each time. About 90% of the membership is male, but they do have a ladies team, and junior and veterans categories. The club is funded entirely by subscription, and they hold weekly runs from their hut near the Sportsman Inn at Lodge Moor, on Sheffield's western flank. Many of the runners are Sheffield-based, perpetuating the city's reputation as the breeding ground for so many energetic outdoor types, and they run either individually or as part of a team in events up and down Britain.

Most organised fell races tend to take place in North Wales, the Pennines and the Lake District. The Borrowdale Fell Race in the Lakes is one of the most famous. There are a few competitions in Scotland, including the ascent of Bens Lomond and Nevis, and the annual Bens of Jura fell race. Other club members compete in what are known as mountain marathons, which are usually two-day events that involve carrying rucksacks and tents, and there are also orienteering events like the Lake District Mountain Trial. All, it goes without saying, involve running up and down some very large hills. The DPFR has had several champion runners and record-holders over the years, and in 2000 their team won the British Relay Championships - which just happened to be held that year in the Dark Peak!

Not surprisingly, members have a strong attachment to the Dark Peak, and although they may train as a club on the eastern moors above Sheffield most of them have a soft spot for Kinder Scout and Bleaklow. The club's colours are deliberately chosen: brown for the peat, green for grass, gold for the sun and purple for the heather. The club is affiliated to the Fell Runners Association, and organises several fell running races, the most famous of which continues to be the Edale Skyline. This demanding route leaves Ringing Roger, above Grindsbrook Clough, and heads east to Win Hill, south across to Hope and Lose Hill, then along the Mam Tor ridge to Brown Knoll, and eventually back around to Kinder Scout. It covers 21 miles of punishing terrain, and although most of the entrants get back within four and a half hours the current record is an amazing two and a half hours! The club also organises a fell race at Burbage, and has devised a self-challenge route called the '15 Trigs'; plus DPFR members are to be found competing in other Dark Peak events such as the Kinder Downfall and Lantern Pike fell races, and the 16-mile Holme Moss Fell Race.

On top of all this, there are also regular challenge events staged by the Long Distance Walkers Association in the Peak District, some of which are open to runners as well as walkers. Another famous competition is the Four Inns Walk, a gruelling 40-mile one-day route, first walked in 1922, that links the long-vanished Isle of Skye pub on the northern edge of the Dark Peak, with the Snake Pass Inn, Old Nag's Head at Edale and finally the Cat and Fiddle on the moors above Buxton.

So what's the attraction of fell running? Isn't rushing up and down the steep, awkward sides of Kinder Scout extremely arduous? The answer, of course, is very similar to that given by the walkers, mountain bikers and even climbers who flock to the Dark Peak - it's the freedom of the open moors, the wide and wild vistas, and the getting-away-from-it-all feeling. Fell runners speak of the sheer adrenaline rush at pushing themselves across such challenging terrain, especially as part of a team, but for Bob Berzins there is a very specific appeal.

"I enjoy the sensation of moving quickly and easily over wild country, and being able to cover long distances. It's something you don't feel so strongly when you're simply walking." He says that in order to fell-run you need to be self-sufficient in a very challenging environment. "Although there are usually others around you have to be able to cope on your own. There may be a marshal at a checkpoint, but they're often

miles apart, so if you get lost you have to find your own way off the fells.” Not surprisingly, given the remote and sometimes inhospitable locations and the fact that they run and train during the winter, there have been the occasional problems. Over the years the mountain rescue service has occasionally been called out to locate a missing runner, and it’s not unknown for a runner to catch mild frostbite during a particularly cold winter run! This is hardly surprising since they tend to wear the minimum of gear - even on the top of Bleaklow on a raw February afternoon. In the early days of the club it was not unusual to see men running in women’s tights during the winter months (they are light, warm and don’t hold much water). Nowadays leggings and lycra are all the rage. Most runners wear specialist studded Walsh shoes and carry bumbags containing various safety gear - hat, gloves, waterproofs, map and compass, plus often some sort of food or high energy snack. When it comes to sustenance individual runners tend to stick to the tried and tested, such as honey or marmalade sandwiches, and even squares of jelly. One particularly famous Lakeland runner used to swear by Mackeson stout and his wife’s fruit cake for long races!

