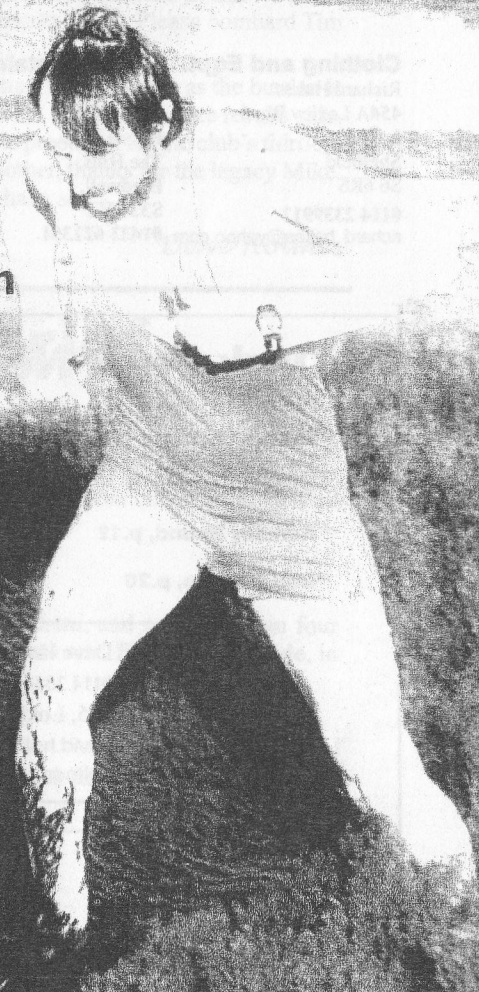


# DARK PEAK NEWS

Summer 2005

## Long distance special

- Four round the Ramsey
- The Great Wall Marathon
- Neil's walk to Jura



# Dark Peak Fell Runners

est. 1976  
www.dpfr.org.uk

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# Thanks Mike!

DARK PEAK NEWS without Mike Pedley at the helm. Perish the thought! Mike settled his bum into the Editor's chair when he was a lithe, fit young fell runner on the cusp of stardom. Now he is a lithe, aging fell runner on the cusp of fitness. The stardom? Probably sacrificed to the countless hours that Mike committed selflessly to developing this esteemed organ and its sister website. In many ways Mike has been the glue holding the club together through years of rapid growth and fast-changing communications technology. We should not underestimate the labour, organisation, craft, intelligence and quiet diplomacy that Mike brought to the task.

The newsletter and the website have both been brilliant under his stewardship. Those of us "taking over" have it on a plate as we inherit what Mike has created. If we can take the formula forward and do half as good a job, we will have done well. Our success, though, rests with you the members. The newsletter and the website are both hungry for your news, your accounts of your times on the hills, and your race details - both in advance for the events diaries and afterwards for the results pages. Please bombard Tim and I with a regular and timely supply of goodies.

As for Mike, I am sure we all wish him a speedy return to full fitness as the burden is removed from his shoulders. I know we will still have his input on the race results side, and we all look forward eagerly to seeing the book he is preparing for the club's thirtieth birthday. Meanwhile, from one newsletter editor to another, thanks for the legacy Mike. I will do my best to maintain the high standards you have set.

*Dave Holmes*

## News in Brief

### **Thornbridge back at Thornbridge**

THE summer camping weekend returns to its traditional Thornbridge Hall venue, after the centre was closed last year for refurbishment. It now has even better facilities. Full details on **page five**.

### **Long distance successes**

THREE round the Joss Naylor, four round the Bob Graham, and no fewer than four completing the daunting Ramsey Round. Not a bad success rate. **Full details inside**, in what has become a bit of a long distance special edition.

### **Warts nights out**

THE Warts will be having "away nights" every second week through the winter season. Details in the events calendar, **overleaf**.

# 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). People run at different speeds but there are usually two or three stops to re-group. The weather can be bad on the moors, even in the spring and summer. So please be aware of the risk of exposure, and come prepared. Warts runs are in the dark - head torches, whisky and safety gear obligatory.

**"Local races"** are open events, usually entry-on-the-day with an entry fee and a few prizes. Full details can usually be found in the FRA Calendar.

**"DPFR races"** are informal events for Dark Peak club members, usually with no entry fee and no prizes. People running in "DPFR events accept total responsibility for their own safety.

Aug						
Mon	1	18:45	Local race	Trunce 7, Waggon & Horses, Oxspring		4.25ml/550'
Wed	3	19:30	Local race	Bradwell		4.5ml/600'
Sat	6&7		Mt. Mar.	Phoenix MM, Cheviots, 2 day MM. Individual event. 4 courses. See: <a href="http://www.geocities.com/andrew_nicoll/phoenix">www.geocities.com/andrew_nicoll/phoenix</a>		
Wed	10	18:30	Club run	Sportsman		
Wed	10	19:30	Local race	Cracken Edge, Hayfield		4.5ml/600'
Thu	11	19:15	Local race	Dennis Stitt, Victoria Inn, Victoria (nr. Holmfirth)		5ml/850'
Wed	17	18:45	DPFR race	Alport, Birchin Clough, A57		
Sat	20	10:30	DPFR race	Thornbridge. (part of Dark Peak summer camping weekend - see p. 3 for details)		app. 7ml/1300'
Sat	20	13:00	Eng champ	Whittle Pike, Cowpe Village, Rossendale		4.5ml/1400'
Mon	22	18:45	Local race	Trunce 8, Waggon & Horses, Oxspring		4.25ml/550'
Wed	24	18:30	Club run	Sportsman		
Wed	31	18:30	Club run	Cutthroat Bridge		
Sep						
Fri	2	18:45	Local race	Great Longstone		4.8ml/950'
Sat	3	11:00	Local race	Longshaw Sheepdog Trials		5.5ml/550'
Sat	3	14:00	Local race	Crowden Horseshoe		8ml/1700'
Sun	4	14:00	Local race	Totley Terminator		15ml/4150'
Sun	4	14:00	Local race	Shelf Moor		6ml/1500'
Wed	7	18:30	Club run	Sportsman		
Mon	12	18:45	Local race	Trunce 9, Waggon & Horses, Oxspring		4.25ml/550'
Wed	14	18:30	Club run	Sportsman		
Sat	17	15:00	Local race	Lantern Pike, Little Hayfield		5ml/1050'
Sun	18	11:30	Local race	Chelmorton Chase		5ml/1500'
Wed	21	18:30	Club run	Sportsman		

Wed	21	06:45	Warts run	Hathersage Swimming Pool.	
Sat	24	09:00	Mt. Mar.	Dark and White league. See: www.darkandwhitepeak.co.uk	
Sun	25	11:00	Local race	Stange Struggle, Hathersage	6.75ml/950'
Wed	28	18:30	Club run	Sportsman	
<b>Oct</b>					
Sun	2		Relay	Ian Hodgson, Brotherswater	
Wed	5	18:30	Club run	Sportsman	
Wed	5	16:45	Warts run	Rowlee Bridge	
Sat	8	11:00	Eng Champ	Langdale - entry by Oct 1st	14ml/4000'
Sun	16			FRA relays, Hayfield. Details awaited.;	
Wed	12	18:30	Club run	Sportsman	
Wed	19	18:30	Club run	Sportsman	
Wed	19	18:45	Warts south	The Barrel, Bretton	
Wed	19	18:45	Warts north	The Waggon and Horses, Langsett	
Wed	26	18:30	Club run	Sportsman	
<b>Nov</b>					
Wed	2	18:30	Club run	Sportsman	
Wed	2	18:45	Warts run	Snake Inn	
Wed	9	18:30	Club run	Sportsman	
Sat	12	10:30	DPFR race	Club champs, "Triple Crossing", Edale	9ml
Sun	13	10:30	Local race	The Roaches, Village Hall, Meerbrook	15ml/3700'
Wed	16	18:30	Club run	Sportsman	
Wed	16	18:45	Warts run	Low Bradfield	
Wed	23	18:30	Club run	Sportsman	
Wed	30	18:30	Club run	Sportsman	
Wed	30	18:45	Warts run	West End (Derwent Valley g.r. 155928)	
<b>Dec</b>					
Sun	11	08:00	Relay	Calderdale Way.	

### **Thornbridge weekend**

THE club's summer camping weekend returns to Thornbridge Hall this year, from Friday August 19th to Sunday August 21st. The format is the usual combination of a Saturday morning fell race, a Saturday evening barbecue, lots of loosely-organised walks, pub trips, bike rides, and anything else that anyone feels like loosely organising. Tariff is £7.50 per-adult per-night (kids free). The club will provide charcoal and two barrels of beer for the barbecue, but you need to bring your own food. Further details from Tim Hawley: 0114 2339969.

### **Advanced notice: club dinner**

THE dinner will be at the Cross Scythes Hotel, Topley at 7 for 7.30 pm, Bar till 1 am. Disco till 2 am. It will be three courses at £15 per head max. and there is room for 75 people. Andrew Moore is organising.

# AGM 2005

## The minutes

### 1. Apologies

Chris Barber, Pete Dyke, Richard Hopkinson and John Gunnee.

### 2. Minutes 2004

Accepted

### 3. Matters Arising from the 2004 minutes

As a result of some complaints it was reiterated that trespassing on cultivated and enclosed agricultural farmland should be discouraged.

### 4. Reports

**Chairman's report** - (printed in full on page 8)

**Secretary's report** – Roger said from the secretary's point of view nothing much had happened in the year. The only point of note was that there were rumblings and movements about the structure of British athletics. Nothing received to date should affect fell runners in any serious way.

**Treasurer's report** – Lynn said the club made a small net income of about £300 and had about £6,000 in the bank. The club had bought two boxes of safety equipment that could be used for races. The caravan was losing money.

