



# Dark Peak News

Winter  
2003/04

# DARK PEAK NEWS

## Winter 03/04

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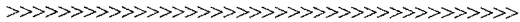
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# News

## **President Eric is 80!**

Happy 80<sup>th</sup> Birthday to club president Eric Mitchell! Eric celebrated his 80<sup>th</sup> birthday (on 27 October) with a run and social gathering at Edale. Despite competing attractions (the KIMM!), there was a good turnout. Eric had set a good course for a time trial run around Kinder. With sunshine in the valley and clag with frozen bogs on top it was Kinder at it's best.

Eric himself, not only went up onto Kinder for an hour and a half but had left home in Buxton just after 8am in sub zero temperatures to cycle to Edale. Afterwards in the Nags Head there were about 40 members gathered including appearances from old friends including Chris Worsell, John and Margaret Edwards, Will McLewin, Ben Hodges and many others. Eric presented medals to the fastest round the course, Richard Horsfield and Ann Watmore/Jack Smith (tied). More details of a grand day out can be found on page 12.

## **Harry Bell dies of heart attack**

It is sad to report the death on 15th November of Harry Bell, a longstanding member of Dark Peak. Aged only 59, Harry died from a heart attack. He had had heart problems over recent months and was waiting to have heart surgery. During much of his time at the club, Harry had been a regular sight on club runs and especially on the longer events such as Marsden-Edale and Derwent Watershed. Harry will be sadly missed by many who used to share his company on the moors. Tributes to harry can be found on page 7.

## **FRA Relay champions**

The ladies team of Jo, Lyn, Phillipa, Helen, Jenny and Kirsty, produced an excellent performance to win the ladies FRA Relay on Church Stretton. Helen and Jenny did particularly well on the navigation leg with a time that beat many of the mens teams, including the Dark Peak B and Vets teams, and the next nearest ladies team by 7 minutes.

The Mens open team managed yet another top 5 position. A superb run from Tim Austin in 2nd place got the team off to a good start and during the third leg even made it into first place for a while eventually finishing 5th.

## **...and English Championship Runners Up**

The renewed enthusiasm for championship races brought immediate results this year as the women's team claimed second place. As well as putting in good performances in the races, much credit must go to Karen Davison for encouraging / cajouling runners into travelling to these big events.

### **Ian Hodgson Podim Finishes**

In the first of the big 3 autumn relays all the three club teams acquitted themselves well. The men were 3rd behind Borrowdale and Ambleside. Ladies were 3rd behind Keswick. Men's Vets 5th behind Clayton (but in front of Pennine).

### **Skyline / Brown Knoll Update**

Chris Barber writes:

"Jim 'Rottweiler' Fulton and me had a meeting with the National Trust and despite from Mr Fulton's very threatening approach, it went very well. "The gist of the agreement is that we restore the original route up to the Brown Knoll trig and then the National Trust, very kindly, I feel, have said that so long as we flag the course, they will put a new stile on the fence to the west and let us take the race over this route, thus cutting out the disgustingly claggy section below the Knoll. After this the route will go onto the flagged section to the check point near Edale Cross."

"A number of points were aired (after we had restrained James), one of which was that the NT had been getting a bad press, undeservedly as it happens, with the DPFR and that rumours had abounded about them preventing access etc. I hope that we can now dispel all these as it has to be said that the NT were VERY helpful in attempting to find a solution which would be agreeable to us both. Jim and I are meeting the Kinder warden a week on Saturday up at Brown Knoll to go over the route. We also asked if they would write a piece for our next newsletter, which they have agreed to do. So a sincere wish that we have a long and friendly relationship with the National Trust and our thanks to them for such a constructive meeting." - CB & JF

### **Top 20 in World**

Dave Tait finished 20th in the Men's V55 category at this year's World Master's Fell Running Champs in Germany. Also competing from Dark Peak were Ann Watmore and Hilary Bloor. This event is open entry and attracts a large high quality field. The organisation was high quality too and Dave is already planning his trip to next year's event in Italy.

### **Mountain Trial Victory**

Mark Hayman has won the prestigious Lake District Mountain Trial with a convincing 12 minute win in one of the sport's oldest events. In the women's race there was an impressive three in the top six with Helen Winskill (3rd), Kirsty Bryan Jones (4th) and Karen Davison (6th). Elsewhere in the results could be found the legendary Joss Naylor in 57th place. Only 2 hours down on Mark and beating many people who are several tens of years his junior.

# 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)s (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.

## Dec

Wed	24	18:30	Club run	Sportsman
Fri	26		DPFR event	Boxing Day Bogtrot - details to follow
Wed	31	18:30	Club run	Sportsman

## 2004

## Jan

Thu	1	10:30	DPFR race	Jan 1st, 2004, Dave's New Year Race. Shillito Wood Car Park 295 747.
Wed	7	18:30	Club run	Sportsman
Wed	7	18:45	Hogs	Brough (Travellers Rest)
Sun	11	10:30	DPFR race	Burbage Nuts, Porter Clough car park
Wed	14	18:30	Club run	Sportsman
Wed	14	18:45	Warts	Snake Inn
Wed	21	18:45	Club run	Barrell Inn near Eaym (both roads and hogs)
Wed	21	18:45	Warts	Hughs Hut Run, Stoney Middleton
Wed	28	18:30	Club Run	Sportsman - including warts night race
Sat	31	09:30	DPFR race	Margery Hill, Fairholmes (+ slow starts at 09:00 & 09:15)

## Feb

Wed	4	18:30	Club run	Sportsman
Wed	4	18:45	Hogs	Sheldon (Cock & Pullett)
Wed	11	18:30	Club run	Sportsman
Wed	18	18:30	Club run	Sportsman
Wed	18	18:45	Hogs	Chatsworth, Baslow Car Park
Wed	25	18:30	Club run	Sportsman
Wed	25	18:45	Warts	Edale

## Mar

Wed	3	18:30	Club run	Sportsman
Wed	3	18:45	Club run	Stoney Middleton (The Moon)
Wed	10	18:30	Club run	Sportsman
Wed	10	18:45	Warts	Strines
Wed	17	18:30	Club run	Sportsman
Wed	17	18:45	Hogs	Castleton Odin Mine
Sun	21	10:30	DPFR event	Edale Skyline, Edale, 10:30. Lots of helpers needed!
Wed	24	18:30	Club run	Sportsman (summer runs begin)

Wed	31	18:30	Club run	Sportsman
<b>Apr</b>				
Wed	7	18:45	Club run	Cutthroat Bridge, A57

## Other News

### Ace race success

Mike Browell has won the Veteran Handicap Award in the Ace Race Two Day Series 2003. This award is given to the highest scoring veteran over the four race series. Mike achieved 7th overall in the Mens Solo class, an improvement from 14th in 2002. The ACE adventure race format is 'ultra-triathlon' with 5 disciplines over two days, and a total of over 14 hours racing.

The final event of 2003 took place in October on Exmoor (the weekend before the KIMM). The first stage was 9 hours, split between mountain bike and foot orienteering, carrying all kit. Then a 90 minute night race, and a 2 hour kayak followed by a 2 hour run. Mike was delighted with his overall series place, but suffered a defeat in the final race by Chris Browell, who came in at 6th position in his second Ace Race!

### Address Changes

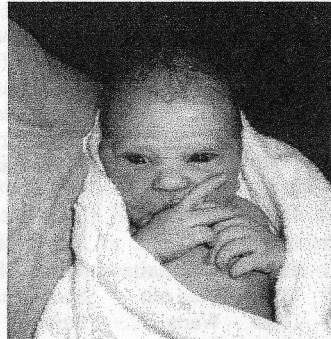
Neil & Natasha Conway, 7 Moor Drive, Headingley, Leeds, LS6 4BY. Tel. 0113 2753860

Jenny James and Dave Peel are to return to their Sheffield residence after a couple of years in Belgium.

### New Arrival

Mike and Julia Nolan are pleased to announce the arrival of Jessica Nolan (*pictured right - well it makes a change from people running!*) born at Heartlands Hospital Birmingham at 10:26am on 6th November 2003. Weight 7lb 3oz.

Mother and Baby doing fine.



## Harry Bell 1943 – 2003

Harry Bell, who had been a member of Dark Peak for many years, died of a heart attack on Saturday 15<sup>th</sup> November at the age of 59. When his funeral took place on Friday 21<sup>st</sup> November, the City Road Crematorium in Sheffield was packed with friends, including several of his old running mates, and for some there was standing room only, a testament to his widespread popularity. Here two of Harry's former Dark Peak running partners recall their times with him.

Harry introduced me to fell running at a time when he had been a member of Dark Peak for some years and had been sloshing about in the hills seemingly, forever.

Harry took especial pride in his 'secret' routes or short cuts or timesavers as he liked to call them. All his routes were true on the ground, the trouble is he used to forget exactly where they were. As a consequence we spent many a Saturday morning looking for his 'paths' which in true fell running tradition he wished to be handed on to a fellow runner.

Harry was an instinctive runner and he had an incredibly natural and accurate sense of 'where he was'. He always carried a map but I rarely saw him with a compass; he relied instead on his instinctive sense of direction, which rarely let him, or me down.

He introduced me to the Marsden to Edale run and one year, following the example of Alan Wright, we did it in reverse, through the night. For this particular run we spent many evenings 'reconnoitring' each section in the dark. We made mental notes of landmarks to aid our crossing but on the actual night it rained and the mist was down and our landmarks disappeared. Harry was totally unphased by this, he laughed, and we carried on. Harry had the most amazing capacity for optimism and cheerfulness and he simply failed to acknowledge difficulty or discomfort when running.

He finally had to stop fell running, as did I, because of knee problems. One day, some years ago, we decided to do a last final fell run. We took the route from Fairholmes car park, up to Lost Lad and followed the route of the Marjory Hill race to Wet Stones where we cut back to return to the car. On the way down we moaned about aching joints and gammy knees and hobbled back to the car like the couple of old crocks that we were. That was the last time that Harry did a fell run in earnest. It was his knees that were the limiting factor and at that time he had no problems with breathing or general fitness.