Fell races are categorised by distance and climb, and although the Dark Peak doesn’t offer the sustained gradients that you find in the Lake District races it makes up for it in other ways. “We certainly have the distance in the Peak,” explains Bob, “and the actual ground can be quite rough, as well. On Kinder Scout, for instance, you’ll find deep heather, groughs and bogs, which can make it quite challenging.” Fell runners tend to be very fit, strong athletes, of course, but with the added flexibility and suppleness that comes with running over rough ground very quickly. This, and the fact that they can also run downhill very fast, marks them out from other runners.

But how do they relax? Do they ever simply take a leisurely walk, for instance? “Oh yes, I regularly go walking with my wife!” says Bob Berzins. “But a walk is usually a rest day for me, of course.”

Andrew McCloy

With acknowledgements to Bob Berzins and Jon Cant in compiling the article.

The original article is in March 2003 issue of "Peak District Magazine" (Dalesman Publishing) price £1.50.

Competition - Spot the Mike

The original Peak District Magazine article includes colour photo's including the full page photograph of Mike Nolan, taken by Mike Pedley and reproduced on the rear cover of this issue of Dark Peak News.

Where is it taken?

Entries may take the form of a description or, preferably, a map with an "X" marking the spot where Mike has been captured whilst descending.

There will be a prize for the winner. Closing date: 13th May.

Middle Earth Mountain Running

Mountain running as it is called here, is miniscule compared to the UK, but there are some great established races and a growing number of new ones each year. The sport is slightly overshadowed by "Multisport" and Adventure Racing, both of which give participants the excuse to go off and spend loads of money on outdoor toys ie fancy kayaks and bikes (road and MTB). The Coast-to-Coast event is the daddy of them all, (around 1000 taking part each year), and this has spawned a host of similar run-bike-kayak races in wild places elsewhere around the country. But it's probably fair to say that pure mountain running also benefits from the big media events like the Coast-to-Coast and the Southern Traverse (5 day non-stop adventure race), as competitors in these races look to hone their skills and fitness in running.

A selection of New Zealand races:

Date	Event	Length & record	Terrain
Jan 3rd w/e	Croesus Crossing	17m 2h 26m	old gold mining trail through bush up on to the Paparoa Range - easy gradient. Open tops at 3000'. Then very steep decent on rough track to finish at sea level. See: http://www.coolrunning.co.nz/nelsonstriders/
Jan 4 th w/e	Holdsworth-Jumbo	15m 2h 2m	Gradual ascent in bush on well made walking track. Out onto open tops. Ridge run on no track, before very steep decent through bush to valley floor. Final 4m on easy riverside track can be agony if the descent is taken too hard. See: www.trusthouse.co.nz/sport/mountain/index.htm
Feb 3rd w/e	Avalanche Peak , Arthurs Pass, Central South Island	15m 2h 20m	Steep ascent of Avalanche Peak on a track through bush from Arthur's Pass village. Knife-edge ridge, before dropping down a back valley on scree to boulder river bed and then river flats. Finish at the Bealy Pub.
May 1st w/e	Routeburn Rage , near Queenstown, South island	24m	New race on one of NZ's premier walking tracks. Stunning scenery. High point is the crossing of Harris Saddle at 3,800'. An alpine event where snow is a distinct possibility. See: http://www.totaloutdoormomentum.com/routeburn.htm
Sept 1st w/e	Abel Tasman Coastal Classic , Top of South island	22m 2h 23m	Undulating run along the golden coastline of the pristine Abel Tasman National Park. Mostly formed track, but also one long beach section.
Dec 1st w/e	Kepler Challenge , Fiordland - Southwest, South Island	42m 4h 41m	Long distance run on another popular walking track. Very well organised event. Ascent through bush to open tops. 10m of ridge running, before sharp descent into bush clad valley. 34m of gentle downhill to finish. See: http://www.keplerchallenge.co.nz/

New Zealand mountain running races tend to be on well known walking tracks, and therefore lose a bit of the adventure associated with the navigation and pathless terrain of many UK fell races. The running surfaces are also a lot harder, in the form of hard packed tracks or boulder-strewn river valleys. My Walshes were quickly relegated to Orienteering only, after a few painful races taught me that a decent cushioned sole is needed here.

Like the UK, all our races are up and down. There is little access to high ridges and certainly no cablecars to bring runners back down from an uphill-only finish. Ironically, New Zealand's 3 x World Mountain Running Champion, Johnathan Wyatt, has secured all his victories on uphill-only courses.