**Membership Secretary** – Gavin said the club had 316 members, of whom 111 had not paid their subs. There were 22 new members.

### 5. Presentation

Roy Small made a presentation to Mike Pedley as a thank you for his significant

contribution to the club as newsletter editor for 15 years or more and for looking after the website.

## **6. Election of Officers**

Newsletter editor – Dave Holmes proposed, seconded and elected (his dog was proposed but the chairman ruled the dog was not a paid up member and therefore was not eligible)

All other club officials re-elected.

## **7. Race Reports**

**Skyline** – (report printed separately on page ).

**Burbage** – Andy said there had been a very good turnout last year. He would appreciate some marshalling help this year.

Dave Holmes reminded the meeting that there used to be a general understanding that club members ran the Edale Skyline one year then helped the next. It was decided to remind the membership of this on the website. The point was also made that offers of help on the Skyline should be made about two weeks before the race.

## **8. Caravan Report**

It lost about £50 in the year. John Gunnee, though absent, proposed that the rent for the next year be paid and that the club should then get rid of the caravan after the summer. After some passionate discussions either way it was proposed that the club should keep the caravan. This motion was seconded and passed. A key point in the discussions was to publicise the caravan a bit more on the website etc.

## **9. AOB**

Chris Barber proposed to use the excess income generated from races to buy two barrels of beer for the Thornbridge weekend and six bottles of whisky (three for winter hip flasks and three for depositing at various locations). This motion was defeated. The motion was then segmented, and the specific proposals discussed separately.

The proposal for two barrels of beer from race profits was passed, but then further amended to increase this to three barrels and two boxes of wine.

The proposal for three bottles of whisky from race profits for three distinct reference points in the Peak district was passed. The idea is to have a box containing a signing-in book and that the whisky should only be drunk in daylight hours (i.e. not for winter stalwart use as they should have their own hip flasks). (*Is anyone still making sense of this?* Ed)

**Hallam Chase.** Alan Yates asked if the club officials had been approached by Hallamshire Harriers about taking over the Hallam Chase race. Roger Woods said the club had not. After some discussion it was decided that if the club was approached that it would investigate the possibility of taking it on. Roger Baumeister offered to help organise it. It was generally noted that it was a very old fell race and it would be a shame to see it disappear, but that there were risks in respect of the route crossing two busy roads twice.

**Constitution.** Roy Small said that a proposed new constitution would be posted on the website for possible amendment at the next AGM. Many of the amendments were felt to be cosmetic and would bring it into line with actual procedures. The current one and the proposed amendments would also be posted for clarity.

*Roger Woods, Secretary*

## **The chairman's report**

**A**S EVER, the club has cruised through the last year with the minimum of controversy and bureaucracy. This often disguises the quiet efficiency with which your club officers go about your business and the help and hard work of many helpers and event organisers. It is difficult to choose whom to mention when it comes to thanking people for their efforts but I will mention generally the people who take over tasks when an old hand wants a rest. Most find some interest or fun to compensate so don't be shy about having a go at something. So thank you to Lynn and Roger for taking over committee posts last year and to Tim Hawley for the Thornbridge weekend and Skyline marshalling. Thanks to Andrew Moore for taking on the club dinner as well as Burbage and to Tim Ray for the website.

This leads on to our debt to Mike Pedley for 15 years as editor of Dark Peak News and more latterly for the website. He's done a tremendous job for us and only the pressure of a growing family and a job away from home has made him think it's time to hand the task on. Thank you Mike. Mike is intending to produce a thirty year book to celebrate the club's thirtieth anniversary in 2006, so talk to him about any articles or ideas for that.

Talking of the 30th year celebrations, only self destructive ideas have been mooted so far, such as 30 miles and 30 pints in 30 hours sort of things. Maybe also an event with a race, barbie and bash at the Sportsman in mid-summer?

We are saying goodbye to Howard Swindells this summer. Howard is off to live in the far north of Scotland, so last week's Back Tor and Beyond was the last that he will organise. We had a great field and night for it. He produced a new winner's cup for it so we will have to keep doing it. Cheers Howard and good luck.

This year we also lost Mark Hayman to Italy. Mark has been a great champion for the club over a lot of years and I believe his leaving bash was the inspiration for the 30 pints in 30 hours idea. Mark has since flown back just to run for the club on at least one occasion.

The competitive side of the club keeps hitting above its weight in major championships and relays, the highlight being a double first in the FRA relays in Hayfield. Well done to all concerned, especially the hard-working club captains and their co-opted aids. They do find all the last minute crises very stressful, so if you can help them with firm and early commitment then please do so. Remember that standby runners are always needed and often get a run.

In the championships we have had some really good turnouts and performances with Tim Austin to the fore here, but with a lot of new talent and reheated talent to snap at his heels. As ever our ladies continue to put together strong teams despite the competition getting a bit tougher this year. Well done to all.

I would like to stand down as chairman if not this year then definitely next, not to spend more time with my family, as they say when they have made too many cock-ups, but in fact to concentrate on my come back. Before anyone laughs I will remind you that I do hold the Pertex and it might be coming your way soon.

*Roy Small*

## **Edale Skyline report**

**W**ITH most of the Dark Peak stars absent through injury or championship duties the day before, the field was wide open to some rising stars! However, the potential to take advantage of this disappeared rapidly in the Kinder mist. The leaders took an interesting route somewhere to the north of the path and in true lemming like fashion, a number of the other potential winners went with them!

An even stranger phenomenon manifested itself in the mist. The joint organiser - absenting himself from his real duties - actually led a group of runners. This is in itself a first, but true to previous form, Jim led them in the wrong direction (despite, one would assume, having a fairly good knowledge of Kinder). So if the Pertex can be awarded twice to the same person, then he must surely be a major contender. To be honest, it still puzzles me how anyone can get lost on the south edge of Kinder but it's amazing the faith that we put in our fellow runners when it comes to route finding! But there you go, only a few runners actually found Coffin Rock, the majority favouring the JF/MM route which went somewhere around Crookstone Knoll.

Surprisingly, we had three runners who came down off Ringing Roger after about half an hour, straight to the finish, happily thinking that they were heading towards Win Hill, needless to say, we "retired" them. So the strange lemming like behaviour of a few seems to have been passed onto many! It is worthy of mention that the club's reputedly third- worst navigator (the second-worst already having been mentioned), managed to find Coffin Rock in the mist with the sort of panache that only comes with years of running, either that or having his wife with him who, dare I say it, has somewhat better navigational skills! Anyway, our thanks to Mr and Mrs Moore for finding the checkpoint, even though they had a lonely vigil. This probably figures as one of Andy's defining moments in his running career. No red and white tape. What is the world coming to?

After hearing of the navigational skills of the front runners, I thought it probably a good thing to go and direct on the road after the Cheshire Cheese, only to find that some runners were in the grounds of the hotel up the road looking suitably puzzled. So having put them straight, I stood on the fork below Lose Hill and witnessed the fascinating sights. One runner had concealed a huge meal behind the hedge and proceeded to consume it from a large plastic bowl. Another had concealed a Kimm sac behind the wall – badly as it happened, as someone had nicked it by the time he arrived. So if anyone knows the whereabouts of a blue sack with a few kilos of food still in it, do let me know.

Alan Yates seemed to think I was denying him an advantage by directing runners - perhaps there is a lesson to be learned about the self sufficiency of this new batch of young bloods coming through!

Anyway.....it was clear that a large number of runners were not going to make the cut-off point, so we decided to extend it for 20 minutes. However, after 20 minutes, there were still about 50 runners unaccounted for, (including an irate Maurice and an abusive Dark Peak member, who, incidentally won't be entering next or subsequent years!). One or two of them ignored our requests to prevent them going on. Don't worry, they have been noted. Maurice, incidentally, was talked into continuing with the sweep, so he did get his run after all even though he had to be forcibly restrained by Bob Berzins! I got the distinct feeling that quite a few of the runners were actually quite relieved to have the decision to quit taken out of their hands.

In the end, the decision to remove many runners from the field at Mam Nick was vindicated as two of the last we let through took over seven hours to finish, one having visited Hayfield. Many runners took longer than five hours – interestingly enough the sweepers finished a long way in front of many of the stragglers.

The dibber experiment was, on the whole, successful especially as it caught a few out who missed Grindslow Knoll completely. There were a few hiccups but nothing we can't fix for next year. Perhaps we'll use satellite navigation to pick up the stragglers in future years! Many thanks must go to Pete and Les who, despite the move into the 21st century, proved themselves indispensable race administrators once again. Non

DPFR members whom I should thank include Don Longley of Totlely and Steve Frith of Barnsley. There may have been others from other clubs that I've not mentioned so thanks to them also.

One particular highlight of this year's race was the presence of Rob Morrison, Don Morrison's son, who flew in from Geneva especially for this prestigious race, to soak up the ambience and present the prizes! I did once do a Borrowdale where Prince Philip presented the prizes but this just about equals it. Thanks to Rob and lest hope we see him in future years – March 19th in 2006, by the way!

Thanks to all who helped, especially various spouses and members from other clubs (we really shouldn't have to rely on these people in a club of our size) and a big, big plea for helpers next year for those slightly less than attractive jobs, such as preparing the food and cleaning the shit houses!

