

# Dark Peak News

**Winter  
2004/05**

# DARK PEAK NEWS

## Winter 04/05

**President: Eric Mitchell**

**3 News**

**Chairman**

Roy Small  
33 Bents Drive  
Sheffield S11 9RW  
Tel. (0114) 2367549  
[roy@rbia.demon.co.uk](mailto:roy@rbia.demon.co.uk)

**4 Events**

**8 Club Championships**

**Secretary**

Roger Woods  
31 Barkers Road  
Nether Edge  
Sheffield, S7 1SD  
Tel. 0114 552811  
[secretary@dpfr.co.uk](mailto:secretary@dpfr.co.uk)

**Treasurer**

Lynn Bland,  
51 Hurlfield Ave  
Gleadless,  
Sheffield, S12 2TL  
Tel. 0114 2646409  
[vcca@supanet.com](mailto:vcca@supanet.com)

**9 Going-the-Distance  
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**Clothing & Equipment**

Richard Hakes  
454A Loxley Road  
Sheffield S6 6RS  
Tel. 0114 2339912  
[richard\\_hakes@yahoo.com](mailto:richard_hakes@yahoo.com)

**Membership**

Gavin Williams  
41 Frickley Road,  
Sheffield S11 7EX  
Tel.0114 2309227  
[memsec@dpfr.co.uk](mailto:memsec@dpfr.co.uk)

**22 Relays**

**Men's Captain**

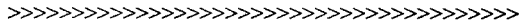
Alan Ward  
Jeffrey Barn, Bessie Lane  
Bradwell, S33 9HZ  
Tel. 01433 621351

**Ladies' Captain**

Karen Dalton  
Craig Clowen  
Castleton Rd  
Hathersage, S32 1EH  
Tel. 01433 659968

**24 Reviews**

**25 Fell Off**

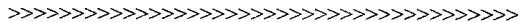


**Editor**

**26 In Gear**

Mike Pedley  
Frost Hole Farm  
Cragg Vale  
Hebden Bridge  
HX7 5RU  
Tel. (01422) 886195  
[mike@frosthole.demon.co.uk](mailto:mike@frosthole.demon.co.uk)

**27 The-bit-at-the-end**



# News

## **FRA CHAMPIONS!**

Dark Peak's men and women's teams both had superb victories at the FRA relay Championships held at Hayfield. The Veteran's team also made it onto the podium in 3rd place. Both victorious teams took the lead on the long navigation leg over our "home territory" of Kinder. For the men it was Alan Ward and returned exile, Mark Hayman who took the lead with Tim Austin maintaining the lead on last leg. For the women Helen Winskill and Jenny Whitehead did the same with the team anchored home by Karen Davison. Our women were the only women's team to avoid the last leg mass start. Congratulations to all the team members.

## **Victory Shared at Club Champs**

This year's club championships ended in a sportsmanlike share of victory after a controversial race at the front. In perfect conditions the race was run from Old Glossop over a tough course designed by Andy Harmer. It took runners towards Shelf before turning South and crossing Snake. There was some confusion over the early route with Tim Austin bypassing Shelf Benches. However, after some 'discussion' with the chasing Al Ward and Tim Tett, Tim rejoined the other two. Tim finished first, was then disqualified, but later an honourable draw was agreed upon.

Elsewhere Helen Winskill won both the ladies race and was first in the handicap with a fine run. There were close finishes and surprises in the V50 and V60 with Chris barber just edging out Andy Harmer for 1<sup>st</sup> V50 and Frank Thomas beating the rejuvenated Mike Hayes by just 1 minute to claim first V60.

## **Karrimor win & other good performances**

Neil Northrop won the A course on this year's KIMM in the Brecon Beacons. Other top 10 finishes on the A included Roger Woods (8th) and Keith Tonkin (9th). On the elite Marcus Scotney was 7th and Rick Ansell 11th. Sally Ward took 1st mixed on the B (7th overall) whilst on the long score Phil Cox and Pete Gorvett (15th) finished just ahead of Tom Westgate and Richard Hakes whilst Dave Mosely & Alison Shepherd won the mixed vets handicap. For full results of this years event look at [www.kimm.org.uk](http://www.kimm.org.uk). It is hoped to produce DPF results for the next issue.

## **"So nearly"... at Ian Hodgson Relay**

Some excellent individual legs and solid team runs throughout gave Dark Peak one of it's best all round performances at the Ian Hodgson relay. Whilst Borrowdale won (as always) our mens team were carried into a clear second well ahead of the remaining teams by a string of 2<sup>nd</sup> places on 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> leg. On 2<sup>nd</sup> leg Matt Crane and Andy Middleditch were only 3 seconds off fastest time. The women matched the men with 2<sup>nd</sup> but in very different circumstances: leading into the last leg they were overhauled by Ilkley ladies. The vets also produced a superb performance with 12<sup>th</sup> overall - usually good enough for a podium finish in their category but alas they had to settle for 4<sup>th</sup> vet team behind Horwich.

### Tim wins 3 in 3 days including final English Championships race

It was almost a Dark Peak double victory in the final English Championships race of the season. Tim Austin won the men's race and Karen Davison was second in the women's event. Results now available. For Tim it was the 3rd of three remarkable days with victory on Friday at Great Longstone, Saturday at Longshaw before Sunday's win at Shelf.

### Dark Peakers in orienteering World Championships

The orienteering season reached it's climax in September with the World Championships in Sweden. Dark Peak members Helen Winskill and Oli Johnson were part of the GB team: Helen ran the Long Distance and Relay and Oli the Middle Distance race. They were joined by ex-dark Peaker Jamie Stevenson who competed in all three events.

## 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.

<b>Dec</b>					
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 <a href="http://www.bradfieldrun.co.uk">www.bradfieldrun.co.uk</a>	48ml, 5200'
Wed	29	18:30	Club runs	Sportsman	
Fri	31	13:00	Local race	KFR Seasonal Shuffle, Park Hall, Little Hayfield	8ml/1700'
<b>2005</b>					
<b>Jan</b>					
Sat	1	10:30	DPFR race	New Years Day Race, Details to follow 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
<b>Feb</b>				
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
<b>Mar</b>				
Wed	2	18:30	Club runs & race	Sportsman including Hut Night race
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
Sun	20	10:30	DPFR event	Edale Skyline, Edale. Lots of helpers needed as usual. If you want a run please volunteer to help before or after. Entries in advance: see website or contact Chris barber or Jim Fulton for more details.
Wed	23	18:30	Club run	Sportsman: Back on the fells
<b>Jun</b>				
	18-19		DPFR event	<u>Advanced notice...</u> Bob Graham Weekend, Threkeld. Details from Richard Hakes