I regularly check in to the website to catch up with Dark Peak news, and it's great to see lots of familiar names, and familiar races. I miss both. Anyone planning a trip to NZ is welcome to come and stay. It would be great to see some Dark Peakers down this way.

Al Cory-Wright

Goodbye Dark Nights

A look back to the Headstone carols, December 02



Reports & Results

Open Country Mountain Marathon : 12 October 2002

Northern Lake District – Caldbeck

(Report no. 2!)

Yet again this gem of an event produced some fine sport amongst the Dark Peak fraternity. Judging on Mike's ramblings in the Winter Dark Peak News it would appear that his efforts in chasing his son round the fells on this glorious day were a little too much for his grey matter - never let the truth get in the way of a fine story. And yes, there was much merriment (and smugness) at the demise of Dark Peak's finest orienteers especially considering the leading Dark Peak team ran with 3 size 12's and one size 9 ½ Walshes !!

Tom Westgate

	Time	Full score	Penalty	Final score
1. Simon Bourne & John Hunt	5:13:57	370	-28	342
6. Richard Hakes & Tom Westgate	4:58:53	290	0	290
7. Pete Gorvett & Phil Cox	5:14:43	320	30	290
8. Mike & Chris Browell	5:03:56	290	-8	282
11. Andy Harmer & Tim Hawley	4:55:17	280	0	280
57. Rick Ansell	4:46:33	130	0	0

For an alternative view see Mike Browell's entry in the Winter 02/03 edition

Cardington Cracker Fell Race : 1 December 2002

9ml, 2600ft.

This is one of the best AM courses in the Calendar, well worth the journey to Shropshire. Steep climbs over Lawley, Caradoc, in magnificent running scenery. With the carshare now working on the website, have a look which races people are going to. Can we get our teams out and beat some clubs on their home courses?

Dave Tait

1	A.Vaughan (Eryri)	1:14:11
18	D.Tait (1 st V50)	1:25:34
76	C.Edwards	1:42:45
150	M.Edwards	2:02:42
187	ran	

Round Rotherham: 9 December 2002Relay

1
3 DPFR "Z" [1st Mixed] 6hr 58

Individual

1	Kerry	Booth (Roth.)	7hr 06:07
2	Mike	Robinson	7hr 33:03
?	Bob	Berzins	8hr 54
?	Kevin	Saville	8hr 58
?	Jim	Fulton	10hr 09
?	Mick	Cochrane	10hr 09
?	Peter	Simpson	?
?	Neil	Piper	?

Boxing Day Bogtrot : 26 December 02

This was run on a classic Dark Peak Day with visibility down to 50 yards at times and plenty of silly checkpoints to clip. A wet muddy time was had by all and most people were disqualified for failure to crawl through the boulder choke. These results only give the order of getting back to the Oxstones.

Roy Small

1	Phil Winskill	39:40	26	Graham Berry	52:42
2	Mick Robinson	39:50	27	David Hakes	56:32
3	Andy Moore	40:33	28	Hamish Harmer	56:46
4	Dave Charles	41:42	29	Richard Cotton	56:52
5	Dace Soles	42:27	30	Alison Shepherd	57:05
6	Bob Berzins	43:43	31	John Dalton	57:10
7	Rob Hutton	43:51	32	James Cook	57:16
8	Helen Winskill	44:33	33	Andy Malkin	57:33
9	Dave Tait	44:38	34	James Fulton	57:33
10	Neville Boler	44:50	35	Jim Orrrel	59:02
11	Karen Davidson	44:55	36	Dave Markham	59:53
12	Alan Pollard	45:00	37	Rob Davidson	59:53
13	Andy Harmer	45:05	38	Nigel Carr	61:18
14	Richard Hakes	48:10	39	Dick Pasley	66:39
15	Paul Sanderson	48:30	40	High Cotton	67:20
16	Tony Hall	49:40	41	Caroline Pearce	68:01
17	Dave Holmes	49:51	42	Hilary Musson	69:00
18	Chris Barber	49:53	43	Tom Holmes	71:15
19	Tim Ray	49:57	44	Roger Slater	71:59
20	Tim Mackie	50:30	45	John Myers	73:53
21	John Herbert	50:46	46	Darren Todman	74:04
22	Jim Fulton	50:54	47	Simon Davidson	75:45
23	Ken Jones	51:00	48	David Davidson	76:00
24	Maurice Musson	51:01	49	Nicola Davidson	78:00
25	Dave Moseley	52:42	50	Ian Small	78:00

Wansfell : December 2002

It is a brilliant post Xmas blast with a 1400 feet mile up hill blast followed by a half mile thrash back to the school. What's even better is it's free!!