*Chris Barber, race supremo*



**Lurid:** Clueless navigator Andy Moore heeds Mountain Rescue's request to make himself very clearly visible.

# Long distance news

## The Ramsey Round. Summer 2005

*Bob Berzins impressively soloed the Ramsey Round (RR) back in 1990, but not until this year have there been any further Dark Peak attempts on the 'Scottish Bob Graham'. This article describes the stories behind this year's four successful rounds. By Tom Westgate, Kev Saville, Gavin Williams and Nick Wallis.*

FIRST some background. The RR starts at Glen Nevis Youth Hostel just outside Fort William and is based on a traverse of Ben Nevis, the Grey Corries and the Mamores, with a few extra peaks clustered around Loch Treig thrown in for good measure. It was first completed in 1978 by Charlie Ramsey and has seen less than 40 repeats. There is no mucking about with minor tops (Sergeant Man and Y Gyrn please note!) since all the peaks are Munros. Despite this, the statistics for the round are similar to the Bob Graham and Paddy Buckley (Snowdonia), weighing in at ~60 miles and ~30,000' ascent.

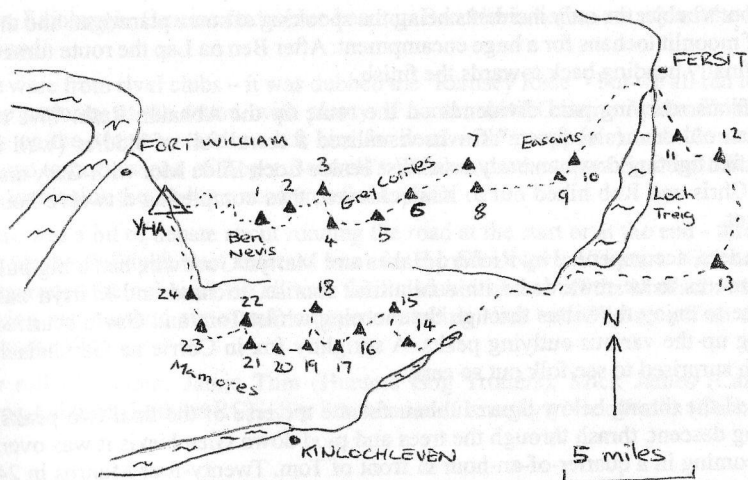
A glance at a map shows that a major difference to the southern softie rounds is that the RR does not cross a single road, making the logistics of support much more challenging. OK, so it does cross the Glasgow - Fort William railway line twice, but there are only two trains a day and the nearest stations are way off-route.

Through the winter of 2004-5 Tom, Kev and a band of mates made a number of reconnaissance trips to the area in universally clear and wintry conditions, piecing together the local knowledge that can make or break an attempt. Bob was ever present with his advice. A 23-hour clockwise schedule was devised starting at 12.25 precisely (Tom gets the blame for that). This gave time for Fersit to be reached before dusk and left the grassy hills east of Loch Treig and the track back to the Mamores as the night section.

It also gave Kev the opportunity to revisit a former life by co-ordinating a huge fry-up breakfast on the Saturday morning. It was great to have the team round a table - the quiet before the round.

A date was set for 21-22 May for Tom, Kev and Gavin's effort - hopefully late enough for winter snows to have gone, but early enough to avoid the midges and allow time for a rescheduling if necessary.

Meanwhile Nick had been planning his own attempt with a bunch of Scottish mates throughout the year and had, following one cancellation due to bad weather, set a date in June. In the event only Tom and Gavin got round in May, so Kev had a successful second (as is his wont) bash on 16-17 July. The reports on these great days out follow.



A sketch map of the Ramsey Round

## 21-22 May

TOM and Gavin stood grinning on the bridge at the foot of the Ben Nevis tourist track. The handshaking began and a Canadian tourist wandered over from the youth hostel. Have you been all the way to the top? John Straker and Gary Westwood patiently tried to explain...

The omens hadn't been good when Kev, Tom and Gavin had set off the previous day, with a cool rain falling in the valley and the top of the Ben hidden. By the Red Burn the rain had turned to sleet and then snow. Gavin got incredulous looks from the many 'Three Peaks Challenge' contestants on the hill - they clad in full waterproofs; he with blue knees, green lycra shorts and a Pertex. It was not the weather to hang about, but the soggy snow on the boulder field of the Carn Mor Dearg arête deserved caution.

By the col below Aonach Beag Tom's training reps on Crookstone Knoll were showing their benefit, with both Gavin and then Kev trailing. Bob Berzins was waiting and he followed with Kev whilst Gavin and Tom plodded up Aonach Mor together. And that's the way it stayed for the next few hours. Despite working hard to make up the gap, Kev never closed and called off his chase before committing to the rocky ground of the Grey Corries. He headed down the hill to Spean Bridge whilst Bob chased after Tom and Gavin. Tom exhibited his free-heel skiing technique at the bad step off Aonach Beag whilst Gavin followed more cautiously clutching a pointed rock as an impromptu ice axe.

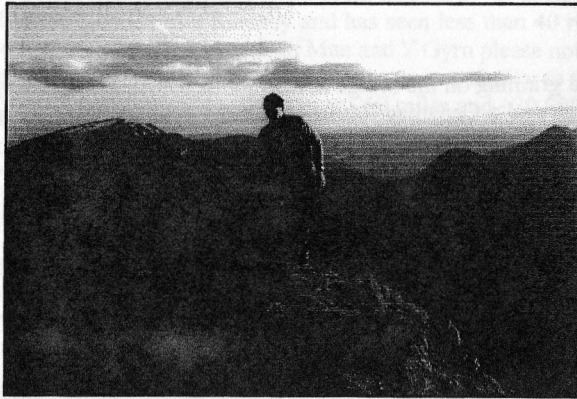
Chris Ledger and Rob Smith had a sunny evening walk-in to join the fray at the Leacach bothy and to assist as best they could over the Easains to the Loch Treig dam for a midge-infested supper. By this time the weather had improved and a near full moon greeted the party as they regained high ground. The three peaks east of Loch Treig

passed without trouble, the only incidents being the spooking of some ptarmigan and the confusion of moonlit lochans for a huge encampment. After Ben na Lap the route turned westwards, finally heading back towards the finish.

Tom's studious recceing paid dividends on the route up the Abhainn Rath. "We're looking for an old dear (sic) fence." Gavin visualised a corral full of biddies (well it was 2am). After fighting down an early breakfast beside Loch Eilde Mor with Gary and the Straker, Chris and Rob hiked out to Kinlochleven, thus completing a twelve-hour overnight stint.

The contenders, accompanied by Richard Hakes and Martyn Goodwin, had a big pull onto the Mamores to be rewarded with a beautiful sunrise. Richard and Martyn had plenty of time to enjoy the vistas through the morning whilst Tom and Gavin scurried about picking up the various outlying peaks. A sprightly fox in Corrie na Garbhalach seemed much surprised to see folk out so early.

Bob rejoined the throng below Sgurr Iubhair for the traverse of the final two peaks. After a jarring descent, thrash through the trees and plod down Glen Nevis it was over, with Gavin coming in a quarter-of-an-hour in front of Tom. Twenty-four Munros in 24 hours, but more importantly a wealth of great memories.



**One off the list:** Tom topping out in the Mamores

### **25-26 June (edited from report by Jamie Thin)**

Quick update from the weekend - five out of five of us completed the Ramsey Round in fine conditions - sunshine and clear skies. We went clockwise, starting at 10 am. We had static support on the top of the Ben, Loch Treig Dam, Loch Eilde Mor, and then support runners from Loch Treig Dam to the end.

It was my fourth attempt over 15 years - so I was glad to finally get round! All the others were attempting the Ramsey for their first time. Mick, Olly and Nick had reced the route before, but Graeme Ackland was only roped in the previous weekend at a local

race in Edinburgh. Graeme had never been up Ben Nevis before or any of the hills on the round!

We were from rival clubs – it was dubbed the ‘Ramsey Race’ - but we all ran together for the majority of the round, with plenty of banter, until Graeme Ackland’s shoe fell to bits on the Mamores and we left him for dead with a support runner. Graeme then managed to borrow one of Roger Boswell’s Walshes on the top of Sgor an Iubhair and finish just inside the 24-hour mark in a final sprint!

There was a bit of debate about running the road at the start or at the end - three of us voted for the Polldubh start and two went for the Glen Nevis YH start. Nick and Olly later regretted their choice! We all took the Polldubh descent off the Mullach. Mick and I (having just finished our round) enjoyed watching Nick and Olly set off on the road back to the YH!

The roll of honour: Jamie Thin (Hunters Bog Trotters), Mick James (Carnethy), Graeme Ackland (Lothian RC), Olly Stephenson (Carnethy), Nick Wallis (Dark Peak).

### **25-26 June (edited from report by Graeme Ackland)**

It was Seamus Cunnane who said it best: “Graeme isn’t really the outdoor type”. It’s a comment which always rankled and that of course is because it’s true. While others camped and hiked and mountaineered, I was always one for a couple of hours run in the hills then back to the warm and dry. So though I’d supported a few Bob Graham’s I’d never given serious thought to doing a 24-hour ‘round’. But I knew what Olly and Jamie were planning, and when their postponement undermined my cast-iron excuse I was tempted. A quick phone call on Tuesday night, and I was signed up for a Ramsey Round - too short notice for any training or recceing, but with a group of six how hard could it be?

Indeed, I’d never even been to Glen Nevis, or up any of the mountains, or run for anything like that long. With no experience or back-up supporters, it was remarkably kind of the group to accept me at all. Friday night was spent at Roger Boswell’s in Corpach. If you’ve never been there, the house resembles a little hobbit hole: boxes of stuff squirreled everywhere and the cheery, bouncy occupant merrily offering tea to all and sundry. But Roger differs from a hobbit in the matter of footwear, as I was later to discover to my benefit.

