

CALDER VALLEY FELLRUNNERS

Sheep Sheet

July 96

WHAT'S NEXT.....

To keep you upto date on what's happening and where

DEADLINE FOR NEXT ISSUE End August

Well we're well into the summer now and I should just about be injury free to start the winter road training Great, but at least I have been able to mountain bike with the rest of our happy band of injured runners and we've attended the away meets and had some brilliant rides out. The away runs have been well attended and enjoyed and Jess did a brill job with organising Pete's bus trip and he wouldn't let Pete near the keys. Thanks to Duncan for organising the run.

People have been pretty busy this year as you will see from the results published later in the newsletter. Good attendance at club races, the mileage monsters have been on form and I've been getting results from people which I'm pleased about. An up-to-date sheet of the club championships has been published in this newsletter. If there are any errors in anybodies points don't hesitate to get in touch with Val Smith (Hfx 363972)

Please take note of the some of the important dates and events being published as we need your support.

I will be away on holiday at the end of August but please keep the results and any article coming in.

Cheers Thirza

Monthly Newsletter to keep you in the running

AWAY RUN - AWAY RUN - AWAY RUN

August 13th

CLIVIGERS SKYLINE - MEET AT THE LARGE PARKING AREA AFTER THE PLANTATION AFTER PORTSMOUTH (he did tell me what side of the road the parking areas was but I forgot) ANY PROBLEMS RING DUNCAN

September 3rd

Please not the change of venue

Meet at the Packhorse pub at 6.45 where we will cram as many people into as few cars as possible and drive to run somewhere up Widdop Summit. ASK DUNCAN?

WE NEED YOUR SUPPORT FOR THE FOLLOWING



• SHEEPSTONE RELAY - AUGUST 7th

The date of this CLUB race almost clashes with the Crow Hill race (this was an oversight on the clubs part) but please remember the Club needs you to support the Relay, whether it be to marshall or to put teams in to run as last year it was disappointing that the club didn't field any teams. PLEASE GET IN TOUCH WITH JESS PALMER OR MYSELF TO OFFER YOUR HELP.



• PRE MOUNT SKIP RACE - AUGUST 20th

To trample down the weeds before the race. LARGE TURN OUT NEEDED (and alot of antiseptic cream)

YES, SHE DID IT, He did it and he did it too.

Congratulations to Charlotte in being the first woman in CVFR to complete the Bob Graham Round - A brilliant achievement. Up to press only around 60 females have ever finished it. Well done. A Full Report later in the newsletter. Then a couple of weeks later Andy Thompson completed with Jess Palmer finishing a few minutes later. What a warm day they had. Jess nearly go sun stroke and Andy definately had a pint. Luck just wasn't on Mick Banks side as on his first attempt he had some sort of stomach bug and was throwing up everywhere and on his second attempt the weather was awful, with rain, mist and high winds - even his back up teams didn't want to out in it for a few hours never mind nearly twenty four. All credit to Mick for even attempting it on such a day. (All the other attempts were abandoned this day) We all know you can do it Mick so we are just waiting for the date for next year.

CLUB RESULTS



Pendle Race - April 6th (4.5mils/1500')

1.	Gary Devine	P & B	31.06
14.	Mark Horrocks	CVFR	32.50
65.	Steve Houghton	CVFR	36.44
73.	Jeff Winder	CVFR	35.55
90.	Greg Houghton	CVFR	37.50
97.	Denis Gildea	CVFR	38.11
131.	D. Cowans (lady)	Accring't	40.14
160.	Alan Greenwood	CVFR	42.26
205.	Juliette Whalley	CVFR	46.02
231.	Steve Cavell	CVFR	48.26

(261 finished)

Wrekin - April 13th (5.5mils/1700') (British & English)

1.	Mark Kinch	Unatt'	34.55
96	Sarah Rowell	P & B	41.11
115.	Duncan Thompson	CVFR	42.13
138.	Steve Houghton	CVFR	43.35
167.	Greg Houghton	CVFR	45.02
232.	Denis Gildea	Lager Lout Joggers	37.50

(345 finished)

Another win from the seemingly unbeatable Kinch, likewise Sarah Rowell, in this very fast out and back race. Such is the quality in these championship races, none of the Calder Valley contingent could make the top 100 (and they all let a woman beat them! ha ha Ed), not through the want of trying, although Denis was uttering something about taking up tiddlywinks at the finish, after blowing up after two miles.

Greg Houghton

Coniston - May 4th (9mils/3500') (British & English)

1.	Ian Holmes	Bingley	63.29
94.	Steve Houghton	CVFR	79.34
109.	Menna Angrahad	Eryri	80.51
156.	Greg Houghton	CVFR	86.37
238.	Carl Greenwood	CVFR	96.54

(367 finished)

Just for a change, a race Mark Kinch didn't win, with Ian Holmes getting the better of him on the descent from the Old Man. With Sarah Rowell absent, probably recovering from her 3 peaks win, an excellent run from Menna Angrahad gave her the ladies honour, with second lady Andrea Priestley over 5 minutes behind.

