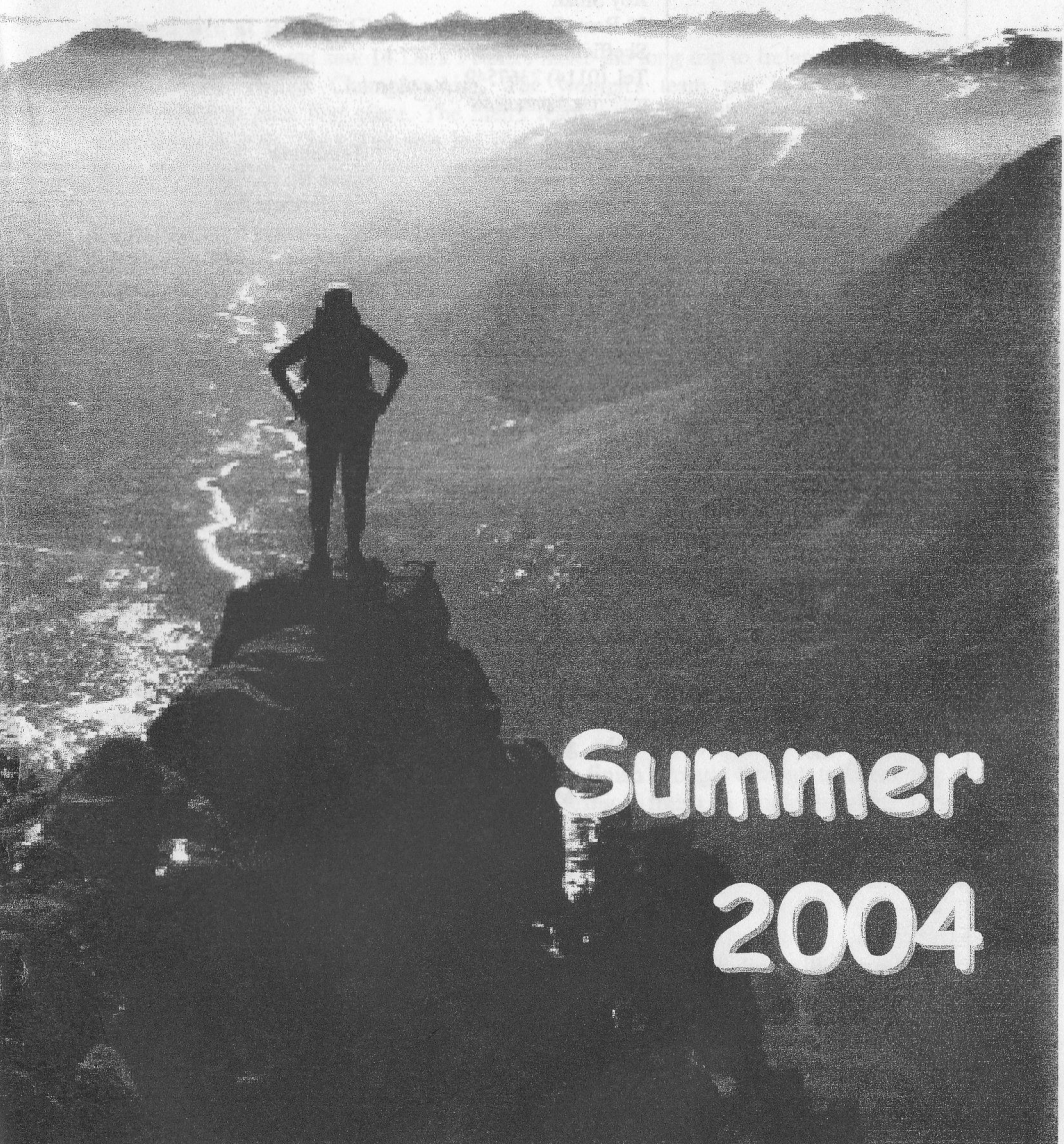


Dark Peak News



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2004

DARK PEAK NEWS

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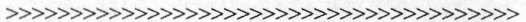
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News

Tom completes Paddy Buckley

Stop press news : Congratulations to Tom Westgate on completion of the Paddy Buckley round in a time of 23 hours 30 minutes. More details and maybe a report and photos in the next issue.

Women win at British Champs

A superb club turn out saw 14 Dark Peakers make the long trip to Ireland for the first round of the British Championships. The women's team put in a tremendous performance to gain first place. The men's team were 4th with Tim Austin leading them home in 10th. Dave Tait was 3rd Vet 50 but sadly didn't have the backup from his colleagues to make up a team... so much for us being an ageing club!

Noon Stone: Points not prizes at Champs Opener

It was a good turnout and some solid points scoring performances at Noon Stone, the first race in this year's English Championships. Twenty five Dark Peaker's were among the 400 starters. Tim Austin was our first counter in 26th place behind winner Ian Holmes from Bingley. Six others from DPF made the top 100. Dave Tait was 5th MV50 (127th overall) and Barry Thackery 2nd MV70 (373rd overall). In the ladies race won by Louise Sharp (Keswick), Helen Winskill was 12th whilst Jo Smith (now Calder Valley) was 9th .

Joss Naylor Success

Dick Pasley has successfully completed the Joss Naylor challenge in just under 15 hours in near perfect weather conditions for the 5am start at Pooley Bridge. With Lynn Bland celebrating her 40th at Brotherswater over the same weekend there was a strong ladies team to get him off to a flier including Hilary Bloor, Alison Shepherd, Ann Keddie and Helen Thorburn. Dick said he wished they could have supported all the way round. From Dunmail Raise Alan Yates and Dave Lockwood treated Dick and the rest of the team, Tom Westgate and Tim Ray, to their usual banter. Alan tried out various routes choices with varying degrees of success. With Dick again up on schedule at Sty Head Roy Small was waiting with his shopping bag, with Bob Marsden and Jeff Harrison in support, to see Dick finish strongly through to Greendale Bridge. The sun broke through the clouds to bring a finish in bright sunshine just before 8 pm. After quick showers a number of pints were consumed in the pub at Nether Wasdale to toast Dicks success.

Home success at Skyline...

Coming at the end of a weekend of heavy rain and gales the Skyline still saw a good turnout of over 200 and good performances from Dark Peakers on home ground. Tim Austin won with Alan Ward 3rd. Three were disqualified for missing Grindslow Knoll completely.

Record field at Burbage

263 runners turned up for this year's Burbage fell race, quite a headache for the logistics and a lot more £3's than expected to debate about what to do with (see notes from this year's AGM).

Jura

It's always one of the racing highlights of the year, and once again 20 Dark Peakers completed the Paps of Jura race with supporters and junior race contenders making it around 35 who made the trip to the island. Lots of success too: Dave Taylor broke 4 hours (9th place), the ladies won the team prize and there were 4 prize winners in the junior race.

3 Peaks TV

The Yorkshire Three peaks has had not one but two TV programmes made to celebrate it's 50th running. The ITV version went out in May and a BBC programme featuring our own Andy Harmer will be broadcast later in the summer.

AGM

An unusually quiet club AGM was held at Grindleford. Only club official changed with Jeff standing down after 20 years as treasurer and handing on to Lynn Bland. Jeff received a presentation from the club's only other treasurer in its 28 year history, Graham Berry. Main debate was around whether it was right to make a profit (even if not planned for) on races we host with a view expressed (but no decision taken) that any profit should be ring fenced and used to subsidise the following year's race.

Planning decisions loom - Win Hill to be 18m higher!

A planning decision is awaited on an application to build a 18m high mobile phone mast on top of Win Hill. Indications are that the plans may be accepted. What next? White Edge wind farm, Kinder top café...?

Meanwhile, much further north in an area frequented by many holidaying Dark Peakers, the Inverpolly National Nature Reserve has been de-listed removing some planning protection from this unique wild landscape that includes the mountains Cul Mor and Stac Pollaidh. Motives seem unclear but such moves are rarely beneficial to the environment.

Web Site boobs

For a few days those using the "dpfr.co.uk" address got redirected to a Dutch bathing scene. The problem took a few days to be resolved and no culprit has owned up. Meanwhile a new site is being prepared and should be fully live before the next newsletter is out. If anyone has any problems accessing the club site please let Mike Pedley know.

Events

Club runs: every Wednesday either from the Sportsman, Lodge Moor, Sheffield at 18:30 or at an "away" venue (usually at 18:45 but check below). Runs are usually 1.5 hours with a couple of stops to regroup. Even summer runs can have adverse weather so come prepared with warm, waterproof and windproof clothing available.

"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.