Sunny Saturday. Mick James, Jamie Thin and I set off from Polldubh. Olly Stephenson and Nick Wallis were to join us at the youth hostel. Up through the crowds on the Ben we trotted, meeting together at the top. We got stuck in rocks descending to Carn Mor Dearg arete, and then my problems began. Outdoor types, it appears, do rock climbing, and off they all danced along the arete leaving me scrambling, scrabbling and straggling behind. Down the rocks from Carn Dearg they skipped, while I snapped my compass, scraped my knees and battered my toes getting myself down.

At the bottom I had my first low point – only two Munros done, and already I couldn’t keep up. Luckily, they eased up on the climb, and by the time we dropped bags on the plateau to run up Aonach Mor, we were back together.

This set the scene for the day, with me getting dropped on the descents, and catching back on the climbs. Otherwise, it was a stunning day along the Grey Corries, with the whole of the round laid out in the sunshine. But by Loch Treig, the banging of toes against rocks had taken its toll, my toenails were making a bid for freedom, and descending was agony. I'd pretty much decided to stop, but during the 10 minute rest the support team dragged out my change of shoes, stuck on some tape and Vaseline and muttered about the next bit all being grassy while I scoffed pasta. The pit crew was still in action when the others left, but shoved me off back up the hill a couple of minutes behind.

The middle section is the least dramatic and therefore easiest going. Big grassy climbs up Sgriodain and Beinn na Lap, descending into the glen at dusk and the long track run as night falls. By the time we got to our second support stop at Loch Eilde we'd gained 15 minutes on the schedule, which we parlayed into extending the break from seven to 12 minutes. By now my toes were less sore, and all was going well, aside from the forthcoming scrambling in the dark.



***Onwards and upwards: a gentle stroll up Stob Ban***

We tackled Sgurr Eilde Mor and the Binneins in the dark and again my lack of rock experience saw me struggling to keep up. On the scramble up Binnean Mor I found myself alone again, and with low cloud on top the map came out. But our support team was there with tea on Na Gruagaichean to slow the others down, and as the sun rose we regrouped, still on schedule. Everyone was in good spirits and good shape - what could go wrong now?

Those rocks again. Another stubbed toe and the sole of my Walsh torn away, flapping from the heel. Olly offered tape, and ran on. A minute's repair job lasted 100m. I flapped along the An Gearnach ridge, losing time at an alarming rate. Passing me on his way back, Jamie had the answer: sock outside shoe! This held the shoe together and made for some interesting scrambling on the ridge. Proper hillwalkers in "outdoor type" clothing shook their heads at my vest, shorts and sock inadequacy.

We'd agreed that if anyone looked like they wouldn't make it, they'd be left behind.

I was left for dead, and Phil stayed to support me getting home, and carry my bag. We both wanted to complete the ridge, so we trotted on together in the mist, just avoiding a navigational disaster finding Am Bodach. The urgency had gone now, we were just enjoying the day, climbing above the cloud for views of Bidean in Glencoe floating above the mist, waving at our brockenspectre selves in a personal double rainbow.

Then, on Sgurr an Iubhair, the hobbit appeared. "I hear you've lost a shoe", said Roger. "Why don't you have one of mine?" I was gobsmacked A quick change. Roger hopped off down the hill, and Phil and I set off with renewed purpose. Before long the last Munro was in the bag with almost hour to get home.

I was getting pretty tired by now, and was glad to see Willie Gibson and Nick MacDonald appear to shepherd me down the last descent. Despite my sore toes and slow descending, they were comforting: "No problem, you've time to spare, we know the way". None of this was in fact true. As we left the hill into the wood about 10 minutes was left, and Nick began to urge me to speed up. By the track, everything was getting more urgent. "I'm, er, not sure exactly how far it is" confessed Willie. "You'd better leg it".

Panic set in - should I try to get straight down to the road and intercept yesterday's route? But how to know when I passed that point? If we were a minute late, should I race down the road trying to beat yesterday's time to the youth hostel? I feel like this is the fastest I've run all day: 23:56, 57, 58 and suddenly Willie's yelling and Jamie's yelling and the car park appears just in time.

And so the deed was done. The most incompetent, ill-prepared hand-held, indoor-type Ramsey Round in history was complete. Twenty-four more ticks would have brought my Munro count to 100. But the SMC doesn't regard Sgurr an Iubhair as a mountain any more: apparently it's now a shoe shop.

### **16-17 July (Kevin has allegedly taken up snooker, so Gavin and Tom put this together on his behalf)**

As supporters we were perhaps fearful of the Kev Saville modus operandi, namely cats and dogs and making full use of the available 24 hours. The morning in the Rucksack Club hut arrived and sure enough, there was thick clag on the tops. We breakfasted on the by now traditional fry-up, carved up the support duties and worked out the transport and change over logistics. Kev meanwhile fettled his supplies (including roast potatoes and couscous!).

Ann Watmore queried the 12.25 start, but that's what Tom's schedule dictated - so be it! Tom headed up the Ben 15 minutes in front of Kev, fearing the Saville charge. Tony Keddie and Lynn Bland hung on to the Red Burn before parachuting back to the youth hostel, leaving Tom to race Kev to the summit and on round the CMD arete in the mist. No snow to contend with this time.

A swift hand shake and Kev plummeted alone to meet Gavin at the next col. Kev found time to locate a pipit's nest - good Karma apparently. Visibility was patchy, but Kev was in fine form and the pair made efficient progress through the Grey Corries

and the Easains to Loch Treig. Bob stood waiting, flailing his arms like a semaphore operator on speed in a vain attempt to thwart the hordes of midges intent on drinking him dry.

From here on the weather took a turn for the worse. Intermittent rain arrived from the west, making the night section ahead yet more taxing. Whilst Bob and Kev worked hard to navigate themselves through the clag, Ann, Tony, Lynn and Tom made the hour-and-a-half hike from the lodge above Kinlochleven to the rendezvous beside Loch Eilde Mor. They put up tents, had a quick brew, then got their heads down for a bit of kip. The tents were buffeted, raising concern about Kev arriving on schedule.

He was just half-an-hour down when the glow of approaching torches signalled his arrival. A great effort in the circumstances. Kev was in good spirits as he headed into the Mamores with Lynn and Tom in support. A break in the cloud allowed simple navigation off Sgurr Eilde Mor and on up the traverse path towards Binnien Beg. The support enjoyed a rest at the lochan whilst Kev did the out-and-back alone.

Lynn and Tom waited again while Kev did the next out-and-back to An Gearanach, but the rain had by now set in, so they soon got cold. As Kev maintained his pace there was a growing confidence. He was watering and feeding himself regularly. A lesson for us all.



**The last breakfast:** fry-up, tea, and lots of cheesy grins

Lynn dropped into Glen Nevis from the end of the Devil's Ridge, leaving Tom and Kev to drop to the lochan below Sgurr Iubhair. The mist was thick and the zigzag decent path seemed endless, so there was relief to reach a boisterous Gavin ("Hello sailor!" - in-joke) proffering cups of hot chocolate. Some grassy lines round the intermediate bumps led on to the final summit, Mullach nan Coirean, before the long descent to the road.

Down in the glen the rain had finally abated. Sodden layers were discarded before Kev enjoyed his triumphant run to the youth hostel, arriving with a leisurely (for Kev) 16 minutes to spare. Despite plastic cups, the Moët et Chandon tasted superb.

Kevin's round marked the end of this year's Dark Peak blitz on the Ramsey Round. Gavin, Kevin, Nick and Tom would like to thank everybody who joined them on their Lochaber adventures and who freely gave so much welcome advice. We and you know who you all are. As for the Ramsey Round, we would all recommend it wholeheartedly, as it offers superb ridge running over big hills and not a soul to be seen once the Three Peak Challengers have been left behind. Three peaks? Pah. Twenty four peaks is where it's at!

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# Tom's Ramsey Round schedule

TOP	LOCATION	TIME
	Glen Nevis YH (depart)	12:25
1	Ben Nevis	13:50
2	Carn Mor Dearg	14:27
3	Aonach Mor	15:16
4	Aonach Beag	15:34
5	Sgurr Choinnich Mor	16:29
6	Stob Coire an Laoigh	16:59
7	Stob Coire Claurigh	17:32
8	Stob Ban	18:02
9	Stob Coire Easain	19:22
10	Stob A'Coire Mheadhoin	19:39
	Loch Treig Dam (arrive)	20:24
	Loch Treig Dam (depart)	20:34
11	Stob Sgriodain	21:46
12	Chno Dearg	22:21
13	Beinn na Lap	23:48
	Loch Treig	0:49
	Loch Eilde Mor (arrive)	2:36
	Loch Eilde Mor (depart)	2:43
14	Sgurr Eilde Mor	3:44
15	Binnein Beag	4:40
16	Binnein Mor	5:41
17	Na Gruagaichean	6:06
18	An Gearanach	7:05
19	Stob Coire A'Chairn	7:33
20	Am Bodach	8:11
21	Sgoran Iubhair	8:34
22	Sgurr A'Mhaim	9:01
23	Stob Ban	10:05
24	Mullach nan Coircean	10:53
	Glen Nevis YH (arrive)	12:11

## The Bob Graham Round. 16-18 June

THE round started in good order at 18:45 with eight contestants and three supporters, Lynn Bland, Ian Charlesworth and Roger Hulley. At Threkeild the bulk of the group arrived in reasonable fettle despite thick clag. Mike Hayes and Tony Varley with Roger Hulley in support were nowhere to be seen as we all hoped they would appear from the dark gloom.

The main group had to depart as the scheduled time came, with Tom Westgate, Ian Charlesworth, Dave Miles, Graham Hulley, Robert Cooper and John Boyle in attendance. At the last minute Dave Holmes and John Boyle arrived to join the night crew. Dave Holmes was commandeered to hold back in case Mike or Tony appeared. It was quickly decided this was a lost cause and so Dave left to catch up the main group. The rest of us waited for Mike and Tony to arrive. We could see their lights on Hall's Fell, but it still took them a long time to get in. I got to bed at about 12.30.

