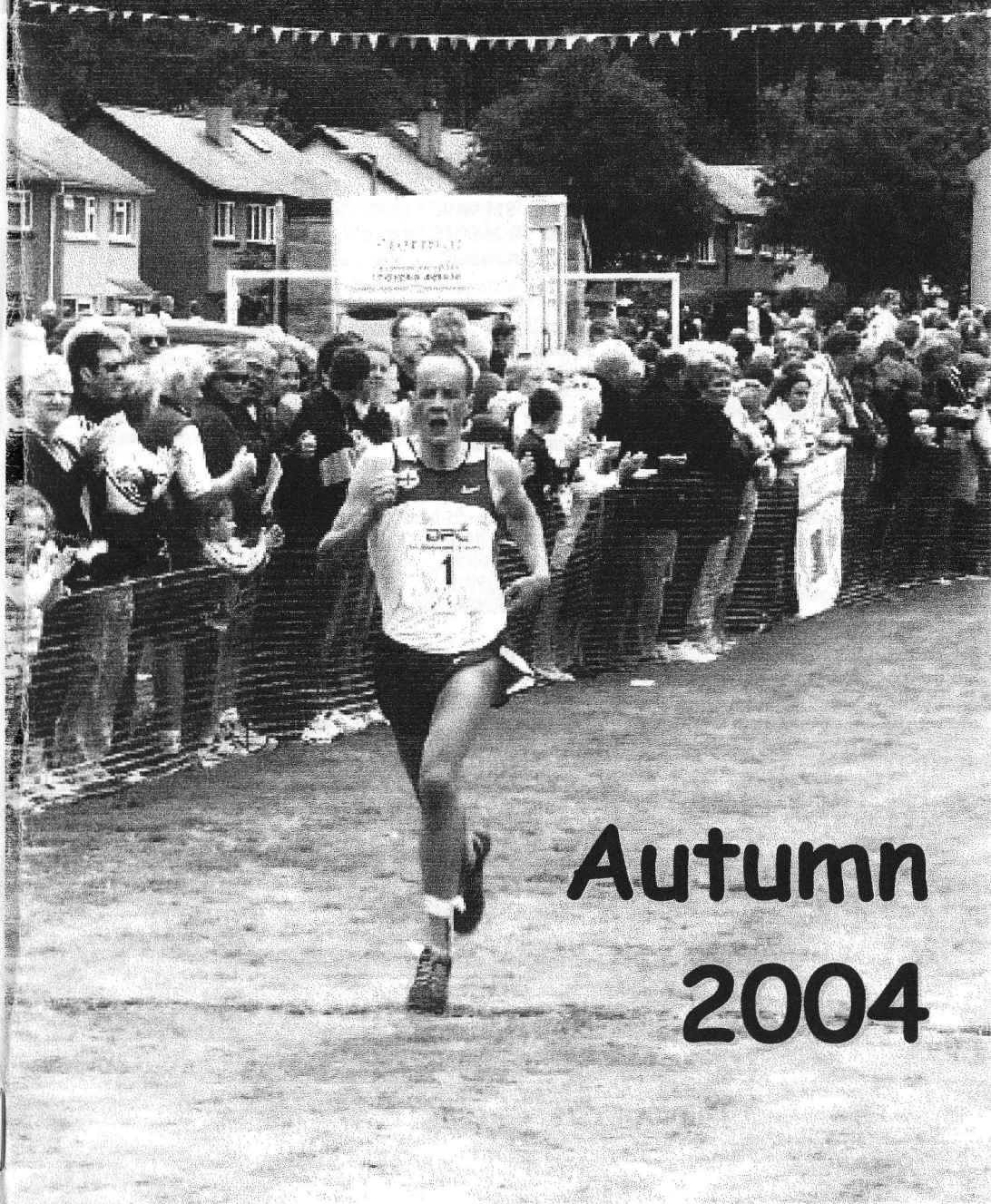


Dark Peak News



**Autumn
2004**

DARK PEAK NEWS

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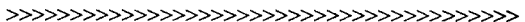
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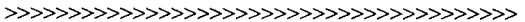
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News

Tim's International Debut

Congratulations to Tim Austin who continued an excellent season with his first representative International race for England at Snowdon. Tim finished 13th, 3rd English runner in the event. This followed his victory in the selection race at Skiddaw. Tim is our real individual star of the summer with victory in many local races.

Dark Peak Team win European Mountain Classic

Phil Winskill, Tim Austin, Mark Hayman, Andy Middleditch and Karen Davison took part in the prestigious Matterhorn Mountain Race and came away with a surprise team victory. The race was 14.5km with 1100m of climb starting in Zermatt at 1600m and finishing at the Schwartzee cable car station. Tim finished 22nd, Phil 27th, Mark 53rd and Andy 97th counted in the team competition, coming away £500 the richer.

Keve cracks the PB - with 66 seconds to spare!

Keve Saville has become the latest Dark Peaker to be successful on the notoriously tough Paddy Buckley Round in North Wales. Keve made it with less than two minutes to spare (23h 58m 54s). It was a tremendous achievement especially given the far from perfect conditions with clag and rain.

Darrel breaks nose & cheek in bike crash

Darrell Bradbury broke his nose and cheekbone in July after crashing as he crossed a cattle grid near Ringinglow. Phil Winskill was with him and got him to Norfolk Arms from where an ambulance was called. After a week in the Hallamshire he is now at home recovering. He also says a big "thanks" to all those who visited him during his week in hospital.

Broken leg at Saunders

Colin Lago broke his leg at the Saunders. Descending on wet grass near the finish of day 1 he caught his foot and heard the bone crack near the ankle. He hobbled to the finish but an x-ray the next day revealed a break. This is terribly bad luck for Colin who was getting all set up for a Joss Naylor attempt later in July. Best wishes to Colin for a speedy recovery and a go at the Joss Challenge maybe next Spring.

Six finish the BG... but one is outside 24 hours

Three members of Dark Peak, John Boyle, Andy Middleditch and James Varley, completed the BG in under the 24 hours target. A fourth, Chris Edwards, completed but missed the 24 hour target by an agonisingly close 15 minutes. Two others including Roger Woods' brother Duncan also got round under the 24. Unfortunately a further two, Jim Fulton and Mike Hayes, retired. Mike, now 65 was running strongly but sustained a badly twisted ankle. The attempt met with one of the coldest midsummer weekends for many years. Temperatures fell close to freezing at night and there was even some light snow! A few weeks later Chris Edwards did some of the support to new member Jon Hobbs who completed the round in 23 hours 32 minutes. Congratulations to all.

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 two or three stops to re-group. Wear something light or reflective for the night road runs. "Warts" runs are night runs on the fells usually about 2 hours - come prepared! "Hogwarts" runs are slower night runs usually on unlit roads and paths - bring a torch and wear reflective clothing.

"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.

2004

Sep

Sat	25	11:00	DPFR race	Dungworth, Dungworth Playing Fields	5 ml ish
Sun	26	11:00	Local race	Crowden Horseshoe, Crowden YH	8.5ml/1600'
Sun	26	11:00	Local race	Stanage Struggle, School lane, Hathersage	6.75ml/950'
Wed	29	18:30	Road run	Sportsman	
Wed	29	18:45	Warts & Hogwarts	Low Bradfield	

Oct

Sun	3	10:00	Relay	Ian Hodgson Relay, Sykeside camp site, Brotherswater. Contact Al Ward or Karen Davison if interested in running.	
Wed	6	18:30	Club runs	Sportsman	
Wed	13	18:30	Road run	Sportsman	
Wed	13	18:45	Warts run	Fisherman's car park, A57	
Sat	16	10:30	Relay	FRA Relay, Hayfield. Contact Al Ward or Karen Davison if interested in running.	
Wed	20	18:30	Club runs	Sportsman	
Wed	27	18:30	Road run	Sportsman	
Wed	27	18:45	Warts & Hogwarts	Ladybower Inn	

Nov

Wed	3	18:30	Road run	Sportsman	
Wed	3	18:45	Warts run	Bradwell	
Wed	10	18:30	Club runs	Sportsman	
Sat	13	10:30	DPFR race	DPFR Club Championships, Glossop (see website or at club hut for final details). Open to paid up club members only	
Sat	13	19:30	DPFR event	DPFR club dinner, Maynard Arms, Grindleford. Tickets from Ann Watmore before 3 rd November.	
Sun	14	10:30	Local race	Roaches, Meerbrook village Hall	15ml/3700'
Sun	14	11:30	Local race	Leg it round Lathkill, Lathkill Hotel, Over Haddon	7.4ml/1200'
Wed	17	18:30	Road run	Sportsman	

Wed	17	18:45	Warts & Hogwarts	Bolsterstone	
Wed	24	18:30	Road run	Sportsman	
Wed	24	18:45	Warts run	Snake Inn	
Sun	28	10:30	DPFR race	Warts Revenge, Ringinglow Road (Ox Stones)	
Dec					
Wed	1	18:30	Club runs	Sportsman	
Wed	8	18:30	Road run	Sportsman	
Wed	8	18:45	Warts run	Strines	
Sun	12	08:00	Relay	Calderdale Way Relay. 50 mile 6 stage pairs relay. Mens, Womens, Men's veterans and open B team if sufficient interest. £3.50/person to Mike Pedley. At least half the B team places available to anyone on 1 st come basis whatever your standard. Contact Mike Pedley if interested. HELP NEEDED WITH TRANSPORT PLEASE!	
Wed	15	18:30	Road run	Sportsman	
Wed	15	18:45	Warts run	Kings Tree	
Wed	22	18:30	Club run	Sportsman: carols at the Headstone - bring your torch!	
Tue	28	06:00	DPFR run	The tenth anniversary Bradfield Boundary Run. The annual amble round England's biggest parish boundary. Run on a twelve-hour schedule. Details at www.bradfieldrun.co.uk	48ml, 5200'
Wed	29	18:30	Club runs	Sportsman	
2005					
Jan					
Sat	1	10:30	DPFR race	New Years day race, venue to be decided. Details from Dave Tait	
Wed	5	18:30	Road run	Sportsman	
Wed	5	18:45	Warts & Hogwarts	Hugh's Hut, Stony Middleton	
Wed	12	18:30	Club runs	Sportsman	
Wed	19	18:30	Road run	Sportsman	
Wed	19	18:45	Warts & Hogwarts	Robin Hood, Loxley	
Wed	26	18:30	Club runs	Sportsman	
Wed	26	tbc	DPFR race	Wart's Night race, venue tba	
Feb					
Wed	2	18:30	Club runs	Sportsman	
Wed	9	18:30	Road run	Sportsman	
Wed	9	18:45	Warts run	Fairholmes	
Wed	16	18:30	Club runs	Sportsman	
Wed	23	18:30	Road run	Sportsman	

Wed	23	18:45	Warts run	Grouse Inn
Mar				
Wed	2	18:30	Club runs	Sportsman
Wed	9	18:30	Road run	Sportsman
Wed	9	18:45	Warts run	Edale
Wed	16	18:30	Road run	Sportsman
Wed	16	18:45	Warts & Hogwarts	Royal, Dungworth
Wed	23	18:30	Club run	Sportsman: Back on the fells

Relay News

It's entry time again for the Autumn relays: the FRA (at Hayfield) & Ian Hodgson (Brotherswater). 2 mens, 1 vets, 1 ladies have been entered for the FRA and 1 of each for the I.Hodgson. Although we always tick the box for an extra open team but as yet we haven't been successful. If you want a run please contact Karen Dalton or Al Ward only fully paid up 1st claim members who are either either FRA or NEAAA members are eligible. Entries for Calderdale will follow in September. Whether we put up a second "open" team there also depends on the level of interest. Once again the sooner we know the better as that too usually reaches its 100 team limit.