Tim Austin

1	G Crayston	CFR	20.11	
2	T Austin	DPFR	20.25	
45	D Pelly	DPFR	31.17	1st Lady Vet

Eyam Moors : 1 January 2003

There was a very good turnout for this New Year's Day event, considering the awful weather forecast. Fortunately the rain eased during the race. Most runners chose to start with the safety of finding Wet Withens Circle, followed by some good moorland running to Stoke Ford. The path to Abney was really squelchy. The field spread wide trying to find the best route back. Congratulations to Mike and Anna, both clear winners. Hopefully the same idea next New Year's Day – suggestions welcome for a different venue and route. Probably everybody to bring a prize, to pass on, next year?

1	M.Robinson	43:40	12	P.Jones	62:10
2	A.Moore	47:20	13	H.Bloor	62:40
3	D.Soles	49:00	14	R.Slater	66:10
4	K.Holmes	49:02	15	R.Hakes	68:10
5	D.Tait	49:05	16	B.Robson	74:05
6	G.Williams	50:00	17	A.Watson	78:20
7	A.Barnett	51:00	18	L.Bland	78:21
8	D.Allen	50:10	19	J.Cave	78:22
9	J.Boyle	52:20	20	D.Hakes	82:10
10	M.Musson	60:40	21	J.Myers	111:30
11	A.Forrester (1 st F)	61:20			

C.Henson 77:00

G.Bell 77:00

Colin and Graham booked their seats for later by starting and finishing at The Barrell Inn!

Giants Tooth : 1 January 2003

A drizzly start to the New Year, at Ogden Reservoir, near Halifax. The route is mainly path with a short foray onto tussocks and woodland to make it 3miles and visit the Giant's tooth. Tim beat all the locals, and broke the record to boot!

1	T. Austin	17:13
67	H. Pedley	29:40
76	finished	

Cannock Chase Trig Point Race : 11 Jan 2003 15ml, 1500ft.

Dark Peak out with a very strong team, dominating the race – the shape of things to come? Snow lying, and some awkward icy paths around Cannock Chase. The course is hard work, a wake-up call for more important events coming up. Excellent refreshments as always, and another good haul of T-shirts. Congratulations to Tim on his victory, apparently holding back safely until a safe shifting finish.

Dave Tait

1	T.Austin	1:36:15	11	M.Robinson	1:47:16
5	A.Dickenson	1:41:59	14	D.Tait (1 st V50)	1:48:37
9	D.Allen (2 nd V40)	1:46:59	46	M.Fox	2:13:16

Kinder Trial ('O Eckkk!') 12 January 2003

This was a new orienteering-style event superbly organised by Andy Howie and Pennine FR. Contestants went of at 30 second intervals to visit eleven control points (in any order) scattered in a rough arc around the Kinder Reservoir. The toughest leg was between Mermaids Pool and Cluther Rocks, since the deep heather and boulder fields were cloaked in snow. Later starters had a distinct advantage, since a piste was soon trodden. Team Winskill did the double and received additions to their wine cellar, whilst other prize winners received framed photos of Kinder in winter – most apt. Jacky and Jim got their monies worth and only just got back to the Hayfield Scout Hut in time to sample some of the delicious home made soup (available in three varieties).

Gavin Williams

1	Phil Winskill	1:29:33	15	Helen Winskill [1 st F]	1:54:17
2	Gavin Williams	1:30:58	16	Karen Davison	1:54:25
3	Dave Charles	1:37:20	17	Chris Pearson	1:55:18
5	John Boyle	1:44:12	35	Pete Gorvett	2:08:55
6	Tim Austin	1:44:31	37	Andy Middleditch	2:10:58
9	Dave Soles	1:47:55	84	Jim Fulton	3:31:13
10	Andy Trigg	1:48:35	87	Jacky Smith	3:36:13

90 ran

Lamb's Leg : 19 January 2003

The early morning clag and intermittent down pours cleared in time for this brilliant little race which packs a lot in for its size. A lack of publicity in the FRA Calendar, poor weather and concerns over parking took their toll with only 42 starters. The duo of Austin and Winskil made an early run for home with just over 2.5 miles and two climbs to go. By the top of the first climb the lead pair were well clear but inseparable in their own little battle! A swift descent into Dimpus Clough saw a small gap appear which was maintained up the final climb and then extended over the fast, wet and slippery drop back down to the finish.