Jul

Fri	2	19:45	Local race	Tideswell, Tideswell dale car Park.	4.4ml/850'
Sat	3	11:30	Local race	Trans Pennine Trail 5, Waggon & Horses, Oxspring	5ml/flat!
Sun	4	11:30	Local race	Peakers Stroll, Peak Forest. Choice of 4 courses: 25ml to 9ml. Entries £6.50 to Jeff Hipwell, Hernstone Lea, Church Lane, Peak Forest. SK17 8EL.	25ml
Mon	5	19:30	Local race	Hathersage Gala, School field, Hathersage.	4.5ml/925'
Wed	7	18:30	Club run	Sportsman	
Sat	10	14:00	Brit Champ	Melantee, Claggan Park, Fort William	3.5ml/1500'
Sat	10		DPFR race	Loxley Lunge & BBQ. Dave Holme's house, 715 Loxley Road, Sheffield. Time trial, starts 4pm - 7pm. Shorter course for little kids. Barbecue afterwards. All welcome. Details from Dave Holmes.	2.9ml/750'
Sun	11	11:15	Local race	Peak Forest, Peak Forest village store.	6ml/650'
Sun	11	14:30	Local race	Broomhead Chase, Broomhead Hall Farm	3.5ml/800'
Mon	12	18:50	Local race	Trunce 6, Waggon & Horses, Oxspring.	4.25ml/550'
Wed	14	19:30	Local race	Bamford	4.5ml/1000'
Sun	18	13:00	Brit&Eng C.	Kentmere	12ml/3300'
Tue	20	19:30	Local race	Robin Hood, Robin Hood Inn near Baslow	5ml/875'
Wed	21	18:30	Club run	Sportsman	
Thu	22	19:30	Local race	Sheldon	5ml/527'
Sun	25	09:00	MM	Dark and White league 3, See www.darkandwhite.co.uk	
Sun	25	11:00	Local race	Holme Moss, Brown Hill res., Holmbridge	16ml/4000'
Wed	28	19:00	DPFR race	Cakes of Bread, Fairholmes	
Sat	31	13:00	Trials	World masters Trials, Braithwaite (near Keswick). Uphill only trial for men over 40 and women over 35. First 3 qualify for the World masters at Sauze Doulx	5ml

Aug					
Sun	1	10:00	Local race	Dovedale Dipper, Hartington. For details see: www.matlockrotary.org.uk	26ml
Mon	2	18:50	Local race	Trunce 7, Waggon & Horses, Oxspring.	4.25ml/550'
Wed	4	19:30	Local race	Bradwell	4.5ml/600'
Wed	4	19:30	Local race	Cracken Edge, Mountain Rescue hut, Hayfield	4.5ml/600'
Sat	7&8		MM	Phoenix MM, Cheviots. 2 day MM, Individual event, 4 courses.	
Sat	7	11:00	Brit&Eng C.	Borrowdale	
Wed	11	18:30	Club run	Sportsman	
Wed	12	19:15	Local race	Dennis Stitt, Victoria Inn, Victoria (near Holmfirth)	5ml/850'
Sat	14	13:00	Trials	World Uphill Trials, Braithwaite (near Keswick). Trials for World Trophy to be held in September in Italy.	5ml
Wed	18	18:45	DPFR race	Alport, Birchin Clough, A57	
Mon	23	18:50	Local race	Trunce 3, Waggon & Horses, Oxspring.	4.25ml/550'
Wed	25	18:30	Club run	Sportsman	
Thu	26	19:30	Local race	Devonshire Arms, Pilsley	5.5ml/750'
Fri-Sun	27-29		DPFR event	Not-the-Thornbridge weekend, Haddon Grove near Monyash. SK177662 (see below)	
Sat	28		Other Event	World Masters, Italy.	
Tue	31	18:30	Local race	Hawkhill Road, Eyam	6ml/1000'
Sep					
Wed	1	18:30	Club run	Cutthroat Bridge	
Sat	4	11:00	Local race	Longshaw sheepdog trials	5.5m / 650'.
Sun	5		Eng Champ	Shelf Moor	
Wed	8	18:30	Club run	Sportsman (fells)	
Mon	13	18:50	Local race	Trunce 9, Waggon & Horses, Oxspring.	4.25ml/550'
Wed	15	18:30	Club run	Sportsman	
Wed	22	18:30	Club run	Sportsman	
Sat	25		Brit Champ	Two Breweries	
Sat	25		DPFR race	Dungworth (see below)	
Wed	29	18:30	Club run	Sportsman	
Oct					
Sun	16		Relay	FRA Relay, Hayfield.	
Nov					
Sat	13	10:30	DPFR event	Club Championships & dinner; details to be confirmed in next issue	
Dec					
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'

Joss Naylor Attempt

Colin Lago is hoping to attempt the Jos Naylor Challenge on Saturday 24th July. Presently, the time of start is scheduled for 4a.m., from Pooley Bridge camp-site. Offers of help warmly appreciated. As he will then be 60, he shall (probably) be claiming the full 18 hours allowed for the route!! Colin says "I hope to raise money for two counselling charities, one in Sheffield and the other in Norwich. They both offer low-cost/ free counselling and consequently always require financial support to keep going. Offers of help or sponsorship will be received with gratitude. Many thanks." For more details contact Colin at Colin@lago7380.fsnet.co.uk

Not-The-Thornbridge-Weekend

Dark Peak's annual family camping social weekend has moved with Thornbridge being unavailable to: Haddon Grove camp site near Monyash. A field has been booked so we should have an area to ourselves. There will be a race on the Saturday, time to be confirmed. Games on Saturday afternoon & a barbecue & beer in the evening.

Campsite fees are as follows: large tent £5.50 per night, small tent £5.00, gazebo £1.00, motorhome £5.50. Each person will pay their own site fees direct to the site office.

Cyclo Cross event

Darryll Bradbury writes, "I know its not fell running but I am promoting a cyclo cross at City School Stradbroke Road, Woodhouse, Sheffield, on Wednesday the 7th July. It's a good event to give the sport a try (and also a good training session) The events are open to all! Under 14's race at 19:00 and over 14's at 19:30. Further details can be obtained from myself on 0114 2646409 or on the Yorkshire cyclo cross website: www.ycca.snpa.net.com "

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

More News

Endurance Athletes wanted Volunteer For A Research Study

Wendy Russell, a masters student at Sheffield Hallam, is studying the effect of mood on performance. It requires subjects to take part in 2 performance tests (either a triathlon or run) 6 weeks apart to measure the effect of a mood enhancing food supplement/herbal remedy 'St John's Wort' taken over the same period of 6 weeks. Athletes will also be asked to keep a very brief training log and 6 short mood questionnaires over the course of the study, of which full feedback will be given at the end of the study with results and implications to training habits. The venue for the tests will be in Sheffield and will be around June-July time. Subjects can be of any standard or age.

Subjects will be divided into two groups, one group will receive the mood elator St John's Wort and one will receive a dummy pill. The assignment of either condition will be random. St John's Wort is an herbal remedy for improving mood and is freely available in health shops and pharmacies but will be provided free in this study.

It is thought that performances may increase after 6 weeks of St. John's Wort therapy as impaired mood has been linked to decreased performance in other studies in the past. If you are interested in taking part then please feel free to email questions etc, to Wendy.E.Russell@student.shu.ac.uk or phone on: 07931 851 635.

More research data wanted

Sheena Privett, a Postgraduate Researcher working at Liverpool John Moores University, in collaboration with the British Olympic Association (BOA) and the Olympic Medical Institute (OMI) researching the incidence of pre-syncope symptoms (lightheadedness, blurred vision and nausea) and the incidence of syncopal episodes (a brief loss of consciousness) after exercise.

"We think that these symptoms and episodes are common in well trained and elite endurance athletes. They may occur when a person abruptly finishes exercise, but there is a lack of data of prevalence of these matters. It is within this period of inactivity after exercise that a gradual reduction in blood flow to the brain can occur. The human body is capable of telling us when this is happening, and this is when pre-syncope symptoms and syncopal episodes can occur."

A has been designed to gauge the occurrence of these symptoms and episodes, after exercise, amongst endurance athletes within the UK and Ireland. The questions are designed to discover which symptoms athletes may experience, in which environments they have experienced them, and how often they may occur. The second part of the questionnaire studies the circumstances surrounding an athlete's loss of consciousness after exercise and how often this may occur. Finally, there are some questions regarding the athlete's, and their immediate family's, health backgrounds. Any data obtained from completed questionnaire will be strictly confidential. For any queries contact Sheena Privett at SPSSPRIV@livjm.ac.uk

DPFR 10 year book wanted

A request has been received to obtain a copy of the "10 years of DPFR". Does anyone know of a copy available? Did anyone keep any of the unsold originals? Contact Mike Pedley if you know of a spare one.

Members News

Jim, Roy and Hilary survive 50, Lynn reaches 40

Two members of the class of 54 have made it virtually intact into their 6th decade. Following hot on the heels of Roy Small, Jim Fulton celebrated with an epic weekend involving a 50 mile run, block booking a pub and a Sunday trip to some favourite local haunts. Not long after Hilary Bloor also celebrated the half century with a weekend of activities including running, biking and socialising. Survivors from those events then moved on a week or so later to Brotherswater camp site for Lynn Bland's 40th. Congratulations to all for surviving both their first 40 or 50 years as well as the celebrating.