At 2.30 I was up and off to the next changeover at Dunmail, which was surrounded by the thick clag that had been with the runners through the night. They came in pretty much on schedule and in good spirits despite reports that they were a bit quiet and not up to much singing or joke telling. The next section was supported by Gavin Williams, Andy Middleditch, Rob Little, Chris Mosley, Andy Dickinson, John Roe and myself.

The climb upwards was mysterious. I am sure I have never been through the gully we climbed before, but when we settled into the pace once we got on the flatter tops. I thought that the weather may improve with daybreak. It didn't. We managed to mislay Phil Walters and then Andy Plummer during the morning. Both were with supporters and being very aware that the schedule was tight and we were not making any time back, we had to keep going.

Barry Needle brought in a welcome surprise picnic near Harrison Stickle. We even had a glimpse into Langdale for a moment but that was about as good as the weather got. As we progressed towards Scafell, Gavin and Andy Middleditch went forward to establish the rope up Broad Stand. We were somewhere about 30 minutes down on a 23.30 schedule at this point. The weather was still poor and the wet rock was difficult to traverse.

The change over at Wasdale was as rapid as we could make it, and we recovered some time. The support changed to Tim Hawley, Chris Barber, Nick Whittington and Kev Saville. Roy Small and Dave Allen stayed a while to support Phil or Andy should they arrive and still wish to continue, but they arrived too late to have any realistic chance of success. Roy, Dave and Gavin (who had waited at Broad Stand) eventually caught up the main group via shortcuts.

With the contestants gone we had a time to wait and so enjoyed the luxuries of the change-over (chairs, tea, porridge etc. provided by the rather excellent vehicle support) that the contestants were rushed through without. The weather was still not improving. There was a hiccup around Steeple, as it was "mislayed" for a while. This was probably the low point of the whole round. At Kirkfell, they were 34 minutes down and still in clag.

Fortunately things began to get better. The weather improved and from this point onwards every section was done in a better time than the schedule allowed.

I was waiting at Honister and was greatly relieved to see them moving well despite being slightly down on schedule and a little spread. There was something about some of them dropping out but we were having none of that. Again the change over was kept short and the group reassembled. The support on the next section was the combined masses of Dark Peak, Penistone (Nicky's club) and Long Eaton (Tony and Phil's club). There was about a 5:1 ratio of support to contestants at this time.

At the next change-over I was ready to run should anyone need a supporter but with only a few exceptions most of the support carried onwards and I failed to find a job. The whole group by this time were at such a pace that we had all on to pack up all the stuff, drive past them on the road get parked up, and make it to the Moot Hall.

Iestyn Lewis sprinted in to finish in 23:25 as he leapt a misplaced bench and I missed my photo opportunity. Richard Hopkinson, aged 57 I might add, came in at 23.29, a fine run. Matt Hulley at 23.32 and Nicky Spinks at 23.33 quickly followed. So they had made all the lost time back.

By now the weather was quite warm and sunny (as the rest of the country had been all day) and we had a pleasant evening at our new camp site at Thirlspot. After a shower we went next door to the Kings Head to digest the days events. All the contenders made it to the pub at sometime during the evening, despite earlier suggestions that they were off to bed for the night.

*Richard Hakes*

## The Joss Naylor Challenge

*The Joss Naylor is the SAGA version of the traditional long distance round. It is open only to the over-50's, but no less challenging for that. Many Dark Peakers have tried it and failed. So far this year, we have had three successes. Here are two very different accounts. The first, **by Colin Lago**, describes his joint success with Alan Yates. The second, **by Dave Mosely**, is altogether different...*

**A** PROMISINGLY clear and cool sky, though still dark, greeted the contenders as they left the start at 4.03 am, already three minutes down on schedule! Head torches were used for the first half hour or so, though they were not completely necessary as the early light of dawn was creeping into the sky. Having broken a leg last year whilst preparing for this challenge, I did not want to take any risks of a fall in the tussocks! Dave (Lockwood) and Bob (Marsden) accompanied us on this first section. (They were also to join in again on the final section from Styhead.) Navigation was wonderfully

aided by clear skies throughout the day. A predominantly helpful though cool wind blew from the North East all day.

Both Dave (Lockwood) and Alan (Yates) have completed the over 50's challenge in under 12 hours, and Bob and I have supported these and other attempts. So with a combination of good conditions, energised conversation and background experience, this first section (comprising 13 tops) was completed steadily, in good spirits all round.

An eight-minute 'fuel' stop in the Kirkstone Inn car park, courtesy of the support drivers Richard (Pethen) and Jon (Straker) was deemed sufficient before the fear of ascending Red Screes set in! This was taken gracefully (slowly!) and Colin (Henson) and Colin (White) now ably supported us. Roger (Baumeister), the third supporter traversed in from Dunmail Raise and intercepted the party on Hart Crag.

The various tops were now beginning to be ticked off systematically, though by the time we began the descent of Seat Sandal, (the 17th top), I began to feel in my legs what I already knew - that is that a smooth first half does not guarantee as smooth a second half! Even being forty minutes up on the 18-hour schedule at Dunmail was not a reason for complacency as far as I was concerned. Meanwhile Alan continued to 'motor' well, maintaining a never-ending series of interesting conversation pieces and reflections.

A rest of ten minutes, that seemed only like two to me, imbibing tea, tuna mayonnaise rolls and fruit salad restored, but only slightly, the morale reserves for sections three and four. Unlike the earlier sections, the last two sections of the route are not separated by a road crossing. Pots of warm drink, a brief sit down on a deck chair and a choice of foodstuffs are then only a figment of imagination or hallucination by the time one gets to Styhead Pass, where contenders are dependent on any supplies the supporters have carried up from the Wasdale valley. Gloomy thoughts such as these preoccupied me long before I had even dared to start off up Steel Fell.

Steel Fell lived up to its name and reputation and the never-ending struggle to gain height on such steep ground hit my fast depleting carbohydrate stores (or whatever sports physiologists call them!) Meanwhile Alan wandered up the fell as if on a Sunday morning stroll, (the swine!) pleasantly conversing with Alison (Shepherd) about recent travels. Dick (Pasley) and Dave (Moseley) had set off before us, so the whole party congregated on the top of Steel Fell before heading off in the direction of High Raise.

From High Raise, the mountains looked magnificent. The clarity of the landscape was breathtaking, (or was that me desperately hanging on to the pace again?) with many of the tops already traversed and those still waiting to be climbed, clearly visible.

Dick led us on to Rossett Pike by a route he had used the previous year on his successful attempt, a route he had learned about from friends in the Rucksack Club. A faint line off High Raise gives way to much clearer paths up to Rossett Pike. Despite being the most direct line, previous contenders from Dark Peak had taken a slightly different route on this section. The challenging and steep ascent of Billy Bland's Rake saw us emerging onto the Bowfell ridge to be greeted by John (Armistead) who had walked in from Wasdale. The ascents of Bowfell, Esk Pike and Great End then followed on steadily.

We had already decided to reverse the route from the top of Great End to rejoin the path down to Styhead rather than drop off the front through the boulders and broken ground-

this latter line being the obvious shorter route in distance but not necessarily in time, unless you know it well. As we reversed from the top, three runners were approaching, one of whom was 'receiving' the route. He said he knew a route down the nose, but we held to our decision and continued the reverse route rather than descend with him and his friends. In the event, we were all down somewhat quicker than this other party, and were tucked into our supplies, just brought up from Wasdale by Dave (Lockwood) and Bob (Marsden), by the time they arrived

We took a break of just ten minutes, sheltering from the wind behind the first aid box at Styhead, before tackling the ascent of Great Gable. I had, by this time, long disappeared into pained silence. In Eastern esoteric terms it is called 'going inwards'!!! As Dick once said, I do like all this psychobabble! Meanwhile, Alan continued to entertain the party with interesting anecdotes as to how Henderson's Relish is not like it used to be, how Branston Pickle is now manufactured differently and therefore less palatable. He also cited a list of cheeses to make the mouth water. He was clearly having a good day.

Similar to meeting John ascending to Bowfell, it was delightful to be met by Dave and Mary (Sant) on the top of Great Gable, Dave firing off photos on his new Cannon SLR camera. This uplift of spirits was soon dashed, sadly, by not choosing the best descent of Gable to Beckhead. Loose rock on a badly worn path exhausted any of my remaining reserves. My spirits then sank even lower when I saw Alison, Mary and Dave trotting along a better path some 100 metres off to the right!

From Gable to the finish via Kirkfell, Pillar, Scoat Fell, Steeple, Haycock, Seat Allen and Middle Fell is a good day out by anyone's standards. Coming at the end of the round, it is somewhat challenging, or words to that effect! Nevertheless, by the top of Pillar, we were one and three-quarter hours up on our eighteen-hour schedule and knew we just had to maintain forward motion to reach Greendale Bridge in satisfactory time.

The penultimate hill, Seat Allen, proved a swine of sustained steep grass that never seemed to yield. At the top we could see, across the valley, some of the support team who had been out earlier in the day, already on the top of Middle Fell waiting for us.

The fluid run off Middle Fell (in Alan's case) and the painful hobble (in my case) was achieved in the now expanded company of the support team. We reached the bridge at Greendale in 16 hours and five minutes.

Paraphrasing Dave Lockwood when he completed his Bob Graham Round some years ago, "what a good day out on the hills with your mates."