Sadly within a few months of this he developed heart problems which led to him having a bypass operation. This dramatically improved his life and fitness and he returned to rambling in the hills. However in recent months his problems returned and he was awaiting treatment when he died.

Harry never lost his love of life and even in his darkest moments he remained positive and hopeful for the future. He will be sadly missed.

Paul Haynes

I met Harry Bell in the early 70s when we both found ourselves playing in a Sheffield University inter-departmental football side called, rather quirkily for the times, Ecology FC. Harry was a tenacious and hard-working player, an excellent team man. Eventually that outfit became a local Sunday League side and somewhere along the way, considerably later but at different times, Harry and I both took to the hills.

Fast forward to the night of Friday 3<sup>rd</sup> March 1989: The High Peak Marathon, with particularly gruesome weather. For all four of our team, Harry, Tim Mackey, Col Carr and me, it was our debut and a grim one at that. Here's a snippet from an article I wrote for *The Fellrunner* about the experience:

Bleaklow is not a clear memory. Our morale was at its lowest ebb. Harry had turned distinctly pale. My fingers appeared to have joined my feet in the early stages of frostbite (four days later I still had pins and needles in my toes). Tim stopped at one point and simply stood stuffing food into himself. There were endless banks of rotting snow and every glutinous grough we had to slide into and clamber out of looked identical.

*We checked in at Bleaklow Stones, though a week after the event Harry asked me whether we'd missed it. He had no recollection of it at all.*

And then, how's this for what Paul Haynes describes above as Harry's 'incredibly natural and accurate sense of where he was'. A few lines later, the article has this:

*"Hern Clough! I recognise that tuft of grass. It's a landmark on the Marsden-Edale. We go due south from here," shouted Harry, abruptly coming to life. To me it looked indistinguishable from several million other tufts of grass we'd passed, but he was right. The winners got round that year in 11 hours 10 mins. 34 teams finished and, managing 13 hours 22 mins, we came in 12<sup>th</sup>. We were well chuffed.*

Harry was doing a lot of the local fell races around that time and he ventured over to Wales at least once for a crack at the Man v Horse. On several occasions he supported Dark Peakers on their BG attempts. As much as anything though, what gave him pleasure was just being out on the hills with a friend or two.

In recent years I'd seen Harry socially from time to time and more often than not we'd talk about times on the fells. Strange to think that that slight tilt of the head, that crinkling smile around the eyes, are suddenly gone.

To finish on a brighter note, let me quote one final Harry Bell story, with Paul Haynes' permission. It's one Paul told in the affectionate and humorous reminiscence he gave at Harry's funeral. Arriving in Greenwich the night before his first London Marathon, Harry went for a few carbo-loading pints, then produced a black bin-liner and announced he was to sleep in the park. In response to the incredulous looks, he came back with his own brand of devastating logic: "Well, it's cheap, it's quiet, and you're near the start so you can have a lie-in." And next day he turned in a sub-3 hour time.

Kev Borman

# Club Championships

**Dark Peak Club Championships and Handicap : 8 November 2003**

Woodhead Station

Woodhead Station provided a good starting point for a varied course, with checkpoints at obvious features in Stable Clough, Hern Clough and at Grinah Stones. Thick mist, rain and a biting east wind made for some interesting route choices. The format of the race was a return to competitors only being given details of the route about an hour before the start. I think this gives a bit more of an adventure on race day and indeed Tim Tett won the race by his better route choice at the end.

I spend a lot of time running alone over these moors with minimal gear and without telling anyone where I'm going. But a race is different, we have a responsibility to the organisers. I did insist on a compulsory amount of gear for the race and everyone seemed to carry enough for the conditions. Can we always be trusted to carry what's appropriate? Or should the kit check always be compulsory?

A big thanks to the Loxley lads and Roy Small who waited until everyone had finished. We were only ten minutes away from calling out the mountain rescue when the last runners returned. Again we trust each other to sort out navigational errors and get round in a reasonable time which is different from the sweep and radio links we employ on the Skyline. We did end up with one more runner than we started with and Jane Searle would have won the Vets trophy had she registered.

It did feel awkward for me to plan the course and run the race, but I only had one recce of the route. I don't know if we can get any volunteers to organise a similar format event, who are happy not to run.

Most of all, it's your race. How would you like to do it next year?

Bob Berzins.

## **Reflections on winning the Eric Mitchell Trophy.**

It took me more than 10 attempts over 20 plus years.  
Thank you to Bob for his generosity in the handicap.  
Thank you to the rest of you for running so slowly.  
Just when I thought life couldn't get any better it did.

Dave Moseley

*The Eric Mitchell Trophy is awarded to the first placed in the handicap.*

**DARK PEAK FELL RUNNERS – CLUB CHAMPS 2003****FINISH TIMES****57 Runners**

Pos	Time	Name	Pos.	Time	Name
1	1.29.05	Tim Tett	30	2.13.39	Richard Hopkinson
2	1.31.22	Andy Middleditch	31	2.13.58	Maurice Musson
3	1.31.35	Mark Hayman	32	2.14.13	Jane Searle
4	1.31.47	Mick Robinson	33	2.14.14	Barry Needle
5	1.34.26	Simon Patten	34	2.14.18	Dan Tett
6	1.39.09	Dave Soles (V40)	35	2.14.33	Graham Berry
7	1.39.24	Bob Berzins	36	2.14.58	David Hakes
8	1.39.25	Roger Woods	37	2.15.03	Jon Gunnee
9	1.40.46	Dave Charles	38	2.16.10	Alison Shepherd
10	1.41.11	Tim Hawley	39	2.16.12	Dick Pasley
11	1.41.24	Andy Harmer (V50)	40	2.17.00	Dave Markham
12	1.42.15	Dave Allen	41	2.17.28	Martin Payne
13	1.42.22	Gavin Williams	42	2.17.57	Tony Keddie
14	1.43.34	Andy Dickensen	43	2.17.58	Chris Barber
15	1.43.36	Dave Tait	44	2.18.00	Jackie Smith
16	1.49.10	Richard Horsefield	45	2.19.07	Jim Fulton
17	1.49.16	Neil Northrop	46	2.20.31	Dave Holmes
18	2.01.44	Jo Smith (F)	47	2.20.54	Jim Orrell
19	2.01.55	Tim Mackey	48	2.23.40	Alan Yates
20	2.02.01	Chris Stamp	49	2.25.07	Colin Henson
21	2.03.04	Daryl Bradbury	50	2.25.51	Mike Browell
22	2.03.25	Karen Davison	51	2.26.29	Mick Poulter
23	2.04.40	Tom Westgate	52	2.34.49	Paul Sanderson
24	2.05.03	Kev Saville	53	2.34.52	Dave Lockwood
25	2.06.45	Dave Moseley	54	2.52.47	Roger Slater
26	2.08.13	John Herbert	55	3.03.19	Simon Pate
27	2.09.18	Lynn Bland	56	3.22.04	Jeff Harrison
28	2.12.43	Roy Small	57	3.26.45	Hugh Cotton
29	2.13.19	Richard Hakes	58		

## Handicap

Pos.	Difference	Name	Pos.	Diff.	Name
1	-34.15	Dave Moseley	30	+0.10	Alison Shepherd
2	-27.59	Chris Stamp	31	+1.35	Mark Hayman
3	-25.48	Dick Pasley	32	+1.36	Dave Tait
4	-22.06	Jim Orrell	33	+2.22	Gavin Williams
5	-19.09	Mike Browell	34	+3.52	Dave Lockwood
6	-18.57	Jon Gunnee	35	+4.15	Dave Allen
7	-18.53	Colin Henson	36	+4.34	Andy Dickensen
8	-18.00	Dave Markham	37	+4.43	Roy Small
9	-17.47	John Herbert	38	+7.10	Richard Horsefield
10	-14.31	Mick Poulter	39	+9.16	Neil Northrop
11	-10.49	Tim Hawley	40	+11.39	Richard Hopkinson
12	-9.57	Kev Saville	41	+12.40	Tom Westgate
13	-8.36	Andy Harmer (V50)	42	+13.40	Alan Yates
14	-7.42	Jackie Smith	43	+13.58	Chris Barber
15	-7.05	Tim Mackey	44	+15.05	Karen Davison
16	-6.57	Jim Fulton	45	+17.04	Daryl Bradbury
17=	-5.36	Bob Berzins	46	+19.18	Dan Tett
17=	-5.36	Roger Woods	47	+19.33	Graham Berry
19	-5.02	David Hakes	48	+22.31	Dave Holmes
20	-4.51	Dave Soles (V40)	49	+22.49	Paul Sanderson
21	-4.42	Lynn Bland	50	+24.57	Tony Keddie
22	-4.22	Maurice Musson	51	+35.19	Simon Pape
23	-4.13	Mick Robinson	52	+37.04	Jeff Harrison
24	-3.55	Tim Tett	53	+42.47	Roger Slater
25	-3.32	Martin Payne	54	+51.45	Hugh Cotton
26	-2.47	Richard Hakes	55	???	Jane Searle
27	-2.16	Jo Smith (F)	56	???	Barry Needle
28	-1.34	Simon Patten	57	???	Dave Charles
29	-0.38	Andy Middleditch	58		

# Letters

I wish to complain about a report in the last newsletter that erroneously claims to be the results of the **Four Springs Race**. The race that was run did not even go near any of the 4 springs! It is much closer to Myers 4 cabins race. I would be grateful if you publish an erratum and apologise to Mike Hayes who conceived the original 4 springs race back in the 80's. Several Dark Peakers discussed the 4 springs race at Thornbridge and there seems to be strong support for the original race to be resurrected and run properly next year. Please pick a suitable Wed evening in June and put in the newsletter stating original course, 3 or 4 spring options."

Tim Tett

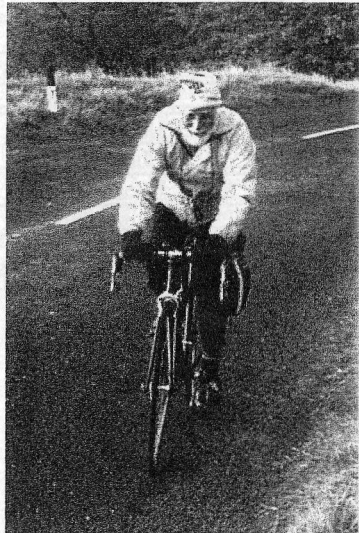
# Features

## Eric at 80

Club president turned 80 on 27<sup>th</sup> October 2003. A couple of days earlier he celebrated at Edale by staging a run and social attended by many Dark Peakers.