Address Changes

Mark Chapman, 15 The Roost, Heather Lane, Hathersage, Derbyshire. S32 1DQ

A.G.M.

DARK PEAK FELL RUNNERS ANNUAL GENERAL MEETING

5th May 2004 The Maynard Arms

Minutes

Prepared by Roger Woods – club Secretary.

Approximately 45 members attended.

1. Apologies

Karen & Rob Davison, Tony Keddie, Andy Moore.

2. Minutes 2003

Accepted

3. Matters Arising from the 2003 minutes

The club championships will not be the triple crossing this year but will be next year.

4. Reports

Chairman's report - attached

Secretary's report – Roger stated that from the secretary's point of view nothing much had happened in the year. He also stated that DPFRC have been asked to write an article about the club for the October addition of the Fellrunner magazine and asked for any contributions or assistance.

Treasurer's report – attached. Report accepted. Jeff told the meeting that the club's finances were in good shape.

5. Presentation

G Berry made a presentation to Jeff Harrison as a thank you for his contribution to the club having been treasurer for about 20 years.

6. Election of Officers

Treasurer – Lynn Bland, proposed Gavin Williams, seconded Darrel Bradbury. Elected unopposed.

All other club officials re-elected.

7. Race Reports:

Burbage – in the absence of Andy Moore Roy stated that the race had been a success. A discussion ensued as to whether the club should be "profiteering" from races. Various views were aired about the proceeds going towards better prizes in future, reduced entry fees, spot prizes, donations to local charities/causes. Counter to this it was noted that the sums left over were relatively small and that attendance can fluctuate and be weather dependant with the potential for leaving the club in deficit for a race. It was decided to leave the race fees as they are.

Skyline – report attached. Accounts for the race were not available at the meeting but these are attached.

8. Caravan Report

John Gunnee reported that the caravan had broken even but that a working party was needed to do a few repairs. It was noted that the sums differed slightly to those on the treasurer's report but this was down to a small amount of information not passed over.

9. AOB

Membership

Gavin Williams stated that the club membership was at 301 with 75 people yet to pay for the year. There was some discussion about improving the payment times with suggestions about withholding the newsletter being felt to be most appropriate. Lynn Bland is looking into members paying by standing order or direct debit.

Bob Graham

This will be on 19th June 2004 with 3 contenders so far.

Eric Mitchell

Eric stated that his daughter Jan Cave sent her best wishes.

Thornbridge Weekend

Tim Hawley stated that the site was closed from the beginning of August to January. It was decided to leave it up to Tim's discretion but to try and firstly move the date and secondly move the venue.

Wednesday nights

Some discussion over the problems of differing abilities and the effects on the Wednesday runs concluded that the club should try and stick to the current position of a fast and a slower group but with clearer communication at the split point of who is going where.

Farm Land

With the changing times Dave Holmes felt that the club should take a dim view of trespassing on cultivated and enclosed agricultural farmland so as not to destroy its reputation. It was felt that the club should discourage this as it is unnecessary with the introduction of the CRoW Act.

Diary Setting

There was a discussion about the club run date setting in the club magazine. The point was made that the Sportsman's landlord gets a copy of the schedule and that any last minute variations can leave the Sportsman with extra staff taken on and no DPFR customers. There was also the view that the schedule and the website need to be more interactive. It was decided to monitor the situation and pole views via the website.

Dinner Dance

Ann has booked the Maynard Arms and is proposing to keep the format as per last year.

Junior Runners

Eric Mitchell put forward the idea of encouraging young runners more. A lengthy discussion ended with the motion carried that the children of paid up members will be deemed to be club members up to the age of 18.

Treasurer's Report and Accounts: May 2003 to April 2004

<u>Current Account</u>		<u>Deposit Account</u>	
Opening balance:	4147.65	Opening balance	1059.85
Income	6536.50	Interest	1.33
Expenditure	5656.60		
Closing balance	5027.65	Closing balance	1061.18

	Income	Expenditure
Subscriptions	1979.00	
Equipment	1075.50	1554.00
Newsletter		183.20
Web site		115.00
Annual dinner	1763.00	1888.86
Club Champs	58.00	43.00
Burbage Race	255.00	
Affiliations, race fees		787.00
Edale Skyline	1310.00	942.61
Caravan	96.00	50.00
Sundries		92.67
	6536.50	5656.50

Plus estimated cost of unsold equipment - £900

Chairman's Report to The AGM 05/05/04

This last club year has seen relatively little controversy in the Fell Running World and almost none in Dark Peak's part of it. A few run-ins with local farmers and the odd checkpoint confusion in club races. I put these down to misunderstandings and poor photocopying. Will the real Lost Lad stand up please?

On the competition side we have had a remarkable year with many wins by individuals and podium places for teams etc. In November we awarded The Worsel Trophy for Endeavour to Karen Davison for her example in this sphere and the progress has continued with many others getting into the National competitions.

Many people put in voluntary work during the year to make club events happen and to them we owe our gratitude and help when needed. It is to the organisers that most responsibility falls so I will mention some of them by name.

Jim and Chris for the Skyline
 Andy M. for the Burbage race
 Tim for the Thornbridge weekend
 Ann and Tony for the annual dinner
 Bob B. for the club champs

Then there are many who take on the task of organising the less formal races. We owe these people our support and co-operation when it comes to obeying rules or just paying up if there is a cost involved. In one recent event the organiser had so much trouble getting the money out of some that he says he won't do it again. Enough said.

This year we say goodbye to Jeff as treasurer after many years of service so we hope he can still afford to come along and run. Subject to the AGM we have a proposal for a replacement that I hope will be welcomed by all.

I don't think we have made much progress in organising ourselves when it comes to our diary so we may have some discussion of this later.

Royston Smallpiece, Chairman

Dark Peak Fell Runners Caravan Accounts 2004

Date.	Description	Cash in	Cash out	Banked (to dpfr)	Balance
07/03/2003	Ground Rent	£150.00	£150.00		
07/03/2003	Bal brought forward	£23.00			£23.00
07/03/2003	Rent	£12.00			£35.00
18/05/2003	Rent	£9.00			£44.00
27/05/2003	Rent	£15.00			£59.00
06/06/2003	Rent	£18.00			£77.00
27/07/2003	Paid in to dpfr		£27.00	£27.00	£50.00
04/08/2003	Rent	£28.00			£78.00
16/08/2003	Rent	£8.00	£8.00	£8.00	£78.00
25/08/2003	Rent	£12.00			£90.00
21/09/2003	Rent	£8.00			£98.00
29/09/2003	Rent	£8.00			£106.00
06/10/2003	Rent	£4.00			£110.00
14/01/2004	Paid in to dpfr		£88.00	£88.00	£22.00
Totals		£295.00	£273.00	£123.00	£22.00

Total rent in = £122 Equates to 61 single occupied nights

Plus previous balance = £145 minus ground rent = -£5

To book the caravan please contact John Gunnee on 01142205122 or e-mail johngunnee@blueyonder.co.uk The cost is £2.00 per adult per night. Please make cheques to Dark Peak.

The caravan is in need of a coat of paint and a few minor repairs, anyone wishing to help let me know and we'll organise a working party and maybe a race. This will have to be after the B.G. though.

John Gunnee

Skyline Report & Accounts

Ladies & Gentlemen. I have the honour to report as follows:- On 21st March, this year of our Lord, two thousand and four at 10.30 in the forenoon, the Don Morrison Memorial Edale Skyline fell race took place.

In no particular order of importance, relevance or interest please note;

It went well. Numbers were up. Two runners got Hypothermia.

Marshalling was an unpleasant task – A Big Up to all who did it!

Catering was and will be a bigger problem requiring immediate help. We put on DII too much and will struggle without him. He needs a shadow for next year –absolute minimum. As catering is a problem, we may consider paying The Village People to cater for us? It would help us and them an' all, but would cut the Club profits down.

Dibbers are being considered, they cost £50 to hire. We're undecided whether they will benefit us - we will decide.

Team Prizes for 1st four awarded. 2nd lady missed a checkpoint so the committee awarded it to Gavin Williams. The trophy for 3rd lady was not awarded.

The Kit check will be refined next year to stop the bottleneck and any unpleasantness on the Bridge.

The comment "*I run with Pennine and train on here all the time and know the area so I don't need a map or compass*" demonstrated to the Organisers & Marshals what a proper w*nker is.

DPFR could buy a few maps or members donate old ones to sell to runners who forget. John Gunnee will make whistles to sell.

JF got arsey about the lack of offers of help beforehand, but it made no difference – there are people who will always help, and there are the rest. It does not make the planning easy & it seems a shame we had to ask Totley a/c to help out.

We had Car Parking issues with Network Rail. £50 was paid to County Council then some little Hitler on site would not let us onto area we had rented. We finally told him to bollox & get back to playing with his train set & commandeered a small field for some alternative parking. The small monies collected were spent on refreshments for the Race officials at a meeting in the Sportsman.