### Provisional Championship Dates For 2005

#### BRITISH CHAMPIONSHIPS

Sat. April 2nd	Spelga Skyline (N. Ireland)	AL
Sat. April 23rd	Moelwyn Peaks (Wales)	AM
Sun. June 12th	Edale	AS
Sat. June 25th	Culter Fell?? (Scotland)	AM
Sat. July 9th	Wasdale	AL
Sun. July 31st	Pen y Fan (Wales)	AS

#### ENGLISH CHAMPIONSHIPS

Sat. March 19th	Fiensdale	AM
Sun. May 8th	Buttermere Sailbeck	AM
Sun. June 12th	Edale	AS
Sat. July 9th	Wasdale	AL
Sat. Aug. 20th	Whittle Pike	AS
Sat. Oct. 8th	Langdale Horseshoe	AL

## INTER-COUNTIES CHAMPIONSHIP

Sun. April 10th

Wrekin

Tim Austin

### **KFR Seasonal Shuffle**

The KFR Seasonal Shuffle will take place on New Year's Eve, 1.00 pm start, from the entrance to Park Hall, Little Hayfield. It would be good to see Pennine, Glossopdale and Dark Peak represented plus anyone else who enjoys struggling through heather and bog. This is a fun event ,(but rest assured the spirit of fierce competition is never far beneath the surface),and therefore free (so don't expect any prizes). The course is about 8 miles / 1700' and will visit these checkpoints:

Start-Park Hall entrance,  
The Knott,  
FB at Carr Meadow,  
Harry Hut,  
FB at the bottom of William Clough (059887),  
Park Hall entrance.

Beer in the Lantern Pike. Self-sufficiency, such as full body cover, is obligatory as I will not be capable of looking anyone, once established in the pub. Storage for bikes if cycling can be arranged.

Dave Soles.

### **Do you fancy running in a club night race this winter?**

The **Warts Winter Challenge** has been a regular feature of the Wednesday winter nights for a few years now. It has been both enjoyed, and cursed for it's rocky & boggy ground, many times! There has been quite a bit of discussion recently on the form that the race should take (how long, what sort of terrain, safety, how close to Sheffield . . .), and there are many differing views, as is traditional for our club. Guy and I are going to organise 2 races, with different characters, so hopefully many of you will want to have a go at one or both of them.

Before I tell you when and where, (at the risk of teaching my grandmother to suck eggs), a few notes on safety. Running at night on the fells in winter is a serious business. If you are racing alone, it is even more so, and you need experience of night running in different weather conditions to undertake it in reasonable safety. You also need to be able to navigate (at least follow a bearing to a road) at night! The kit you take is also important, and should include at least:

Full body cover, including hat & gloves.  
Compass, map, whistle.  
Torch and spare torch (with charged up batteries).

Kit checks may or may not happen before the races, or we may just ask what you are carrying. When considering what to take, decide what you would do if you broke your ankle while out of site & earshot of anyone else.

We will try to design the courses so that the winning time is between 45 minutes and 1 hour.

If you fancy doing a night race, but don't feel confident enough, enter as a pair on the night. Here are the races:

### **Traditional Warts Winter Challenge**

Date: Jan 26<sup>th</sup> (as in the calendar) at 18:45.

Venue: to be decided, but will be announced a few weeks in advance. It will be nearer to Sheffield than Derwent Reservoirs!

Course: New, and will be revealed on the night. There will be a significant amount of rough ground to cover.

Map: Black & white photocopied map in bag will be provided.

Safety: Confidence in map reading is essential. Some checkpoints will be manned.

### **Hut Night Race**

Date: March 2<sup>nd</sup> at 18:45.

Venue: Club Hut, Lodge Moor

Course: New, and will be announced a few weeks in advance. There will be more paths and easier ground generally than on the Winter Challenge.

Map: No map will be provided – take your own.

Safety: The area should be well known to all runners, with plenty of roads and tracks to walk to in the event of an accident. Some checkpoints will be manned.

Hope to see many of you at one or both!

Andy Malkin and Guy Seaman

## **Members News**

We're pleased to announce the birth on the 20th October 2004 of Euan Ruaridh Patton weighing in at 10lb 2oz. We're all doing well and Ellen is adjusting to having her new baby brother.

## **Address changes etc**

Jane Searle now at [searlja@supanet.com](mailto:searlja@supanet.com)



# Club Championships

## DARK PEAK FELL RUNNERS – CLUB CHAMPIONSHIPS

13 November 2004

Old Glossop

Pos.	Name	Time	H'cap	Pos.	Name	Time
1=	Tim Austin	1:34:08	2	27	Darrel Bradbury	2:07:49
1=	Alan Ward	1:34:09	3	28	Karen Davison [2 <sup>nd</sup> F]	2:11:37
3	Tim Tett [1 <sup>st</sup> M40]	1:39:17		29	Phil Crowson	2:12:34
4	Richard Wren	1:40:29	4	30	Roy Small	2:13:00
5	Mick Robinson	1:42:46	7	31	Nev Boler	2:14:45
6	John Boyle	1:43:08	8	32	Andy Barnett	2:16:44
7	Andy Middleditch	1:43:46	10	33	Lynn Bland [1 <sup>st</sup> F40]	2:16:50
8	Neil Conway	1:46:01	5	34	Richard Hakes	2:18:50
9	Phil Winskill	1:47:46		35	Haimish Harmer	2:22:22
10	Rob Smith	1:52:18	6	36	Dave Lockwood	2:23:25
11	Mike Nolan	1:53:48		37	Frank Thomas	2:23:34
12	Roger Woods	1:54:45		38	Mike Hayes	2:24:41
13	Tim Hawley	1:56:44		39	Jim Lawrenson	2:26:08
14	Helen Winskill [1 <sup>st</sup> F]	1:47:49	1	40	Alan Yates	2:27:47
15	Dave Soles	1:57:55		41	Maurice Musson	2:28:15
16	Rob Davison	2:01:22		42	Deb Smith	2:30:27
17	Adam Jackson	2:01:44		43	Hugh Cotton	2:31:15
18	Tom Westgate	2:02:24		44	Dave Markham	2:31:31
19	Dave Holmes	2:03:10		45	Bob Marsden	2:41:41
20	Tim Ray	2:03:12	9	46	Mike Browell	2:44:49
21	Paul Sanderson	2:03:24		47	Alison Shepherd	2:53:40
22	Tom Webb	2:03:33		48	Martin Payne	2:54:35
23	Bob Berzins	2:03:36		49	Dave Moseley	3:00:40
24	Chris Barber [1 <sup>st</sup> M50]	2:04:14		50	Colin Lago	3:03:40
25	Andy Harmer	2:05:49		51	Jim Fulton	3:03:40
26	Rob Hutton	2:07:48				

### Trophies

- 1<sup>st</sup> Alan Ward & Tim Austin  
 1<sup>st</sup> F Helen Winskill  
 1<sup>st</sup> handicap Helen Winskill  
 1<sup>st</sup> M40 Tim Tett  
 1<sup>st</sup> F40 Lynn Bland  
 1<sup>st</sup> M50 Chris Barber  
 1<sup>st</sup> M60 Frank Thomas  
 Pertex Roy Small  
 Local League Andy Moore (men) & Karen Davison (women)

The Chairman's Challenge for this years club Dinner was to invent a method of crossing high stone walls or fences to access all the new CROW lands. Despite a dodgy start to his newspaper based demonstration, Tim Ray fended off the Rob Davison's creativity to win the audience vote.