Eric built his sporting credentials as a racing cyclist competing at an international level in the late 1940's. Fell running came much later and he was already past 50 when he competed in the inaugural Edale Skyline. He went on to be one of the founding members of Dark Peak in 1976, the year in which he also completed the Bob Graham Round. His cycling continued too and he set cyclo cross records for V60 and V70 in the Three Peaks race.

Indeed he is still an active cyclist today and at 08:15 on an icy Saturday morning he set off to cycle to Edale from Buxton as a warm up for the run on Kinder. An hour or so later he crossed Mam Nick with the temperature still below freezing (pictured right) and descended to Edale to meet up with his friends.



The course Eric had selected was: Nags Head, Kinder Gates, Kinder Low, Nags Head. The weather was almost perfect for a good day out on Kinder: Edale bathed in sunshine throughout but the clag down on Kinder to make things interesting. The event was run on a time trial format and Richard Horsfield pulled off a surprise victory. Ann Watmore and Jacky Smith shared the women's prize with other good performances included Mike Browell's excellent claim 5<sup>th</sup> place. Eric too went up on the tops but having waited to greet most people at the start completed a short route so as to not miss his own party!

Afterwards in the Nags Head Eric presented Richard and Ann/Jacky with medals to commemorate their victories. There too were many old friends from the fells including club founder Chris Worsell, Will McLewin, John and Margaret Edwards, the still very active Barry Thackery (now 70 himself) and Ben Hodges.

MP

And at the club dinner Mike Browell reported...

"Eric stole the show - I think we were overwhelmed by him! When he left to catch his train the whole club stood up to cheer him."

"An important moment."

# Going The Distance

## The Bob Graham Experience.

I first heard of the Bob Graham Round about 8 years ago, when I was a confirmed pavement runner. I remember thinking what amazing courage, skill and endurance someone must have to be able to even contemplate doing it, never mind actually doing it. As the years passed, I became less of a pavement runner and gradually found fell running to be the most exciting and challenging kind of running. Until the summer of 2002, the idea of me attempting a Bob Graham Round was still an alien idea. During that summer I spent time in the Lakes and Howgills and gained confidence. I can't quite remember when or where the suggestion was put forward for me to 'have a go'. It was probably in a cosy pub after a few calming beers. Once there though, the suggestion gained momentum. It had a year to develop.

By the time Dark Peak were into the BG season, and the date of 20 /21 June 2003 set, there was no turning back. The organisation of the club attempt appeared as a giant machine. My part in it was to get myself ready, both mentally and physically. I even became teetotal for months beforehand!

Friday the 20 June duly arrived. I believed that I was prepared as I could be as we started off at 1900, from the Moot Hall. I was in a line up with 4 other contenders, Al Ward, Tim Hawley, Chris Edwards and a Pennine runner. Jo Smith as a maybe (who went onto complete the Round in style). The weather and company was perfect.

I felt like I was going well, until I injured a knee coming down off Seat Sandal, about 8 ½ hours into the run. I continued until the base of Rosset Pike, a few hours later, where I had to admit that it would be unwise for me to carry on. It was a very sad decision to have to make. I limped my way onto Wasdale.

After a period of a few days treatment, it was decided that the knee problem wasn't as serious as I first thought and a new date was arranged for another attempt at the beginning of August. It was preferable that it was far enough away to allow maximum time for healing, but that it wasn't too late in the year because of the longer nights. There seemed to be no shortage of offers of help to assist with the Round, either on the hills or at the roadside. This time the wheels were put in motion just for me. There wasn't time for much extra training, I just did enough to maintain the fitness I had. The teetotal bit was spasmodic this time!

It was decided that a 0130 start would be the best option, as the 1<sup>st</sup> and 5<sup>th</sup> section of the 5 sections Round could be more easily navigated in the dark. I also (misguidedly) thought that I would be able to have a sleep before the start at Threlkeld campsite.

After a sleepless rest, Dave Moseley and I were driven by Bob Marsden to the Moot Hall in Keswick High Street. It was a strange feeling being back so soon after the last attempt, but without the numbers that there were before. Whilst waiting for 0130 to arrive I commented on the strange people that were wandering around, it was pointed

out to me that we probably looked pretty strange, dressed as we were, at that time on a Saturday morning.

Dave and I said our goodbyes to Bob and made our way to the lane that would lead us up to Skiddaw. As soon as we were away from street lighting, the darkness was inky black and it was very quickly realised that there was going to be no help from moonlight or any brightness in the sky. Even in open areas peaks didn't stand out on the skyline, which made navigation difficult and we were confined to the world of our headtorches. In contrast, the lack of light was a small price to pay, for the cloud was mostly high, the temperature was comfortable with only a slight westerly wind. The first two summits were reached to the minute on the schedule. Between Great Calva and Blencathra 9 minutes were lost due to a navigation error when we went onto cloud. A difficult moment was crossing the river between the two hills. It was impossible to see the river from the bank and so we had to launch ourselves into the abyss. I lost another couple minutes coming down off Halls Fell, which as anyone who knows me, knows it is not my favourite decent. Dave did a fantastic job carrying my 'luggage' and getting me round this 1<sup>st</sup> section. My Dad (Roy Clarke) and party were a welcome sight at the Threlkeld road crossing, as this meant food and relative comfort for 5 minutes. I had a bowl of porridge and a sandwich given to me to nibble on going up Clough Head.

I had Colin Henson and Roy Small to accompany me on the 2<sup>nd</sup> section. We made good progress up Clough Head taking an easterly line, because of loose scree on the more direct route. Once up on the ridge I was able to run and felt I was making progress picking the summits off in quick succession. Under foot was good because of the long dry spell. We took a steep route that Roy described as the 'gentleman's route' on to Fairfield, thus missing out the track that has to be retraced, if used. Coming down off Seat Sandal was anything but a 'gentleman's route', through bracken with boulders strategically placed (or so it seemed). Despite what appeared to be slow progress down, I arrived at Dunmail Raise just 6 minutes down on schedule. Waiting for me at this road crossing was my Dad's soup and sandwiches, next companions and roadside supporters.

As we set off up Steel Fell it felt like a Dark Peak run. With me were Richard and David Hakes, Tim Hawley, Rob Davidson and Bob Marsden. No extra time was lost until reaching the summit of Great End when I was 11 minutes behind, extending to 19 at Wasdale. I still felt strong and enjoyed the relatively easy going on the Langdales, in this section, I was even looking forward to the challenge of Broadstand. However, when the wall appeared towering in front of me, I changed my mind and thought that this may be the end. There was no alternative as Lords Rake had collapsed and there wasn't sufficient time to go down to Fox's Tarn. But in place was Dave Lockwood with an army of helpers who had no hesitation in getting me safely to the top.

At Wasdale I took a minimum break of 9 minutes where my socks were changed and I had spaghetti dished out to me. I continued to lose time on the next two summits, where I ended up a total of 25 minutes behind, it didn't worsen. The time fluctuated

on the intervening summits, but I arrived at Honister 23 minutes down. During this section I had the company of Dick Pasley and Colin Lago, who kept me entertained. I was aware that Great Gable looked formidable and after seeing it as early as from the top of Yewbarrow, wasn't particularly looking forward to it. When it did arrive, I was part way up it when the weather took a dramatic turn. Up till then it had been overcast with high cloud and a comfortable temperature, but suddenly we were in cloud, it became dark and very cold. In reality, this was an ideal distraction for me, just by putting extra clothing on and concentrating on keeping warm, kept my mind off the difficulty of Great Gable. Navigation and under foot became harder for the next summits, but in time, Dick and Colin led me down to the supporters lights below Grey Knotts. The weather was fine again.

It was a quick turn round at Honister with more soup and sandwiches, plus my longed for change of shoes. I changed from Inov-8 to Walshes. According to the 23 ½ hour schedule we were following, we set off from this road crossing with only 10 minutes to spare in the 24 hours. The schedule time for the section is 3 hours. The strong and experienced team of Bob Berzins, Roger Baumeister and Bob Marsden saw me to the top of Dale Head just 14 minutes behind. At this point I thought that it really was a reality that I would finish the Round in the time. As of the previous night, it was inky black with no help from a moon. I was quite happy to let others lead me and I didn't realise, at the time, that my three companions were having difficulty navigating and we had to retrace our steps at one time between Hindscarth and Robinson. I knew that we came down a much talked about step off Robinson, instead of going round it, in order to save time, but I was quite complacent that we were going well and must be well in time (I didn't wear a watch). Being a long standing road runner, I was delighted when we set off on the track leading to Newlands and subsequently, the road to Keswick. The delight was short lived though when Bob Berzins mentioned that there would be no time for me to change into my road shoes, as previously planned. When we arrived at the area where the road supporters were parked, we ran straight past with no time for pleasantries. The next 30 minutes were fraught. I ran as fast as I could, at the time. Although this wasn't fast enough to be sure of a finish inside 24 hours. To spur me on I was given a huge amount of encouragement from the people running with me and from car drivers shining their headlamps to light the road ahead. Some passengers even got out of the cars to run with us.

Eventually, we got to a residential area of Keswick where the cars left us when we crossed through the fields, to cut a corner. Keswick High Street was the most welcome sight – ever. In the Autumn Dark Peak newsletter I was credited with completing the round with 3 minutes to spare, I cannot accept this credit as my judgement was not as accurate, I did in fact have 7 minutes in hand!

There were a lot of people who contributed towards my successful attempt of the Bob Graham (plus my previous attempt), whom I am incredibly grateful to. A special thanks is to Colin Henson who has co-ordinated DPFRR Bob Graham Round attempts for many years. I was to be his 99<sup>th</sup> successful contender.