The committee will decide whether to stage the race on a Saturday next year. There are pros & cons and we will decide. This is not for general discussion.

The boxes of kit need sorting sensibly - we carry a ton of crap to Edale each year & use 1/3 of it. We will sort, box what's wanted & dump rest.

Extra help is needed for Les & Pete next year on Registration – it got too busy this year. Very big thanks to them.

The Entry Form will be totally redesigned for next year and will go onto the website in an accurate manner. We want a more interactive club website (entry form on www.dpfr.co.uk was permanently wrong and remains so). Webmaster must be more helpful to race organisers. We want to display an updated entry list to encourage more entries. Genuinely believe that making the entry system friendly / chatty this year encouraged more entries than sometimes previously. Suggest we take over the Skyline website in toto providing an external site with one only link button from the DPFR club main page.

May seek Prize sponsorship next year – Some bloke with a shop on Eccy Road entered & approached us. Gavin to chat to him when he's in Coffee Revolution? He can't have his name on't Race Number 'cos that spots taken tho!

Want a paying in book for Czechs.

The accounts are set before you. Questions from the floor are invited.

Nunc Est Bibendum

JF & CB

[ed - not surprisingly perhaps I don't agree with some of Jim's comments about the website but do agree with his conclusions. A page was provided this year for the Skyline but I'm more than happy for Jim & Chris to administer their own with a single link from the club site.]

Provisional Skyline 2004 Accounts

Estimated Income	1310.00
Parking (refund)	50.00
Expenses	
Course Map (JF)	8.00
FRA Calendar (JF)	10.00
Aquarite Checkpoint Sheets (JF)	20.55
Stacy numbers (JF)	52.00
Prizes (paid)	111.00
Catering (DH)	82.92
Misc expenses (CB)	30.00
Misc expenses (JF)	10.00
Batteries (JF)	26.69
Parking (paid)	50.00
Edale Hall (ARS)	90.00
Purchased set of Radios (JF)	45.00
Nat Truss	75.00
SJAB (Hope Valley)	75.00
Mountain Rescue (Edale)	100.00
Village Scoyal	75.00
Misc (Thornbridge beer fund 2004)	90.00
Balance to Club Funds	£408.84

Letters

Skyline Thanks

I would just like to add my thanks to the organisers of the Skyline 2004 and to all the marshals who stayed out in the, sometimes desperate, conditions. It is not surprising that some missed Grindslow Knoll given the conditions, and I should think really difficult to work out if anyone did. The poor marshal with his yellow flag was having a job to remain on the summit, never mind try to write down race numbers! Hot soup after the finish was just right.

Nigel Aston, Leicester

Secret Dark Peaker broke 4 minute mile!

Did you see the programme on Roger Bannister's 4 minute mile? In addition to the actual footage in black and white, they had some modern clips of actors performing his heroic feat which quite clearly showed their vests were white with a brown, yellow & purple hoop.

I'm off the the library to see if there are any colour stills, and if there are and it confirms my suspicions of the colours he wore, I wonder if we should give him 'freedom of the hut' or life membership?

At last a reason to wear those awful white vests with pride!

Andrew Moore

Reports & Results

Tigger Tor : 8 February 2004

Once again perfect conditions, clear sunny day and soft underfoot which seemed to put all our young whippets off competing. The oldies came home with the 1st team prize, the ladies recorded a 1, 2, 3, and we also got 2nd team, to ensure Dark Peak spent alot of time cheering and receiving prizes. Several minor wanderings to report as runners went following people in a 'pointy thing and foldy thing' event. The excellent Moonshine served in the bar, ensured that discussions on Gavin's apparent reluctance to spend time on the marked course went on well into the afternoon.

Andy Moore

[Sorry no results - the Tolley web site didn't display them and no-one has sent any in]

"Robin Hood" Gritstone Edges Race : 22 Feb 2004

BM.9ml. 2000ft

There was a strong field for the first running of this very good race, visiting Birchen's, Curbar, Frogatt, Baslow and Gardom's Edges. Being longer than the usual midweek thrash there was more variety, with some awkward drops, a steep climb back up to Frogatt, some bogs, heather and tussocks to keep it as a fell course. Route details were clearly displayed at registration, so those who wandered can't be blaming any missing flags. The same spot in the Calendar next year? And dispense with flags – that would be interesting!

Dave Tait

6	A.Middleditch	1:11 ?	56	L.Bland (1st F)	1:28:44
13	J.Boyle	1:14:35	57	H.Winskill	1:29:10
19	D.Bradbury	1:17:45	61	J.Varley	1:29:44
20	J.Hargreaves	1:17:49	62	G.Kirk	1:29:45
22	I.Lewis	1:18:10	77	R.Hopkinson	1:30:33
23	D.Tait	1:18:20	82	N.Boler	1:30:55
28	D.Soles	1:19:25	85	K.Jones	1:31:33
29	K.Holmes	1:19:40	147	B.Thackery	1:45:35
30	D.Beresford	1:20:00	153	C.Henson	1:46:45
32	A.Moore	1:20:28	174	R.Baumeister	1:56:14
37	D.Harrison	1:21:15		182 ran	

Noon Stone Fell : Saturday 6th March 2004
English Champs round 1

A very good turnout from the club, all our teams represented and very refreshing to see some new faces. Now we need to make sure that future championship races become an important part of our planned events. Conditions were probably as good as they get, not too cold, clear and reasonably dry underfoot. The usual vast range of prizes – no Peak races comes anywhere near. Why not? A special mention for our two V70 competitors, and for Barry, still raking in those prizes!

Dave Tait - pictured right
approaching Stoodley Pike during the Noon Stone



Left:
Dave Allen, Gavin Williams and (for the very sharp eyed) another 3 dark Peakers in the crocodile at Noon Stone.

(photos by Mike Pedley)

Noon Stone Results

1	Ian	Holmes		Bingley	64.34
2	Simon	Bailey	M	Staffs	64.50
3	Robert	Hope	M	Pudsey & B	64.54
11	Dave	Neill	1 st MV40	Staffs M	67.22
26	Tim	Austin			70.16
41	Rob	Baker			71.51
48	Phillip	Winskill			72.30
52	Dave	Taylor			72.53
77	John	Boyle			75.04
83	Steve	Bell			75.43
101	Mike	Robinson			77.13
118	Louise	Sharp	1 st F	Keswick	78.16
120	Mike	Sprot			78.21
122	Darrell	Bradbury			78.30
127	Dave	Tait	5 th MV50		78.41
129	David	Allen			78.49
142	Gavin	Williams			79.57
143	Dave	Soles			80.01
162	Andrew	Moore			81.48
201	Richard	Horsfield			85.56
214	Jo	Smith		Calder VFR	87.17
232	Helen	Winskill			88.39
240	Lynn	Bland			89.43
287	Philippa	Leach	FV40		95.06
336	Chris	Edwards			101.05
349	Dave	Lockwood			103.02
373	Barry	Thackery	2 nd M70		109.06
385	Eoin	Connaughton			110.56
391	Colin	Henson	4 th M70		116.00
395	Roger	Baumeister			
405	finished,	4 retired			

TEAMS

Men: Bingley (1,4,5,15)=25 [DPFR = 167]

Women: Bingley (150, 172, 179, 184) [DPFR = dnf - a pity Jo has changed clubs]

Chew : 7 March 2004

Pos	Name	Points	Pos	Name	Time
	<u>Long Score</u>		11	C. Barber	292
1	D. Troman (Kes.)	450	12	R. Slater	290
4	R. Ansell (Tring)	420	28	finished	
5	B. Berzins	400			
7	T. Hawley & T. Ray	330		<u>Scoreless</u>	
8	P. Gorvett	318	1	M.Hayman	2:02:10
9	H. Cotton & M.Poulter	310	9	M Musson	3:24:20
10	A. Harmer	306	12	finished	

Dark and White MM : 14 March 2004

This time we were based at Monyash, the Village Hall making a good centre with refreshments and warm drinks laid on. The controls were on the paths heading to Cressbrook and Millers Dale – some good running country and a change of scenery. Very cold, windy and wet on the way home. A fun trip round, then you look carefully at the map and realise where you should have gone...