Tim Austin

1	Tim Austin	DPFR	22.12	
2	Phil Winskil	DPFR	23.04	
15	Naomi Greaves	Pennine	27.11	1st F
29	Chris Edwards	DPFR	31.06	
35	Pete Tapping	DPFR	33.40	1st Lady Vet
45	Mick Edwards	DPFR	38.11	1st MV60

Warts Night race: 22 January 2003

The new course over Big Moor was only revealed on the night, and proved tougher than previous races, although the weather and visibility were good. The finishing times were between 15 and 30 minutes longer than previous years. This was a bit worrying towards the end, when Roger took more than 2 hours 15 mins to finish, about an hour after he was checked through the stone circle. This was not his fault, and no criticism is intended.

I would have felt happier if I knew what equipment people were carrying. I would not want to make anything compulsory, but I will probably ask at registration next time, if you are taking a spare torch, whistle, and compass. I would have thought that all these were necessities, along with spare clothes, for a night run in the Winter, that you must consider to be doing solo.

Still, many people enjoyed it, despite mud, bog, and tussocks! There were many different routes taken, and much discussion at the finishing car about what is best. Note that the fastest 3 people (and more) did not run along any roads at all. Some found direct lines through the woods good, others desperate!

Many thanks to Rob and Jack Evans for the marshalling. Please give me any comments you have on the race. Should we start earlier?

Roy Small

1	Andrew	Middleditch	1:11:00	13	Dave	Holmes	1:34:40
2	Mike	Sprot	1:12:48	14	Maurice	Musson	1:35:00
3	Andy	Preston	1:13:00	15	Roy	Small	1:36:50
4	Gavin	Williams(1stV)	1:16:40	16	Richard	Hakes	1:39:28
5	Chris	Ledger	1:17:10	17	David	Hakes	1:39:30
						(Junior)	
6	James	Williams	1:25:10	18=	John	Myers	1:46:30
7=	Tim	Hawley	1:27:30	18=	Mike	Browell	1:46:30
7=	Andy	Harmer	1:27:30	20=	Jim	Fulton	2:03:05
9	Chris	Barber	1:28:10	20=	Hugh	Cotton	2:03:05
10	Tim	Ray	1:31:00	20=	Hilary	Bloor(L)	2:03:05
11	Tom	Westgate	1:31:05	23	Roger	Slater	2:18:00
12	Paul	Sanderson	1:33:35				

John Kewley : Started late - partial course

White Nancy Fell Race : 25 January 2003.

This race, at the western extremity of The Peak, proved to be well worth the journey. The course offered both steep terrain and fast running as it made numerous ascents and descents of Kerridge hill. A particular highlight was the uphill finish, which is almost in the same league as Boulsworth. There was free hotpot and an altogether sociable atmosphere in the pub afterwards. A good afternoon out.

Dave Soles

1	Brian Cole (Royal Marines)	37.43
11	Dave Soles	42.37
48	Roger Slater	51.33
58	Barry Thackery	57.39

Tigger Tor Fell Race : 9 February 2003

There was a new course for this well-supported race. There seem to have been a few route wobbles, in time decisions will be made. Green Drive or over the top? Can we skirt around Carl Wark? The new course was faster running, without the two steeper climbs. A huge club turnout but could this be shown further afield than Totley?

Dave Tait.