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## Going the Distance

**Kinder Dozen : 22 May 2004**

I had been in reasonable, if not good, condition prior to easter but the Three Peaks race left me wrecked mentally and physically. I was desperate to get some hills in before helping Tom and Kev on their PB attempt. Once in the mood a solo run seemed the way and I chose Snake Bridge as my start.

The big climbs of eal edge, Blackden and Crookstone all felt hard but on 'home territory' and I climbed well. My knees were not good on the descents but soft ground helped and by the Youth Hostel I still felt good. At Ringing Roger I decided to go for the full circuit rather than cut across to Snake and at Nags head the time was 3h 02m 45s, well up on the old best times recorded.

The long slog up to Grindslow Knoll on a busy warm day was not great and I was pleased to get into Crowden. At this point I made a mistake taking a path up the bilberry and bracken when a route up the brook would have been better. By Jacobs ladder I was into another procession of rambles but the climb was short.

By the western Edge and Kinder Low I felt tired and fed up but my spirits were rose over Clutter Rocks and stopping for a drink at Kinder River I was back on song and relishing the climb to Kinder West trig. At this point I thought I had cracked it but it's a long way down the Ashop to the climb up Fairbrook Naze.

It was with some regret that I ran down the ridge. As in all long runs, it was great to have achieved the goal but having done so the challenge is gone.

The finish was achieved in 6h 41m 33s (previous best 7h 45m). I suggest a good 20 or 30 minutes could come off this time but I did climb well. Exact split times will be sent to custodian Ken Jones. Most climbs took 25 minutes and most descents 13.

Andy Harmer

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# Reports & Results

## Brecon Beacons Fell Race 14<sup>th</sup> August 2004

The race was run clockwise this year. Weather was hot and as there is not much water on route the decision to run wearing a Camelbak was the right one. This is a good runnable course although I didn't do much towards the end. It was also great to visit a part of the country that we haven't been to for a while. Unlike the numbers that turned up last year when it was a championship event this was much more low key. I even won a prize for finishing nearest to 4 hours. The mountain biking on Sunday certainly got the post race stiffness out of the legs. Overall a great weekend

Paul Sanderson

1	P James (MDC)	3.01
6	Rick Ansell (Tring)	3.23
24	Paul Sanderson	4.02
40 Ran		

## Alport Race : 19 August 04

Another good turnout with quite exceptional weather. A warm and humid but dry evening soon turned black when a large thunderstorm swept in from Kinder. The leaders just managed to get into the forest above Snake as the rain and lightning started. Unfortunately, for those still on the moor above Combs Rocks things became a little nervy with several lightning strikes onto the moor. Roy not-so-big-Small was soon to be seen doing a 180 and retreating to the woods above Alport to sit it out and others made similar retreats. I suspect that this particular 'obstacle' will remain a talking point of this race for some years.

As for the race itself, the organiser managed to fend off his younger rivals and win for the nth year. The race remains a classic, demanding skills in ascent, descent, flat fast running and heather bashing - a descent memory of the route also helps as many discovered when entering the woods at the end to discover a vast felled area and missed the path back to the finish.

1	Tim Tett (1 <sup>st</sup> V40)	66.40	15	Dave Holmes	94.23
2	Neil Northrop	69.43	16	Rob Smith	94.28
3	Dave Taylor	72.54	17	Dick Pasley	94.34
4	Pete Hodges	73.06	18	Debbie Smith (1 <sup>st</sup> L)	94.38
5	Roger Woods	73.48	19	Richard Egiburu	94.43
6	Tim Hawley	74.34	20	Martin Payne	96.31
7	Mark Bown	79.46	21	Moz Musson	96.39
8=	Dave Tait (1 <sup>st</sup> V50)	82.21	22	Roger Slater	97.41
8=	Dave Miller	82.21	23	John Dalton	98.22
10	Paul Sanderson	83.47	24	Anne Watmore	98.40
11	Alan Yates	87.39	25	Dave Bollington	98.48
12	Adam Jackson	87.40	26	Tim Wray	99.22
13	Bob Berzins	94.02	27	Roy Small	102.00
14	Chris Barber	94.15	28=	Lucy Weigand	106.00
			28=	John Myers	106.00

### Eyam Fell Race : 31 August 2004

The event is good enough, those views over to Stanage as good as they come. Always a lot dark coming home through those woods. But the organisers need to give a lot more back to the runners. Surely a race with over 100 runners can extend beyond a V40 category?

1	P.Winskill	41:06	37	K.Davison (1 <sup>st</sup> Lady)	50:42
3	O.Johnson	42:35	41	J.Whitehead	50:59
4	D.Taylor	43:36	52	P.Sanderson	52:22
10	K.Holmes (1 <sup>st</sup> V50)	45:57	63	R.Slater	54:15
15	N.Wallis	47:26	65	A.Brockington	54:49
16	B.Hanley	47:29	67	S.Ward	55:03
17	R.Woods	47:39	68	J.Herbert	55:09
18	R.Fawcett	47:52	70	H.Thorburn	55:26
19	A.Moore	48:17	91	"Sir Fulton"	58:40
20	T.Webb	48:24	98	C.Wilson	59:39
21	M.Kuszynski	48:30	102	J.Dalton	60:18
22	A.Jackson	48:33	118	P.Tapping	64:59
25	N.Boyer	49:17		137 ran	
28	D.Tait	49:54			
31	M.Hulley	50:04			

### Longshaw : 4 September 2004

This was the second running of the Longshaw Sheepdog Trials Fell Race. It was nice to see so many Dark Peakers, from 10 last year to 24 this time. The course was the same as last year, but the August rains had made the wet bits even wetter. Nevertheless the weather on the day was kind with a calm warm morning.

Tim Austin ran away with the trophy, beating Kev Lilley into second place by two and a half minutes, but missing Phil Winskill's course record by 11 seconds. Kev's time was a new Veteran's record.

First lady was Sally Ward with a new ladies record, beating the old one by 9 seconds.