Dave Tait

Pts	Name	Pts	Name
295	D.Harrison	205	J.Dalton
280	G.Crowley	200	M.Musson / H.Cotton
235	D.Tait	180	L.Bland / P.Leach
235	A.Bell		

Edale Skyline : Saturday 20 March 2004

<u>Place</u>	<u>First Name</u>	<u>Surname</u>	<u>Cat.</u>	<u>Club</u>	<u>Time</u>
1	Tim	Austin	S	DPFR	02:46:27
2	Mark	Roberts	1 st MV40	Keswick	02:52:53
3	Al	Ward	S	DPFR	02:57:37
21	Phil	Clark	1 st MV50	Kendal	03:23:03
22	Lou	Sharp	1 st F	Keswick	03:27:08
24	Gavin	Williams	MV40	DPFR	03:27:31
42	Keith	Holmes	MV50	DPFR	03:37:52
55	Dave	Tait	MV50	DPFR	03:44:39
71	Matthew	Hulley	S	DPFR	03:52:20
81	Philip	Elliot	MV40	DPFR	03:58:07
87	James	Varley	S	DPFR	03:59:41
88	George	Yates	S	DPFR	04:00:22
90	Ken	Jones	MV50	DPFR	04:01:30
95	Richard	Hopkinson	MV50	DPFR	04:04:15
96	Helen	Thorburn	F	DPFR	04:04:57
97	Andy	Harmer	MV50	DPFR	04:05:48
100	Geoff	Kirk	MV40	DPFR	04:07:17
126	Jim	Fulton	MV50	DPFR	04:23:24
131	Mike	Hayes	3 rd MV60	DPFR	04:25:26
137	Chris	Radcliffe	MV60	DPFR	04:28:43
138	Mick	Poulter	MV50	DPFR	04:28:57
142	Maurice	West	MV60	DPFR	04:35:10
144	Chris	Edwards	S	DPFR	04:36:19
145	Simon	Pape	S	DPFR	04:36:34
146	John	Gunnee	MV40	DPFR	04:36:38
158	Alan	Jones	MV50	DPFR	04:46:16
163	Lisa	Austin	F	DPFR	04:49:07
173	John	Vernon	MV50	DPFR	05:18:45

206 started, 30 retired, 3 disqualified, 173 finished

Great day for Dark Peak - Tim Austin won in 2.46.27, 6 minutes ahead of the 2nd place, Mark Roberts of Borrowdale (2.52.53). Alan Ward was 3rd in 2.57.37 and Dark Peak won the team prize, with Tim, Alan and Gavin Williams making up the three. The Club really pulled together. There was a great deal of praise for the marshals who sat on the tops in foul weather and our thanks goes to them for surviving and even managing to insult a few runners as they went past (a service which was greatly appreciated by some!).

Special thanks must go to Pete Dyke and Les Outwin for their help in the village hall and of course, in the weeks before the race, ensuring that start lists were accurate. Gavin Williams must also deserve a mention in dispatches, for his organisational skills in sorting out the marshals and there are probably many more names I should mention too!! An excellent joint effort, appreciated by many runners, quite a few of whom came up to me afterwards (unprecedented!!) to offer their thanks. So Jim and I would like to offer our sincere thanks to all who helped make it a successful day.

Chris Barber

Burbage Baffler : 27 March 2004

Burbage Baffler Returns

Runners leg 1 and 3	Runners leg 2 and 4	Leg 1	Leg 2	Leg 3	Leg 4	Total time
David Beresford,	Russ Beresford,	22.01	23.53	22.08	24.54	1.32.24
Tom Webb	John Armistead					
Lynn Bland,	Gavin Williams,	23.02	24.48	24.02	24.57	1.36.49
Darrell Bradbury	Marilyn Small					
Richard Hakes,	Jacky smith,	23.21	24.55	24.53	25.11	1.37.18
John ?	Rob ?					
John Gunnee,	Tim Hawley,	25.01	23.21	24.42	25.07	1.38.07
David Hakes	Debbie ?					
Karen Davison,	Rob Davison,	25.59	22.26	26.35	23.23	1.38.23
John Dalton	Roy Small					
Martin Payne,	Andy Jenkins,	24.31	24.11	25.35	26.01	1.40.15
Dave ?	Rob ?					
Steve ? ,	Paul ? ,	24.01	26.27	25.28	27.21	1.43.16
Mark ?	Chris ?					
Mel ? ,	Andy Howie,	26.41	22.22	32.21	26.17	1.47.39
Elaine	Joe ?					
Chris Attwell,	Paul ? ,	29.08	26.22	31.11	30.21	1.57.01
Anisa	Smitty					

If anyone call fill in some of the incomplete names please get in touch!

Nine teams turned up for the revival of the Burbage Baffler from as far away as Liverpool. The addition of a junior category looked on the first leg as if it might have been the key to winning as David Hakes and friend stormed ahead. Their lead was however to be short lived once the Nail Brush team (Russell and David Beresford,

Tom Webb and John Armistead) got into their stride. The Daffodils (Gavin, Marilyn, Darrell and Lynn) made it to 2nd place but were never able to catch them, and In 3rd was the Star team (Richard, John, Jacky and Rob).A special mention for the 2nd fastest leg time (fastest was the superstar partnership of Dave and Tom) which was achieved by the youngest competitor of the day Joe and his partner Andy Howie ,who also deserves a mention for running in just his gloves and a pair of shorts!! It wasn't that warm! Only seconds slower was the partnership between our chairman and Rob Davison.

The most together pair came from the Plastic Snail team, Chris Attwell and Anisa (sorry if that's spelt wrong) and the best baton eventually went to Anna's plastic duck, although I think our bunch of daffodils turned more heads as we ran down the Green Drive. A huge thank you to Anne Beresford and Tracey Williams for doing a brilliant job with the scoring. Everyone seemed to enjoy themselves so hopefully we'll run it again next year.

Lynn Bland

Summer runs Charity Event : 31 March 2004

49 runners set off, some even visited all the check points and followed the course (most did not), and all finished safely on a beautiful, clear spring evening. Tim Tett had a stupendous run in 47mins and 10 secs winning nearly 3 minutes clear of Richard Patton.

The Sportsman served over 50 dinners. Nearly £100 was given to Geoff for the charity SENSE which raises money for deaf/ blind young people. Geoff's son has received a lot of support from the charity. Hugh "the enforcer" Cotton has signed up a good number of people to sponsor Geoff in this years London Marathon.

At the prizegiving winners were picked out of the hat with the chairman's wife winning "tonight's star prize" (a lovely book on Derbyshire). Every one seemed to enjoy this anarchic race gathering. Thank you to everyone who ran, marshalled, cooked and served and made this event possible.

The Course

Start at The Sportsman:

to the Conduit left ,
left again at hospital grounds;
stepping stones in the rivelin;
Ruby stone;
Top of ocean view;
Footpath junction at Fulwood Head Farm.

Finish at The Sportsman:

John Myers

Donard-Commedagh Race : 3 April 2004
British Championship(1).

AM.6.8ml, 3300ft.

Donard Commedagh - A weekend to remember!

This definitely goes down in my fell running top 10. Why? Well, firstly the race was brilliant, secondly we got the women's team prize and last but not least it was a great social event.

As we sat in a traffic jam on the M1 at 5pm Friday evening we began to ask ourselves why we were going all the way to Ireland for a 6.8 mile fell race. Once checked in at E Midlands this question was soon answered as we meet up with the rest of the crowd and the weekend's entertainment commenced!

Various types of accommodation had been arranged from B&B to YHA to green scout tents at the YMCA (nice one Phil!). Saturday morning the weather was still looking a bit grim, about 20 minutes before the start the heavens opened and the hills disappeared. Unbelievably by noon it was sunny again and most people had finished before the next downpour.

The race starts from sea level and climbs straight up to the top of Slieve Donard 2000ft in 2km, just the sort of thing I love! Part way up I caught Karen, we pushed each other to the top and ran across the plateau together (one of the few flat bits of running on this course). The views were stunning and I knew we were well placed, but in the words of Malcolm Patterson it's a game of two halves and what goes up must come down. Determined not to waste all the effort I had put into the climb I decided to try to keep with Karen as long as possible as the first descent is "only" 900ft down to a saddle followed by another 600ft climb. Amazingly only a couple of men passed me on this first descent but there was worse to come.

From the top of Commedagh you have to drop right back down to sea level, no path just wet slippery uneven terrain, the view out to sea was fantastic but for once I tried to concentrate on running instead of admiring it!

I got almost back to the trees before Tony Keddie came hurtling past me, and entered the forest thinking I was safe as the route usually follows forest tracks, but that would have been too simple. The torture continued down narrow muddy paths crossed by slippery tree roots, I went over on my ankle 4 times in the space of a minute and each time the pain and language got worse! They finally allowed us the last 200 yards on a forest track and I was delighted to have made the finish without any women passing me and in 8th place probably one of my best ever results.

It was a fantastic effort from the women's team of Karen, Philippa, Helen T and Hilary (and Ann who was there but sadly couldn't run because she was ill) to get so many of us there, and we were rewarded by winning the team prize. As ever there was strong competition in the men's race and DPFR got an excellent 4th with Tim Austin making the top ten.

Race over it was time for the serious socialising to begin. For a few quid there was a post race meal available at the prize giving in a local pub, a jolly affair conducted by some important bloke from NI athletics with a big chain! A couple of hours and beers later people were looking settled in for the night. Darrell wisely pointed out it was still only 5pm and we might be better heading for the tea shop. This was another highlight with huge cakes and a panoramic view of the race route. We eventually returned to the pub at a respectable hour to find the "tent" boys and Karen and Hilary still in full swing! By 11pm when we'd all had enough the band was just setting up!