1	P.Winskill	1:06:27	112	R.Hambleton	1:29:05
8	S.Bell	1:12:47	114	P.Leach	1:29:22
9	I.Smith	1:12:59	119	J.Armistead	1:29:54
12	A.Sealy	1:14:55	123	H.Thorburn	1:30:46
13	D.Allen	1:15:40	125	C.Edwards	1:30:53
19	D.Bradbury	1:16:30	126	R.Hakes	1:31:10
22	D.Tait	1:16:43	133	T.Mackey	1:32:11
25	D.Soles	1:17:23	138	B.English	1:32:50
26	A.Moore	1:17:31	143	R.Horsfield	1:33:03
28	K.Holmes	1:17:51	144	R.Slater	1:33:09
35	R.Woods	1:19:54	150	J.Herbert	1:33:40
38	D.Charles	1:20:19	164	J.Smith	1:34:45
43	P.Cox	1:20:38	165	C.Radcliffe	1:34:50
51	K.Davison [1 st F]	1:21:48	166	P.Stubbs	1:35:09
52	S.Oglethorpe	1:21:57	171	R.Evans	1:35:45
61	D.Beresford	1:23:32	182	H.Cotton	1:36:57
62	P.Elliot	1:24:00	201	M.Poulter	1:39:14
65	R.Davison	1:24:11	205	G.Nicholls	1:39:28
66	T.Ray	1:24:23	209	A.Watmore	1:40:00
69	I.Holmes	1:24:51	210	J.Fulton	1:40:02
76	K.Jones	1:25:32	218	J.Gunnee	1:41:14
79	M.Cochrane	1:25:37	224	M.Arundale	1:41:57
81	A.Barnett	1:25:47	239	D.Arundale	1:46:35
87	G.Berry	1:26:35	241	B.Thackery	1:47:07
95	R.Hopkinson	1:27:05	258	H.Elleker	1:52:37
105	C.Howard	1:28:52	267	M.Edwards	1:53:55
111	P.Stopford	1:29:04	270	J.Myers	1:55:50

Wadsworth Trog : 15 February 2003. 20ml, 4000ft.

There was a good turnout for this very hard, gruelling event. A heavy frost with a clear, still day meant that conditions were probably as good as they get. The last leg returning from Cock Hill was very hard work – I got stuck in some tussocks while the knowledgeable folk came rolling along a longer, faster path. Always leaving that knackered final climb to finish. Deserved congratulations to Helen and Lesley, (sorry, she's not on the results sheet) – but we needed another counter to take the team prize. We're gradually getting our teams out – at last!

				Dave Tait	
1	R. Jebb (Bingley)	2:50:03	44	R.Hopkinson	3:48:09
17	D.Tait	3:21:56	64	G.Kirk	4:04:54
34	K.Jones	3:40:36	69	C.Pearson	4:06:08
35	M.Cochrane	3:42:40	70	R.Slater	4:07:15
42	H.Thorburn [1 st F]	3:47:39	92	ran	

Winter Hill 16 February 2003 11 miles 2,800'

Extensive areas of rock-hard tussocks (the hill was living up to its name!), but following the Horwich runners enabled a few trods to be found. A long tough race, with the big climbs coming as quite a shock to the system.

Gavin Williams

1	Nick	Leigh	1.40.38	(Altrincham)
11	Gavin	Williams	1.44.53	
?	Chris	Howard (1st L)	2.03.21	(Matlock AC)
118 ran				

Y Llethr Mountain Lamb Race : 22 February 2003

An Excellent new course on a perfect day the second of four races series.

Rob Hutton

1	A. Haynes	Eryri	MV40	2.06.43
3	R. Hutton	Dark Peak	MV40	2.11.02
6	N. Boler	Dark Peak	MV50	2.28.40

Shropshire Weekend: Titterstone Clee & Long Mynd : 22 & 23 Feb 2003

Two very contrasting races. A short dash on the Saturday followed by a long classic on the Sunday. Prizes are awarded based on the time for Saturday's Titterstone Clee race multiplied by 3 then added to the Long Mynd time. Only Tim Austin of the Dark Peakers completed both events.

P.S. It wasn't compulsory to be called Tim to win a prize!

				Race 1	Race 2	Overall
1	Tim	Davies	Mercia FR	18.18	1.36.36	2.31.30
2	Tim	Werrett	Mercia FR	19.49	1.41.08	2.40.35
3	Tim	Austin	Dark Peak FR	18.26	1.49.54	2.45.12

Titterstone Clee : 22 Feb 2003

After driving through glorious sunshine and taking a bit of a detour around Clee Hill (a ominous sign of things to come on Sunday!) we descended into the hazy mist around registration. The race has a short blast along the road before veering off left into the mist climbing over cropped bracken, then onto a sheep track, which lead to what looked like steroid abusing golf balls on sticks.. The main climb over it was time for a short undulating run to the halfway trig before plunging back down the way we'd come. The golf balls are apparently part of a secret early warning system, so don't tell anybody!

Tim Austin

1	Tim	Davies	Mercia FR	18.18
2	Tim	Austin	Dark Peak FR	18.26
19	Mark	Salkild	Dark Peak FR	23.28

Long Mynd Valleys Race : 23 Feb 2003 10.5 ml, 4500ft.