Alison Shepherd

### Mourne MM

As far as I aware I was the only Dark Peak member at this year's Mourne MM running with ex club member Mike Wynne. We entered the B class, the classes being Elite, B & C. At the end of the 1st day we were in 9th position. One "impass" (barbed wire and very threatening notices) in our route choice cost us a good 10 minutes and 4 places. We weren't on the best route anyway!

We had a better run on the 2nd day being 3rd fastest and rising to 7th overall and 1st vet team. The event and the whole weekend was most enjoyable, helped by the friendly atmosphere and the weather, it only rained a little bit, and some mist on both days added interest to the navigation, especially as the map is not as detailed as one is generally used to. This helped the locals who seemed to know where all the paths not marked on the map were!

There was plenty of route choice which became even more apparent at the end of each day when the event organiser got the 1st 3 teams in each class to mark their route on he same map in different colours. He then put the split times in!

Richard Hopkinson

# Reports & Results

## Crookstone Crashout : 22 December 2003

1	Tim Tett [1 <sup>st</sup> M40]	53:21	15	Richard Hakes	1:12:32
2	Dave Tait [1 <sup>st</sup> M50]	1:02:20	16	Andy Middleditch	1:13:58
3	Andy Harmer [2 <sup>nd</sup> M50]	1:03:17	17	Maurice Musson	1:15:33
4	Dave Whittaker	1:03:34	18	Hugh Cotton	1:16:47
5	Mick Robinson	1:03:52	19	Jim Fulton	1:23:43
6	Karen Davison [1 <sup>st</sup> F]	1:04:04	20	Roger Slater	1:23:44
7	Chris Barber [3 <sup>rd</sup> M50]	1:04:18	21	Mick Poulter	1:27:27
8	Dave Allen	1:04:33	22	Gez Myers	1:40:40
9	Sarah Rowlands [2 <sup>nd</sup> F]	1:05:23	23	John Myers	1:40:40
10	Dave Holmes	1:05:40			
11	Dave Charles	1:05:55		<u>Juniors</u>	
12	Graham Berry	1:06:03	1	David Hakes	1:10:29
13	Roy Small	1:06:14	2	Tom Holmes	1:10:31
14	Dave Rollins	1:11:59	3	Dan Tett	1:10:33

## Margery Hill : 1 February 2003

The times are suspect due to various starts and watches but positions probably OK. Next year we may as well just have one start.

Andy Harmer

1	Mark Hayman	1:47:20	15	Tom Westgate	2:19:00
2	Andy Middleditch	1:47:20	16	Ken Jones	2:19:27
3	Oli Johnson	1:49:35	17	Chris Pearson	2:21:48
4	Dave Tait [1 <sup>st</sup> M50]	1:50:15	18	Lesley Atchison	2:23:30
5	Andy Moore	1:51:45	19	Helen Thorburn	2:24:11
6	Bob Berzins	1:57:53	20	Mike Fairmare	2:24:11
7	Andy Harmer	1:58:08	21	Richard Hakes	2:24:11
8	Roger Woods	2:07:24	22	Chris barber	2:27:30
9	Pete Gorvett	2:09:00	23	Roger Slater	2:34:18
10	Karen Davison [1 <sup>st</sup> F]	2:09:54	24	Hilary Bloor	2:35:08
11	Tim Hawley	2:10:10	25	Hugh Cotton	2:37:34
12	Graham Berry	2:10:18	26	John Gunnee	2:50:00
13	Mike Sprott		27	John Myers	3:37:00
14	Mick Cochrane	2:17:40			

### Isle of Jura Fell Race : 24 May 2003

A fine Dark Peak turnout for the '20<sup>th</sup>' anniversary of this classic fell race. This event has always been popular with Dark Peak with many of us going back year after year. As a result a number of us featured in the 'Jura fanatics' list displayed in the distillery cooperage this year. Well done to Roy Small our esteemed club chairman for completing his 10<sup>th</sup> Jura. Both Andy and John managed to get under 4 hours this year. Lynn also deserves a mention as she managed to knock over an hour off her previous time, a fine run. I on the other hand managed a 'personal worst' so will no doubt have to go back in 2004 for my 9<sup>th</sup> and improve matters.

Again the weather was kind with the rain holding off and just enough mist to make route finding challenging for both regulars and newcomers alike. The Dark Peak walking party on top of Beinn Shiantaidh provided the much needed support and encouragement.

A great weekend as always, some excellent island hospitality and some fine evenings in the Lounge bar of the Jura Hotel. Even the midges weren't too bad this year.

Paul Sanderson

		"Jura Fanatics"					
1	Nick Sharp (A'side)	3:20:14		90	Kev Saville	5:12:19	4
9	Angela Mudge(C'thy)	3:45:31		92	Richard Hakes	5:13:42	3
18	Andy Dickenson	3:55:51	4	96	Paul Sanderson	5:21:39	8
22	John Boyle	3:58:48	2	105	Lynn Bland	5:29:22	2
34	Gavin Williams	4:16:48	3	125	Jamie Fulton	5:46:46	2
39	Roger Woods	4:19:30	4	129	Tim Ray	5:49:46	2
48	Rob Davison	4:29:32	5	135	Francis Smedley	6:03:31	1
71	John Blair-Fish	4:55:56	lots	139	Hugh Cotton	6:16:42	3
76	Karen Davison	4:59:36	1	149	Mick Poulter	7:01:51	1
77	Roy Small	4:59:59	10				

**Helvellyn Fell Race : 26 May 2003**

A race to look out for. A hugely steep 2000ft hill to start, then roll along the ridge over the Dodds, Raise and up to the trig point. The same way back, just different views to enjoy. Mike and Dave Allen well up and in the prizes. More of us next year?

				Dave Tait
1	S.Pyke ( Trentham)	1:48:25	22	D.Tait
5	M.Robinson	1:51:20		2:03:42
9	D.Allen ( 1 <sup>st</sup> V40)	1:55:50	89	ran

**Balmacara Hill Race, near Kyle of Lochalsh - 31 May 2003**

3 mile/1000'

It's a long way to go for a 3 mile race, but it's too good to keep to myself, so here are some encouragement for others:

- it is an excellent rough fell race with a good steep up and down,
- It's very well marked with tape all the way, and if you do go wrong 'cos you're out in front, the organiser calls you back (I guess he might not next time though)
- entry is free,
- the winning prize was a generous annual family membership of the National Trust for Scotland ( separate body to the English NT so I didn't have to publicly denounce them over the Edale Skyline)
- the race is part of an excellent country fair with horse rides and tractors, cakes, bike race, fun and games,
- the entry is sufficiently small so you might win,
- you'll definitely be first Dark Peaker.

Al Sealy

1 Alan Sealy  
7 ran !

**Crookstone Crashout : 18 June 03**

This was much tougher than I imagined; although the descent to the ford at Jagers was quite quick, the ensuing climb to the Trig via the 442 spot height was much longer over rough ground than the recent Blackden "alternative". Young Westgate, fresh from the Westerlies off Dingle breezed past Darryl on the finishing line, searching for landlubbers legs. Old Yates showed Young Yates that local nous can beat youthful

endeavour. Mark was pushed all the way, leaving a 3 minute gap before a powerful Gavin came in, having parted company with Rob and Roger. Jo Smith made hard work of the course, but 48 hours later set off from the Moot Hall on a support role that eventually covered all of the BG route! There is talk of the double come December - (Blackden & Youth Hostel). Conditions on the day may determine the route.

				Andy Harmer	
1	Mark Hayman	55:24	16	K Davison (L)	1:07:34
2	R Baker	55:39	17	G Yates	1:09:09
3	G Williams (V)	58:37	18	D Holmes	1:09:34
4	P Winskill	59:19	19	R Hakes	1:09:37
5	R Davison	59:29	20	T Westgate	1:10:26
6	R Woods	59:40	21	D Bradbury	1:10:27
7	D Tait (V50)	1:00:43	22	M Musson	1:11:26
8	P Crowson	1:02:08	23	H Cotton	1:14:50
9	A Harmer	1:03:45	24	T Woodford	1:16:00
10	G Berry	1:05:57	25	J Fulton	1:17:45
11	P Stopford	1:06:03	26	Jo Smith	1:18:23
12	T Ray	1:06:41	27	M Payne	1:18:31
13	I Lewis	1:06:42	28	M Browell	1:28:29
14	B Berzins	1:07:02	29	J Myers	1:28:56
15	A Yates	1:07:13	30	M Poulter	1:29:59

### Dungworth Amateur International Gala Celebrity Championship Fell Race 21 June 2003

#### Race Organizer's Report (*or* Ruminations from the Rear-end)

Several blue-ribbon fixtures in this year's fell-running calendar were affected by very poor turn-outs. The most conspicuous case was the classic Ennerdale race, which was cancelled at the 11th hour because only half a dozen pre-entries had been received. This was most lamentable. If the Ennerdale is revived next year, I think DPFR ought to make a concerted effort to participate with a good delegation. In my view it's the most exciting and attractive of all the big races, and it deserves much better support. Then there was the Hallam Chase, which attracted a meagre field of about only 25, even though this year the entry forms were circulated in good time and readily available.

It's an event whose long tradition and special atmosphere really should produce more interest among the quality and the rank-and-file of the South Yorkshire clubs. Once again, DPFR might set an example by ensuring that we sustain and even improve our good record of participation in this local classic. (Congratulations, incidentally, to Mike Hayes on a storming run to fulfil his long-held ambition of taking the handicap prize this year.) Congestion in the calendar and complications created by holiday dates might have something to do with the 'absenteeism' we are observing. This seems to explain why the Rucksack Club had only half a dozen starters for their annual fell race. Dick Pasley and Paul Sanderson had put a lot of imagination and hard work into organising some excellent courses around Alport and Derwent. Nobody at all

embarked on the long course (which would have been a good 6 hours'-worth); the short course was walked by two members, while the 'medium' category had just four runners. This, together with the fact that victory went to an interloper from DPFR with FRCC affiliations, might spur Rucksack Club members to turn out in bigger numbers next year.