Calderdale Way Relay

We've been in the top 5 in both men's, women's and men's veterans races for many of the past 11 years that Dark Peak have attempted this relay. Yet, with the exception of two excellent victories by the women's team, we've never quite got it together on the day. This event should play to our strength - a depth of good runners. You don't have to have stars for this race (though they help!) just 12 good and well matched runners who, preferably, know the route.

It's also a good day out, a chance to socialise, marvel at how so many people can appear so disorganised but still get to their starts... and also wonder how long the shower takes to clean afterwards. There will also be some places in the B team for the first few who just want to run even if you're (like me) not up to our "A team" standard.

Let's make this our year for this race - not just an optional extra for those with the day before's cross country or fell race still in their legs.

Mike Pedley

Dungworth

The Dungworth international gala celebrity, etc event will revert this year to the traditional slot of Saturday SEPTEMBER 25 (11 a.m. from the playing field, with post-run debriefing in the royal from about 12.30).

I discussed matter with the gala/country fair organisers and they agreed it was a waste of effort to put the race on for such a thin turn-out (14 only last year -mainly because of clash with bob graham weekend and other local events). so, we go back to the favoured slot of early autumn, mists, mellow fruitfulness and plenty of slop in

farmyards and lanes. reactions/feedback received so far indicate that it's a popular decision and that we should see a good turn-out this year.

Alan Yates

Members News

Mark's International Debut - of a different sort!

Mark Hayman, former club captain and still one of our best runners is emigrating to Northern Italy with his family. His new home will be by the foothills of the Alps just North of Milan. We wish him all the best and hope he'll keep his Dark Peak membership up to stay in touch and also for the occasional trip back to Britain when he can show us all the benefit of that Alpine training.

Euro-Orienteers

Four current (or recent) Dark Peakers represented GB at the European orienteering championships (11-18 July). Helen Winskill, triple British orienteering champion was joined by Kim Buckley, Jo Stevenson and, current World Champion, Jamie Stevenson.

Helen Winskill is also selected for the World Orienteering Champs Team (11-19 September in Sweden) for the long distance and relay. She is joined by another DP member, Oli Johnson, (middle distance) and ex-dark Peaker Jamie Stevenson (long, middle and relay).

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Letters

I have recently become interested in the ageing process in fell runners. My observations support a discrepancy between the sexes.

Whilst the men look a minimum of 10y and in many cases, some 20y older than their age, the opposite appears true for the women.

As I ponder the reasons for this I would be interested to hear your views and theories on the matter.

anonymous F V 40.

Features

Some like it hot

About a holiday I had, Summer 2001....

In search of something different from the Costa's and the desire to see something of North Africa I decided on a trip to Morocco. Marrakech sounded as though it could offer a different urban experience to downtown Sheffield, whilst the High Atlas appeared to offer a contrast to Derbyshire such as mountains, level of precipitation and the absence of queues formed by three day eventing at Chatsworth.

In examining how I could execute such a trip a number of possibilities were mulled over and then dismissed. I could go with a girlfriend or partner but I had none at the time. I could go with friends, however none seemed that interested. I could of course go on my own, I was after all a grown up and could face the fickle finger of fate or even employ the more modern concept of reason, well to a certain extent if required by circumstance. I figured I could survive the urban environment of Marrakech after all my late teens were spent going out of a night in Chesterfield. The challenge of the High Atlas did however leave me with a greater level of fear and trepidation not being known for the highly developed nature of my navigational skills, getting hopelessly lost was almost inevitable. This prospect conjured up the image of "Ice cold in Alex", I reasoned I could do the film in reverse, down some lager in Marrakech and then expire of thirst on the trek as long as it was not Carling or Tenants you understand. I then thought what about going with one of those trekking companies this would provide me with fellow travellers, assistants, guides and three square or round meals a day. A trip was duly booked with Exodus fifteen days duration flying to Marrakech and including an eleven-day trek around Mt. Toubkal.

Arriving at Grindleford station with four minutes to spare I no sooner found myself ensconced in a hotel in Marrakech, meeting my fellow trekkers and the exodus guide Richard who I discovered came from Matlock. The following morning we were all allowed out to wander around the Souks and bazaars before being despatched in a fleet of landrovers to the village of Imlil, two hours away. The group consisted of about fourteen souls who appeared quite varied in terms of age and fitness and no doubt many other criteria. A relaxed evening followed, the large village house we were in felt solid and comfortable whilst the views from the rooftop offered interplay between steep mountains and the emergence of a star-studded canopy. The following morning we were introduced to our local guide and our six muleteers as well as the mules. I would like to tell you where we went I know the eleven day route formed a circuit but I couldn't tell you of hand whether we went clockwise or anti clockwise. A cursory glance at a guide book or even a holiday brochure will give you, though perhaps not me the general idea, it will include the word Tizi a lot this means pass as in cols, I think.

The first couple of days were spent with me looking at the magnificent landscape and wondering whether I had switched the gas off or some other such nonsense as how did I get here a la talking heads. The people seemed human and the days fell into a reassuring pattern. We were awoken at six by Richard with a cup of tea and then have a communal breakfast in the mess tent before setting off walking at seven. The muleteers would the pack the mess tent overtake us during the course of the morning and set up camp for lunch, twelve to two. The process would the be repeated in the afternoon before we all had the evening meal in the tent at about eight, cards etc followed by hot chocolate and toggle time.

Trekking in a group proved novel, Hassan, the local guide would go at the front whilst Richard would be at the back. The trekkers were always in between; the group could be stretched out over a mile or more. Five or six of the group would fall in immediately behind Hassan; I initially did this also. This close proximity reminded me of American prisoners manacled together as "Cool hand Luke". One of those spiritual songs would have jollied things along a bit but I didn't know any and no one else started one off. Hassan's sunglasses weren't mirrored but you get the idea. I decided I had not come on holiday to stare at my feet or the person in front of me and detached myself from the chain gang taking up a position off the back of the peleton, let us not hasten our doom. From this position I could admire the view, take photos and do a little bird watching. I found I would gradually drift until I was at the back of the group and talking to Richard about old blighty. The fact that I was a Dark Peaker left me secure in the knowledge that I could, at will, accelerate through the group to once more be at the front of the pellet on.

A notable rebellion to the chain gang took place on day two when one chap went AWOL at lunchtime, apparently the group were simply not moving fast enough for him. He had gone searching for overnight camp which seemed a tad illogical as the tent we were sitting in would form the basis of the over night camp. Richard went off in search of him and they returned after about an hour and a half the returnee somewhat reluctant to engage in conversation. Perhaps he had been a scout in his youth or a member of the foreign legion in a previous life, all this was new to me.

Extra curricular activity took place on day ten after we had been walking over a high pass sorry Tizi and were descending to Lac D'Ifni. We were hot and dusty from a day on the trek Lac D'Ifni was azure blue and from our vantage point looked so inviting. The pace quickened, as we knew the camp was going to be just above the lake and we would be able to cool off in the refreshing waters. Once at the lake side about half a dozen of us stripped off and went for a paddle or rather plunge. After four paces in the water came up to our knees however the fifth saw you completely submerged, a steep bank then. Lac D'Ifni is the largest expanse of water in the High Atlas, about 1km across with I think its called a terminal moraine at one end. The group were swimming when a chap called Alistair set off across the lake. He must have been about half way when I thought that looks like fun and set off after him. When I got to the middle I did wonder whether this was a good idea, the water was very cold and the wind down the valley gave it a choppy quality. I could leave him to it and swim back and therefore

possibly be seen as a lesser aquatic being than the afore mentioned and probably chicken, but as Adam Ant said "ridicule is nothing to be scared of". This is of course confirmed by his 21st Century incarnation Lawrence Llewellyn- Bowen. I would be grateful if some one would enlighten me on the chicken thing as cocks seem capable of a singular desire to rip each other apart as long as they are suitably equipped by their owners, so lay off the chickens. Anyway being a fully paid up member of DPFRR I completed the crossing, not a Rubicon in site.

Alistair was built for swimming 6ft 2 and had a good style however what was evident was that he did not have enough lard. He had got out of the water and was visibly shaking, the wall of rock behind which at times extended to the shore prevented us from getting out and walking round. Richard must then have arrived and wondered what we were doing on the other side of the lake. Alistair was in no state to risk going straight back so we reasoned to swim in an L shape i.e. right along the rock wall and then right again hopefully in shallow water next to the terminal moraine. During the first section we were swimming into the wind and trying to coordinate our breathing with the swell. I became quite cold, I have experienced winter cold when you sense you can feel your bones but this water cold was different. I kept swimming at a reasonable rate to generate heat but never the less cold feel the blood in my vessels cooling down. We duly reached the moraine and started swimming along the face of it, half way along Caroline, Alistair's wife, appeared with shoes and we were able to escape. The campsite above the moraine was hemmed in by steep mountain sides, we were awoke about midnight by rock fall and had to reposition tents, an exiting day.

The next morning we faced the climb up to Tizi Ouanoums 3664m, this trek went from steep to steeper .The valley was the most rugged encountered, the middle section having a chain of brown orange and red boulders strewn down it. I thought that if the top one was struck it would create a chain reaction right down the valley, a director's toy for Atlas. The path at the top of the valley made you dizzy from the constant zig zagging until we achieved the pass a notch on the left of the wall, 4hrs up. Mars bars and trail mix were consumed whilst enjoying the fine views back down the valley, over the lake, which again looked inviting, and on to the Anti Atlas in the distance. We then entered the upper reaches of the Mizane valley and descended to the Nelter refuge, 3207m. The top of the valley was surprisingly green; the path up to Toubkal was clearly visible on our right hand side. The Nelter refuge proved not to be the hellhole as described, very foreign legion.