					Dave Mosely
1	Tim Austin	39.04	24	Andy Barnett	51.26
2	Kevin Lilley	41.38	25	Paul Sanderson	51.54
4	Rob Baker	42.38	26	Pete Gorratt	51.59
7	James Hargreaves	45.52	28	Alan Yates	52.46
8	Bill Hanley	46.16	30	Sally Ward	53.24
9	Tony Hall	46.32	37	Jim Fulton	56.31
11	Adam Jackson	47.04	38	Alison Shepherd	56.45
12	Kevin McGrath	47.45	39	Tim Atkin	57.34
14	Robert Hutton	48.15	41	Jacky Smith	58.06
16	Roger Woods	49.01	42	Eugene Rybinsky	58.12
20	Mathew Hulley	49.37	46	Peter Kenny	58.52
21	Karl Marshal	49.51	56	Hugh Cotton	63.25
23	Chris Barber	50.51	66	finished	

### Shelf Moor Fell Race : 5 September 2004 English Championship (6)

The last event of the series, and a flourish to end with. Tim wins his first Championship event, the first of many we hope, and the Ladies team typically out strong, with a magnificent 2<sup>nd</sup> from Karen. A hot, sultry day, without the flags it could be much more interesting getting across the boglands.

Dave Tait

**MEN**

1	T.Austin	42:37	103	D.Bradbury	56:40
22	S.Bell	47:28	173	B.Needle	66:18
35	D.Taylor	48:39	181	J.Dalton	70:16
55	D.Tait	51:36	192	C.Henson	74:48
67	J.Boyle	53:06	197	B.Thackery	82:28
95	B.Hanley	56:03		202 ran	

**LADIES**

1	S.Newman	53:22	19	L.Bland	60:15
2	K.Davison	54:40	22	H.Bloor (2ndL50)	61:50
6	A.Brockington	56:51			

### Lake District Mountain Trial : 12 September

A poor forecast caused the courses to be shortened, hence the winners were back at Thirlspot in time for Sunday lunch. For the mens course route selection was only required on the long first leg to the northern slopes of St Sunday Crag - over or round Helvellyn? After that it was a procession via Nethermost Cove and the western flanks of the range. The clag descended and the heavens opened as we left.

Gavin Williams

**Mens**

1	Gavin	Bland(Borrowdale)	2.34
31	Gavin	Williams	3.16
41	Rick	Ansell	3.30
55	Tim	Hawley	3.42
62	Bob	Berzins	3.47
65	Andy	Bell	3.50
80	Pete	Gorvett	4.05

111 finished

**Womens**

1	Nicola	Davies(Borr.)	2.56
17	Dorothy	Pelly	4.02
22		finished	

**Short**

1	Ian	Mulvey(A'side)	2.30
18	Maurice	Musson	3.33
20	Hugh	Cotton	3.40
22	Bob	Marsden	3.41
31	Graham	Bell	4.06
38	Colin	Henson	4.22
48		finished	

### Totley Tormentor : 12 September 2004

A chuffing hot day so potted along and enjoyed the scenery until I reached Burbage Edge. Someone from Totley had forgotten to put the ?Caution Wet Floor? signs out so I slipped on the rocks and nearly fell to my death. Despite appalling injuries, carried on to the finish and made the best of a bad job. Decided to go to the Cricket Inn for anaesthetic afterwards in preference to the Hallamshire Hospital.

JF

#### WERE YOU TORMENTED?

Rather than the usual post race report I thought it would be more entertaining to collect participants views about the race, as they were lying sweaty & gasping for breath on the Totley AC field. Some early returnees may be more articulate due to having had more time to refresh themselves at the adjoining hostelry.

- “The pain is now disappearing & I can say I enjoyed it” Dave Egan (Totley)
- “It was hell” Anon
- “Excellent race. Top prizes. I don’t need to make dinner now. Thanks” Andrew Middleditch, Winner (DPFR)
- I found the Tormentor race to be pleasant until I arrived at Burbage where the race organiser had neglected to put the obligatory “Caution Wet Floor” signs. Due to this, lack of attention to detail, I slipped on the wet rock and fell down a crevasse. Despite appalling injuries, bloodied but unbowed, I continued on the race (after using my mobile phone to call to Claims Direct) to the finish. To conclude, I found the race to be equally as good as the, now sadly demised, Terminator which had only one good bit – the cheese & onion sandwiches at the Finish. Jim Fulton.
- “Apart from the heat, hills, miles, crotch-chaffing & dodgy coloured t-shirts a great race! Richard Snowden (1<sup>st</sup> Totley)
- Some feet, went the wrong way – never again” Anon
- “Hot, hilly & hard but we had fun” Carol Parsons (Totley)
- “An amazing sense of achievement that I’d never had experienced without all the friendship and encouragement of the Totley Acers. Thank you all” Steve & Morgan Terry (Totley)
- “Superbly run t-shirt station” Paul Skillington (Totley) *forced to retire from race due to weight of pork pie being carried for race food!*
- “The stupid race for stupid people” Anon
- “Oh it was worth it then” Debbie Marshall (Totley) *after finishing a while after some people & being awarded a thermos flask & space blanket*
- “Not the race to do the day after coming back from 2 weeks in Bulgaria (beer, wine, Bulgarian schnapps etc) felt absolutely awful. Pete Matthews (Totley)
- “This course was not designed for wheelchairs – my man in Robin Hoods Bay will have something to say about this” Dr Clive Waddington (Totley archaeologist)
- “Navigational advice! On my pre-race reccy I took a compass bearing on a sheep on Houndkirk Moor. Unfortunately on race day it wasn’t there. Thank heavens for the 100 runners in front of me” Pete Parsons (Totley)
- “Thanks Totley for yet again a great day! Extra luxury experience this year having a post race shower with lots of men on the other side of the curtain” Helen

Thorburn 1<sup>st</sup> lady *Helen you were lucky to get men, by the time I got in the shower there was only Lord Fulton through the curtain!- Mandy*

- “Can we have next years race route planned by someone without a sociopathic disorder?” Anon
- “Did anyone else swear at the old guy on top of Stanedge Edge who was implying we were going slowly?” Elaine Aronson 7<sup>th</sup> lady (*so not slow*) (Totley)
- “The best race in the FRA calendar” Andrew Moore, 1<sup>st</sup> Fat Bloke
- “Aching back, sore ankles & really tired; I’ve had caesarean’s that have been less debilitating so I’m volunteering to help next year” Mandy Moore, wife of 1<sup>st</sup> fat bloke (Totley).
- “That’s burnt a few calories, very tough. I think enjoyable until I hit Burbage on the way back & Lenny Hill, I didn’t hit the wall but the ‘hill’. I really needed a few jelly babies up the hill & liquid honey earlier, very moist at the end. No exposed nipples this time! Hot, hilly & very hard but pleased with my results & prizes. Well done to every one, a brilliant time to end the series. Pippa Weir 2<sup>nd</sup> lady, (Totley)
- “That was really hard work, the hardest race I have done in a long time. Reg Bestwick (Worksop Harriers)
- “Great time, great scenery. Totley gang rules ok, love Karen” Karen Harrison (Worksop Harriers)

**Awards for talking daft**

1. “Keep going, your almost there”, Ali Douglas (Totley) to myself as I ran round the bottom of the field within 20 metres of the finish
2. “Does anyone want serving?” bar person at The Cricket to a large queue of thirsty fell runners

**Award for entertaining the troops**

1. To Pete Westland (Totley) for elegantly falling off his bike (post race) & rolling around on the verge at Whirlow Bridge not suspecting that there were witnesses.
2. To Totley ladies for amazing Messrs D & M Arundale (DPFR) with long & varied conversations during the race. You know the saying “golf spoils a good walk”? Well we are determined that a race will not spoil a good chat.