There I was, looking quietly around registration, when carloads of Dark Peak seemed to appear. This was our best club effort at a major race for ages – Dark Peak out in numbers. Our very strong 'A' team were just beaten by Mercia on their home ground, but the Vets packed well to take first Vets team. How good - and different – it is to be running for team points, and great to see so many club vests at the start. The course was as good, and hard, as ever – real quality running. The quality may well be lacking in the photos on the Carshare webpage!

Dave Tait

1	T.Davies (Mercia)	1:36:36	18	G.Williams	1:57:42
6	M.Hayman	1:48:20	24	D.Allen	2:03:01
7	T.Austin	1:49:54	53	M.Fox	2:15:28
10	P.Winskill	1:50:36	89	C.Edwards	2:37:32
11	A.Dickenson	1:50:45	117	M.Edwards [1 st V60]	3:25:28
16	J.Boyle	1:57:05	dnf	A.Ward (cramp)	
17	D.Tait (1 st V50)	1:57:27		130 ran	

Noon Stone Fell Race : 1 March 2003 9ml, 2300ft.

As was announced, "A Dark Peak day". Two excellent runs from Phil and Karen. Karen hurtled down the last hill to hold off a Bingley lass, and 4th from Phil in the usual stronger field (which we get away from the Hope Valley) was just as good. The course is rough and hard, some steep climbs and a heavy leg across the wilds in the middle – worth travelling for. This is one of the value for money races. £3 for the race, a huge chip butty, and an enormous table of prizes. An example to be copied?

Dave Tait

1	G.Ehrhardt(Todm'n)	1:08:11	45	K.Davison(1 st L)	1:27:46
4	P.Winskill	1:10:10	47	M.Cochrane	1:28:07
21	D.Tait (1 st V50)	1:21:07	104	G.Diprose	1:43:27
28	D.Soles	1:22:31	131	J.Myers	2:06:44
34	A.Moore	1:24:18		132 finished	

New Chew : 2 March 2003

Dark Peak still managed to put on a good showing in this usually testing event even with the competing attractions of the Noonstone and Watershed. Weather this year was fine and clear, once the early mist had cleared. Dark Peak (and Tring!) dominated the first 10 in the Long Score and Mark Haymen could have done with a bit more competition in the Open event, finishing 11/2 hours in front of the second placed runner. A great day out was had by all, Maurice obviously made the most of the day as he hadn't finished before we all left and doesn't appear in the results – are you still out there? Hugh Cotton and Mick Poulter also took part and were at the finish, but also don't appear to have been classified as yet. This is a well organised event from a fine venue and even included a hot meal afterwards.

Paul Sanderson

The Open course was horrible - unless you're Mark Hayman. Too long, too steep, too rough and with controls hidden in the middle of Walsh eating moorland - ask Maurice for details. I don't know what the score classes were like - I was back too late.

Simon Pape

Results Long Score (4hr)

1	Mark Seddon Horwich	361
3	Bob Berzins	320
4	Peter Gorvett	310
5	Andrew Harmer	310
6	Rick Ansell (Tring)	310
10	Paul Sanderson	260
21	Tim Hawley	190

Short Score (3hr)

1	Martyn Hodgson (Saddleworth)	160
7	Lesley Atchison & Chris Pearson	117
<u>Open</u>		
1	Mark Hayman	2 50.35
6	Simon Pape	5.27.00

Edale Circle Race : 8 March 2003

9ml, 3650ft.

An elite field set off this year, numbers lessened by the flat option of the Gallop? Hopefully Edale Circle will revert to its slot, the Saturday before the Skyline – championship events permitting. This is some course: lots of hills, rough stuff, enough route choice - a workout for the important races to come. Gavin coasted to repeat last year's win, in the same time. Special was a brilliant run from Tim, (yet another Tim), 20 minutes faster than last year. Best of all, we were down before the rain set in. With Peak races being restricted, should we hold more of these club events – on courses set by fellrunners?

Dave Tait

1	G.Williams	1:46	4	A.Harmer	1:57
2	D.Tait	1:52	5 =	R.Hakes	2:05
3	T.Hawley	1:56	5 =	G.Berry	2:05

Relays

Spring 2003

Calderdale Way Relay : 8 December 2002

A raw day, 4C with a strong easterly wind.

Three solid team performances : B team had to be scratched the day before the race due to the number of late withdrawals. This also affected the A team with some late replacements and leg changes. Veteran's standards were very high this year with 17th only good enough for 6th veteran. In an exciting finish less than a minute covered 15th-18th.