When we arrived the tents had been erected below the refuge and lunch was soon ready. The staple fare at this time of day, a well prepared Sardine salad. The afternoon was spent relaxing, having a shower in the refuge and drinking pop on the terrace. The group now appeared very relaxed, I was curious to see another Exodus group who were on a week trip going up Toubkal and staying in proper accommodation along the way. They talked of getting to the top of Toubkal or other mountains and appeared to have had a far less involving experience than our group, objectives are good but not at the expense of the journey, discuss.

Awoken with the usual tea followed by breakfast, porridge, always porridge on big days, most of us set off on the climb up Toubkal. The weather was cold and sunny we reached a large hidden valley without much difficulty and then took the path on our right to achieve the ridge. The walking was largely on scree as the guide book describes, there was the occasional snow patch, it wasn't as labourous as the author would have you believe. Once on the ridge it was a simple matter of following it up to the summit, Toubkal 4167m. The most striking view was South, I think, over the Anti Atlas with the Sahara on the skyline. Siroua a flat-topped extinct volcano stood out whilst in the middle distance there were a number of small extinct volcanos with rocky rims to their plateau, a sort of circular Stange Edge.

Hassan set off back down with most of the group two of whom had been feeling a little queasy on account of the altitude. Richard then suggested that Alistair Caroline and myself make an additional ascent of Quanoukrim. We shot down the scree and then traversed over boulder and scree in order to miss the refuge and obtain the valley path above it. Richard and myself soon did this but once in the valley floor watched Alistair and Caroline stuck above a forty-foot rock wall. We left an arrow with stones to indicate where we had gone, this impressed me as I had seen it in Westerns, and set off up the valley. After climbing steeply up to Tizi n' Ouagana we had a break for a few minutes before going to the top of Bou Ouzzal 3860m. I think Richard thought this was Quanoukrim however once on top it was obvious that the peaks on the other side of the valley were higher, bam bouzeled by Bou Ouzzal. The ascent only took a few minutes and we raced back down to Tizi n Ouagana to meet the others.

We then set up Quanoukrim, at the start a steep rugged scramble before turning into a scree ascent a bit like the path up Dale Head. Several days earlier Quanoukrim had presented its other face to us then forming an impressive brooding mass on the landscape. We soon stood on the lower of the two summits Ras, a good place if you like mountains. A short saddle then separated us from the other summit Timesguida 4088m. Whilst at the bottom of the saddle we decided on an impromptu fell race, Caroline was to officiate so we were all guaranteed to be placed. The course perhaps involved 100m of climb and was about 600m long therefore a definite AS. Richard set off on the right hand side, with Alistair following along what turned out to be a path, I chose a direct line. Richard was out pacing Alistair and I was working as hard as I could go straight up. Suddenly 200m from the top Richard and I ran into each other as he cut across on the path. I tried to quicken and took in behind him but was unable to pass, Alistair coming in third. I wonder if I've set a new trend or whether this type of event is a DPFR tradition. Races could also be categorised in terms of height above sea level in 1000m demarcations, the rush to indulge in altitude training in say the Andes may so transform DPFR performances that we leave the Kenyans who probably never go above 2000m trailing in our wake. At prize giving I received a Mars bar and we had a great walk down the length of the Mizane valley past the Nelter refuge and on down to Imlil, a very full day.

That evening we all had a slap up meal in the village house and thanked Hassan and the muleteers. I had enjoyed their company they had introduced us to locals along the

way, I particularly enjoyed trying to harvest grain with a group of women but won't bore you with the details. The next day we drove back to Marrakech and I had another couple of days to explore the city. Not many hippies but the Djemma el Fna and a trip to the Hammam were just two of the points of interest. The Djemma el Fna is the local city square and includes numerous stalls selling food as well as individuals and groups engaged in performing arts all surrounded by bars and restaurants. The performances ranged from storytelling to aspects of masochism which wouldn't look out of place in certain clubs down Attercliffe. I particularly liked a group of women who were dancing in black dress with just their eyes visible. I never thought eyes alone could offer so much expression. Despite having a medieval aspect to it nobody popped up and offered me a rat on a stick and I settled for conga eel in batter with chips and fried aubergine. This compared favourably with Crookes high street the aubergine having a distinct edge over mushy peas. Post prandial activity included wandering around the labyrinth of souks and workshops behind the square. The numerous blacksmiths and finishing shops were a hive of industry and possessed a vitality probably last seen at home when Victoria was empress. A few drinks later and it was time for bed though the place was buzzing and the nightclubs opening up.

I'll just tell you about going to the Hammam or Turkish bath though I'm informed this type of establishment is prevalent throughout northern Africa and the eastern Mediterranean. On arrival we were allocated a masseuse who dealt with two individuals at once, he initially threw a bucket of water on you and made you lie down on a marble floor. The floor appeared pleasantly warm however after couple of minutes I realised it was heated from below and started to cook. The masseuse then re-emerged and took you to another room where you were stuffed under a cold tap, which was only three foot above the floor. This process was repeated three times before the masseuse began to work on you, employing all the time honoured methods of walking along your back, cracking your neck and attempting to pull your limbs off. The chap they allocated us was a dead ringer for Wilfred Bramble dressed only in a pair of faded Y fronts. Just when I thought it could not get any worse he stuck a mitt on, the outside of which felt like broken glass the type normally placed on the top of walls and proceeded to lacerate or should that be exfoliate me. Needless to say we all felt a lot better after we had left the 90 degrees outside being positively chilly. On reflection I can thoroughly recommend this holiday to all Dark Peakers who after all admit taking pleasure in running up and down hills.

Dave Allen

Going-the-Distance

Dark Peak, Bob Graham Round : 18-19th June 2004

Sometime on the previous Monday the inevitable happened. Colin Henson had stood down as BG organiser, the weekend was approaching fast. There were several people vaguely claiming their intentions and support, without quite knowing how! I became the "organiser".

A rapid response was called for (at this late hour), I felt we needed some statement on the website, we needed to contact and recruit a few more people. Wednesday was the night of the Crashout and the last best chance to muster support, I tried to find a schedule. I found loads of them, all different! As several people had said "its OK I have a schedule" it worried me as some of the schedules varied by as much as 2 hours. So I made a compromise schedule based upon what I found, made copies and handed them out on the night hoping for some kind of co-ordination. I contacted the BG club (after finding that a change had taken place here) and organised the paperwork, then a last disaster. I discovered that the Salutation had converted their (our) upstairs room to 5 en-suit rooms! Too late to do anything on this one.

I couldn't make the start on such short notice, so I sent my son, David, to Keswick with Lynn Bland as supporters. I only knew of 7 contenders. John Boyle, Chris Edwards, Jim Fulton, Mike Hayes, Andy Middleditch, James Varley and Duncan Woods (North York Moor AC). I conjured the supporters as seemed best, and aboard Tim Hawley's van with Jon Straker as driver/tea masher away we went. My first contact with the attempt was at Threkeld, on time at 10.30pm, there were all sorts of stories! The contenders looked damp but on the whole happy. I eventually discovered that in addition to the seven I knew, there were four others. Adam Jackson and Nick Williams (only loosely associated with the Dark Peak attempt, who were running on a very similar schedule), Dave Smith (Hallamshire) who pulled out even before I knew he was in (here at Threkeld) and a friend of James Varley's, Alex Morgan (HACC)! All to be supported on this leg by Martyn Goodwin, Dave Holmes, Dave Markham and Tom Westgate.

As they left the weather was improving, some earlier cloud lifting and stars were now showing. At this point I went to the Salutation to digest the news.

I heard the cars start at 2am with the morning shift consisting of Neil Drake, Andy Plummer, Kev Saville, Al Ward and Roger Woods setting out to be in place at Dunmail. Later I heard the cars come back as the night shift returned. I poked my nose out of my tent to discover that Mike Hayes had to pull out due to an ankle injury, but apart from being down (on my somewhat optimistic) schedule things were going well.

I was up at 6.30am to see clag on the top of Clough Head and after breakfast we were off to Wasdale.

Things looked better by the time we set up the morning changeover. The clag was just on the tops and it was warming up a bit. We had found some chairs by this time and even took Jim his nice wooden one (despite Tim Hawley's doubt over its suitability and transportability). There was loads of tea brewing away while we waited. Fortunately a few more supporters had arrived and we achieved, for the first time, more supporters than contenders.

We expected the group would split up and it had. The first group was through Wasdale at 10.20am still late on my schedule, but with plenty of time in hand was John Boyle supported by Richard Patton, Duncan Woods supported by Andrew Bradley and Andy Middleditch with Al Ward (on his second leg). They went on their way in promising conditions, the clag was now lifting above the tops and with even a bit of occasional sunshine showing. The second group came in consisting of Chris Edwards, Alex Morgan and James Varley. Unfortunately Jim Fulton, Adam Jackson and Nick Williams had pulled out somewhere around this point.

I set off with the second group with Tim Hawley, Ken Jones and Tim Ray. The three contenders separated on the climb up Yewbarrow. I found myself with Alex in the front and realised that it was about five years since I had last run this section. The weather was good (at first) and it is a straight forward leg (I shouldn't get lost). I was glad to see Robert Cooper and Alan Yates at Black Sail Pass offering goodies. Later, on the decent of Green Gable I found a very cold looking Dave Mosley (it was about here that it began snowing) offering something warm in a flask. He had been in position early and of course we were a little late, he was not fortunate with the weather. A rapid decent into Honister soon produced warmer conditions and for me a break. James came in with Tim Ray soon after, we were getting a little worried about Chris but he showed up with Tim Hawley still running.

The whole group has split up into individuals by this time. There was some confusion though. I had taken a lift from Roy (Alison Shepherd's Dad) to Newlands. First, John came in with Alison and went straight through chased by Richard. Then came Duncan with his brother Roger. We were then to have a surprise as in came Alex looking very strong and storming along with Kev as company. Andy came in with John Gunnee and I ran along with them to Keswick. Andy was running along steadily when we were caught and eventually overtaken by James. We arrived in Keswick to find that John, Duncan, Alex and James were all in with Andy making five home safely, Chris was to complete the course but was a little late on the 24hr schedule.