Sunday morning we resisted the temptation to go straight back to the tea shop and went for a stiff legged trundle up to part of the race route. We must have been a comical sight at the airport trying to negotiate the stairs. My thighs didn't recover for a week!

Lynn Bland

1	S.Bailey (Mercia)	1:02:19	137	D.Bradbury	1:26:52
10	T.Austin	1:06:49	146	T.Keddie	1:28:24
23	A.Ward	1:09:49	150	L.Bland	1:30:00
27	D.Taylor	1:10:21	158	K.Davison	1:31:32
30	M.Hayman	1:10:50	170	P.Leach	1:34:16
51	P.Winskill	1:14:30	173	H.Thorburn	1:35:32
79	D.Tait (3rd V50)	1:18:30	203	H.Bloor	1:46:22
130	A.Middleditch	1:25:22		229 ran.	

Knockfarrell : 14 April 2004

Strathpeffer, Scotland

5 miles 1200ft.

Even the Scots were amazed that I travelled 550 miles to do a 5 mile race (didn't tell them we were up on a weeks holiday!).

A very fast course with testing steep climbs & descents on a surprisingly warm day made this a hard race. I got into a duel with a couple of locals, one of whom left me on the descents & beat me but I managed to finish well ahead of the other guy in the end.

If you're up in that neck of the woods this race is well worth a try. Its a bit like an ideal Trunce - not too many people & more ups & downs!

Tim Hawley

1	Graeme Bartlett	Forres Hillrunners	39.19
12	Tim Hawley	Dark Peak	46.26
40	Ran		

Back Tor : 21 April 2004

It was a wet, threatening night so the course was made quite short. Nevertheless it was decided to finish the race at Back Tor trig. Opinions appear divided about whether this improves or detracts from the race. Some people seem to actually enjoy the thrash down the track from the edge. Maybe next year I'll go back to finishing at Foulstone Delph to keep this masochistic minority happy.

Despite the bad weather there was a good turn out with more than 40 runners. The two checkpoints were at a big bend in the path near the top of Abbey Brook(202923), and the path junction at the bottom of the steps below the hill end west of Lost Lad (189914).

Sadly there were no spare people to act as marshal at the check points and it appears that some people didn't go to the path junction at the bottom of the steps but just turned at the Lost Lad ridge. You know who you are, so when looking at the results adjust your feelings of self satisfaction accordingly.

The winner again was Phil Winskill. He assures me that he did the proper course. He has now won this race for the last 3 or 4 years and was so confident that he didn't even bring along the trophy. Next year the course will be planned with the explicit intention to disadvantage Phil. Any suggestions? Seriously Phil, well done again.

Well done also to Alice Brockington, a newcomer to Dark Peak who was a convincing first lady.

				Howard Swindells				
1.	Phil	Winskill	35.46	22.	Tom	Westgate	50.50	
2.	James	Hargreaves	37.04	23.	Hamish	Harmer	52.06	
3.	Neil	Northrop	38.25	24.	Rob	Moore	52.37	
4.	Iestin	Lewis	39.10	25.	Paul	Sanderson	52.45	
5.	Chris	Mosely	40.00	26.	Maurice	Musson	53.04	
6.	Phil;	Crowson	40.45	27.	Karen	Dalton	53.04	
7.	Tim	Hawley	40.48	28.	John	Gunnee	53.50	
8.	David	Hakes	41.35	29.	Robert	Cooper	53.53	
9.	Rob	Davison	41.36	30.	Mick	Poulter	55.24	
10.	Andy	Harmer	41.50	31.	Gary	Westwood	55:48	
11.	Chris	Barber	42.30	32.	Hilary	Bloor	57.25	
12.	Rob	Smith	44.06	33.	Ann	Whatmore	57.30	
13.	Tim	Ray	46.50	34.	Daryl	Bradbury	57.39	
14.	Roy	Small	47.30	35.	Lynn	Bland	57.39	
15.	Gavin	Williams	46.55	36.	Philippa	Moorhead	59.00	
16.	Richard	Hakes	48.10	37.	Jim	Fulton	61.00	
17.	Alice	Brockington	48.51	1 st F	38.	Hugh	Cotton	61.30
18.	Tony	Hocking	48.54	39.	Lucy	Wiegand	62.00	
19.	Dave	Holmes	49.15	40.	Mike	Browell	66.30	
20.	Alan	Yates	49.30		Kev	Saville,	ret	
21.	Pete	Gorvett	50.30		Scott	Turtle.	ret	

Three Peaks Race : 25 April 2004**English Championship (2)**

This was the 50th running of the event, with a very large entry. The first hot day of the year brought the inevitable problems. The long stretch to Ribbleshead seemed to drag on and on, and a lot of cramp around at the top of Whernside. A long, fading drop off Ingleborough, past that signpost with false hopes of a short 1.5ml back. It was an achievement for anyone who stayed the course on such a hot, tiring day. Special congratulations to Alice for bringing home the Ladies team.

Pos	Name	Time	Pos	Name	Time
1	A.Peace (Bingley)	2:55:46	273	K.Jones	4:40:11
82	D.Tait	3:52:56	276	D.Bradbury	4:41:02
90	D.Allen	3:55:11	284	H.Thorburn	4:42:31
100	A.Moore	3:59:03	341	A.Jones	4:57:25
101	G.Williams	3:59:15	366	R.Evans	5:02:25
167	A.Brockington	4:16:17	382	C.Brad	5:13:12
190	R.Hopkinson	4:20:57	391	C.Edwards	5:16:26
220	A.Harmer	4:28:14		Lynn – blistered.	
236	R.Slater	4:32:55			
237	P.Leach	4:33:02			

Footnote advert

I am officially a fine art photographer, mainly landscapes. I attended the 3 peaks race with the intention of capturing the 50th anniversary and outputting any worthy images as fine art prints. I based myself at the foot of the climb up Ingleborough, capturing the runners as they negotiated the gated stiles with Whernside providing a backdrop. The final print is of a high quality using a tried & tested combination of light fast inks & art paper. The final image size is A4 (10" x 8"). Runners captured from your club are as follows: D Allen; D Bradbury; AM Harmer; RJ Hopkinson; GA Kirk; AD Moore; M Robinson; R Slater; D Tait; P Leach & HC Thorburn

If any of the above would like to purchase a commemorative fine art print please contact me by email: gary.fitch@btinternet.com or 07973 835 201. Price including postage & packing per print is £7.

Gary Fitch

Also watch out for the BBC TV programme about the race to be shown later in the summer.

Ravenstones Brow Fell Race : 1 May 2004

Enforced route changes have really improved the course, turning it into a very good event – provided you can run over classic boggy wastelands. Only part of the dam path, then the marked path up to the edge path to rejoin at the top of Birchen Clough. Another good run from Dave Taylor, not many others though...

Pos	Name	Time
1	M.Fowler	1:04:22
3	D.Taylor	1:08:19
11	D.Tait	1:15:39

Dave Tait

Longstone Moors Race : 2 May 2004

I quite enjoyed this event, a scenic trip round the footpaths and dales of the White Peak for a change. Starting from Thornbridge, to Brushfield, Miller's Dale, Wormhill, Tideswell and Longstone Moors. Warm and dry, but not having to try too hard, a nice way to gather distance and miles. How reassuring to go round with Dave, reading the notes and the map with unfailing accuracy to gain a deserved victory... and half a pair of shoes from Rocksport.

Dave Tait

1	D.Allen	3hr 02min
3	D.Tait	3hr 04min

Mount Famine Fell Race : 8 May 2004

A genuine AS race in the Peak District, showing how much better some of our village events could be with a bit of rethinking — not just a path up the hill, turn round and come down again. Steep climbs, especially the start, immediately into the woody grassy hillside, and proper descents. Mist on the tops confused the leaders, or was it Andy Howie's flags deliberately misplaced to favour Pennine...

Dave Tait

1	C.Bishop	47:18	56	D.Bradbury	56:43
5	J.Boyle	47:49	59	R.Hopkinson	57:06
9	D.Taylor	48:41	83	C.Edwards	1:01:12
10	D.Allen	48:43	98	A.Watmore	1:03:24
17	D.Tait	49:45	111	E.Connaughton	1:06:10
27	D.Soles	51:08	125	M.Edwards	1:12:40
30	A.Moore	52:05	129	T.Woodhouse	1:14:15
				143 ran	

Dark and White MM (2) : 9 May 2004

This time the venue was Glossop, giving interesting running on the other side of the hills. A pity about the urban runout and return. Dry, warm and clear, so plenty of distance to cover in the 3 hours limit. Over to Longdendale, the tops, Doctor's Gate — a good day's running.