Mandy Moore

1	Andy Middleditch	2.11.56	43	Richard Hakes	3.02.39
2	Rob Baker	2.15.33	48	Tom Westgate	3.07.03
6	Andrew Moore	2.24.36	50	Tim Ray	3.09.51
7	Keith Holmes	2.24.50	65	Chris Radcliffe	3.17.58
9	Jim Bell	2.25.49	67	Rob Moore	3.20.56
12	Ron Fawcett	2.33.27	70	Simon Pape	3.28.06
19	Nick Wallis	2.49.39	71	Geoff Nichols	3.28.17
20	Richard Hopkinson	2.49.58	74	Maurice West	3.32.53
27	Helen Thorburn	2.53.19	76	Mairice Musson	3.33.05
33	Roger Slater	2.56.25	79	James Perryer	3.34.04
34	Richard Bory	2.56.42	80	Jim Fulton	3.35.01
35	Thomas Webb	2.57.43	95	Gasam Chetty	3.43.03
38	Mathew Hulley	3.00.51	96	Mike Arundale	3.44.15
40	Robin Evans	3.01.01	104	David Arundale	3.51.19
41	Philippa Leach	3.01.03			

**Stretton Skyline Fell Race : 12 September 2004 18ml, 4450ft.**

Good to have a full car back down to Shropshire. A good event, some fine views and scenery, and long enough to need taking carefully. Near the end is this really long drag back up to the tops, and it met the full force of the wind. Very hard going!

Dave Tait

1	P.Vaie (Mercia)	2:30:32	26	R.Hopkinson	3:15:33
3	K.Holmes (1 <sup>st</sup> V40!)	2:50:05	Ret.	E.Connaughton.	
8	D.Tait	3:00:13			

**Three Shires Fell Race : 18 September 2004**

Another in the Lakeland Classics series, and a classic it certainly is. Driving across it poured down, but fortunately the bad weather passed over, leaving it clear and very wet underfoot. As ever the part from Blisco to Blea Tarn caused problems, even though you just need to stay on the usual descent. A good travelling turnout, considering the many other events.

Dave Tait

1	S.Stainer(Ambleside)	1:57:56	46	D.Tait	2:24:16
7	A.Ward	2:05:35	72	S.Adams	2:31:34
19	M.Robinson	2:16:01	92	R.Hopkinson	2:38:06
39	D.Allen	2:21:21		100 ran	

**Peris Horseshoe : 18 September 2004**

A true classic race in Snowdonia. Hugh and I travelled down on Saturday morning to find Rick Ansell the only familiar face there. Come on Dark Peak, there have been double figures from Dark Peak at this event in the past, this time just two! It's a brilliant, well organised race in magnificent scenery, what's up, is 17.5 miles 8500 ft climb too much for some of you? On a more serious note, it's a shame when an event like this which is well marshalled with a decent mug for the kitchen and food at the finish only attracts 51 runners? I was 130th in 1992 and my time was better than it was this year. Get it in your diaries for next year and stop me and Hugh being 1st and 2nd Dark Peakers.

Jim Fulton

1 <sup>st</sup>	Dylan W Jones (Eryri)	3:22:34
12 <sup>th</sup>	Rick Ansell (Tring)	4:19:53
34 <sup>th</sup>	Jim Fulton	5:05:19
50 <sup>th</sup>	Hugh Cotton	6:21:13

**Whirlow Hall Farm Fun Run : 19 September 2004**

Not exactly what wanted to do following Peris and a night of real Ale & curry, but it's a bit of fun for a good cause. All the usual stuff like dog displays, amusingly shaped vegetables, sheep with unfeasibly large testicles, owl shooting and rare breeds. Fair beer tent as well.

Jim Fulton

**Two Breweries Fell Race : 25 September 2004**

AL. 18ml. 4900ft.

**British Championship (6)**

So the final Championship race of the year. All sorted so strong, with superb turnouts at Noon Stone and in Ireland. Unfortunately this strength wasn't maintained throughout the year – any ideas forthcoming for next year's challenge? Excellent performances from Tim and Karen, but only the Ladies had their team out, to successfully clinch a place in the medals. The linear course was hard, into the wind with lots of heather bashing – and the final sting of Trahenna a really desperate effort to get up. Maybe the thoughts of the Brewery finish helped. Great running, lovely place for a holiday, but so knackerin'!

Dave Tait

Pos	Name	Time	Pos	Name	Time
1	N.Sharp	2:42:49	132	H.Thorburn	3:57:02
61	D.Tait (4 <sup>th</sup> V50)	3:24:19	156	A.Brockington	4:13:42
65	K.Davison (6 <sup>th</sup> F)	3:25:32		200 finished	
107	N.Wallis	3:43:50			

**Mellow Fruitfulness (Dungworth) : 25 September 2004**

Despite rumours that Knott Fell Runners were going to take Dungworth by storm this year, nobody turned up to compete in the event consecrated as their traditional club championship race. Penistone FR likewise failed to send a team over, Bob Innes being their sole –and very worthy– representative. Paul Iseard (from Don Alexander's famous Sheffield shop on Ecclesall Road) put in a pioneering first showing for Sheffield Hash House Harriers.

A streamlined version of the celebrated bent-tennis-racket-shaped course uses the new footpath from Dam Flask through the woods (below Sanderson's Bottom) into the Limpopo Valley and by-passes Hall Broom Farm, whose slurry chute has caused amusement in the past. The modified route proved popular with participants, especially as underfoot conditions were just right: beautifully tonsured field paths and tracks, with a bit of 'softness' at key points like the tussocky pull up to Bramall's Bend and the cows' entrance to Syke House Farm in middle bit of Ringwood Lane. Even though bullocks had trampled the stakes and eaten the marker tape leading to the turning point at Jones's Corner, it seemed that the course had been so meticulously flagged that nobody could possibly go astray.

The finish officials, then, were provided with grand entertainment, when Chris Sellens, breathing down leader Rob Little's neck with the end virtually in sight, ignored the abundant tape in the pub car park, leapt a substantial barrier and led a charge of three into the legendary Edwards' alternative finish. This produced an exciting climax and contest for second position, with the three sprinting deviants coming in from various directions, still just ahead of James Varley, who was running with his eyes open

enough to see enjoy the spectacle unfolding in front of him. The Edwards' alternative had not been used for some ten or eleven years, and the audacious ploy earned the award of Hiro's fan to Chris Sellens (nephew of Graham: hands up if you remember him), commended too for hanging on to second place. Thus SHUOC claimed the two major trophies, the Granville Harper memorial shield going to winner Rob Little who put in a very composed performance. Debbie Smith is now proud holder of the Moosehead. She and Rob got a few beer-tokens, as did winners in other categories (Tim Hawley and Chris Barber, shared for V40 and V50; Colin Henson, V70). Everybody seemed to have a good time.