There followed the usual celebrations of "fish 'n' chips" and a few pints etc. The lack of a common room at the Salutation meant that people were split over both pubs in Threkeld but was all was well. A trip up Sharp Edge on Sunday morning completed a pleasant and successful weekend. I am sure it will be better next year!

Richard Hakes

The broken leg saga!

I broke my leg (the fibula) whilst competing in the Saunders two-day mountain marathon in the Lake District. My partner (Colin White from the Totley running club) and I were descending a very steep hillside over rocks and slippery grass (it had been raining for many hours) on the way to the last checkpoint on day one. Unfortunately I tripped over, my foot catching somehow thus causing my ankle to twist and wrench, I even heard the crack of the bone!

After bandaging my ankle I managed to complete the descent, aided by my partner, through ferns and rocks etc. It was then a matter of proceeding very slowly along the valley (about 2 kilometres) to the finish and overnight camp.

I rested all night in the tent, my partner providing course after course of delicious foods (well, dehydrated!) – we were so full we didn't even eat the chocolate puddings.

I managed to drive home on the Sunday and my daughter took me into hospital where an x-ray revealed the break. Today I have to visit the orthopaedic clinic where I might have a new "pot" put on my leg and I hope to find out how soon I can be active again. Present estimates suggest four to six weeks.

All of this probably means, sadly, having to cancel some professional engagements, our family holiday in France and delaying my attempt on the Joss Naylor challenge run until Autumn or probably next spring or summer.

"the best laid plans of mice and men..."

Colin Lago

Reports & Results

Tigger Tor : 8 February 2004

Yet again there was a great turn out from Dark Peak for this year's local fell race, hosted by Totley AC and Sheffield Tigers Rugby Club. I hope you found the route change this year interesting, look out next year. I am hoping to include a "summit plummet", now that I am no longer running I have to get my excitement from somewhere! ! There will also be tighter control round the check points, to eliminate short cuts.

It's a pity we can not run round the top pitch at the start and finish of the race anymore, I must have a chat with the groundsman and buy him a pint!! Unfortunately, Dark Peak was awarded the first team prize, when the winners were in fact Bamsley but we hope you enjoyed your wine anyway, we could say it was for the best club turnout.

Looking forward to your support at the next race.

Don Longley

1	Martin	Crosby	1:11:37	120	Rob	Evans,	1:33:18
13	Gavin	Williams	1:17:10	128	Jane	Searle,	1:34:16
16	Darrell	Bradbury	1:17:59	129	Jim	Lawrenson	1:34:20
22	Andy	Moore,	1:19:40	138	Roy	Small,	1:35:09
29	Keith	Holmes,	1:21:00	153	Maurice	West,	1:37:26
30	Dave	Beresford,	1:21:22	154	Geoff	Nichols,	1:37:30
31	George	Yates,	1:21:26	157	Dave	Lockwood,	1:37:34
38	Richard	Horsfield,	1:22:43	162	David	Bollington,	1:38:40
43	Thomas	Webb,	1:23:30	172	Mick	Poulter,	1:39:47
44	Roger	Woods,	1:23:34	173	Jim	Fulton,	1:40:05
47	Tim	Oneal,	1:23:42	181	Eugene	Rybiniski,	1:41:01
53	Phil	Cox'	1:24:38	186	Bob	Bryan,	1:41:47
55	Andy	Barnett,	1:24:42	187	Mike	Hayes;	1:41:52
61	Christine	Howard,	1:25:43	189	Chris	Radcliffe,	1:41:58
71	Mick	Cochrane,	1:26:45	193	Dick	Pasley,	1:43:25
72	Tom	Westgate,	1:27:01	194	Maurice	Musson,	1:43:28
73	Bob	Berzins,	1:27:15	198	Hugh	Cotton,	1:43:50
83	Richaid	Hopkinson	1:28:09	219	Mike	Arundale,	1:46:19
97	Lynn	Bland,	1:30:13	221	John	Vernon,	1:47:14
99	Ken	Jones;	1:30:24	236	David	Arundale,	1:50:31
100	Philippa	Leach,	1:30:27	241	Ted	Woodhouse,	1:53:26
104	Alan	Yates;	1:30:43	243	Peter	Macfarlane;	1:53:50
113	Roger	Slater,	1:31:32	245	Mick	Edwards,	1:54:04

Kinder Downfall : 18 April 2004

There was heavy rain early on as we drove across, but that passed over, leaving a clear trip around. Most people seemed to stay on the security of the rim path rather than venture over from Red Brook. Who's got the technique to deal with all those little stiles?

1	D.Neill (Staffs M.)	1:08:17	72	B.Berzins	1:32:09
2	P.Winskill	1:10:17	79	R.Hakes	1:33:41
13	J.Boyle	1:15:28	95	L.Bland	1:37:25
19	D.Allen	1:19:15	98	R.Slater	1:37:39
25	D.Tait	1:21:18	105	J.Gunnee	1:40:22
26	A.Moore	1:21:25	110	C.Radcliffe	1:40:48
30	D.Soles	1:22:33	111	C.Edwards	1:40:50
32	R.Woods	1:23:34	118	J.Vernon	1:42:31
41	K.Davison (1 st F)	1:26:30	137	E.Connaughton	1:50:15
47	H.Winskill	1:27:26	142	M.Edwards	1:53:50
48	C.Barber	1:27:44	148	T.Woodhouse	1:58:10
61	M.Fox	1:30:22	170	ran	

Kinder 4 Springs : 15 May 04

The organiser, Mike Hayes, has chosen to be absent for some years and a variety of other options for this event emerged. This year, however, the organiser was wheeled out to oversee a run on the original, very testing, 4 Springs course.

A mighty field of 8 sped up the forest track and quickly different routes were taken to the ruined cabin with young Phil well ahead. The fund and games then began, with John taking a longer variation almost to the Downfall and leaving the Old Goat to take advantage of such fortune. Mark chose to return back up the hill from Sandy Hey spring whilst the chasing group ploughed across rough ground underneath Mermaid's pool. Better route choice then saw Andy Middleditch close on the leading two: Mark & Phil. John, having pulled back at Noe Stool then chose an easterly crossing of Crowden Head, and was not to be seen for some while.

Up front, young Middleditch seized his chance and left more fancied runners to hack their way through heather and bog. The record of 1:37 was not in danger with only two breaking the 2 hour mark. Mick Poulter showed willing, the results revealing his claim to 2 3/4 springs - a new variation!

					Andy Harmer
1	Andrew Middleditch	1:54:30	5	John Boyle	2:18:00
2	Mark Hayman	1:57:20	6	Dave Tait	2:25:00
3	Phil Winskill	2:02:20	7	Roger Slater	Sub 3hr
4	Andy Harmer [1 st M40]	2:09:30	8	Mick Poulter [2 3/4]	2:09:10

Helvellyn Fell Race : 30 May 2004

11ml, 4500ft. AM.

Only two of us there, for this excellent event. Once on the ridge, rolling along over the Dodds and Raise, the views were superb, clear, hills everywhere. Coming back the same way doesn't spoil things, just leaving the huge finishing descent. This is probably too dangerous to be a championship course, today everyone slowed down to safely avoid sliding into some nearby ravine. Really good refreshments, huge chunks of cake!

					Dave Tait
1	S.Booth (Bor'dale)	1:39:00	47	N.Boler	2:16:30
18	D.Tait	1:59:00		96 ran	

Champagne Challenge : 9 June 04

A field of 41 runners set off on a beautiful summer evening to tackled the now well known route. The winner was Tim Tett in 1:03:27 just missing the champagne. Tim has asked for help next year as he wants someone to give him a really good race and push him close to the hour. Chris Sellens was second. Phil Crowson and Tim Hawley had particularly fine runs. Debbie Smith was first lady in 1h35m - a very creditable time. The usual jam, rhubarb and herbs were awarded afterwards.

So the challenge remains. Come the hour, come-th the champagne.

John Myers

Tansley Hill Race : 12 June 04

A 4 mile blast on the lanes and fields round this lovely village, coupled with excellent Ashbourne Ale afterwards in the village hall, was a top way to spend an afternoon. A low key event I agree, but when the results come with a hand written 'thank-you' letter for turning up, it made it even more worth while. Great to see Bob back racing – not great that I still can't beat him.

					Andrew Moore
1	Andrew Middleditch	27:15	15	Matt Hulley	32:02
5	Bob Toogood [1 st M40]	28:56	17	Philippa Leach [1 st F]	33:01
7	Andrew Moore	29:40	19	Roger Slater	33:27
51 Ran, DPFR 1 st Team					

Penistone Hill Race : 13 June 04

Another sharpener for Grindleford, with Andy using it as Bob Graham preparation. A top 10 place handed on a plate by a runner who got lost in a field - even I've never done that before! I still smile in recollection of the 3 drinks stations. The 1st with about 50 cups of Orangeade, Limeade or Lemonade (all fizzy) neatly laid out, the 2nd where you had to wait for a lady to get a bottle out of her rucksack and unscrew the top, and the 3rd with a lad lending you his cycle drinks bottles.

					Andrew Moore
1	Andrew Middleditch	45:28	9	Andrew Moore	50:50
6	Thomas Webb	48:38	48	Ran, DPFR 1 st team	

Crookstone Crashout (no. 41) : 16 June 04

The 21st summer running resulted in the original route returning after years in storage. Tim was optimistic of victory but young Gareth Turner, running in slippers, surprised by dashing down the hill for glory. Tom Westgate, not so fresh from his Paddy Buckley, did well to get round. Conditions were good with only one shoe sucking bog but the bilberry and bracken probably added a few seconds. Hilary took the ladies race though young Deb threatened to lead the way. As I expect to be in New Zealand for the winter solstice, I will lay down a more demanding route for the winter classic.

					Andy Harmer
1	Gareth Turner	33:19	16	Bob Berzins	39:31
2	Tim Tett [1 st M40]	34:40	17	Richard Hakes	39:38
3	Phil Crowson	34:42	18	Tom Webb	40:01
4	Tim Hawley	34:35	19	Dave Holmes	40:03
5	Dave Miller	35:10	20	Tom Westgate	40:16
6	Dave Allen	35:40	21	Alan Yates	40:52
7	Rob Smith	36:25	22	David Hakes	42:08
8	Darryl Bradbury	36:30	23	Kev Saville	42:23
9	Andy Harmer [1 st M50]	37:33	24	Hilary Bloor [1 st F]	42:34
10	Roger Woods	37:38	25	Deb Smith	43:54
11	Tony Keddie	37:41	26	Martin Payne	44:40
12	Chris Barber	38:02	27	Hugh Cotton	47:35
13	George Yates	38:10	28	Lucy Weigand	49:00
14	Roy Small	38:20	29	Rob Cooper	?
15	Tim Ray	39:17	30	Mick Poulter	?