The 2003 Dungworth race was also affected by the same blight. The Country Fair unfortunately coincided with the DPFR Bob Graham weekend and also with local events that kept away the usual merry contingents from Penistone and Hayfield. This did not detract, however, from the quality of the competition at the sharp end of the field. A real ding-dong race was fiercely contested between class acts from DPFR, Hallamshire and Steel City, with Stuart Maycock claiming the Granville Harper Shield by a margin of only 11 seconds ahead of our Rob Baker. The first six arrived home within the space of just over a minute. It must have made good viewing for the crowds thronging the showground, as it did for us tail-enders who witnessed how the race was evolving on the out-and-back section near Ughill. This inter-club rivalry is a new feature which, it is hoped, will enhance the flavour of the Dungworth in future editions, and bring out a bigger field next year. Watch this space...

On the day itself, Our Jud would most probably have benefitted from the competitive presence of regular Dungworthies, mixing it with him for honours in the top third of the field. However, conversation with Pete Delamere, sweeping/flag-collecting duties and rear-end ruminations prevented me from even aspiring to this role.

A footnote: the moosehead is retained by Tom Holmes for stuffing his Dad last year, while Hiro's Fan (vulgar simulacrum) is claimed, by default, by Alan Yates. He thus adds the title of Knott Fell Runners champion for 2003 to his first place in the Rucksack Club race mentioned above. Finally, thanks to all who helped on the day: Frank Galbraith (who took over registration and finish/timekeeping responsibilities), marshals (several from the Gala organisation) and the local farmers.

Alan Yates

1.	Stuart Maycock	Steel City Striders	28.59
2.	Rob Baker	DPFR	29.10
3.	Tim Tett	DPFR	29.26
4..	Sean Marsden	Hallamshire	29.59
5.	Phil Winkill	DPFR	30.05
6.	Paul Young	Hallamshire	30.08
7	Mike Sprott	DPFR	32.23
8.	George Yates	DPFR	37.50
9.	Dave Englert	Steel City Striders	41.04
10.	Helen Elleker	DPFR	44.14
11.	Jeff Nichols	DPFR	44.42
12.	Neil Palazon	DPFR	45.18
13.	Peter Delamere	Sheffield City Morrismen	50.45
14.	Alan Yates	DPFR	50.48

**Nant y Moch skyline : 28 June 03**

12.5m/3900'

A fantastic & friendly race on wild rolling tussock filled hillsides surrounding the Nant y Moch reservoir. (Mid Wales). A great race to combine with a trip to the center of Alternative Technology & the beaches of the West coast. Quick tip; don't follow the locals, I tried, couldn't keep pace (luckily as it turned out) as the lead group headed by record holder James McQueen managed to get themselves well lost in the early stages of the race!

John Boyle

1	Tim Higginbottom (Eryri)	2.02.18
7	John Boyle DPFR	2.16.24

**Chevy Chase : July 5 2003**

20m/4000'

Dark Peak style peat but with a bigger climb up Britain's most recently extinct volcano (400 million yr old).

Run in wet misty conditions my local knowledge must have helped; I last ran this race aged 12 – over the then 14 mile junior course! Whilst my Dad, a road runner beat the fell runners to Cheviot summit, but managed to drop 4 places on the mainly descending return trip. I some how managed to repeat his feat, but my fell training (been dragged round the hills of Bradda in the wake of Al Ward) paid off & I managed to hang onto the finish – my first ever race win & on home turf.

John Boyle

**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	

**Kentmere Horseshoe : 20 July 2003**

11.9m/3300'

Warm, but reasonable cloud cover with slight breeze. Route tends to be clockwise these days. Steady climb along the cobbled path to the Garburn Pass, followed by steeper grassy climb. Faster running to Ill Bell, then along edge (don't look down!), before long gradual climb to High Street. Downhill across grassy section before climbing up the Knowle, steady ascent to Kentmere Pike, before fast downhill to finish, which seems to go on for ages.

Good to see so many Dark Peakers running. Excellent race to check if your Ben Nevis training is on schedule. First 14 runners from different clubs!

Richard Horsfield

Kentmere results

1.	Rob Jebb (Bingley)	1.31.08	
3.	Tim Austin	1.35.23	
28.	Richard Horsfield	1.52.50	
37.	Helen Thorburn	1.55.00	
61.	Neville Boler	1.59.56	
??.	George Yates	2.0?	(not in results)
82.	Tim Mackey	2.09.39	
135.	Barry Thackery	2.31.19	
142 ran,	140 finished		

**Cakes of Bread : 23 July 2003**

Mark and Mick stayed clear of Rob who finished strongly and takes the "Northern Spur" alternative. The vegetation is certainly higher than in days of old when flies and thistles were the main problem. Even so Malcolm's record of 37 mins and my 42 mins vets record appear to have come from a time when winged feet flew across the moors.

An excellent turnout from the ladies with Kirsty bringing home the quartet. Hero of the day was Bob, not so fresh from his Paddy Buckley. Perhaps the race should be run in winter to see if faster times can be posted?

Andy Harmer

Cakes of Bread results

1	Mark Hayman	47:03	15	George yates	58:05
2	Mick Robinson	47:08	16	Paul Stopford	58:30
3	Rob Davison	51:13	17	Kirsty Bryan Jones	58:42
4	Phil Winkill	51:33	18	Jo Smith	59:49
5	Dave Charles	51:53	19	Bob Berzins	1:00:10
6	John Kewley	54:13	20	Martin Payne	1:01:44
7	Roy Small	55:53	21	Kev Saville	1:02:42
8	Andy Harmer	56:08	22	Maurice Musson	1:02:45
9	Tom Westgate	56:48	23	Roger Slater	1:02:46
10	Paul Sanderson	56:55	24	Hilary Bloor	1:04:12
11	Chris Barber	57:21	25	Jane Searle	1:05:05
12	Tim Mackey	57:34	26	Hugh Cotton	1:07:33
13	Karen Davison	57:40	27	John Gunee	1:08:23
14	Alan Yates	57:55	28	Mike Browell	1:13:46

**The Northumberland coastal run – Beadnell to Alnmouth : August 2003**

14 mile'ish (tide dependant)/0'

Route finding easy on this one, just keep the big, blue, wet thing on your left. Grand run along wide open beaches and coastal paths. The Dark Peak colours were well received even by the Clowne road runners who had a bus load to the event.

Unexpected Dark Peak support from Tim Rae at Craster (there to watch his good lady run a fine race). Unfortunately don't know the results as just happened upon the race that morning whilst holidaying in the area & hence didn't enter.

John Boyle

**Bradwell Fell Race - 6th August**

1	Mike Jubb	26.03	57	Richard Hakes	34.47
6	Alan Ward	28.04	58	Brian English	34.51
13	John Boyle	29.58	62	Roy Small	35.07
15	Ian Smith	30.05	71	Tim Atkin	36.01
20	Steven Smith	31.04	72	Pete Tapping	36.14
21	Rob Hutton	31.13	73	Chris Edwards	36.19
23	Roger Woods	31.22	85	Robert Cooper	37.44
24	Rob Davison	31.22	87	Gary Westwood	37.59
30	Keith Parker	32.05	90	D Hay	38.27
31	Bill Hanley	32.10	94	John Gunnee	38.58
43	Kirsty B.-Jones (1st F)	33.40	99	Roger Baumeister	39.35
48	Richard Hopkinson	33.58	100	Geoff Nicholls	39.39
49	Martin Payne	34.15	112	Charles Rising	41.34
50	David Hakes	34.20	115	Mick Edwards	41.54
56	Karl Marshall	34.45	123	Mike Browell	43.25
			137	ran	

**Great Longstone Chase : 5 September 2003**

Classic White Peak- a not too ankle taxing runnable village race. Prizes where presented by Lord Hattersley (Portly Sheffield Wednesday supporter in a tweed suit). Mr Fowler showed us all a clean set of heels on the grassy descent but DPFRR positioned honourable after this.

Richard Patton

1	M.Fowler ( Pennine )	28:19	74	L.Bland	38:12
2	R.Patton	28:31	77	R.Slater	38:36
3	P.Winskill	29:05	85	Great Zaffeldi !	39:52
6	A.Middleditch	30:18	88	J.Fulton	40:27
16	J.Boyle	32:05	91	G.Nichols	40:55
17	D.Bradbury	32:07	94	C.Wilson	41:23
19	R.Hutton	32:16	97	N.Carr	41:45
22	A.Moore	32:35	100	G.Westwood	42:05
23	P.Hodges	32:39	106	M.Arundale	42:38
30	D.Tait	33:25	110	M.Edwards	44:24
38	R.Marlow	34:26	117	M.Browell	45:54
50	T.Atkin	36:09			
69	D.Hakes	37:45		124	ran
72	R.Hakes	37:52			

P.S. "The last of the evening races, now it's dark cold nights and roads" - Dave Tait

**Ben Nevis Race : 06 September 03**

10m/4400'

1	Rob Jebb (Bingley)	1.29.32	135	Helen Winskill	2.07.32
8	Tim Austin	1.36.12	142	Neville Boler	2.08.32
35	Rob Davison	1.49.36	162	Phillipa Leach	2.12.20
57	Karen Davison	1.55.05	174	Tim Mackey	2.14.11
66	Richard Horsfield	1.56.31	238	Pete Tapping	2.26.45

500 registered (race limit), 379 ran, 374 finished

### The Grisedale Horseshoe : 6 September 2003

This is a very tough race for a 'medium'. It proved to be an excellent tonic for my disappointment over missing Ben Nevis. There is a hard climb up Catstycam , followed by a spectacular traverse of Swirral Edge to Hellvelyn summit. Easy running southwards leads to the first big descent off Dollywaggon Pike. The traverse to St Sunday Crag is mostly runnable and from here the race really gets going as you plummet into Grisedale before a leg-trembling climb over Grisedale Brow, to the last checkpoint . The post race, home-made soup was excellent.

Dave Soles

1 <sup>st</sup>	Phil Davies (Borr) ?	
9 <sup>th</sup>	Mike Robinson	2.04.55
43 <sup>rd</sup>	Dave Soles	2.19.17

### The Tormentor : 7 September 2003

AL, 15ml, 4150ft.

A new course this year, shorter but with more hills and height and some repetition from Higger Tor to the cricket ground being covered both ways. Now we know what's involved bits need checking, as time was gained coming off Stanage, and few of us knew the best way back up Burbage South. A thick mist would be interesting....