Thanks are due to John Manthorpe for ingenious help with course-marking and finish; various volunteers on the day; David Sanderson at Woodside Farm; David and Linda at The Royal.

The clear consensus is that the late-September slot in the calendar provides altogether more atmospheric racing conditions, with the bonus of the convivial debriefing session in the The Royal. Make a note already, then, of Saturday, 24 September 2005.

Alan Yates

1	Rob Little	SHUOC	31.48
2	Chris Sellens	SHUOC	33.37
3	Rob Smith	DPFR	33.37
4	Alan Friggins	UA	33.39
5	James Varley	DPFR	33.43
6	Tim Hawley (V40)	DPFR	34.37
7	George Yates	DPFR	34.45
8	Roger Woods	DPFR	36.18
9	Tom Westgate	DPFR	36.23
10	Paul Sanderson	DPFR	36.29
11	Tim Ray	DPFR	36.35
12	Dave Holmes	DPFR	36.43
13	Chris Barber (V50)	DPFR	36.51
14	John Herbert	DPFR	36.52
15	Dave Bollington	DPFR	36.53
16	William Whittington	DPFR	37.15
17	Bob Innes	Penistone FR	38.09
18	John Mason	HH	38.38
19	Roy Small	DPFR	39.10
20	Debbie Smith (F)	DPFR	40.08
21	Paul Iseard	Hash House Harriers	43.39
22	Jim Fulton	DPFR	44.07
=	Dave Markham	DPFR	44.07
24	Hugh Cotton	DPFR	44.33
25	Colin Henson (V70)	DPFR	46.31
26	Geraint Davies	UA	46.32
27	Squire J.B. Edwards	DPFR	60.00-ish

### Crowden Horseshoe : 26 September 2004

The forecast I heard on Sunday morning said it was going to be a fine day, so the low mist and horizontal drizzle at Crowden came as a bit of a surprise. It also caused some problems for some of the runners, as the second half of the course from Black Hill over Soldiers Lump back to Crowden was flagged, but with the flags at 200 metre spacing and visibility 100 metres quite a few went walk-about including Dave.

Compared with some races it was excellent value for the £3.50 entry, with a good range of prizes including MV45 & 55 & 60 and LV 50. The youth hostel facilities were used, allowing showers afterwards as well as soup/bread and tea / biscuits. I was unable to get full results afterwards (hopefully these will follow) as 2 runners were still missing when we left, (3 hours after the start - winner took 1 hour) and sorting this out was a priority for the organiser.

Richard Hopkinson

1	Karl	Grey (Calder V)
2	Andy	Middleditch
18	Paul	Sanderson
34	Richard	Hopkinson
?	Dave	Allen.

80 started.

### Langdale Fell Race : 9 October 2004

So good to see many of us at Langdale, the last of the Lakeland Classics, and some most welcome new faces. Cold and clear, with the rocks mainly dry underfoot. So many route choices, so many places to veer wrong. Good to see that the organiser adapted to current trends, giving the prizes proportional to the entry, so being weighted more to the Vets. Something other races could think of?

Dave Tait

1	N.Sharp	2:07:57	107	P.Sanderson	3:01:32
9	M.Robinson	2:23:42	123	R.Small	3:12:04
27	D.Tait (2 <sup>nd</sup> V50)	2:34:32	129	D.Lockwood	3:14:35
29	R.Smith	2:34:56	155	J.Fulton	3:23:50
33	J.Boyle	2:36:13	163	M.Musson	3:31:10
37	T.Hawley	2:38:43	179	H.Cotton	3:35:47
79	J.Hobbs	2:53:08	189	D.Pelly	3:44:30
81	R.Hopkinson	2:53:53	191	J.Woodcock	3:45:19
93	M.Hulley	2:58:22	206	A.Jones	3:56:47
93	S.Ward	2:58:22		228 ran.	
101	J.Lyon	3:00:44			

### LIMM 2004 Sunday October 17th

By the standards of the Limm the 2004 event was a stunning success. Demand for maps at the Low Bradfield start threatened to out strip supply, fortunately a number of people opted to run together so we managed to get everyone a map (note to print more copies next year). The course was designed to take advantage of the newly opened moor above Bradfield. After ensuring everyone was off I waited a few moments for any late starters before starting myself.

So after a few preliminaries through Agden I was onto the open moors. It seems that a wide variety of routes were chosen and as I climbed Emlin Ridge for the second time since we have had access I saw a few scattered contenders but not many. I had a little trouble locating New Cross (remains of)?, its much easier to find when descending. There were four of us on this route and as we progressed towards Cartledge Bents we were well separated. It was here I made my find of the day/week/year there laying on the ground in a hollow was a flint, not too big but it was well worked and will become a prize possession. I chose to take in Lost Lad and unsurprisingly I made my way alone but when I finally made my way north I began to pass a few more people who were making there way in the opposite direction. By the time I made my way up to Pike Low I was again all alone, returning via Agden and High Bradfield was a delight the sun had began to shine and the autumn colours were splendid. There was a few running figures to be seen gathering back at Low Bradfield.

There was the usual mix up in sorting out the winner but we eventually found that Tom Westgate and James Varley had 19 point each, the one point per control system works very well in rapidly establishing the results. Tom had the slightly better time. Fortunately I had brought two cans of beer along as prizes which were opened immediately. Further prizes were given to Maurice (long life milk) for being the most senior competitor and Rob received a dodgy bottle of beer for not living up to expectations (the bottle looked a bit cloudy) and Neil took the wooden snail.

At this moment it started to rain that brought on a rapid dispersal, it was a shame that we didn't have some after race facilities a little more socialising would have been appreciated but there was a need of some of us to get home for urgent food and drink. There is talk of getting a new camper van! - Richard Hakes

1	Tom	Westgate	19	4.40.00	15	Richard	Hakes	14	4.43.00
2	James	Varley	19	4.58.19	16	Gary	Westwood	13	4.56.00
3	Big	Bob	18	4.27.00	17	Rob	Cooper	12	4.50.00
4	Roger	Slater	18	4.42.00	18	Andy/Polly	Harmer	11	3 hrs ish
5	Tim	Hawley	18	4.45.00	19	Bob Jane	Innes & Cockerton	11	4.15.00
6	Ian	Winterbum	18	4.46.00	20	John	Myers	10	4.25.00
7	Chris	Barber	18	4.46.00	21	Susan Sarah	Charlsworth & Hallstead	10	4.33.00?
8	Moza		18	4.51.00	22	Sue Michelle Jill	Higham & Millward & Davis	10	4.35.00
9	David	Hakes	18	4.52.00	23	Sue Bron	Westgate & Hiles	10	4.46.00
10	William	Whittington	18	4.52.00	24	John/Sarah	Herbert	9	4.43.00
11	Rob	Smith,	16	4.40.00	26	Dave	Holmes	7	2.55.00
12	Hoo	Ray	16	4.48.00	28	Mick	Poulter	6	?
13	Pete Jan	McLeod & Charlsworth	16	4.58.45	27	Neil	Palazon	-5	5.15.00
14	Hugh	Cotton	15	4.45.00					