Dave Tait

Pos	Name	Points	Pos	Name	Points
1	M.Hayman	245		L.Atchison/C.Pearson	180
2	T.Austin	215		D.Tait	175
3	N.Northrop	210		A.Bell	175
	C.Adams	180		D. and R.Charles	140
	G.Crowley	180			

Jack Bloor Races : 11 May 2004

Orienteers Triumph On Ilkley Moor

Local orienteers triumphed in the 19th running of the annual Jack Bloor fell races which were sponsored by The Complete Runner of Leeds Road, Ilkley.

On a cool evening ideal for running the senior race was won by 21 year old international orienteer Matthew Speake from York Orienteers who has previously placed third on two occasions in the race. His time of 40mins 26 secs was well outside the record set by Greg Hull from Leeds City. He was well clear of J Thomas from Cardiff in second place and previous winner Dark Peak's Richard Wren who battled it out finishing only 3 seconds apart. The men's team race was won by orienteers from team Nopesport, beating local fell running specialists Pudsey and Bramley well into second place. Third team was another Pudsey club the Pudsey Pacers. Winner of the men's veteran class was John Wooton from Bradley who has consistently won this category in recent years.

The ladies race was comfortably won this year by Kirsten Bailey from Addingham running for Bingley Harriers in a time of 50mins 32 secs with another orienteer Aislinn Austin of York club Eborienteers second and Heather Dawe of local club Ilkley Harriers third. Winner of the lady veteran class was Alison Bennett of Ilkley Harriers. Her prize was a newly engraved rose vase presented in memory of Mike Rose, much respected secretary of the Fell Runners Association who was a great supporter of this race over many years, and who died last year. His niece had come over especially to present the prize which was a nice touch.

This year the associated junior races held beforehand produced a record entry of 106 enthusiastic youngsters. Boys age 6 to 9 category was won by Kieran Thompson of Wharfedale and the girls Beth Woodley of Airenteers. Boys age 10 to 13 was won by Thomas Sessford of Keighley with 9 year old Florence Haines of Airenteers running up a class to take the girls prize and sixth place overall. The boys age 14 to 16 was won in an exciting finish by Ben Stevens of Airenteers . Chloe Haines comfortably won the girls. She is also of Airenteers, who are the current British club orienteering champions due in no small part to their very strong junior section.

With the number of orienteers walking away with prizes in a fell race, they certainly proved that they are athletes on a par with some of the best fell runners.

Hilary Bloor

Some You Win Some You Lose : 12 May 2004

After chatting with Gavin, we decided to alter the route this year as the old one was getting a bit tame. Gavin came up with a storming alternative and just left me to organise it as I was not running due to injury. A Family crisis meant I could not guarantee to be there, so Gavin sorted the job lot out. It went really well, only favourable comments were heard and we may refine the route further next year. The

general idea was: start at Twitchell railway Bridge; all to Loose Hill, back to Townend; turn left over River Noe and left up track towards Hope Cross. Then sharp right to a blob on the hill which I can't remember the name of (or find which is why I was not there marshalling), drop to Ladybower and touch the water anywhere, up Winn Hill & back to the bridge via Twitchell farm. Just the job to warm the muscles up for Eyam ½ Marathon. Prize giving was in the Woodruff afterwards, but due to the Andy Harmer AGM complaint that "no fell races should make a profit from runners" there were no prizes.

							Jim Fulton
1	Mark	Hayman	65.30	18	Alan	Yates	81.55
2	Tim	Tett	66.05	19	Iestyn	Lewis	83.30
3	Chris	Sellers	68.10	20	Tom	Westgate	83.32
4	Rob	Little	68.50	21	Alice	Brockington	83.35
5	John	Boyle	69.50	22	Neil	Oxley	83.40
6	Andy	Middleditch	70.50	23	Hoo	Ray	86.05
7	Rob	Smith	71.02	24	Kenny	Jones	86.20
8	Roger	Woods	71.18	25	Old	Hakes	89.50
9	Dave	Miller	71.51	26	moz	@dpfr.co.uk	91.05
10	Gavin	Williams	72.20	27	Jane	Searle	92.00
11	Dave	Tait	72.30	28	Debs		92.40
12	Tim	Hawley	73.20	29	Tim	Atkin	97.00
13	Nick	Wallis	76.40	30	Martin	Payne	97.30
14	Paul	Harrington	78.05	31	Geoff	Nichols	100.35
15	Chris	Barber	78.10	32=	Dave	Markham	102.50
16	Andy	Harmer	79.20	32=	Gary	Westwood	102.50
17	Young	Hakes	81.50	36	started	,33 finished	

Burbage : 18 May 2004

For what was the first time I can remember at Burbage, 'shirts-off' was the order of the day as the weather broke with tradition, and provided us with a cloudless sky that attracted an additional 110 'fair-weather' runners from last year. This meant that not only pins, but entry forms, race numbers and timing machine roll were in short supply, so I apologise if there were a few 'surprises' in the results. Recent advances in PC software has revealed that the actual climb of 1250 feet, is more than double that advertised, which when amended for next year, may worryingly attract more hardened fell runners.

Phil Winskill blasted round the course knocking over 2 minutes off the record, spurred on by Ged Cudahy and the welcome return of Dave Neill who took the V40 prize from Les Footitt who quietly admitted that a road race!! had left him a little heavy-legged (Hmmm - I wish I could run like that when I'm heavy legged). Dave Tait pipped Phil Bowler by 3 seconds to claim the V50 prize - I trust you gave him a DPFR membership form after the race Dave?

The ladies race was again a close call, with Alice Brockington edging out Joanne Walker - another athlete should sign up, whilst Hilary Hareduke of Holme Pierrepont

(isn't it flat round there?) had a little more breathing space from Philippa Leach in the LV40 category.

I was unchallenged for the newly introduced 'Fat Boy' category for over 13 stone runners, taking great pleasure in drinking and eating my prizes.

The welcome annual sight of Wootton Runners from Northants illuminated the race in their 'distinctive' vests (call me a bore, but I do prefer brown to pink!), sympathies go to Steve who got himself injured before the start, and had to watch the race from 'Pride Rock'.

Thanks to Tony Hulme of 'Running Teddy' (according to an observant 4 year old) for sponsoring the race. Also to Edale Mountain Rescue for patrolling the course and to St John Ambulance, not only for their invaluable service in treating several runners, but in providing a welcome moment of light relief when reporting one competitor who had complained about the roughness of millstone grit!

Finally thanks to my helpers – at least the late finish did give us the benefit of seeing a magnificent sunset over Higger Tor in the gathering darkness.

Andrew Moore

1	Phil Winskill	37.18	122	Chris Edwards	51.56
5	Dave Taylor	41.12	124	Martin Fox	52.03
14	Steve Bell [3 rd M40]	42.32	125	Philippa Leach [2 nd F40]	52.05
16	Iestyn Lewis	42.53	131	Roger Slater	52.23
21	Gavin Williams	43.10	141	Jane Searle	53.30
28	Dave Tait [1 st M50]	44.44	143	Moz Musson	53.41
31	Rob Smith	44.50	145	Geoff Nicols	53.47
33	Dave Allen	45.01	147	John Gunnee	53.50
38	Andrew Moore	45.12	161	Clive Wilson	54.44
40	Kevin McGrath	45.23	168	Tim Atkin	54.57
41	Darrell Bradbury	45.25	171	Mick Poulter	55.21
42	Tim O'Neal	45.28	176	Dick Pasley [1 st M60]	55.35
45	Colin Taylor	45.57	180	Jacky Smith [2 nd F50]	55.55
50	Mark Salkild	46.21	184	Gasam Chetty	56.13
59	Varley	47.05	186	Simon Pape	56.37
61	Keith Parker	47.22	187	Mike Arundale	56.39
64	Martin Smith	47.52	188	Hilary Bloor [3 rd F50]	56.41
67	Alice Brockington [1 st F]	48.24	198	John Dalton	57.49
81	Tim Ray	49.04	200	Ann Watmore	58.08
82	Matthew Hulley	49.07	204	Bob Bryan	58.35
91	Richard Hopkinson	49.40	216	David Arundale	59.37
93	Ken Jones	49.45	229	Mick Edwards	1:02.55
94	Andy Barnett	49.47	234	Mike Browell	1:04.18
113	Tim Mackey	50.59	259	Finished	
118	J Perryer	51.42	263	Started	
119	David Bollington	51.44			

Elidir Fawr : 23 May 2004

Nant Peris for an excellent short course. The day was clear, dry, great views from up high if we'd not been trying so hard. A long, long way up, rocky bits along the top and dropping off, into a long, fast, shifting descent along to the finish. The Ladies strong as ever, us Vets packed well, but so disappointing that there weren't two more Senior Men prepared to support these three excellent efforts.

Dave Tait

1	S.Bailey (Mercia)	49:15	129	A.Brockington	69:25
9	T.Austin	52:24	132	T.Keddie	70:05
21	M.Hayman	56:00	142	L.Bland	70:54
29	D.Taylor	56:55	160	H.Thorburn	73:35
60	S.Bell	61:37	171	P.Leach	75:58
61	G.Williams	61:52	186	A.Watmore	79:18
73	D.Tait	63:09	216	L.Austin	94:07
81	D.Bradbury	63:48	220	B.Thackery	102:42
87	D.Soles	64:41			

Hallam Chase : 30 May 2004

The World's oldest fell race continues... with a victory by one of dark Peak's longest serving members.