Alan and I are very grateful to all members of the support team, to the runners and drivers, photographers and inspirers, for having helped us do it. Alan is now rumoured to be considering the over-65 challenge (of 24 hours) but I am still out on this one!!

Both contenders raised just over £600 for three different charities. Our thanks go, therefore, to all those who sponsored us.

*Colin Lago*  
4th June, 2005.

**D**O YOU run with a tune going on in your head? Many years ago Alan Yates told me he always ran to Eric Clapton's "Layla" because when you get to the piano bit at the end it's impossible to remember how it finishes, so it just goes on and on.

Anyway, at the end of June I decided to have a go at a sub-15 hour Joss Naylor before I get so old that they allow me 18 hours. It's a wonderful route with a gradual build up to a climax of really big hills. So here's my tribute to Joss's route choice and to the pacers who couldn't possibly guess the music I was thinking

**Pie Jesu from Faure's Requiem.** 5am start from Pooley Bridge with silence, still air, a bit of high cloud and table-cloth shrouds over distant ridges. Alison lead me over gently-rising runnable ground and pimples with wonderful names like Arthur's Pike and Loadpot Hill, Kidsty Pike and Rampsgill Head. She fed me whilst Kiri Te Kanawa sang the soprano bits over High Street and Stony Cove Pike. What a wonderful start!

**Enigma Variation 9, "Nimrod".** It gets more grandiose after Kirkstone. Large rolling mountains like Red Screens, Fairfield and Seat Sandal. Brilliant navigation from Colin Lago. Entertainment from Giles (my son and heir) and the endearingly irrepressible Roger Baumeister. Add a subliminal background of Elgar's opus 36 and you just know it's going to be a cracking day.

**Beethoven's symphony number 3 (opus 55), "Eroica", 3rd movement.** Ten minutes up at Dunmail and now for some even bigger stuff. I couldn't have had better supporters. There was the ever-reliable Dick, who's prepared every bearing to the nearest half-degree even though the visibility is about 90 miles (I didn't like to ask whether he'd considered magnetic variation in case he started to tell me). And Alan, who knows the route better than he knows Bute Street because he's attempted it so many times, and who managed to avoid discussing the merits of Henderson's Relish for at least five hours.

All this to the accompaniment of one of the greatest pieces of music ever conceived by the human mind. With Bow Fell, Esk Pike and Great End appearing just as the French Horns come in. Amazing. Just bloody amazing.

**Handel's "Zadok the Priest"** (excluding the first 22 bars, which is the quiet instrumental bit before the choir comes in and blows your brains). From Styhead Great Gable hits you between the eyes. Rapidly followed by Kirk Fell and Pillar, there's some seriously vigorous climbing in this last section. TLC from Colin Lago (again) and Jeff Harrison got me as far as Windy Gap, where Alan, Alison, and the indestructible Colin Henson combined to coax me over the last four gradually-diminishing peaks. All with Handel's mighty anthem for George II's coronation blasting in my head.

The clag eventually enveloped us from Pillar. At last Dick's meticulously prepared bit of paper with all the bearings on was going to come into it's own. Alison rummaged around in the pack for it, pulled it out, and the wind ripped it from her grasp. It sailed off north to form litter in Ennerdale. Sorry Dick, I guess we were just destined to manage without it.

We got to Greendale Bridge with 10 minutes to spare and Joss himself to see us in. All thanks to the people mentioned above, Roy (Alison's dad) for driving and cooking, Gabriel F, Edward E, Ludwig B and George H for the music.

*Dave Moseley (pretentious?? moi???)*

# Race results

## Burbage Baffler, Sat. 16th April

APOLOGIES for the confusion over the start time and thanks to everyone for turning up despite the cold weather. After some discussion, first prize was awarded to the "Pink Hand" team, even though they substituted Rob Moore for Dave Tait who had promised to pick his wife up from Debenhams at 11.15!

Best baton again went to the Hathersage contingent for Anna's one arm Barbie, and most-together pair went to Gavin and Tracey (on her fell race debut!) who arrived within seconds of each other on both legs. Fastest leg was run by Rob's Smith and Moore but since they already had one prize it was awarded to the second fastest which just happened to be me and Darrell!

Thanks also for my mum and dad for providing post-race hot chocolate for everyone and to Anne Beresford for doing a great job with the results again. It would have been nice to see a few more teams as this really is a race that anyone who does even a little bit of running can get involved in, so get your teams sorted for next year!

*Lynn Bland*

Baton	Runners legs 1 & 2	Runners legs 2 & 3	Total time
Pink Hand	Dave Tait/Rob Moore Rob Smith	Kev Saville Russ Beresford	24:54
Windmill	Lynn Bland Darrell Bradbury	Tracey Williams Gavin Williams	27:39
Hat	Polly Harmer Richard Hakes	David Hakes John Berry	24:15
One Arm Barbie	Rob Davison Hilary Bloor	John Dalton Karen Davison	27:35

## Moelwyn Peaks, Sat. 23rd April (British champs)

Pos	Name	Time	Pos	Name	Time
1	T.Davies (Mercia)	1:11:47	89	D.Bradbury	1:34:36
7	L.Taggart	1:15:06	92	R.Horsfield	1:34:47
10	T.Austin	1:16:48	96	D.Ansell	1:35:11
15	A.Ward	1:18:51	100	D.Soles	1:35:35
23	P.Winskill	1:21:11	104	R.Hutton	1:36:21
32	D.Taylor	1:22:16	123	D.Tait	1:41:02
33	R.Patton	1:22:47	130	N.Boler	1:41:53
38	J.Helme	1:24:00	151	L.Bland	1:47:05
58	J.Ascroft	1:29:09	172	G.Kirk	1:53:01
65	G.Williams	1:30:07	188	E.Connaughton	2:00:10
71	K.Holmes	1:31:32	197	H.Thorburn	2:02:17
76	S.Bell	1:32:35	<b>218 ran</b>		

## Longstone Moors Race, Sun. 1st May

A leisurely roll around the pleasant valleys of the White Peak.

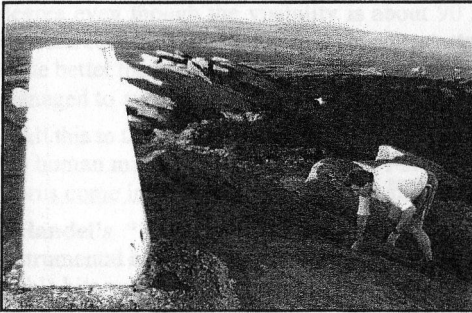
*Dave Tait*

Pos	Name	Time
1	D.Allen	3:07:00
2	J.Boyle	3:07:30
3	D.Tait	3:09:10

## Back Tor and Beyond, Wed. 1st May

THIS is the last time that I will be organising this event as I am moving to a new home near Inverness this summer close to all the big mountains.

It was good to see 44 people turn out to compete along with a few others who were just out for a more gentle run. It was a beautiful evening for it, whatever you were doing. I decided that I would 'run' the race too, the first time I've been in a race since my new hip joint, (and I suspect it might be the last). I ran all the way to the Back Tor trig, albeit at a pretty slow pace, which was satisfying, but it got pretty crappy after that.



**All fours:** Richard Hakes creeps to the trig

I took the anti-clockwise route, unlike everybody else except James Hargreaves. (the winner). Horrifyingly, I took nearly one hour longer than James who won it in an incredible time of 54 minutes, 58 seconds. I can't even use the excuse that I was 'sweeping' because I went in the opposite direction to everybody else. My only excuse is that artificial hip joints don't like downhill running and I ended up walking pretty much all the way back from Lost Lad.

Still, it was a great evening for a walk too. James was the winner of the Ken Slack Strines Fell Race trophy and a jar of stony damson jam. Karen was first lady and she got a jar too.

It would be nice to think that the race will continue next year. I'm sure someone will take it up and maybe use the moorland north of the path, now there is 'open access'. Wet Stones could be a check point, or other rocks north of Back Tor. It could be longer and even more interesting if it was held at a weekend or later in the year when there is more daylight and all the nesting birds have flown. Anyway, good luck to whoever takes it over. Bear in mind that both people who have organised this event over the last 20 years have ended up moving to the Highlands of Scotland.

*Howard McSwindells*

Pos	Name	Time	Pos	Name	Time
1.	James Hargreaves	54.58	23.	Moz Musson	1.17.02
2.	Dave Taylor	55.47	24.	Jim Fulton	1.17.23
3.	Chris Sellens	56.40	25.	Debbie Smith	1.18.02
4.	Alistair Buckley	57.00	26.	Jack Swindells	1.20.18
5.	James Varley	57.18	27.	Eoin Connaughton	1.22.29
6.	John Helm	1.0.44	28.	Roger Slater	1.22.57
7.	John Ascot	1.01.16	29.	Kirsty Bryan Jones	1.21.25
8.	Rob Smith	1.01.39	30.	Jane Searle	1.23.10
9.	Gavin Williams	1.02.53	31.	Garry Westwood	1.26.44
10.	Tom Westgate	1.05.26	32.	Mike Browell	1.27.45
11.	Tim Hawley	1.05.42	33.	Ruth Forest	1.27.51
12.	Rob Davison	1.09.30	34=	Hugh Cotton	1.28.39
13.	Chris Barber	1.09.34	34=	Clive Last	1.28.39
14.	Karen Davison	1.10.01 (1 <sup>st</sup> lady)	36.	John Gunnee	1.30.08
15.	Paul Stopford	1.10.08	37.	Rob Cooper	1.30.23
16.	Tim Ray	1.10.37	38.	Lucy Wiegand	1.30.29
17.	George Yates	1.11.07	39.	Dave Markham	1.30.52
18.	Kev Saville	1.11.24	40.	John Dalton	1.30.47
19.	Andy Harmer	1.11.38	41.	John Myers	1.34.11
20.	Roy Small	1.13.14	42=	Hugh Mathieson	1.45.02
21.	Dave Lockwood	1.16.54	42=	Roger Lyons	1.45.02
22.	Richard Hakes	1.16.58	44.	Howard Swindells	1.53.00