**Pike Lowe : 24 October 2004**

With Broomhead moors officially opened out, great to wander over instead of sneaking carefully around. From Bar Dike, checkpoints were Pike Lowe, New Cross, Emlin – in any order. Many thanks to you for supporting a "last minute" event, especially those who stayed or returned to help with a worrying possibility – Margery Hill was never meant to be a checkpoint! Some most welcome strong youth about! My first visit to New Cross, intriguing – as were those boundary stones. Might well repeat the idea next year, with suggestions for checkpoints from those knowing the moors far better than me. Heavy rain, with swollen rivers, would need a complete route change.

Dave Tait

1	M.Crane	1:26:55	11	P.Winskill	1:57:59
2	G.Williams	1:45:34	12	P.Sanderson	2:01:42
3	M.Saunders	1:50:39	13	K.Davison (1 <sup>st</sup> Lady)	2:05:23
4	P.Hodges	1:51:25	14	R.Horsfield	2:15:00
5	D.Tait	1:51:57	15	R.Slater	2:15:38
6	K.Holmes	1:52:25	16	W.Whittington	2:15:40
7	R.Smith	1:55:16	17	A.Watmore-short course	2:21:00
8	C.Barber	1:56:05	18	H.Bloor	2:32:05
9	T.Westgate	1:56:13	19	E.Connaughton	Later!
10	T.Ray	1:57:07			

**13th Withins Skyline Race : 24 October 2004**

7m/1000ft

A thoroughly enjoyable, hard, boggy race across the moors. I'd especially recommend it to anyone with kids as their races are well organised and great fun, on short but tough courses.

Jon Hobbs

1.	John Heneghan (P&B)	44.24
42.	Jon Hobbs	53.01
274 finished		

**Running Bear Race You to the Summit 31 October 2004**

A direct descendent of the Gale race. This is a much better offering. Still very fast, but now fully off road, with a better variety of terrain and plenty of mud. The summit seemed a good little pub and obviously aware of the serious fell runner's dietary requirements (post race chip butties).

Dave Soles

1st	Darren Kay	28.13
18th	Mark Salkild	32.22
19th	Dave Soles	32.28

**Dunnerdale : 6 November 2004**

1	Tim Austin	40.10
15	Mike Robinson	43.51
41	Jon Hobbs	47.55
81	Martin Smith	51.44
158	Dorothy Pelly	61.17

**Tour of Pendle : 13 November 2004**

17ml, 4250ft. AL.

Even Pendle Hill was a grand place to be, on a very cold, icy magnificently clear day. Running along the top there were clear views across to anywhere – the Three Peaks stood clear. With other events on the same weekend, good to have three of us there.

Dave Tait

1	P. Thomson	2:20:51	108	A.Jones	4:06:31
24	D.Tait	2:46:06		118 ran.	
46	M.Hulley	2:58:06			

**Dark Peak Duathlon : 14 November 2004**

The first re-run of the dathalon for a few years saw a small but beautifully formed field gather on a perfect autumn day. A brilliant run by Rob saw him well clear of the rest, but most of us had a lot of club champs still in our legs. The course was in a very pristine condition. Dave Markham fell off his bike on the return and had to be collected by car thanks to Hilary Musson for that and to Marilyn and Hilary for looking after the bikes at Redmires. Damage to Dave's bike and head were due to weight not speed. An early try for the Pertex maybe?

Roy Small

1	Rob	Smith	01:02:52	
2	Tim	Hawley	01:07:31	V40
3	Tom	Westgate	01:08:47	V40
3	William	Wittington	01:08:47	
5	Richard	Hakes	01:10:52	V40
6	David	Hakes	01:11:30	
7	Roy	Small	01:12:35	V50
8	John	Berry	01:13:49	
9	Mick	Poulter	01:19:45	V50
10	Mike	Hayes	01:19:50	V60
11	Maurice	Musson	01:23:32	V50
12	Mico	Browell	01:29:49	V50
13	Dave	Markham	Crashed	Unlucky-for-some

**Kelbrook - 14th November 2004**

I passed 2 people going downhill at Kelbrook - although one was lying on his face !

Jon Hobbs

1	Chris Waters (Ambleside)	23.29
18	Jon Hobbs	26.23
80	Pete Tapping	33.51

## The Famous Grouse Race - 28 November 2004

This race is a great, low key, good value, local occasion. Nobody really knows how far it is, but nobody really cares. Organiser Wayne's eccentric disposition always provides great merriment, almost the entire field is local and so the race usually bears witness to some intense personal battles. This year we were treated to the heaviest conditions in most competitors' memories and therefore times were slow. However Wayne also provided a gazebo with warm drinks and a good range of alcoholic prizes (considering the relatively small entry). Good value at £2. Pennine were out in force, occupying the first 5 places. A typically good post race crack ensued in the pub.

Dave Soles

1st Darren Dunn 38.03  
6th Dave Soles 40.49  
52 ran

# Relays

## Captains Log 2004 – The Autumn Relays - Parts 1 & 2

### Ian Hodgson

- Murky day
- Pukey Olli
- Last minute reshuffle, Olli to 4, Dave to 1.
- Game on!

### Leg 1 (Alan and Dave)

- Ballistic start
- Pedestrian finish (Where'd those vets go?) The less said .....
- ? 14<sup>th</sup> place (but not too much time to make up.)

### Leg 2 ( Andy and Matt)

- Lots to chase down ( perfect tactics on leg 1 !!)
- Lots chased down – fine run; only 3 seconds down on Scoffer and his partner.
- Team now in 76<sup>th</sup> place

### Leg 3 (Tim and Phil)

- Mist thick as a bag + Tim and Phil = Oh Dear!!!
- Oh we of little faith – lots of recce'ing and a bit of beta from Lyn (the climbers will understand that) = control 2 smack on.
- Rest of field giving it some 'Brownian Motion' in the mist as only fellrunners can, (apart from Borrowdale unfortunately.)
- Meself and Dave (sitting on Ravens Edge,) spot Tims balaclava and Phils wobbly legs careering out of the murk in 2nd place !!!!!
- 8 minutes later Clayton vets appear; what position they went up in I have no idea.

#### Leg 4 (Mike and Olli)

- **Oh Yes** - Still thick as a bag but Mike has recced the route twice this week and Olli doesn't get lost – Does he ????
- Expectation on the field high
- No mistakes – As if !!!!
- Fantastic finish - 2<sup>nd</sup> place – best ever
- Olli looks much better than this morning .....
- Mike throws his guts up all over the campsite – a perfect 10 for effort youth.