Dave Tait

New race/route made for some interesting navigational choices. Mr Penny showed good local knowledge in his choices and was the man to follow. Mr Ward was the man to beat but hadn't done enough homework finishing second by 146 seconds. Lewis Banton showed strong at the end followed by Andy Middleditch. Lets see what happens next year after the route options have been compared! If anyone cares for my opinion- follow Andy Moore's choice off Stanage- top route. I couldn't stay for the prizes but I hear there is a bottle of wine out there waiting for ma as third counter in the team prize- now whose got it them?

Richard Patton

1	S.Penney (Ch'field)	2:04:08	32	R.Hopkinson	2:31:35
2	A.Ward	2:04:20	38	J.Hargreaves	2:32:14
4	A.Middleditch	2:09:20	51	G.Kirk	2:41:59
5	R.Patton	2:11:14	52	H.Thorburn	2:41:59
6	N.Northrop	2:12:48	55	R.Slater	2:46:21
7	A.Sealy	2:15:19	65	T.Atkin	2:50:14
8	D.Allen(1 <sup>st</sup> V40)	2:15:24	73	R.Hakes	2:52:57
10	S.Bell	2:16:10	80	C.Edwards	2:59:52
11	A.Moore	2:16:31	84	C.Radcliffe(1 <sup>st</sup> V60)	3:01:54
12	R.Barker	2:16:49	98	M.Arundale	3:14:05
14	D.Tait (1 <sup>st</sup> V50 )	2:17:27	99	D.Arundale	3:14:06
17	J.Boyle	2:20:27	102	M.Browell	3:17:51
19	K.Holmes	2:20:49	103	J.Fulton	3:19:14
20	M.Sprot	2:21:12	110	M.West	3:23:52
24	P.Hodges	2:24:27	116	M.Poulter	3:28:41
25	G.Williams	2:24:58	118	G.Nichols	3:30:06
27	D.Charles	2:26:32			
31	R.Woods	2:31:28	151	ran.	

**Chevin Fell Race : 13 September 03**

Two short laps up onto the bank above Milford. Well marked and organised. David Denton always puts on good events and with "Tea and Toast" at the end, to celebrate his birthday, it made for a fun finish/post race get together. Not many runners but with the Edwards's vests it meant that DP colours were seen in the field.

Richard Patton

1	Richard Patton	18:16
17	Chris Edwards	24:02
24	Mick Edwards	27:43

**Peris Horseshoe : 20 September 2003**

Wales welcomed us with a traditional torrential embrace but relented for the duration of the race leaving us with low lying smouldering mist on the flanks of the hills and astride Snowdon. What a fine race with epic climbs, fine ridge running and big mountains. To be recommended (barring Andy Moore!).

Tom Westgate

1	Robin Halliday (Eryi)	3:49:46	53	Mike Browell	5:50:38
25	Tom Westgate	4:53:56	59	Ran	
45	Richard Hakes	5:22:40			

**Lantern Pike : 20 September 2003**

Fast course from Little Hayfield. Too much tarmac for most peoples liking, but still recommended due to the excellent country show. Watch out for Hugh and Jim in their 'country gent' flat caps!

Gavin Williams

1	Mike	Bouldstridge	31.20	71	Chris	Edwards	43.34
4	Phil	Winskill	32.35	97	Jim	Fulton	46.53
20	Gavin	Williams	37.46	122	Mick	Edwards	50.44
22	Dave	Soles	37.57	124	Barry	Thackery	51.09
27	Andy	Moore	38.20	132	Hugh	Cotton	52.35
69	Roy	Small	42.23	156	ran		

**Hayfield Championships**

It's a few years since I did the Hayfield Championship as some of the counters clash with other events like Saunders & Peris, but this year I decided it was time to have another go. The series comprises 6 races, some being compulsory with a total of 4 to be completed. The races are :

- 1) KINDER TRIAL, a Low Key Fell Orienteering Event from Hayfield Scout Hut in which I was nearly last!
- 2) KINDER DOWNFALL which is always popular.
- 3) MOUNT FAMINE a Saturday race which starts with an immediate scramble up the hillside, Elle Bank, 1 yard in front of the Start Line.

4) KINDER TROG an 18 mile trundle around Kinder and another area on the other side of the Glossop road I don't normally run in.

5) CRACKEN EDGE a 7 miler on a blistering hot evening, again in an area I never go to (I think I saw Whaley Bridge from the base of the one decent climb). And finally, the best event of all,

6) LANTERN PIKE. This is a 5 mile race and nothing out of the ordinary, but the event from which it is run is excellent. It's on the Saturday as part of the Little Hayfield country show at Spray House Farm, Little Hayfield. You pay entry to the Sheepdog Trials & Show and the race entry is included. Using the power of the Internet (didn't realise Farmers used computers) I copied this list of activities:

Archery tuition, agricultural exhibits, Blacksmith, barbeque, bar all day, bucking bronco, Craft fair and demonstration, companion dog show, Dog trials, donkey show, dog agility displays, duck herding, Environmental stalls, Falconry displays, folk dancing, ferret show, Glossop 4x4, Home produce, Inflatables, Junior fell race, jazz band, Kiddies entertainment, Lantern Pike fell race, Mountain bike stunts, Narrow gauge steam railway, Outdoor wear sales, Pets' corner, pet show, pipe band, Quality in quantity, Rare breeds, refreshments, Shire horses, Tug 'o war, trade stands, Unique friendly atmosphere, Village stalls, vintage machinery, Working terrier show, Xtraordinary value, Your chance to try off-road driving, Zany children's entertainment! It's a 'real' Country Show and a great day out for the family.

Hugh and I had a tremendous time. We raced and did as badly as usual, but we saw all of the above, guessed the weight of the sheep (heaviest weight guess - 40 stone!), bought flat caps & a £3 thermal 'cos I forgot a jumper, had beers, watched a bit of sheep racing, saw dogs running all over the shant, saw beautiful shire horses, a sea of waxed jackets, tweeds & Portaloos. I didn't win any races, but I got a very nice T-shirt for the Series, won best in breed and was complimented on the size and shape of my marrow.

Jim Fulton

#### Hayfield Championships results

Pos	Name	Class	Points	racess
1	Phil Winkill		4	4
3	David Allen	1 <sup>st</sup> M40	10	4
4	Gavin Williams	2 <sup>nd</sup> M40	14	5
9	Dave Soles		28	5
24	Jim Fulton		78	6

#### **Stanage Struggle : 21 September 2003**

The course has improved since it was first held, with a better finish up the hill and past Hathersage Church. Everything seemed to run very efficiently, well organised. Maybe one of the better, short, local races? There are some very fit men masquerading as "Fat Boys" – with huge hands...How good to see so many children running, and getting prizes as recognition of their achievement.

1	P. Winskill	39:29	64	A. Kitchen	51:56
4	S. Patton	43:15	71	K. Bryan-Jones	52:43
5	I. Lewis	43:23	78	C. Edwards	53:36
9	N. Northrop	44:52	86	P. Stubbs	54:19
12	S. Bell	45:26	87	R. Slater	54:21
13	D. Tait	45:38	96	P. Tapping	55:27
19	A. Moore	46:11	97	M. West	55:31
23	K. McGrath	46:32	103	C. Radcliffe	55:49
34	D. Beresford	48:02	107	P. Jones	56:24
38	G. Kirk	48:08	119	H. Bloor	58:25
41	R. Marlow	48:22	119	M. Arundale	58:26
53	P. Leach	50:13	123	D. Arundale	58:51
55	M. Smith	50:19	127	J. Edmunds	59:30
61	T. Mackey	51:25	153	M. Edwards	1:04:06
			174	ran	

### World Masters, Black Forest, Germany : 27 September 2003

10km, 2300ft.

I'd had doubts about going so far just for a 10km race, if only we'd known! Everything about the event was superb. The setting among Black Forest villages, the manner in which the whole area embraced the race, welcoming so many nations. Huge personal support throughout the course was fantastic. Mass catering of excellent quality. And as for the awards ceremony, traditional costumes and dances, cowbell ringers, the Alpine Horn blower. No need to copy the terrific disco dancers – "it'll do my back in" summed them up. I suspect Italy will be out to match this marvellous German effort. And if they do, it will be something not to be missed. Anyone can run as an individual, I'll get a room booked early. Ask if you need details.

Dave Tait

V70M	B.Gauld (Scotland)	60:54			
V65M	H.Weber (Austria)	54:63	W65	A.Stiegmann ( Germany)	78:33
V60M	P.Lessing (Germany)	50:20	W60	E.Schneider (Germany)	65:05
V55M	O.Van Noten(Belg)	48:06	W55	M.Spronk (Germany)	57:59
	D.Tait (20 <sup>th</sup> )	53:45	W50	L.Muschler (Germany)	56:23
V50M	A.Rungger (Italy)	46:29		A.Watmore	69:52
V45M	C.Doll (Germany)	43:56	W45	O.Brakebusch (France)	52:36
V40M	H.Schmuck (Austria)	42:22		H.Bloor	71:48
			W40	M.Heilig (Germany)	49:41
			W35	D.Gassmann (Switz)	49:18

### Crowden Horseshoe : 28 September 2003

8.5ml/1600'

A new race organised by the Des Gibbon's production team. Starts at Crowdon Youth Hostel and takes you to Black Hill via Laddow Rocks and returns over Tooleyshaw Moss and Westend Moss, back to the Hostel for tea and soup. Apart from an awkward stile not far after the start you have nearly ten miles of good running before the next stile into the finish field. A race to pencil in for next year.