Grindleford : 17 June 2004

One of my favourite local races with a bit of everything I like - a fast runnable climb a flat bit to (try to) stretch my short legs, getting lost in some very fragrant rhododendrons, an eyeballs out decent, and some fun at the end where you can make up several places if you are good at river crossings, and a good turn out in the pub.

Andrew Moore

1	Phil Winskill	31.44	73	Roger Slater	41.33
4	Dave Taylor	33.35	74	Jane Griffiths	41.44
5	Simon Patton	34.45	92	Jane Searle	42.35
8	Tim O'Neal	36.20	95	Geoff Nichol	42.45
15	Bill Hanley [1 st M50]	36.58	113	Simon Pape	44.14
17	Kevin McGrath	37.08	117	Clive Wilson	44.25
19	Andrew Moore	37.21	125	Chris Radcliffe	44.57
22	A Barnett	37.32	126	Mike Arundale	45.02
26	Keith Parker	37.45	128	Peter Kenney	45.16
37	Helen Winskill	38.26	137	Tim Atkin	46.16
45	Mick Cochrane	39.01	157	David Arundale	49.00
50	Matthew Hulley	39.41	182	John Norman	51.20
65	Richard Hopkinson	40.52	184	Mike Browell	52.33

Hunshelf Amble : 19 June 2004

Did my eyes deceive me - surely big Bob isn't slumming it on a hill race! Eyes didn't deceive as BT shot passed again, still slowed (apparently) by some mystery illness! Another eyeballs out course with no hint of any walkable sections and again we were made to feel really welcome by the race organiser. Race only let down by the fact the pub forgot to open afterwards.

Andrew Moore

1	Andrew	Carruthers (Crawley AC)	56.34
5	Bob	Toogood [1 st M50]	1:00:24
9	Andrew	Moore	1:02:12
39	Bob	Berzins	1:09:55
84	Ran		

Buckden Pike Fell Race : 19 June 2004

English Championship (3). AS. 4ml,1500ft

A very hard, steep, short course. Cold and showers about, some give in the ground. Once up the steep start, plenty of runnable stuff to the top, then a flying descent getting ever faster, down the steep drop and hope not to crash in the slippery stream. A desperate shortage of youth. NO Ladies younger than Vets, and a pitiful lack of support from the Senior Men to give the Team backing for Tim - a superb 7th, Phil and Dave Taylor.

Dave Tait

Buckden Pike resultsMen

1	S.Bailey (Mercia)	30:57	93	K.Holmes	40:46
7	T.Austin	32:37	144	T.Keddie	44:14
19	P.Winskill	34:49	234	B.Thackery (2 nd V70)	55:36
41	D.Taylor	36:53	239	C.Henson (3 rd V70)	56:18
61	S.Bell	38:55			
76	D.Bradbury	39:50			
81	D.Tait	40:13			
91	G.Williams	40:43			

Ladies

1	V.Wilkinson (U/A)	39:28	26	H.Bloor (3 rd LV50)	48:43
18	P.Leach	46:41	32	A.Watmore(4 th LV50)	52:00
21	L.Bland	48:27		44 ran.	

Kinder Trog : 20 June 2004

An extra climb raised the status of this year's Trog : now it's direct to Edale Cross passing the other side of Swine's Back, and a long grassy drop to the River Sett, followed by a stiff climb up the other side. South Head then makes a welcome return. Some tired legs around after Buckden the day before. The race will now be close to AL.

Dave Tait

1	P.Winskill	2:01:30	29	R.Slater	2:29:58
7	D.Tait	2:11:50	62	M.Payne	2:51:13
8	K.Holmes	2:11:56	66	M.Poulter	2:55:05
12	R.Horsfield	2:16:22	71	M.Musson	2:59:40
20	D.Soles	2:21:31	76	T.Woodhouse	3:08:29
				85 ran	

Parwich Hill Race: 29th June.

A good village carnival evening in a picturesque village, hot dogs, fair rides and beer. Three races - Local women at 7pm, then juniors at 7.30 and seniors at 8.00. The senior race "charges" up Parwich Hill with a prize for the 1st to the top and then cruises around fields, tracks and lanes, back to a finish down the main street with half the village watching. The first "woman" was 12years old and came 9th! Result printouts were available straight after the finish, a contrast to some evening races where you never do find out where you came!

Richard Hopkinson

1	Dan	Yates (Matlock)	18:11
15	Matthew	Hulley	22:13
16	Richard	Hopkinson	22:26
51	Ran.		

Hope : 30 June 2004

Good conditions for one of the traditional early summer wakes races. After two years recovering from some mystery 'post-viral' type of illness, 107th was a minor victory of sorts in my 'comeback' event!

Mike Pedley

1	M. Fowler (Pennine)	25:30	68	P. Sanderson	33:41
2	P Winskill	25:45	70	C. Edwards	33:43
5	D. Taylor	27:16	73	P. Stopford	33:49
6	S. Patton	27:27	75	D. Holmes	33:57
8	I. Lewis	28:08	76	J. Griffiths [1 st F40]	33:57
11	C. Browell	28:55	78	P. Leach [2 nd F40]	34:07
13	G. Williams	29:07	80	J. Herbert	34:32
15	A. Middleditch	29:22	93	A. Watmore	35:43
18	R. Davison	29:43	96	G. Chetty	35:57
22	B. Hanley [1 st M50]	30:05	98	R. Hambleton	36:05
23	R. Hutton	30:17	101	R. Cooper	36:25
24	A. Moore	30:26	102	E. Rybinski	36:27
28	R. Smith	30:57	107	M. Pedley	36:55
31	R. Woods	31:16	109	J. Myers	36:58
32	J. Varley	31:19	110	D. Hay	37:04
37	A. Barnett	31:33	114	A. Shepherd	37:14
38	K. Parker	31:38	118	J. Fulton	37:36
44	G. Yates	32:12	119	J. Dalton	37:41
47	A. Jenkins	32:19	129	M. Edwards	38:29
48	K. Marshall	32:25	145	M. Browell	40:39
51	R. Hakes	32:41	152	M. Flinders	42:06
58	M. Hulley	32:52	156	G. Myers	42:15
59	R. Moore	33:05	172	Ran	
61	M. Payne	33:17			

Winster Race :1st July 2004

Another typical village carnival race. Start and finish up and down the main street with half the village watching. It was of special significance for us as it was Dawn's first race since being diagnosed with advanced cancer last August.

Richard Hopkinson

1	Dan	Yates (Matlock)	24min	29	Simon	Pape	32-11
9	Dave	Harrison	26-30	61	Dawn	Hopkinson	50min
17	Richard	Hopkinson	29-39	64	ran.		

Tideswell Fell Race : 2 July 2004

Another wet evening meant lots of slithery feet about, especially on the dark, muddy drop back down into Miller's Dale. One and a bit year's grace before the V50 group gets shaken up.

Dave Tait

1	D.Neill (Staffs M.)	26:32	51	D.Hay	36:44
9	D.Tait	30:56	52	G.Nicholls	36:59
10	R.Hutton	31:00	55	M.Arundale	37:38
11	P.Crowson	31:03	63	B.Bryan	39:06
13	D.Soles	31:11	70	M.Browell	41:55

Skiddaw : 4 July 2004

A fine run by Tim in this classic up and down race and got him selected for the England team at Snowdon. Some fine cakes and copious amounts of tea to be had in the club house in Fitz Park afterwards.

							Paul Sanderson
1.	Tim	Austin	1.08	43	Rob	Davison	1.29
19	Phil	Winskill	1.21	60	Paul	Sanderson	1.36
40	Paul	Harrington	1.28	97	ran		

Black Rocks : 7 July

The race was restored to the full route with the magnificent 'eyeballs-out' decent from Black Rocks trig through the woods. Good intra-club rivalry spurred us to nearly snatch 1st team from from the hosting club. Rodney Lintton giving a good account of himself despite looking suspiciously like Rob Hutton as we exchanged pleasantries in the Dev at Beeley post-race. Colin clinched the V60 prize from runners at least 10 years younger than himself - I wish I could do that.

							Andrew Moore
1	Lloyd Taggart	(Buxton)	37:00	39	Philippa	Leach [2 nd F]	46:36
7	Andrew Moore		41:17	43	Helen	Thorburn [3 rd F]	47:00
8	Rob Smith		41:25	55	Rob	Cooper	50:06
9	Rodney Lintton		41:28	69	Colin	Henson [1 st M60]	53:57
24	Geoff Kirk		45:57	77	Mick	Edwards	55:24
27	Matt Hulley		45:28	90	ran		
38	Chris Edwards		46:34				

Loxley Lunge : 10 July 2004

The course was exceptionally well pruned, allowing for obstacle-free progression, and a clear view of the treacherous descents. Most runners took advantage of this to place their feet wisely and avoid serious injury. The exception was the organiser, whose pride was so hurt at being overtaken by Hamish that he lunged recklessly down the cliff-top path and sprained an ankle for the second time in his own event. Well, at least I am getting across the point that this is a potentially dangerous race.

Tim Hawley placed an early time and held the lead for most of the evening until Tim Tett turned up late to snatch victory and a record for the new course. He was probably faster last year when we did the course for the first time, but I lost the results so it never counted! Young Dan was first junior, and a very impressive third overall. But he failed to be first Dad-thrasher, that honour going to Hamish Harmer. First nowt was Rob Davison, who was also the only person in the race not to get a letter after his name for being either really old, really young or female. A notable feature of this year's race was the strong turnout by Dark Peak women. Karen was the fastest, setting a new women's record of 26:14. Thanks to everyone who stayed for the barbecue despite the unseasonably cold weather. And special thanks to Rob Davison for fathoming incomprehensible instructions to erect the new barbecue even as the burgers were thawing.

Dave Holmes

1	Tim Tett	0:21:51	12	Richard Hakes	0:28:00
2	Tim Hawley	0:23:46	13	John Gunnee	0:28:29
3	Dan Tett [1 st J]	0:25:12	14	Hilary Bloor [1 st FV]	0:28:42
4	Rob Davison	0:25:15	15	Dave Markham	0:29:24
5	Hamish Harmer	0:25:36	16	Robert Cooper	0:29:40
6	Tom Westgate	0:25:49	17	Ann Watmore	0:30:06
7	Andy Harmer [1 st M50]	0:26:06	18	Mike Pedley	0:31:47
8	Chris Barber	0:26:10	19	Jon Straker	0:36:47
9	Karen Davison [1 st F]	0:26:14	20	Helen Pedley	0:38:41
10	John Kewley	0:26:44	21	Dave Holmes	0:43:58
11	Paul Sanderson	0:27:14			

Wasdale Fell Race : 10 July 2004

Still the hardest and the best. Clouds brooded around, but the day stayed clear and dry. Over Whin Rigg, a hard race in itself, then set off into the heights. Off Seatallan you look across at mighty Gable and Scafell Pike, so far away. But they come, you hit the Lingmell Nose, fantastic as you realise you've done another Wasdale. Come and join us next year?