Special thanks to Rob, Karen and Gavin for arranging the teams, to Geoff, Helen (T), Tony and Lynn for driving and to everyone who ran. One year...
DPFR and highlights below.

Pos	Team	Time	Class
1	Bingley	5:45:40	
2	Pudsey & Bramley	5:59:44	
3	Salford	6:02:09	
4	Clayton	6:06:15	
5	Clayton Vets	6:19:18	V1
8	DPFR	6:30:52	
9	Kendal Vets	6:33:49	V2
10	Horwich Vets	6:34:18	V3
17	DPFR Vets	6:48:03	V6
41	Bingley ladies	7:30:00	L1
48	Holmfirth Ladies	7:41:46	L2
57	Clayton ladies	7:55:17	L3
58	DPFR Ladies	7:56:49	L4

92 teams finished

Men											
T. Tett		T. Austin		R. Woods		M. Hayman		M. Rob'son		I. Lewis	
A. Sealy		A. Ward		G. Kirk		M. Ward		A. M'ditch		M. Nolan	
1:13:12	10	2:11:51	4	2:57:26	9	4:11:25	7	5:11:19	7	6:30:52	8
1:13:12	10	58:39	3	44:37	20	1:14:57	14	59:54	11	1:19:33	21
Men's Vet											
M. Harvey	(3)	G. Berry	(6)	T. Westgate	(7)	G. Williams	(5)	D. Tait	(5)	K. Holmes	(6)
A. Moore	(3)	B. Berzins	(8)	C. Barber	(5)	D. Allen	(5)	R. Hutton	(2)	D. Harrison	(7)
1:18:32	24	2:29:29	28	3:14:27	26	4:30:54	22	5:29:00	18	6:48:03	17
1:18:32	24	1:10:57	32	44:58	24	1:16:17	18	58:06	7	1:19:03	19
Ladies											
L Bland	(3)	H. Bloor	(5)	Deirdre niC	(4)	Jo Smith	(5)	K. Dalton	(4)	C. Patton	(4)
L. Atchison	(3)	A. Watmore	(5)	K. B-Jones	(1)	R. Hamb'ton	(5)	J. Nolan	(1)	H. Thorburn	(5)
1:29:33	58	2:50:39	62	3:38:56	56	5:13:18	63	6:23:37	60	7:56:49	58
1:29:33	58	1:21:06	62	48:17	38	1:34:22	69	1:10:19	42	1:33:12	55

Fell Off

The Trunce

9 races over the same hilly four mile cross country course at Oxspring near Penistone. Points are awarded for position, and time improvements. The race is run at 18:45 on a Monday evening every three weeks (with the occasional 2 or 4 week gap to avoid bank holidays). One of the 2002 prize winners, Hilary Bloor says, "Its a long series. You either love it or hate it or a bit of both and keep coming back for more."

There is also a junior event that in 2002 was well frequented by Dark Peaklets. In addition to Dan and Tom who won prizes, others competing included David Hakes, Robin Tett and Sarah Gunee.

Trunce 2003 starts on Monday 31st March from Waggon and Horses, Oxspring

Trunce 2002 prizewinners

<u>Seniors</u>	<u>Pts</u>	<u>Vets</u>	<u>Ladies</u>	
Steve Dickinson	158	Tim Tett	202	Jane Cockerton 113
Simon Rippon	146	Kelvin Bowskill	157	Fiona Davies 110
Jonathan Sykes	136	Ricky South	136	Jo Bolton 105
		Dick Self	136	
<u>Boys</u>		<u>Girls</u>	<u>Lady Vets</u>	
Kevin Cooke	150	Amy Wilks	154	Estelle Brown 215
Tom Holmes	126	Lauren Figg	147	Hilary Bloor 112
Daniel Tett	124	Emily Bocking	135	Jacki Welbourn 107

HOW YOU SCORE POINTS

19 points for 1st decreasing by 1pt for each place.
10 points for every improvement in personal best

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 Summer 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

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 4 June 2003**
Publication: **Wednesday 25 June 2003**

Thanks

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Covers

Front: Andy Dickenson at Roaches (photo by Roy Marlow)
Rear: Mike Nolan at ????... see **competition** on page 21 (photo by Mike Pedley)

Fell Off

The Grand Canyon 100-Mile Race

...and how it was won by a runner who had never run a 100-mile race before.