Bess challenges for the lead

## Buttermere-Sailbeck, Sun. 8th May (English Champs)

Pos	Name	Time	Pos	Name	Time
1	R.Jebb	1:22:03	167	D.Allen	1:55:04
10	L.Taggart	1:29:23	172	T.Austin	1:55:46
19	A.Ward	1:31:20	182	H.Winskill	1:56:54
30	R.Little	1:34:41	193	J.Hobbs	1:59:45
49	P.Winskill	1:38:20	224	L.Bland	2:03:57
86	J.Ascroft	1:44:52	263	S.Ward	2:11:04
94	D.Bradbury	1:45:57	275	D.Smith	2:14:40
98	K.Holmes	1:46:14	296	M.Musson	2:18:40
106	R.Smith	1:47:27	304	J.Fulton	2:19:30
107	J.Boyle	1:47:28	315	J.Dalton	2:22:07
117	S.Storey	1:48:53	332	E.Connaughton	2:26:04
124	R.Fawcett	1:40:05	334	H.Cotton	2:27:24
132	M.Hulley	1:50:28	338	H.Thorburn	2:29:05
143	K.Davison	1:52:05			
153	D.Tait	1:53:13		<b>374 ran</b>	
155	R.Horsfield	1:53:24			

## Loxley Lunge, Sat. 9th July

A SMALL field, thanks to my rather last-minute publicity. Next year I will get my finger out and name the date well in advance in the club calendar.

The weather was oppressively hot and humid, bringing the sweaty and greasy north-facing rock below Stannington Ruffs into peak condition. The course was firm and rigorously pruned, but the heat kept times well down on last year. Tim again threw caution to the wind to win comfortably, but was well outside his course record.

John Gunnee finished deservedly in last place, after attempting to cheat by taping a long diversion for the leaders while marking out the course in the morning. I can say this without fear of defamation, as I caught him in the act and swiftly rectified things.

The low numbers us gave us the dubious distinction of an entirely veteran field, but they also produced a pleasantly intimate atmosphere for the post-race barbecue which went on well beyond sundown.

Unusually, there were no significant injuries this year. Maybe we'll have to go easier on the pruning next time. Do come along in 2006. You won't find a tougher or more lung-searing course any closer to your doorstep.

*Dave Holmes*

POS	NAME	TIME	CAT	POS	NAME	TIME	CAT
1	Tim Tett	0:22:36	V	5	Dave Holmes	0:28:43	V
2	Chris Barber	0:28:01	SV	6	Roy Small	0:30:00	SV
3	Andy Harmer	0:28:26	SV	7	Roger Slater	0:32:24	V
4	Paul Sanderson	0:28:41	V	8	Great Zeffeldi	0:33:51	V

## Burbage, Tues 17th May

POS	NAME	CAT	TIME	POS	NAME	CAT	TIME
1	Phil Winskill		37.32	78	Richard Hopkinson	MV55	48.22
3	Rob Little		39.02	80	Peter Stubbs	MV50	48.32
4	Chris Sellens		39.07	84	Paul Addison	V40	49.04
8	Dave Taylor	V40	39.29	91	Janet McIver	F	49.23
9	Andrew Middleditch		40.26	95	Geoff Kirk	V40	49.29
10	John Helme		40.34	102	Rob Moore		50.21
18	Rob Smith		42.44	112	Lynn Bland	FV40	51.01
20	Roger Woods		43.06	116	Kirsty Bryan-Jones	F	51.28
21	Jon Ascroft		43.08	124	Sally Ward	F40	51.42
24	Matthew Hulley		43.27	130	Graham Berry	V60	52.27
25	Keith Holmes	MV50	43.34	134	Mark Harvey	V40	52.50
26	Steve Storey	V40	43.47	138	Gasán Chetty	V40	53.05
28	Tony Hall	V40	44.15	140	Mary Hart	F	53.09
30	Dave Ansell	V40	44.27	148	Maurice Musson	V50	54.02
36	Mark Salkild	V40	44.53	152	Geoff Nicols	V40	54.30
37	Bill Hanley	MV50	45.10	157	Clive Wilson	V50	54.48
40	Ron Fawcett	MV50	45.18	171	Simon Pape		55.33
42	Martin Smith	V40	45.25	176	Darren Unwin		56.01
45	Elizabeth Batt	F40	45.58	180	John Dalton	V50	56.20
47	Andrew Moore	V40	46.05	182	Maurice West	V60	56.33
49	Helen Winskill	F	46.08	183	Helen Thorburn	F	56.36
61	Paul Stopford		47.26	185	Mike Arundale	V50	56.44
63	Tim Hawley	V40	47.31	188	Dorothy Pelly	F40	57.07
74	George Yates		48.08	192	Mick Poulter	V50	57.50
76	Ian Winterburn		48.14	211	Guy Seaman	V50	60.48
78	Richard Hopkinson	MV55	48.22	219	Mick Edwards	V60	61.55
				224	Steve Boxall		62.32



**Anonymous leaders:** Phil and Andy both forgot their vests

## Great Wall Marathon, China, Sat. 21st May

THIS may sound like a marathon but it's essentially a 10km fell race, followed by a 22km road race, followed by a 10km fell race. Any similarity with a marathon is purely coincidental, in that they both cover 42km. After that there is little common ground. The Great Wall is dramatically uncommon ground! No serious marathoner would be comfortable in a race where the organisers advise you to leave your watch at home. Or where there is a compulsory course inspection and safety briefing a couple of days before the race. Even non-running supporters have to sign a safety indemnity form in case they plummet to their death!

The race starts with an introductory 5km hill climb before reaching the Great Wall. At this point, all the pictures you've seen of the wall twisting and turning like a bucking bronco as it goes up and down mountains are absolutely true. The Chinese military designers' intention was to 'Shock and Awe' the barbarians beyond! It truly is awesome.

The Mongolian hordes would have taken just one look at the wall and turned back. In fact, Ghengis Khan did exactly that. He side-stepped his armies a few hundred kilometres east, skirting around the end of the wall on his successful assault on Peking.

The gradients are awesome to the point of lunacy, with steps of double normal height. It would not be wise to take a tumble from the top! For race day the Swedish organisers attach extra ropes over tricky sections to give some sense of security.

The recce gave some idea of what it would be like, so the first passage over and down the wall was familiar on race day. It was heavily congested by more cautious descenders, with few overtaking opportunities, meaning that the first 10 km took a dispiriting one hour fifteen minutes.

Several hours later brings you back to the wall, but this time you really hit it. Seasoned marathoners know the phenomena of hitting the wall; this is the ultimate manifestation of that condition. This time you start at the bottom and have to climb it! No amount of pre-inspection could prepare you for this experience. Already 32km into the race and legs are feeling a tad tired, so a five kilometre section of wall climb are no comfort.

As I passed this way, bodies were sprawled around, some whimpering, groaning, others sobbing. It was a good time for overtaking.

My finish time was 5:58, well behind the winner but still respectable!

*Mike Browell*

1st	<b>Gregory Feucht</b>	<b>USA</b>	<b>3:25</b>
197	<b>Mike Browell</b>	<b>DPFR UK</b>	<b>5:58</b>

300 ran

## Calver Peak, Wed. 1st June

A RECORD field of 132 runners turned out for this year's Calver Peak race. Records went in the MV40, MV50 and FV50 categories, but Tim Austin's overall course record survives despite a sterling effort from Rob Baker. This is a well organised event, with good marshalling and a generous prize list. But arguably the least attractive course in the Peak District? Anyway, it happens on a Wednesday, so we will no doubt continue to turn up in great numbers.

POS	NAME	TIME	POS	NAME	TIME
1.	Rob Baker	31.21	21.	Colin Taylor	37.00
2.	Andrew Middleditch	32.20	40.	Paul Addison	40.02
4.	Richard Patton	32.37	44.	Mary Hart	40.33
6.	Chris Sellens	33.24	54.	Eoin Connaughton	41.48
8.	Pete Hodges	34.39	57.	Jane Griffiths	42.16
9.	Mike Robinson	34.57	63.	Jane Searle	43.08
11.	Iestyn Lewis	35.17	82.	Hilary Bloor	45.15
13.	Mick Stenton	35.42	90.	Mike Arundale	45.56
14.	Chris Moseley	35.49	99.	Geoff Nichols	47.26
16.	Keith Holmes	36.20	106.	David Arundale	48.30
19.	William Whittington	36.45	111.	Jane Griffiths	48.51
20.	David Harrison	36.50	124.	Mike Browell	53.03

## Ennerdale, 23miles; 7,500ft, Sat. 11th June

TURNING up at the start in good time I expected a handful of runners but in fact over 100 started on a warm day with good visibility. I set off fairly well but got caught out about 2/3rds of the way round by a lack of water. There's so much fast running to be done after the big climbs. You've still got to have something in the tank, and I was staggering on empty! Hope to improve next year. Mick Robinson had a great run in 3rd place & Professor Yates won the V60 class. Ninety-five finished.