#### In summary

- Wonderfully organised, beautifully situated relay – as ever (? the penultimate.)
- Brilliant day for the open team – **big** thanks to all who (me spell check says that should be whom) took part.
- Shite drive home !!!
- C'mon girlies – lets win it next year !!!!!

#### **British (FRA) Champs**

- Lots of rumours - ? no Borrowdale ? no Bingley
- Bingley turn up (with a weakened team), Borrowdale don't.
- P&B, Mercia and Ambleside (and lots of others,) to beat – No worries there then – I don't think.
- Team choice difficult – decided to go with the tried and the tested.
- Day started promising – lots of low cloud !!! - Unfortunately most of it had burned off by the end of leg 1.

#### Plan.

Andy to have the run of his life and keep us in touch with the stars running 1<sup>st</sup> leg for the other teams. Phil and Olli, hopefully well matched, to run every bit as well as they could and bring us within shooting distance by leg 3. Marky and meself to bash past any teams in front and give Tim a head start by leg 4. Tim to perform as well as he has all year and hold off any challenge from the likes of Simon Bailey, Rob Hope etc.

#### Result

##### Leg 1

- Lots of internationals on leg 1 (Tim Davies for Mercia and John Brown for Salford well clear)
- Andy runs his bollocks off (allegedly)
- Well in contention

##### Leg 2

- And off they go
- The borienteers run a blinder
- Overtake all bar the Yorkshiremen and the banjo pluckers
- Only 2 – 3 minutes to make up – no sweat

## Leg 3

- The Italian (out of) puff does his stuff
- Got 'em with a fine line to the pond
- Outta sight by the top of Red Brook
- More than 2 and a half minutes ahead

## Leg 4

- Tim
- No chance Mercia
- Tim jogs down the hill hardly even trying (as we picked his eyeballs up from the hillside !)

Summary

- Clockwork – plan worked perfectly
- We'll 'ave yer in Scotland next year – no fear !!!!!
- Again, big thanks to all those who took part – its bloody good for the clubs profile to beat all comers in these team events.

PS. Rumour has it that there have been suggestions in some far flung backwater of fellrunning (I won't name the club), that DPFR knew the location of the navy leg controls !!!!! – do you really think Pennine would tell us that, divvy !!!

Alan Ward

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# Reviews

## "Feet in the Clouds" by Richard Askwith

(Aurum Press. 340 pages) £16-99

I was one of the judges in the 2004 Boardman Tasker Award for mountain literature. One of the highlights was the arrival of this really well written book by the journalist Richard Askwith. He describes with a wonderful mixture of humour and pathos, the struggles of an overweight smoker, to become a proficient fell runner and after several attempts succeed in doing the Bob Graham. It is also a really good celebration of the fell running scene in Britain as a whole. Written with warmth and passion, Askwith looks at the sport in a mature and reflective way that makes for an excellent read. It didn't win the Boardman Tasker Award, but it came very close and it is an excellent book. I got to meet Richard and he is a good bloke as well. At present the book is all over the shops in Ambleside and Keswick and should be easy to get. The best read about fell running since the wonderful 'Stud Marks on the summits' from back in 1985.

Steve Dean

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# Fall Off

## WORLD MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS AUSTRALIA

The World Mountain Bike Orienteering Championships were held over a seven day competition in Victoria, Australia. Teams from all over the world took part in the four race series, which took place over a week in mid October 2004. The week prior to the races allowed competitors to train in similar terrain, with an organised programme of four non-competitive events.

Three Brits travelled out to compete in the Open Class Races. Our National MTBO Squad of seven members was there to compete in the elite races. The four Open Races were held over the same terrain as the Elite Races, using the same maps. There were four races spread over a week, giving a full range of orienteering challenges, from fast to technical.

Mountain bike orienteering is fast and furious riding requiring perfect navigation in a complex area. Just as in foot orienteering, competitors start individually, so there is no-one to follow. Each of the races is a fixed course, and the fastest rider wins. This differs from most UK mountain bike orienteering which is score based, whereby there is a fixed time limit to collect as many controls as possible.

At the end of the week I achieved second place in the Mens 50+ Open Class.

The next World MTBO Championships will take place in Slovakia in September 2005. It's definitely worth training for!

Mike Browell

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### DPFR Local Race League

Brief results here, full results for 2003 & 2004 leagues in the next issue.

1	Andy Moore	520
2	Phil Winkill	482
3	John Boyle	478
23	Karen Davison [1 <sup>st</sup> F]	288

5 people ran 16 local races or more. Roger Slater added another 10 on top of this maximum number of counters. No woman has yet run 16 local races in a year in the 16 year history of this event. Karen competed in a creditable 12 despite missing part of the season through injury.

# 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**

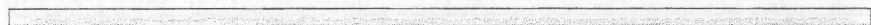
Running bear wool socks.

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.



## **Almost-the-Enditorial**

After 15 years editing Dark Peak News and 5 years on from setting up the club's web site I have decided to relinquish both roles after the next issue (Spring 2005). It's proved increasingly difficult with fitness problems and now work logistics (I'm working in South Wales just at the moment) to attend Wednesday nights and keep in touch. Much as I still enjoy doing the magazine, as much as I did in year 1, maybe it and web site could do with a bit of updating. I would also like to give myself more time in 2005 to compile and edit a "30 years of DPFR" book. So you haven't got rid of me completely. Meanwhile if you fancy the editor's job please contact Roy Small.

Mike Pedley

# The bit at the end

**Dark Peak News Spring 2005...**

**...the 60<sup>th</sup> and final Pedley production!**

In the next issue:

Full results from all the autumn relays:

- Ian Hodgson
- FRA
- Calderdale

Full local league results

...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. A few more 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](mailto: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 2 March 2005**  
Publication: **Wednesday 23 March 2005**

## **Thanks**

Winter 04/05 was produced with thanks to Alan Ward, Alan Yates, Andrew Moore, Andy Harmer, Andy malkin, Chris Barber, Dave Soles, Dave Tait, Dick Pasley, Gavin Williams, Jim Fulton, Jon Hobbs, Lynn Bland, Mandy Moore, Mike Browell, Paul Sanderson, Richard Hakes, Richard Hopkinson, Steve Dean, Tim Austin, Tim Tett.

## **Pictures**

Front: Winter on Sharp Edge (photo - Mike Pedley)  
Rear: Daisy the ex-van (photo - Richard Hakes)

**For the latest news and events see: [www.dpfr.co.uk](http://www.dpfr.co.uk)**

The same site can also be accessed via: [www.frosthole.demon.co.uk](http://www.frosthole.demon.co.uk)

Apologies for the delayed printing of the Autumn newsletter. It was published as usual but holidays meant the printing was delayed.

And finally...

...the sad demise of Daisy the Loxley van. Stolen and torched earlier this year.