Familiar faces to the fore at the start of the Crowden Horseshow (photo - David Marlow)

1	L Taggart (Buxton)	59:10	17	K Holmes	1:11:40
2	A Middleditch	1:02:53	20	R Marlow	1:12:20
3	M Robinson	1:03:36	37	R Skater	1:19:18
6	D Allen 1 <sup>st</sup> Vet	1:06:16	41	B Needle	1:24:44
11	R Davison	1:09:11	46	P Tapping	1:29:55
15	D Charles	1:09:53	49	B Thackery	1:37:04

### Wrekin Wrecker : 28 September 2003

A bright and calm morning saw the second running of a race that is rapidly becoming something of a classic. The race started at the old rifle range at the base of the Wrekin. The course covers 8 miles with over 2400 feet of ascent - the equivalent to x21/2 the Wrekin itself. The route features some tough ascents: the major climb being the 600' called "the Goaty" and challenging downhills, with a good deal of undulating ground. The race uses some of the smaller less well known of the hill paths and is well worth a visit by any runner who likes a tough challenge (3 did not finish). It would be great to see more Dark Peakers at these Shropshire Hills races, so easy to reach using the A38-A5- M54. Go on give it a try - Bet Dave Tait will!

Mick Edwards

1	A Yapp (Mercia)	1:02:24	32	M Edwards	1:36:20
24	C Edwards	1:23:57	43	runners	

### Dark & White Challenge, 5th Hope Moors & Tors : 5 October 2003

The perfect course on the perfect day! Good temperature, cracking the flags sunshine virtually wall to wall, a cooling headwind outgoing; becoming a helpful tailwind on the return. The route takes in the two best elevated sections of the Edale Skyline, Mam Tor - Lose Hill and Grindsbrook - Hope Cross - avoiding the worst bits, and giving two challenging crossings of the Edale Valley. A Classic Course, deserving a much better name! And a good field - 220+ if you count both events. Dark & Whites organisation is impeccable, plenty of drink stops and well positioned controls.

A great win by Neil, with the legendary Ron Fawcett just far enough behind him to allow a few over the shoulder awesome glances!

Mike Browell

The cold start and previously wet day meant that many started wearing too much kit. It soon turned into a lovely sunny, blue-skied autumnal day- if a little chilly up the top of the hills. There were two routes on offer, a 20-mile taking in Cave Dale, Mam Tor, Hollin's Cross, Grindsbrook, east along Kinder, Hollin's Cross again, Lose Hill and back to Hope. The shorter 8-mile version cut straight to Lose Hill from Hollin's Cross. Running conditions were perfect, Laura Daniel won the Women's 8-mile, with Rob Baker winning the mens. In the 20-mile race times were a bit more gentle. Some excellent prizes up for grabs -£60 running shoe vouchers for each class winner, and lots of wine and beer.

A quality October race, ideal as a KIMM warm up.

Neil Northrop

<u>20-Mile</u>			<u>8-mile</u>				
1.	N	Northrop	3.02.20	1.	R	Baker	1.08.25
4.	M	Sprot	3.10	2.	M	Crane	1.08.35
8.	M	Lea	3.18	4.	J	Hargreaves	1.10
10.	R	Hopkinson (2 <sup>nd</sup> M50)	3.19	6.	R	Marlow	1.16
16.	R	Slater	3.32	9.	L	Daniel (1 <sup>st</sup> F)	1.21
18.	K	Jones	3.33	12.	M	Taylor	1.29
23.	A	Kitchen	3.47	13.	S	Robertson	1.30
30.	C	Radcliffe	4.00	15.	S	Ward	1.36
32.	B	Thackery	4.03	20.	J	Myers	1.58
41.	J	Edwards	4.14				
50.	M	Browell	4.24				

### Langdale Fell Race 11 October 2003

27 brown vests in Langdale - what a glorious sight!

1	Gavin	Bland (B'wdale)	2.04	197	John	Lyon	3.18
8	Alan	Ward	2.14	222	Tony	Keddie	3.24
18	Mick	Robinson	2.21	225	Jim	Fulton	3.24
35	Gavin	Williams	2.32	238	Kevin	Saville	3.26
41	Angela	Mudge (Carnethy)	2.35	245	Simon	Pape	3.27

47	Dave	Tait	2.35	252	Chris	Edwards	3.28
65	Steve	Bell	2.43	282	Maurice	Musson	3.36
66	Andy	Moore	2.43	284	Chris	Radcliffe	3.36
85	Rob	Davison	2.47	285	John	Woodcock	3.37
110	Richard	Hopkinson	2.55	287	Phillipa	Leach	3.37
124	Chris	Browell	3.00	290	Alan	Jones	3.38
137	Tim	Hawley	3.02	315	Mike	Browell	3.51
140	Roy	Small	3.03	322	Dave	Mosley	3.53
184	Lynn	Bland	3.16	336	Alison	Shepard	4.15
187	Helen	Thorburn	3.17	346	Ran		

**Long Mynd Hike : 4 October 03**

Bit of a tough run this one organised by the local scout group as a run / walk. It's 50 miles like the Rotherham Round, but there's 8000 ft of climb. A very well organised event with a kit check that nearly wouldn't let us run because the elastic bandage was only 7.5CM not 8.0CM and one of us didn't have any scissors! The route is into the hills and valleys around Church Stretton, Shropshire which are steep, grassy slopes with very little erosion and some boss views from the tops. Good rural stuff and lots of pleasant villages & architecture to while away the hours looking at as you potter along. Plenty of tea & soup stops on the 17 control route.

We were stopped for a spot check after 33 miles to check our Whistle, Torch and shoe soles? Goodness knows what they would have done if they found we had got that far in carpet slippers. A good day out with excellent navigation by Tom, ably assisted by Phil and useful comments from Kev. I kept out of these decisions as usual and admired the views. Got back home exactly 24 hours after getting up & going out for a run (a good day, but I think I will count it as one I have done - probably not one to repeat).

Jim Fulton

1	Andrew	Davies (C.Stretton)	8:33	44	Jim	Fulton	13:37
44	Tom	Westgate	13:37	269	Chris	Edwards	22:50
44	Kev	Saville	13:37	445		started,	
44	Phil	Cox	13:37	281		finished	

**Breiden Hills : 12 October 2003**

The small village of Criggion in Shropshire about 10 miles west of Shrewsbury is the start and finish for the beautiful Breiddon Hills race. The weather was sunny but cold, good for running. The race consists of four hills of varying degrees of steepness and ascent with good running in between on generally grassy tracks (there is half a mile of tarmac at about 5 miles). Just three Dark Peakers: myself - my son Chris and the ever youthful Barry Thackery. Barry surprisingly had not run the race before, and was surprised by the quality of the run, while Chris's time was slightly slower than the previous year's (although he had run the Langdale Horseshoe Race the day before). To the DPF's who didn't go you missed a great race. Try it next year!

Mick Edwards

1	T Davies (Mercia)	51:39	77	Mick Edwards	1:23:26
66	Chris Edwards	1:19:36	91	Barry Thackery	1:32:56
			101	runners	

**Eric's 80<sup>th</sup> : 25 October 2003**

See page 11 for full report.

1	Richard	Horsefield	01:35:12	14	Jeff	Harrison	02:02:00
2	Andy	Harmer	01:39:10	15	Gerry	Goldsmith	02:20:00
2	Chris	Barber	01:39:10	15	Maggie	Lewis	02:20:00
4	Darrel	Bradbury	01:41:37	17	Paul	Sanderson	02:25:00
5	Mike	Browell	01:42:19	17	Hugh	Cotton	02:25:00
5	Jim	Fulton	01:42:19	19	Dave	Markham	02:30:00
7	Roy	Small	01:53:32		Andy	Moore	No time
8	Neil	Goldsmith	01:54:33		Colin	Henson	No time
9	Ann	Watmore	01:55:00		Roger	Baumeister	No time
9	Jackie	Smith	01:55:00		Les	Outwin	No time
11	Alan	Yates	01:57:00		Mike	Pedley	Retired
12	David	Hakes	02:02:00		Eric	Mitchell	2 Laps!
13	Hamish	Harmer	02:03:00				

**Shepherd's Skyline Fell Race : 1 Nov 2003**

BM. 6.25ml. 1150ft.

It's been a long dry summer and autumn, but back to the wet, the sloshy and the sinking peat that we all love and cherish....Todmorden know how to put on a good race, the results on the website by 6:00pm. Another trip up to Stoodley Pike, must have a look at it one day. It always seems cold up there. Dave Tait

1	I.Holmes (Bingley)	39:59	46	Jo Smith (2 <sup>nd</sup> Lady)	51:47
29	D.Tait ( 1 <sup>st</sup> V50)	49:48		169 ran	

**Tour of Pendle : 15 November 2003**

17ml, 4250ft. AL.

A cold, clear day up on Pendle Hill. Lots of runnable stuff, soft ground, but waiting for the three big hills in the second half. These get progressively harder, the last one being a real knackerer. This is a real fell course which will suit our club. It's well organised, with prizes for the intermediary age-groups – the good, respected races do this. I've not known us out for a team prize here, some younger runners would have been welcome. Dave Tait

1	A.Schofield(Bo'wdale)	2:23:10	25	D.Tait (1 <sup>st</sup> V50)	2:45:58
23	D.Allen	2:44:25	57	A.Harmer	3:06:53
24	G.Williams	2:45:46		And 3 <sup>rd</sup> Team Prize!	

**Roaches : 16 November 2003**

What a great race - probably the best last minute decision I've ever made!

A fast runnable course with all types of terrain and weather and more R&WT than I dreamed possible, which was a plus as unusually I didn't have a map. Well marshalled, and a realistic view of what should be carried in your bumbag. DPFR managed second team as well. My only criticism is that with an out-and-back course, I got to see Simon Bailey and John Boyle rather sooner than I would have liked! Andy Moore

1	Simon	Bailey	(Staffs M)	1.59.01	50	Jim	Lawrenson	2.46.42
6	John	Boyle		2.13.46	54	Roger	Slater	2.47.22
11	Keith	Holmes		2.23.59	61	Tim	Mackey	2.49.48
12	Helen	Johnson	(Bingley)	2.24.12	71	Chris	Edwards	2.52.47
13	Andrew	Moore		2.25.55	76	Andrew	Kitchen	2.54.35
30	Roy	Marlow		2.36.14	85	Bob	Bryan	3.04.33
31	Richard	Hopkinson		2.36.29	107	Geoff	Nicholls	3.28.14
43	Philippa	Leach		2.45.24	108	Mick	Edwards	3.31.45
					121	started		

Team

1	Mercia		16pts
2	Dark	Peak	30pts

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## RELAYS

### FRA Relay : 18 October 2003

Church Stretton

Dark Peak showed once again that it can mix it with the best. The ladies team of Jo, Lyn, Phillipa, Helen, Jenny and Kirsty, produced an excellent performance to win the ladies race. Helen and Jenny did particularly well on the navigation leg with a time that beat many of the mens teams, including the Dark Peak B and Vets teams, and the next nearest ladies team by 7 minutes.