					Dave Tait
1	P.Davies (Borrowdale)	3:53:55	40	P.Elliot	5:52:31
10	D.Tait (1 st V50)	4:44:19	Ret.	C.Edwards	
28	R.Woods	5:36:00	71	started, 22 retired.	

Melantee : 10 July 2004

Dave Taylor and I went up for this short sharp blast from Claggan Park to the little summit above the distillery. After a lap around the park the run ducks out onto the main road before hanging a sharp left again and following an old road, which gradually runs out, at the foot of the climbing. From a distance it looks pretty tame, but up close you realise it is monster steep and unrelenting, except for a temporary reprieve at around 3/4's height. The drop back is just awesome, but too short. I managed the drop back really well and was just beginning to congratulate myself on staying upright when I nose dived into the bog! Dave ran a really strong race to finish 22nd just 2 places and 10 seconds behind Malc Patterson.

					Tim Austin
1	Simon Bailey (Mercia)	27.56	20	Malcolm Patterson	32.53
3	Tim Austin	28.57	22	Dave Taylor	33:03

Peak Forest 'Cake Festival' Fell Race : 11 July 2004

Well a race can't be that bad if Colin Donnelly travels from wherever Maen Cwn Dinorwy is, although he was well beaten on the cake eating front by the Davisons & Winskill. Local knowledge (can you believe it in this race!) gave you an edge when an incorrectly placed marker sent people off Elton Hill in the wrong direction, enabling me to hold off 'Rocket Ron' Fawcett (who I have just learned used to 'rock climb a bit' - his words not mine!). But the race is an incidental part of this gastronomic delight.

Andrew Moore

Peak Forest results

1	Colin Donnelly (MCD)	0:40:13	18	Rob Davison	0:47:02
2	Phil Winskill	0:40:14	29	Roger Slater	0:51:03
3	Kev Lilley	0:40:23	37	Geoff Nichols	0:52:37
9	Pete Hodges	0:42:27	42	Hilary Bloor	0:53:32
12	Andrew Middleditch	0:43:17	47	Eoin Connaughton	0:55:15
13	Andrew Moore	0:45:15	56	Mick Edwards	1:01:55
16	Neville Boler	0:45:55			

Bamford : 14 July 2004

Now well established with its Win Hill route as the best of the local races - just look at the Dark Peak turn out...

1	Phillip Winskill	29.07	91	Bob Berzins	37.57
5	Simon Patton	30.52	94	Philippa Leach	38.02
6	Richard Patton	31.09	95	Paul Sanderson	38.05
9	I Lewis	31.42	100	Lynn Bland	38.31
11	Pete Hodges	31.54	106	Tim Ray	38.40
18	Keith Holmes [1 st M50]	32.48	108	Chris Edwards	38.46
25	Gavin Williams	33.42	111	Alice Brockinton	38.56
28	Rob Davidson	33.50	117	David Bollington	39.14
29	Adam Jackson	33.51	120	Tim Mackey	39.26
30	Nick Wallis	33.52	140	Alan Yates	40.13
31	Tim Oneal	33.52	145	Dick Pasley	40.33
33	Chis Moseley	33.58	155	Tim Atkin	41.03
36	Andrew Moore	34.14	158	Hilary Bloor	41.09
40	John Soady	34.28	166	Robert Cooper	41.35
41	Robert Hutton	34.31	168	Dorothy Pelly	41.40
45	Keith Parker	34.44	169	Mike Arundale	41.41
47	Andy Barnett	35.01	171	John Dalton	41.52
49	Dave Charles	35.11	175	Rob Bryan	42.25
53	James Varley	35.42	177	Fulton	42.38
57	Neville Boler	35.51	179	Dan Tett	42.45
61	Martin Smith	35.59	189	Peter Tapping	43.42
70	Chris Ledger	36.29	194	David Arundale	44.05
76	Richard Hakes	36.52	200	Peter Kenny	44.58
81	Tom Westgate	37.17	201	Mick Edwards	44.59
83	Sean Ledger	37.31	205	Hugh Cotton	45.03
84	Martin Payne	37.32	213	Matthew Flinders	45.44
85	Richard Hopkinson	37.33	226	Mike Brawell	48.05
89	Rob Moore	37.54	254	Tim Tett	DNF

Peakers Stroll 17 July 2004

25 miles ~4000'

A flat battery made me half an hour late for the start, but this is such a laid-backed event that they let me start anyway. By Win Hill I was catching the slower runners, but no Dark Peak vests ever came within view and I had a lonely plod back up Cavedale. Dave was receiving his prize as I staggered into the village hall.

Lesley and the other girls made their views known to the organisers on the lack of recognition of women competitors! Route recommended if you fancy a long, fast blast -similar but better than the Grindleford Gallop.

Gavin Williams

1 Dave Tait 3h28m
 4 Lesley Aitchison 3h48m (1st F)
 7 Ken Jones 3h57m
 u/c Gavin Williams 3h32m

Kentmere Horseshoe : 18 July 2004

British (4) and English (4) Championship. AM.

A lovely clear, warm, dry day. Ideal conditions for the Lakeland Hills. There weren't many better places to be – what a pity that our Senior Men don't see it that way. Good to have new faces joining the cause, and Ron being a counter in his first club race. How can we possibly encourage younger folk to join when we can't get a Senior team out? So well done to everyone there, especially Keith and Hilary with a real fliers.

Dave Tait

1	S.Bailey (Mercia)	1:22:36	266	T.Keddie	2:04:01
65	S.Bell	1:41:28	301	H.Bloor (2 nd L50)	2:09:26
66	J.Boyle	1:41:44	312	H.Thorburn	2:11:18
84	K.Holmes (5 th V50)	1:45:16	356	A.Watmore	2:19:55
102	D.Allen	1:46:47	363	G.Nichols	2:21:02
120	R.Fawcett	1:47:41	371	J.Dalton	2:21:50
147	D.Tait	1:49:50	395	B.Thackery	2:27:19
213	N.Wallis	1:57:58	403	C.Henson	2:29:52
228	A.Brockington	1:59:38		439 ran.	
256	P.Leach	2:02:49			

Robin Hood Monumental Fell Race : 20 July 2004

And it poured. Coming down through those woods is never easy. Now it was dark, wet, slippery with that overhanging branch at head height lurking somewhere. Couldn't get any wetter, at least it wasn't too cold and not too long a race.

Dave Tait

Robin Hood results

1	S.Patton	35:02	70	R.Hakes	44:35
2	K.Lilley (1 st V40)	35:08	74	J.Griffiths	44:45
4	A.Middleditch	35:55	96	L.Bland	47:00
6	I.Lewis	36:30	98	A.Kitchen	47:06
7	A.Dickenson	36:50	103	R.Slater	47:22
9	J.Boyle	37:08	104	D.Lockwood	47:23
16	K.Holmes (1stV50)	38:00	109	J.Searle	47:50
19	R.Davison	38:30	117	G.Chetty	48:07
24	B.Hanley	39:20	128	R.Cooper	48:50
30	K.McGrath	39:50	133	J.Fulton	49:22
40	R.Woods	40:36	136	B.Bryan	49:33
43	D.Tait	41:20	138	M.Arundale	49:44
48	M.Smith	41:50	146	D.Arundale	50:50
53	M.Hulley	42:18	170	H.Elleker	??
55	C.Ledger	42:32	187	M.Edwards	??
58	R.Hopkinson	42:48	188	M.Browell	??
61	T.Westgate	42:56		212 ran	
62	S.Ledger	43:17			
65	K.Davison	43:50			

Sheldon : 22 July 2004

Sheldon Fell Race OR runner verses cow race! For the second year (apparently) several cows have joined in (without paying) half way round the race causing many runners to leap off the path to safety - so be warned if you intend to do this race next year! Otherwise, very enjoyable race, fast downhill start, steep ascent and short winning time - plus black sheep beer in the local pub! Prizes - Phil won a bottle of whiskey and a trophy (which hasn't been seen for two years), and all other category winners won a bottle of wine plus a medal.

				Hilary Bloor	
1	P.Winskill	24:24	34	P.Sanderson	31:08
3	K.Lilley (1 st V40)	24:53	35	M.Dennison	31:16
6	K.Holmes (1 st V50)	27:27	40	H.Thorburn	32:24
11	R.Hutton	28:22	42	R.Slater	32:45
12	B.Hanley	28:34	46	D.Lockwood	32:59
13	D.Tait	28:47	50	Hilary Bloor [1st F40 &F50]	33.25
14	D.Allen	28:49	58	T.Atkin	34:16
19	N.Boler	29:01	59	R.Cooper	34:29
27	C.Ledger	30:11	64	J.Dalton	35:37
28	J.Hargreaves	30:18	68	J.Myers	36:12
31	M.Hulley	30:41	72	P.Kenny	36:34
			102	ran.	

Snowdon : 24 July 2004

A European mountain race hiding in Wales! A super event which succeeded in achieving its goal of involving the whole community and featuring the Llanberis version of Pop Idol. The race itself starts by the lake and takes the path which follows the rough line of the railway with a steep tarmac start, fast runnable section then steep and finally runnable before the drop. I ran uphill like a donkey and finally gave up any hope of achieving a top ten place about 1/3 of the way down. Pressure off I began motoring and got the 4th fastest drop of the day and England won the team prize!

Dark Peak had a good turn out with Phil finishing just inside the top 30, Middleditch a respectable 80th and Paul Harrington 128th.

					Tim Austin	
1	Ian	Holmes (Bingley)	1.05.38	61	Stuart Bradstock	1.19.52
8	Rob	Hope (Pudsey&B)	1.08.28	80	Andy Middleitch	1.22.08
13	Tim	Austin	1.09.55	128	Paul Harrington	1.28.05
28	Phil	Winskill	1.12.31			

Holme Moss Fell Race : 25 July 2004

16ml. 4000ft. AL.