				Race Time	Net Time
1	Mike	Hayes	v65	34.58	29.28
5	Neville	Boler	v50	36.05	27.35
6	Bob	Toogood	v60	36.35	26.35
11	Alan	Yates	v55	36.59	28.59
16	David	Hakes		37.38	27.28
18	Johnny	Gunnec	v40	37.53	30.53
20	Richard	Hakes	v45	38.18	29.03

Paps of Jura Fell Race 29 May 2004

16 miles, 7,500'

An excellent weekend, as usual. Dark Peak had a whopping 20 entries, including 7 Jura virgins, plus 4 prize-winning competitors in the junior races. Supporters and hecklers brought the total DPFRC contingent to ~35. Well done to the ladies for being first team and to Dave for coming away with a coveted engraved whiskey tumbler. Many competitors had the unusual opportunity to see Ian Holmes in action. He went for a serious walk-about near the start of the race and had to work right through the field to finish 5 minutes behind the leader. Rob also went AWOL. He so liked CPI that he visited it twice. The Pertex Trophy incumbent has been notified...

Gavin Williams

1	Tim Lenton	3.36	Lothian
9	Dave Taylor	3.55	
20	Gavin Williams	4.14	
23	Tim Hawley	4.18	
32	Kate Jenkins	4.40	1 st F - Carnethy
45	Helen Thorburn	4.53	(3 rd F)
47	Lynn Bland	4.55	(4 th / 1 st F40)
48	Richard Hopkinson	4.55	
49	Rob Davison	4.55	
53	Alice Brockington	4.59	(5 th F)
54	Nick Wallis	4.59	
63	Roy Small	5.08	
72	Richard Hakes	5.13	
83	Neil Oxley	5.20	
???	Jim Fulton	5:27	
86	Tim Ray	5.29	
101	Paul Sanderson	5.37	
132	Hugh Cotton	6.19	
134	John Gunnee	6.22	
	Andy Dickenson	6.30	
144	Maurice Musson	6.31	
148	Mick Poulter	6.47	
???	Dave Lockwood	?:??	(sorry Dave, didn't note your time)

150 ran

Shutlingsloe Race : 31 May 2004

This race is an excellent family event. It takes place from the grounds of Crag Hall country house in the remote Wildboarclough. It includes free to enter children's events (on the tennis courts) stalls, teas, cakes and an excellent race course in the tradition of Lakes guides events. It is, however at under 2 m/ 825', all over rather quickly and so probably not too attractive to those based on the East-side. Simon Bailey has dominated this event in the last few years and this year destroyed the opposition and long standing record. This year no other runners were in serious contention and the main challenge is to see how far you can get along the return leg before hearing the crowd cheer Simon home.

I was the only DPFR there but I did break my PB. I heartily recommend this race to anyone within striking distance.

Dave Soles

1st S. Bailey 15 (ish) min and a new record.
8th D.Soles 19.38 min

Calver Peak Fell Race : 2 June 2004

Lots of Dark Peak out for this little un-fell event, wouldn't it be good to see this strength at a serious event. A big entry, large cash prizes that should have been better used to reward more categories and more people.

Dave Tait

1	T.Austin	30:44	40	M.Hulley	39:49
2	M.Crane	31:57	42	K.Marshall	39:53
3	A.Middleditch	33:27	45	T.Mackey	40:05
4	M.Sprot	34:13	47	J.Griffiths	40:34
5	T.Plant	34:25	54	R.Moore	41:27
11	D.Harrison	35:37	58	J.Searle	41:45
12	R.Hutton	35:39	59	K.Jones	41:49
16	D.Tait	36:49	67	R.Smith	42:49
18	D.Allen	37:17	70	R.Hambleton	43:48
22	K.Buckley	37:44	72	D.Smith	43:55
24	N.Boler	37:52	80	H.Bloor	45:35
29	J.Varley	38:11	81	J.Dalton	45:47
33	H.Winskill	39:05		114 ran	
35	J.Hargreaves	39:25			
38	P.Stopford	39:39			

Duddon Valley Fell Race : 5 June 2004 20ml, 6000ft.

The first of the Classic Lakeland events but, regrettably, only three of us there. A decent line-up of 65, but a need to be better supported by the fell clubs such as ours. Richard excelled to get round a week after Jura. There was mist over the tops in the awkward first part, but enough groups seemed to know the way. Then the tiring, marvellously scenic hills back to the final slog up Caw.

Dave Tait

1	R.Jebb	2:57:57	33	R.Hopkinson	4:19:27
13	A.Middleditch	3:47:06		65 ran.	
15	D.Tait	3:49:19			

Saddleworth Fell Race : 6 June 04

3 miles, 950'

It's a long way to go for a three mile race, but by taking my bike over the Pennines on the train and then cycling home via The Wrinkled Stocking Tea Room (Holmfirth) I contrived a good day out. The race is a classic short blast up and down Alderman Hill, with cans of beer for everybody who bothered to stay for the prize givings.

Gavin Williams

1	Colin Bishop	22.10 (Saddleworth)
5	Gavin Williams	24.05
53 ran		

Fell Off

Big city – big run

Running the London Marathon was a great experience. The crowds and the whole atmosphere were fantastic. 32,101 runners lined up in a chilly Greenwich Park. For the mass start, runners are lined up in ranks, depending on their estimated finish time. My conservative estimate found me ranked up with wombles, rhino's, gorillas, and generally not very athletic looking people. One man had only a thong, running shoes, and leaves in his hair; another had no shoes. Although it took ten minutes before I made it over the start line, each person gets an individual time, made possible by a chip tied to your shoe lace.

The first 13 miles were rather like a bunched up fell race in that you had to get as close as you could to your optimum pace, and then take advantage of any opening to cruise past people who slowed you up. I might have done better to start a few ranks faster as at 13 miles I had taken a few seconds over 2 hours, and was doing fine.

All along the route there were crowds; kids wanting to slap your hand and people shouting out your name - I had it on my running vest. There were several bands on route. The only shortage was toilets – rows of men were magnetically attracted to any bushes or greenery on the route. There were toilet stops, but in general, only the women were prepared to loose places queuing.

I tried to keep up the pace for the second half, but with less energy left it was harder to keep on looking for the opportunity to overtake people. By 20 miles I thought I'd just concentrate on a steady pace, and then try to speed up a little for the last three when the crowd would be cheering you on most. The Embankment is a great stretch to finish a race on, with all the sights on the river. I was able to put on a bit of a spurt for finishing up to Buckingham Palace and round the corner into the Mall.

I finished in 4hrs 4 mins and 9 seconds; a 'PB' and 12,152nd place. I was well pleased with this, although I think I could have got in under 4 hrs if I'd lined up with faster runners at the start. There is always next year! Another Dark Peak runner, Graham Burgin, finished in 4.14.36.

Many thanks to all who sponsored me – I was running for the charity Sense. If I can retain my super-fitness, watch out for a leap up the places in the local races. But my body has been telling me to eat ever since I finished, so maybe those people who normally come in just in front of me have not too much to worry about.

Geoff Nichols

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.

Chalet in French Alps for rent

As previously advertised in the small ads I have a chalet in France which I am planning to rent out. It probably won't be quite ready until next winter for a formal launch but if anybody is interested in the meantime either for a club meet or just a family holiday, I am open to offers. It is not available in August or the last week in July, but any other dates are free.

We have just had some major work done by DPFR members Rob Davison and Tony Keddy so please feel free to ask them for an objective view on the accommodation and the excellent running country in which it is located. You can find some information on the website which is www.gascoyne.org.uk or more comprehensive info on the old website which looks a bit tatty www.gascoyne.org.uk/old.htm - Stuart Gascoyne

The bit at the end

Dark Peak News Autumn 2004

In the next issue:

Races: from Derbyshire dashes to English & British Championships

Social events: Lunge, Thornbridge, BG weekend

Challenges: BG weekend, Tom's Paddy Buckley and Colin's Joss Naylor

...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. If Dave Tait ever gets injured it will be a very thin newsletter! So 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:

Wednesday 1 September

Publication:

Wednesday 22 September

Thanks

Summer 04 was produced with thanks to Alan Yates, Andrew Moore, Andy Harmer, Bob Berzins, Chris Barber, Colin Lago, Darryll Bradbury, Dave Soles, Dave Tait, Dick Pasley, Gavin Williams, Geoff Nichols, Hilary Bloor, Howard Swindells, Jeff Harrison, John Myers, Jim Fulton, John Gunee, Lynn Bland, Richard Hakes, Richard Hopkinson, Roger Woods, Roy Small and Tim Hawley.

Covers

Front: Winter on An Teallach (Howard Swindells shows artificial hips don't stop you getting up big mountains)

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

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