*Tim Hawley*

1st.	Andrew Schofield	Borrowdale	3.48.03
3rd	Mick Robinson	DPFR	4.20.41
47th	Tim Hawley	DPFR	5.21.33
81st	Alan Yates	DPFR	6.05.18
94th	Alan Jones	DPFR	6.41.22

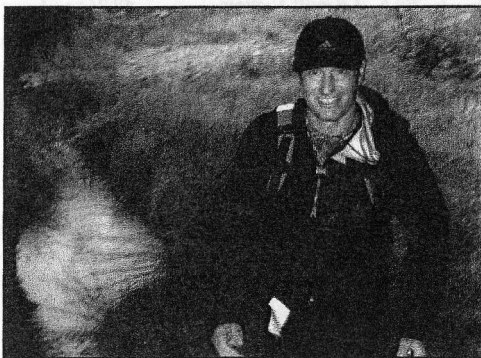
# Feature

## The long walk to Jura

**Neil Drake** took sustainable transport to the n'th extreme when he decided to walk all the way to Jura for the fell race. An epic? More like water off a duck's back. Here's his account...

**I**N 2004 I cycled to Jura for the fell race there at the end of May and spent a week there, fell in love with the place and came away wishing I'd had more time to explore this magical island. So this year, and in planning for a future holiday, I decided to walk to Jura for the race.

The route I chose took me up the Pennine Way, then eventually to Sanquhar in the Southern Uplands, using parts of St. Cuthberts Way and the Southern Uplands Way. Then train to Ardrossan and on to Arran for some walking there and eventually on to Jura.



**The easy bit:** Neil taking part in the race

The place I really wanted to see on Jura was the Corryvreckan and the NW coast, so I spent a week walking from Ardlussa back toward Tarbert exploring this remote coast line, which has caves, natural stone arches, abandoned settlements and, most unusually, raised beaches, a remnant of the last ice age.

I spent a week at Craighouse exploring and looking at the race route on the Paps. Shame, I didn't bother looking at the foul weather course we all had to run on the day.

From Jura I caught the ferry to Oban and train to Corroul Station on Rannoch Moor and spent the rest of the month of June walking north eventually to Torridon, spending time in areas like Knoydart and Shiel and walking mountain areas such as the Grey Corries, imagining Tom and Gavin running over these tops only weeks before on their successful Ramsey Round.

As June wore on the weather deteriorated and I spent a week in the Torridon area waiting for the cloud to lift from the tops as I only wanted to experience the Torridon tops in good weather. It never lifted and I came home. That's Scotland for you, though, and a good excuse to go back again.

# The Dog's Diary



**W**hile Neil Drake was walking to Jura, club chairman Roy Small was also doing his green energy bit by sailing there. Unfortunately, Roy found out the hard way why wind power on the Scottish islands is now so profitable. On the day of the race, the wind and wave power combined to boil the sea with such frenetic energy that the good ship Small was thrown around the harbour like a rag doll. Neither Roy nor fellow crew member Alan Yates could get off, and watched helplessly as the race began without them.

As a dog, I know my place, and it is not to interfere with the assignment of the prestigious Pertex Trophy. All I would do is point out that, as current holder, Roy now has the opportunity to establish a unique precedent. Don't fill that space on the mantelpiece yet, eh, Roy?

**THERE is - or has been - a large aircraft wreck tucked in a grouch at the top of Ewden. Chris Barber prides himself on knowing exactly where it is, and on locating it without a compass, using expert knowledge of the area. So it was disappointing to find myself running round in circles when he tried to find it earlier this year in the snow. My spies tell me he has since returned, and again failed to set eyes on the wreck. He now advances the unlikely theory that it has been "moved". He concedes there are no marks or vehicle tracks at the spot he says it has been moved from, but explains this by suggesting it has been taken away by helicopter. Mmm...**

THE Dark Peak archives contain several examples of aging runners trying to relive former glories by returning to do a second Bob Graham Round. Not all have succeeded, but few have failed as dozily as Rob Davison and Roger Woods, who tried to redo the round without support recently. They got as far as Honister, realised they were well off the pace, and then both fell asleep on the youth hostel steps. Maybe we should ask the YHA to install bath chairs for any further Dark Peak attempts?

**FURTHER evidence of the club settling into elderly stupor: I can now report our first serious vacuum-cleaning injury. The victim is John Roberts, who was doing the carpets with such reckless energy that he wrapped the cable round his leg, tripped and suffered a serious ankle sprain. I should stick to running, John. It's safer.**

IT'S difficult to know how to take Gavin Williams' excuse for missing the Dark Peak biathlon. He told one of my sources he was having a new bed delivered and "needed to test it". Elderly stupor? Or youthful vigour? Maybe Tracey could let us know...

Wuff

The Dog's Diary consists of assorted snippets collected by Chase the dog while out running. Whisper your titbits in his ear, or e-mail him in his kennel: holmesloxley@blueyonder.co.uk

# The kit page

DON'T be as daft as this man! Make sure you get a decent hat, and a full range of gear to keep you comfortable and safe on the fells. With a full range of DPFRR kit available, there really is no excuse for going out in the buff. For details of latest kit stocks, contact Equipment Officer Richard Hakes: 0114 2339912; richard\_hakes@yahoo.com

## Price list

### Vests £13

Sizes small, medium, large and extra large.

### Shorts £14

Sizes medium and large. Metallic green cycling type.

### Tracksters £18

Black available in medium, large and extra large.

### Hats £7

Just a few left in black, some knitted and some fleece.

### Socks £2.50

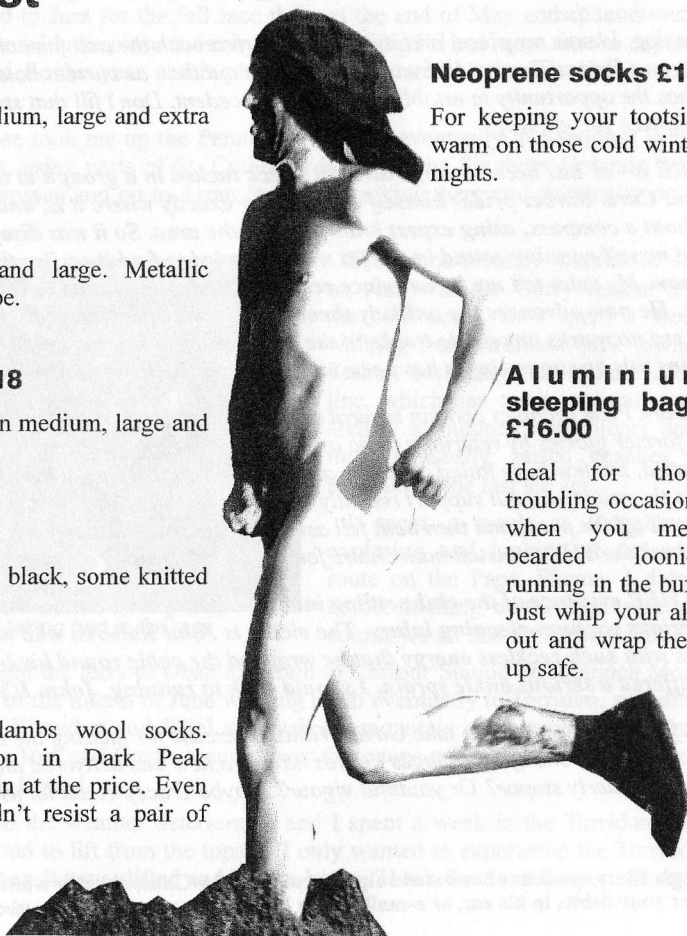
Running Bear lambs wool socks. Exclusive edition in Dark Peak colours. A bargain at the price. Even this nutter couldn't resist a pair of these.

### Neoprene socks £12

For keeping your tootsies warm on those cold winter nights.

### Aluminium sleeping bags £16.00

Ideal for those troubling occasions when you meet bearded loonies running in the buff. Just whip your alu' out and wrap them up safe.



# Membership news

THE latest from Gavin is that we now have 304 members, but around 100 of you have yet to pay your subs. You know who you are! (and so do the club's Subs Police. Expect a knock on the door).

We have at least 29 new members so far this year. So, a warm, brown, welcome to:

*Paul Addison, Jon Ascroft, Liz and Jon Batt, Alan Beardsley, Joe Blackett, Steve Boxall, Vincent Cunliffe, Rachael Elder, Martin Evans, Ruth Forrest, Dave Gale, Julie Gardner, John Helme, Joseph Hirst, Ian Hodson, Alasdair Hutt, Graham Johnson, Bob Johnston, Rob Little, Janet McIver, Max Mitchell, Lianna Scholes, Mick Stenton, Steve Storey, Sue Westgate, Mike Wild, Dominic Wiley and Ian Winterburn.*

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## The bit at the end

### Thanks

...to the people who made this edition of Dark Peak News possible by providing news, articles, race results, or photos. In no particular order, they are Roger Woods, Roy Small, Jim Fulton, Chris Barber, Gavin Williams, Tom Westgate, Mike Browell, Tim Hawley, Andy Moore, Richard Hakes, Mike Pedley, Dave Tait, Andy Harmer, David Hakes, Neil Drake, Dave Moseley, Colin Lago, and Chase the dog.

Actually, special thanks should go to Hakes Photography (Richard and David), who have provided nearly all the pix. You can see more of the same on Richard's website.

Producing this edition has taken rather longer than I wanted, due to me learning the ropes and also - rather foolishly - deciding to switch to a new software programme. Thanks for bearing with me.

Next time, I want to catch up on a backlog of race results that came in at the last minute. I also plan a new feature looking into the archives from ten and twenty years ago. Please send articles and results in good time, and **no later than the end of September**. By the way, Chase is offering a pint for every titbit that's printed.

Dave

**Front cover:** Andy Harmer sporting his babygro in the Back Tor and Beyond.

**This page:** Mike Browell in the Great Wall Marathon. Elderly runners are given personalised vests to help them remember their names if they get tired and confused. See article, page 6.