Horrible, cold, wet and boggy conditions, sheeting rain coming down from Black Hill. Too many flags around for local knowledge to take advantage of this, at least the wind helped us along the returning leg of the Pennine Way. At the end there were more prizes than people, nothing but praise for the way this race is always put together. Special mentions for Mike, fit and running well, Helen as first Lady, and Dave Bollington – if you can cope with that, the rest is easy...

					Dave Tait
1	T.Werrett (Mercia)	2:30:16	22	D.Soles	2:55:11
3	A.Ward	2:30:40	24	P.Crowson	2:55:40
6	M.Robinson	2:39:58	42	R.Slater	3:13:11
9	K.Holmes	2:41:41	46	H.Thorburn (1st Lady)	3:16:34
12	D.Tait	2:48:48	52	D.Bollington	3:21:41
13	G.Williams	2:50:28			
18	D.Allen	2:51:54			

Cakes of Bread : 28 July 2004

Well that's it - the 21st running of the race and the standard appears to age with the organiser. A star studded field turned out but only the first 5 minutes edged under 50 minutes - a time seen as fairly sedate in the mid 80's when the sub-38 record was set.

The women on the other hand offered good sport. Jo and Karen were well ahead at Lost Lad but a better route choice and climb up Pike Low gave Helen victory. Jayne, Deb and Lucy ensured a good womens field. Phillipa, in perhaps her first 'rough' race, lost contact at the back and was fairly dispirited when picked up by Jayne. Good to see Dave Lockwood edging back to fitness.

Andy Harmer

1	Alan Ward	47:00	24	David Hakes	1:00:03
2	Tim Austin	47:00	25	R. Moore	1:00:04
3	Tim Tett [1 st M40]	48:27	26	Dave Lockwood	1:01:23
4	Pete H	48:40	27	Roger Slater	1:01:25
5	Rob Davison	49:03	28	Roy Small	1:02:01
6	Mark ?	50:35	29	Michael Nunn	1:02:33
7	Gavin Williams	50:42	30	Jayne Searle	1:02:38
8	Tim Hawley	52:34	31	Dick Pasley	1:03:13
9	James Varley	52:36	32	Jim Fulton	1:03:22
10	Chris Moseley	52:47	33	Deb Smith	1:07:44
11	Helen Winskill [1 st F]	54:30	34	James Jacker	1:07:44
12	Jo Smith [2 nd F]	55:12	35	Hugh Cotton	1:07:55
13	Chris Ledger	55:17	36	John Dalton	1:08:02
14	Karen Davison	55:20	37	John Myers	1:09:02
15	Andy Harmer [1 st M50]	56:52	38	Maurice Musson	1:11:48
16	Roger Woods	57:30	39	Alan Beardley	1:13:06
17	Chris Barber	57:47	40	Lucy Weigand	1:13:34
18	George Yates	57:51	41	Robert Cooper	1:14:08
19	Paul Sanderson	58:03	42	Andy Malkin	1:18:58
20	Bob Berzins	58:23	43	Mike Browell	1:25:00
21	Alan Yates	58:37	Dnf	Phil Winskill	
22	A.N. Other	59:08	Dnf	Phillipa Moorhead	
23	Richard Hakes	59:49	45	Started, 43 finished	

Goyts Moss : 28 July 2004

Only 5 of us for this annual 'midge fest' just off the Cat & Fiddle Rd which is a shame as its a wonderful course with a bit of variety as it descends to Goyt Valley reservoir from the start, then a climb back up to the finish. This coupled with refreshments outside the Monsal Head as the sunset made for a good night in the hills.

Andrew Moore

1.	Malc	Fowler (Pennine)	46.45	32.	Matt	Hulley	59.19
13.	Andrew	Moore	55.02	89.	Eoin	Connaughton	71.02
28.	Andy	Barnett	58.23	98.	Mick	Edwards	73.24

Rydal Round : 29 July 2004

AM. 9ml. 3000ft.

This is part of the traditional Ambleside Sports. Usually it's too close to Borrowdale, but different dates attracted a good field. Like Fairfield, though with a different start and finish. Very impressed with their system of prizes, in depth : envelopes were given out as we finished, so no need to wait around for ages afterwards.(of course they were all gone when I rolled home). Lots of interest all around, a recommended time out.

Dave Tait

1	J.Blackett (N.York. M.)	1:19:53	38	R.Hutton	1:38:46
12	K.Holmes (3 rd V50)	1:31:14	44	N.Boler	1:40:21
22	D.Tait	1:33:41	110	ran	

Cracken Edge : 4 August 2004

A slightly altered finish did not spoil this blast round Hayfield, although the finishing funnel on a really steep road could do with extending to accommodate Tom's stopping distance. A quick start was essential as overtaking was impossible for large parts of the course due to the presence of Tim Hawleys elbows. Paul had the privilege of watching a classic 'father v son' race unfold. Kev was deprived of 3rd place due to a bad choice of racing rubber. The gut renching smells as we approached the cross over point of this figure of 8 course made several think that JF/MM had turned up late to race, but a dead sheep was later pinpointed as the cause. The winners prize was confiscated and drunk by several irate DPFR stalwarts.

							Andy Moore
1.	A	Numbskull (Hallamshire)	43.08	66.	David	Hakes	57.07
4.	Kev	Lilley	44.41	68.	Old	Father Hakes	57.15
19.	Andrew	Moore	51.04	70.	Paul	Sanderson	57.34
25.	Tim	Hawley	52.21	76.	Roger	Slater	58.07
36.	Andy	Barnes	53.30	79.	Tim	Ray	58.21
44.	Neville	Boler	54.11	112.	Eoin	Connaughton	63.03
48.	Tom	Wesgate	55.19	127.	John	Myers	66.50
58.	Chris	Barber	56.06	162	Ran		

Borrowdale Fell Race : 7 August 2004**British (5) and English (5) Championship.**

A most pleasing turnout for this year's Borrowdale, with many welcome new faces. Typical excellent efforts from Tim, Dave Taylor and Keith. Having encouragement along that wet, boggy plod to Esk Hause, drinks at the top of Gable and at Honister, tremendous. Perhaps this popularity could be extended to next year's Lakeland Classics series, all of them good events. The day was so hot, with the climb to Dale Head being desperately wobbly to some of us. The organisation coped well with large numbers and E.O.D. and only £4 for the race, extensive depth in prizes and superb refreshments – real value for money. - DT

1	S.Booth (Borrowdale)	2:50:37	193	A.Brockington	4:22:21
10	T.Austin	3:03:53	207	F.Thomas	4:27:12
31	D.Taylor	3:27:39	208	M.Hulley	4:27:13
65	M.Robinson	3:44:38	209	H.Thorburn	4:27:33
67	K.Holmes (4 th V50)	3:46:38	214	T.Keddie	4:29:43
72	D.Tait	3:46:38	298	A.Yates	5:00:11
74	P.Winskill	3:47:12	300	D.Lockwood	5:00:32
77	S.Bell	3:48:25	349	R.Hakes	5:19:33
83	R.Fawcett	3:50:31	357	M.Browell	5:23:45
99	R.Davison	3:55:42	361	A.Jones	5:24:24
105	T.Hawley	3:57:40	380	C.Edwards	5:35:17
132	N.Wallis	4:04:50	381	D.Pasley	5:36:03
145	A.Moore	4:09:55	dnf	H.Cotton	

Sierre - Zinal : 8 August 2004

18 miles, 7000'

Three club members entered all unknown to each other (Gavin Williams, Phillipa Leach and myself)- should have gone on the car-share website and saved some travelling expenses! This was my first race abroad and I was a little apprehensive, not least because the temperature on the Saturday was in the 30's C. Also I noticed I was one of the oldest entrants, there were more younger runners and females than an average UK long race.

The organisation is big (as is the entry fee by our standards £25 approx) with about 850 runners starting at 9.00 am and 1600 "walkers" at 5.00 am! Various brochures were available about the race. There was a band at registration on the Saturday, a band at the start and 3 bands at the finish in a huge marquee, where after race meals were served, and a large number of spectators along the route. The whole 30km route is marked along paths and tracks. The course rises steeply to start out of the Rhone valley from 500m to about 1900m over the first 8km. It then rises gradually for the next 10km to 2200m before rising steeply to the high point at 2425m at 24km. A gradual decent turns into a steep drop down into Zinal 1650m at 30km. Once out of the wooded initial hillside the views are fantastic. There were 6 feeding stations providing a water, electrolyte, tea and coke (Ask Gavin about the coke!), plus bananas and bread.

I enjoyed the race, and whilst very different to a British fell race, it was certainly a great off road running experience. I made a point of drinking at all the feeding stations (I'd paid for it after all). The numbers slowed me down a bit early on which was probably a good thing as I finished strongly enjoying the descent, which a lot of people around me didn't! Gavin was a bit disappointed with his run, suffering some stomach cramps after taking on coke (in search of caffeine!) at the first feeding station. Phillipa had also enjoyed the run.

A final point of interest in the disclaimers was a note to the effect that if you were taken ill or rescued in the race you were responsible for you own medical and rescue expenses - a point to remember next time the Mountain Rescue want a donation.

				Richard Hopkinson	
1	Ricardo Mejia	2.34	417	Richard Hopkinson	4.14
78	John Blair-Fish	3.22	517	Phillipa Leach	4.26
300	Gavin Williams	3.59	845	ran	

Ricky's Race : 12 August 2004

Certainly one to be re-visited - a low key event at Darley Bridge over my favourite terrain - all thoughts of Borrowdale now erased and my dummy has been found! Fantastic novel prizes consisting of huge trays of fruit meant that Dave & my Vit C intake will be at recommended levels for the foreseeable future. Got pipped in a sprint finish by a 14 year old who apparently cycles for England - no respect for age these youngsters. DPF took the team prize in Matlock/Buxton heartland which was rather pleasing.

Andrew Moore

Rickys race results

1	Dave	Taylor	29.48	44	Peter	Kenny	42.38
6	Andrew	Moore [1 st M40]	33.38	48	Simon	Pape	43.30
10	Nev	Boler [1 st M50]	34.50	57	Colin	Henson	46.13
33	Chris	Edwards	39.39	62	Mick	Edwards	56.59
43	Tim	Atkin	42.10	70	Ran		

Ras Y Mynydd : 18 August 2004

Good to fly the flag at some of the more obscure races - this was at Bethesda, Snowdonia. Fast all runnable course round Moel Y Ci with a mix of tarmac, fields & forest trail. Amusing to report that a member of Dark Peak Wives AC (whose idea it was to run the race!) managed to miss the start by 3 mins. Made to feel really welcome at the post race (free) buffet and I'm sure I got 1st V40 at prizegiving, although my Welsh is a little rusty. Pleasing result from the Junior Race - some good seniors in the making to appease DT.