The victorious women's team (minus Philippa Leach): Lynn Bland, Jo Smith, Kirsty Bryan-Jones, Jenny Whitehead, Helen Winskill.

Despite not having Phil Winskill (injury) and Mike Jubb (duathlon duty), the Mens open team managed a very credible 5th place. A superb run from Tim Austin in 2<sup>nd</sup> place got the team off to a good start, Alan and Marky ran very well on leg 2 but couldn't hold off strong challenges from Bingley and Salford who set the 2 fastest legs on that stage. Tim and Andy set off in 4th place and with some cunning route choices from Tim managed to pass all the teams ahead by the 2nd checkpoint. Although they maintained their lead and pulled away from Salford and Bingley (again by better route choice), they were unable to shake off Pudsey, who had been following Tim and Andy from the start. Pudsey pulled away from a tiring Tim on the long taped run in. Salford, 2 mins behind at the last checkpoint missed out a section of taped route and passed us just before the finish (Mercia did the same). Despite a good run (10th fastest), Richard Patton couldn't hold off some star performers on last leg and finished 5th - still it maintains our record of top 5 performances over recent years.

Tim Tett

<u>Open</u>				<u>Women</u>			
1	Pudsey & Bramley	3:38:36		1	DPFR	4:38:39	
2	Mercia	3:38:59		2	Keswick	4:41:57	
3	Salford	3:41:12		3	Eryri	4:55:56	
4	Bingley	3:41:59		9	DPFR B	5:44:51	
5	DPFR	3:43:43					
14	DPFR B [2 <sup>nd</sup> B team]						
				<u>Vets</u>			
				1	Horwich	4:02:16	
				7	DPFR	4:25:37	

DPFR Leg Times

Leg	Tot	<u>Men's A</u>		L.	T.	<u>Women's A</u>			
2	2	T. Austin	43:48	43:48	4	4	Jo Smith	56:09	56:09
5	4	A. Ward & M. Hayman	1:15:19	1:57:07	2	2	L. Bland & P. Leach	1:33:55	2:30:04
2	3	T. Tett & A. Middleditch	59:13	2:56:20	1	1	H. Winskill & J. Whitehead	1:10:05	3:40:09
10	5	R. Patton	47:23	3:43:43	4	1	K. Bryan-Jones	58:30	4:38:39
		<u>Mens B</u>				<u>Women's B</u>			
14	14	R. Baker	47:59	47:59	11	11	A Watmore	1:09:47	1:09:47
11	10	M. Robinson & S. Patton	1:18:50	2:06:49	11	10	A. Shpeherd & Jacky Smith		
19	14	R. Woods & R. Hakes	1:13:29	3:20:18	7	9	R. Hart & M. Taylor	1:22:21	4:42:22
	14	N. Northrop	51:56	4:12:14	6	9	J. Griffiths	1:02:09	5:44:31
		<u>Vets</u>							
11	11	D. Allen	54:01	54:01					
4	8	D. Tait & K. Homes	1:22:02	2:16:03					
10	8	G. Williams & D. Soles	1:15:25	3:31:28					
9	7	R. Hutton	54:09	4:25:37					

# 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

## Holiday / Training Ideas

### OCHILS MOUNTAINEERING CLUB

Inverardran Cottage, Crianlarich, Scotland

- Available for Weekend & Mid-Week Lets. Only £6.50 per person per night
- Two separate dorms which sleep 8 & 10 guests respectively
- Cottage is fully heated and has separate ladies / gents shower & toilet facilities
- Fully equipped kitchen - fridge, m/wave, gas hobs + a newly installed double oven/grill
- Traditional sitting room with coal / wood burning fire
- Easily accessible by car. Bus and / or rail service available from Glasgow, Stirling, Oban and Fort William
- Suitable for either family groups / club activities e.g. cycling, walking, canoeing, climbing etc
- Reduced rates are available e.g. "Sole Occupancy" you only pay for 14 but 18 in your group can stay
- Also reduced Summer rates are available - diary now open for 2004 / 2005
- Full details regarding our facilities and how to book can be obtained from our Web Site - [www.Ochils.com](http://www.Ochils.com) .Alternatively, call Christina on 01259 760734

### Holiday Chalet in the French Alps

Available for booking by groups from bone fide clubs (running, climbing, skiing etc). See [www.gascoyne.org.uk](http://www.gascoyne.org.uk) for more details.

Stuart Gascoyne

# The-bit-at-the-end

## Dark Peak News Spring 2004

In the next newsletter:

- Relay details from Calderdale and Ian Hodgson
- Race results including Mountain Trial, Warts Revenge and many others
- Local Race League results + much more... if you send it in

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:  
Publication:

**Wednesday 26 February 2003**  
Wednesday 17 March 2003

### Thanks

Winter 03/04 was produced with thanks to: Al Sealy, Alan Yates, Alison Shepherd, Andy Harmer, Bob Berzins, Chris Barber, Dave Moseley, Dave Soles, Dave Tait, Eric Mitchell, Gavin Williams, Jim Fulton, John Boyle, Karen Davison, Karl Marshall, Kev Borman, Lynn Bland, Mick Edwards, Mike Nolan, Neil Northrop, Paul Haynes, Paul Sanderson, Richard Hopkinson, Richard Horsfield, Richard Patton, Roy Marlow, Roy Small, Tim Tett.

### Covers

**Front:** Eric Mitchell - a relaxing in the Peak. *Photo by Richard Hakes*  
**Rear:** Fell runner incognito!

### And Finally...

Dear Dark Peakers,  
Many thanks for the greetings received and a great day out at the Nages Head Edale for the birthday run. Grindbrook Clough, Kinder Gates, Kinder Low, back on high ground to Edale with mist in places, a lovely day. Two young lads running. I saw them descend Grindslow Knoll at great speed. Andy's training no doubt.

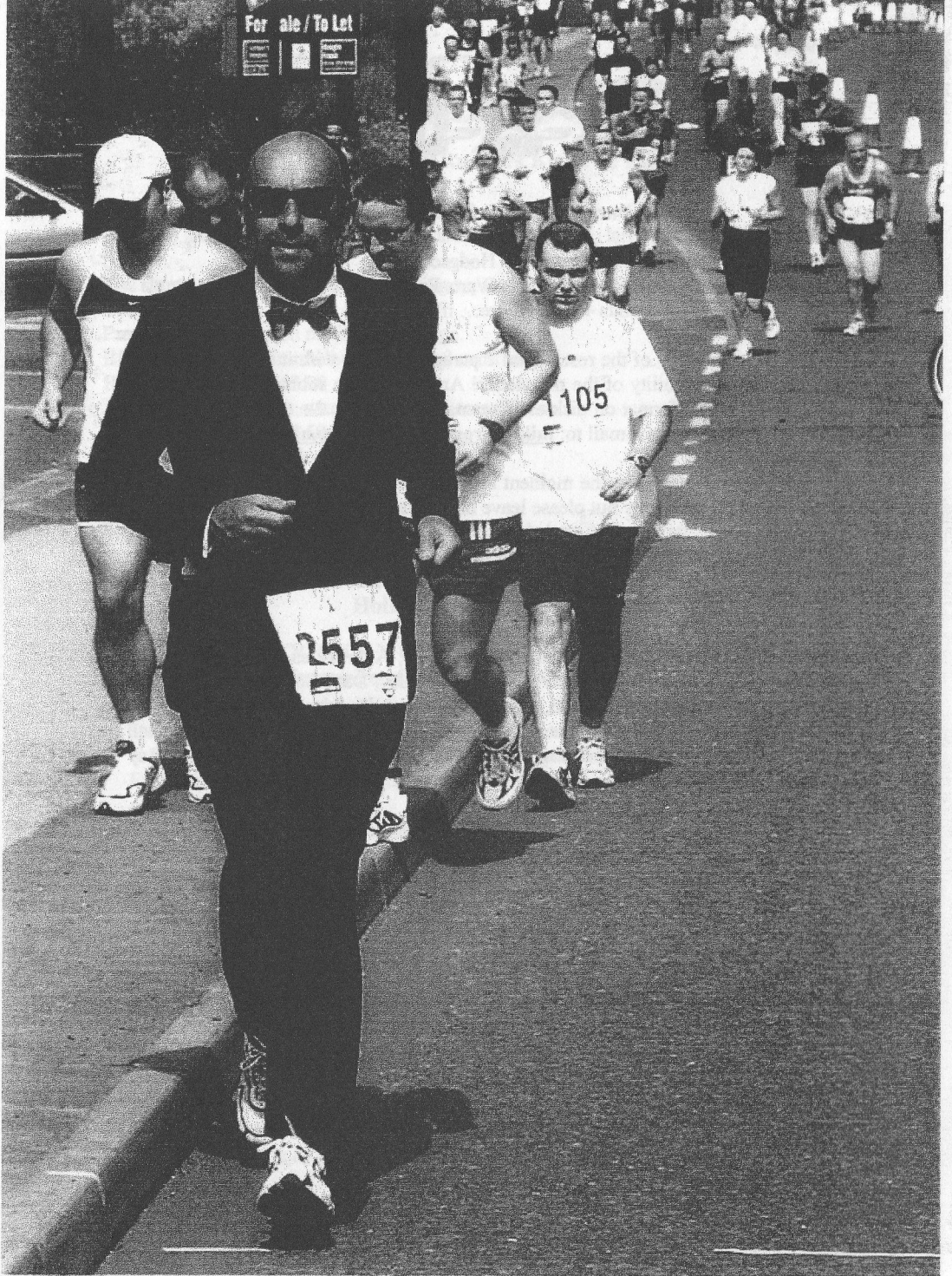
Very enjoyable evening at the Club Dinner for Edna and myself. What a great club we are close on 30 years now. We both thank you all. We really do.

Eric Mitchell

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