Andrew Moore

1st	Alan	Vaughan	26.39	Eyri	<u>U15 race</u>	
6th	Andrew	Moore	31.12	1stV40	2 nd	Joel Moore
67	Ran				4 th	Louie Moore

Burnsall : 21 August 2004

A great little blast. A fast start and suddenly on to a steep but run-able climb to the flag. Then a kamikaze descent through steep, rocky bracken, before getting faster through the fields. Finally, faster still with a 200m sprint finish along the road back to the green. The only downside was a torrential downpour which dampened the spirits of the large number of spectators. There's a rumour that this race has been run naked! Thankfully no one was tempted.

Dave Taylor

1	Rob	Hope (Pudsey&B)	13.54
7	Dave	Taylor	15.21
29	Mark	Salkild	18:34
92 ran			

Sedbergh Hills : 21 August 2004

A late change of day to Saturday did not deter a good Dark Peak turnout and result. The day provided a welcome break in the monsoon, with one short shower during the race proving refreshing rather than a problem. A good route which provides "food for thought" even in good visibility, with most DP runners thinking they could have improved their route at some point. We won the team prize, Alan was 5th overall, and Keith was first V50.

Richard Hopkinson

1.	Colin	Donnelly	2-13-22	18.	John	Boyle	2-40-23
5.	Alan	Ward	2-28-32	22.	Tim	Hawley	2-43-06
12.	Mike	Robinson	2-38-04	42.	Richard	Hopkinson	3-01-17
15.	Keith	Holmes [1 st M50]	2-38-32	80	started		

Pilsley : 26 August 2004

1	T. Austin	36:40	47	D. Bollington	47:10
2	P. Winskill	38:00	48	R. Hopkinson	47:21
3	M. Crane	38:22	49	D. Holt	47:36
4	K. Lilley [1 st M40]	38:22	51	R. Cooper	48:03
6	R. Baker	39:16	62	R. Slater	49:01
8	N. Northrop	39:35	72	H. Thorburn	50:18
9	I. Lewis	39:48	84	E. Connaughton	51:58
12	P. Hodges	41:00	86	H. Bloor [1 st F50]	52:05
14	C. Browell	41:09	87	D. Pelly [3 rd F40]	52:19
18	J. Hargreaves	42:45	93	S. Pape	52:58
19	N. Wallis	42:54	98	P. Tapping	53:46
21	A. Moore [3 rd M40]	43:21	100	J. Dalton	54:07
23	R. Hutton	43:39	101	R. Cooper	54:30
24	R. Fawcett	43:46	102	M. Arundale	54:32
28	N. Boler [2 nd M50]	44:19	116	C. Henson	57:36
34	J. Whitehead [1 st F]	45:42	120	L. Austin	58:46
35	M. Hulley	45:46	123	M. Edwards	1:00:00
40	M. Smith	45:58	124	M. Browell	1:00:07
45	K. Davison [2 nd F]	46:37	137	finished	

HB

Dufton Fell Race : 28 August 2004

I did this race on the way back from our holiday in The Lakes. A typical 'Guide's' offering. Out and back, a fairly flat approach to Dufton Pike, a monster climb then descent and an uphill finish. A good course with cash prizes that unfortunately finished at 8th!

Dave Soles

1st - Phil Davies 24.11(new course rec)

9th - Dave Soles 29.23

World Mountain Running Masters (Sauze d'Oulx, Italy): 28 August, 2004

8.5km, 862m ascent and 235m descent.

The Italians put out another very good event. The ski resort, part of the Winter Olympics 2006, was a beautiful setting, with cloudless, hot, blue skies. The course was difficult, lots needing a walk, suiting the climbers. We started at 1510m, so the heat and the altitude made it hard. Many competitors from the home countries here just to take part. So we look forwards to Keswick next September. Anyone can run as a Vet individual on the Saturday, with the Open event for all ages on the Sunday. Totally recommended – can't wait, with a real fell descent off Skiddaw.

Dave Tait

1	R.Meija (Mexico)	43:52	<u>V55 Race</u>		
	<u>V45 Race.</u>		15	D.Tait (out of 55)	60:30
22	M.Patterson (out of 106)	54:22			
	<u>V50 Race</u>				
25	K.Holmes (out of 97)	57:39			

Not-Thornbridge Race (& weekend) : 28 August 2004

The DPFR camping weekend went very well & was well supported despite many of the 'regulars' not being able to make it. The weather was cool & windy but it didn't rain until Sunday after most of the tents had been taken down. Roy Small's infeasibly large gazebo nearly took off in the high wind with several Dark Peak members hanging on to it (new hang-gliding section?) but the timely intervention of the newly fattened up Dave Holmes saved the day!

The new race course devised by Hugh Cotton was very 'runnable' & took a stud. 23 did the race & were all suitably impressed, if rather knackered. The 2 barrels of real ale that the club purchased went down very well but considerable effort had to be put in by the organiser to encourage those present to 'sup more ale' so that any suggestion of over supply was well & truly dismissed!

Despite the lack of facilities the campsite was fine & a good time was had by all.

				Tim Hawley	
1.	Al	Ward	1:02.58	12.	Tim Ray 1:14.16
2.	Phil	Crowson [1 st V40]	1:04.06	13.	Jackie Smith 1:21.19
3.	Tim	Hawley	1:04.30	14.	Ann Watmore 1:21.37
4.	Karen	Davison [1st F]	1:08.23	15.	Mike Arundale 1:22.25
5.	Andy	Barnett	1:08.34	16.	Robert Cooper 1:24.13
6.	Chris	Barber [1 st V50]	1:08.40	17.	Roger Slater 1:25.56
7.	Paul	Sanderson	1:08.44	18.	Mike Browell 1:27.13
8.	Tom	Westgate	1:08.55	19.	Marylin Small 1:35.10
9.	Richard	Hakes	1:09.09	20.	Bron Hiles 1:35.22
10.	Dave	Holmes	1:09.15	21.	Robin Hiles 1:58.35
11.	Small	Roy	1:13.12	22.	Dave Probert 1:58.35

Great Longstone : 3 September 2004

A bit of a road race really but very pleasant. Nice to see Roy Hattersley giving out the trophies and medals. Fantastic sunset especially after in the Monsdale Head Pub.

				Hilary Bloor	
1	Tim	Austin	27.38	36	Roger Slater 37.27
2	Shaun	Marsden	29.09	48	Hilary Bloor [1 st F50] 39.18
3	Dave	Taylor	30.01	49	Nigel Carr 39.19
6	Keith	Holmes [1 st V50]	31.42	50	Jim Fulton 39.36
8	Andy	Moore [2 nd V40]	32.32	54	Ann Watmore 40.05
9	Rob	Hutton	32.35	55	Dorothy Pelly 40.09
14	Darrel	Bradbury	33.42	56	David Markham 40.31
19	Martin	Smith	34.10	62	Geoff Nicholls 41.23
26	Tom	Westgate	35.36	75	Jim Borrington 44.56
31	Richard	Hakes	36.29	78	Mick Edwards 45.16
32	John	Herbert	36.36	83	Jon Straker 46.31
34	David	Hakes	37.20	91	ran

Fell Off

Helvellyn Triathlon : 17 June 2004

What an awesome event!

The rain was rattling down as we emerged from our hut at 7.30am & the 200 starters decided the best way to keep warm was to put our wetsuits on asap.

The warmth didn't last as Ullswater was measuring 11 deg C and after a mile in there, I was going to be thankful of my lard. My swim was as inauspicious as usual, not helped by the fact that the tight wetsuit and proximity of other swimmers gives me claustrophobia, which is not uncommon amongst the more 'occasional' triathletes. The water temp eventually got to me and gave me cramp in my calf, so I had to do 1 legged breaststroke for the last 100 metres.

The 38 mile bike which started in pouring rain got a bit tedious, mainly because you know that you've got Kirkstone Pass to come and you have to wait 30 miles for it to arrive. By which time my back was playing up, so I was thankful to get out of the saddle. I went up it well enough, but right at the top near the pub there were about 100 people watching, who all had something to say about my leopardskin shorts, so I ended up appealing to the 'crowd' to stop making me laugh. The descent was brilliant - fast sweeping bends on new tarmac and by now I was really looking forward to the run up Helvellyn - there's always the fear during the bike section that like so many unfortunate competitors, your 'trusty steed' will let you down.

The weather had cleared, so off came the shirt (once out of sight of the marshalls) and I started picking off people up the climb. The clag came down at the 'hole in the wall' as we veered off towards Swirral Edge and nearing the top I took a really hefty clunk to the knee (the damage from which is still manifesting itself). Had a really good decent down Whiteside & The Common - the organiser had cleared it for the Fell Runners to 'cut out' the zig-zags in the path, which enabled me to take care of another 6 or so roadies. I only wish the run was 11 miles as it used to be, cos after only 8, I was still buzzing as I finished.

And that was it - 61st out of 175, 31st fastest run, a spot prize and a special mention for the shorts - that's the good news!

The bad news was my knee was split to the bone (so the St John men said - I couldn't look) and when it swelled the day after it meant I missed the Baslow race which really is tough!

Andrew Moore

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

Rocksport discount - update

All Dark Peak members can still obtain a 10% discount at Rocksport but their Banner Cross shop is no longer open. However, the shop at the Edge climbing wall (Hill Street, between London Road and Bramall Lane) will now stock a full range of running shoes and clothing from Asics, Saucony, Brooks and Walsh.



The-bit-at-the-end

Dark Peak News Winter 2004/5

In the next issue:

Club Championships

Club dinner and all the award winners.

Late summer and Autumn races.

Features including the Kinder dozen - a 6 hour epic training run.

...and anything else YOU want to write about

If you run a race, a copy of the results and 1 paragraph to go with it can make a huge difference. Andrew Moore and Richard Hopkinson did a grand job to supplement Dave Tait continuing excellent results service. A few other new contributors this time too so please keep the reports and results coming. If you run a race then do send the results in.

Articles are best sent by e-mail to: mike@frosthole.demon.co.uk. MS Word format preferred at the moment but I can read/convert most formats. Printed articles or photos can be scanned in if required and as a last resort you can even write something using pen and ink!

Deadline for submission:

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Publication:

Wednesday 22 December 2004

Thanks

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Pictures

Front: Star of the Summer: Tim Austin in England colours at Snowdon (by Jon Hobbs)

Page 35: Team DPFR at Jura 2004 (by Richard Hopkinson)

For the latest news and events see: www.dpfr.co.uk

The same site can also be accessed via: www.frosthole.demon.co.uk