Greg Houghton

Ravenstones - May 4th (10mils/1250')

1.	????		
12.	Jeff Winder	CVFR	1.14.06
33	Tony Bradley	CVFR	1.24.10

(78 finished)

Flower Scar Race - May 8th (4mils/1100')

1.	Andy Wrench	Tod	27.04
6.	Gary Webb	CVFR	29.00
8.	Karl Smith	CVFR	29.19
19.	Jeff Winder	CVFR	31.16
21.	Chris Godridge	CVFR	31.23
23.	Denis Gildea	CVFR	31.34
25.	Steve Houghton	CVFR	31.44
31.	Brian Horsley	CVFR	32.33
39.	Mike Wardle	CVFR	32.57
41.	Carl Greenwood	CVFR	33.23
45.	Rod Sutcliffe	CVFR	33.45
46.	Graham Woodward	CVFR	34.03
47.	Tony Bradley	CVFR	34.10
48.	Richard Henderson	CVFR	34.12
53.	Jez Wilkinson	CVFR	34.43
54.	Gerry Symes	CVFR	34.45
59.	Sarah Brown	FRA	35.01
63.	Pete Round	CVFR	35.22
68.	John Wilkinson	CVFR	35.52
84.	Paul Coughlan	CVFR	37.39
110.	Helen Taylor	CVFR	42.03

(129 finished)

This must be something of a record turn out! 19 CVFR runners took part in this second running of Flower Scar FR. The course all agreed is very good including all the ingredients of a good fell race like huddling brick walls, very fast tussocky descent, a sting in the tail and a final hurdle back over the wall followed by a 200/300m sprint! Weather cool, overcast but clear on tops. Excellent to see so many there including new and old faces some making a serious comeback!! Hope this is the shape of things to come.

Mike Wardle

Blackstone Edge - May 15th (3.5mils/1100')

1.	G. Devine	P & B	27.15
7	Gary Webb	CVFR	30.06
11.	Karl Smith	CVFR	30.47
25.	Denis Gildea	CVFR	31.56
28.	Steve Houghton	CVFR	32.19
29	Jeff Winder	CVFR	32.24
42.	Brian Horsley	CVFR	33.25
49.	Rod Sutcliffe	CVFR	43.11
54.	R. Baker	CVFR	34.21
56.	Richard Henderson	CVFR	34.24
61.	Graham Woodward	CVFR	34.46
70.	Vanessa Peacock	Clay'tn	35.10
77.	Tony Bradley	CVFR	36.00
91.	Paul Coughlan	CVFR	36.54
92.	Simon Towler	CVFR	36.56

(167 finished)

The first three lads took the second mens team prize.

Well Done

MORE RESULTS



Fairfield Horseshoe - May 19th (9mils/3000') (English)

1.	Ian Holmes	Bingley	75.40
64.	Sarah Rowell	P & B	90.43
69.	Steve Houghton	CVFR	91.04
93.	Greg Houghton	CVFR	95.14
148.	Richard Henderson	CVFR	103.45
242.	Graham Spencer	CVFR	115.27
252.	Ian Law	CVFR	116.27
290.	Steve Cavell	CVFR	125.08

(330 finished)

Ian Holmes took full advantage of the absence of Mark Kinch to win by over two minutes from Gary Devine, with Sarah Rowell taking the ladies honour, over 10 minutes ahead of 2nd lady Glynda Cooke. The race is one that Borrowdale star Nicola Davies will want to forget, as she took a bad tumble near High Pike, sustaining a broken leg. She was carried down by fellow competitor Mark Brogden (what a hero) and then taken to Kendal hospital. Both the mens and ladies records were broken with Sarah Rowell improving the old record by an incredible 12 minutes.

Greg Houghton

Rossendale - May 19th (12mils/2800')

1.	M. Corbett	Ross'dle	1.37.26
14.	Jeff Winder	CVFR	1.53.02
18.	Brian Horsley	CVFR	1.54.39
29.	Gerry Symes	CVFR	2.00.13
44.	Rod Sutcliffe	CVFR	2.04.11
81.	Paul Coughlan	CVFR	2.33.58

(91 finished)

Whirlaw - May 19th (5.6mils/1100')

1.	M. Keys	Ross'dle	39.06
2.	Mark Horrocks	CVFR	42.15
3.	Karl Smith	CVFR	42.53
9.	Duncan Thompson	CVFR	43.50
13.	Jeff Winder	CVFR	45.03
21.	Denis Gildea	CVFR	46.10
28.	Steve Houghton	CVFR	46.23
31.	Brian Horsley	CVFR	46.50
38.	Vanessa Peacock	Clayt'n	48.00
53.	Richard Henderson	CVFR	48.56
56.	Rod Sutcliffe	CVFR	49.25
58.	Tony Bradley	CVFR	49.38
75.	Simon Towler	CVFR	52.17
87.	Paul Coughlan	CVFR	54.01

(119 finished)

First Mens Team Prize

Whittle Pike - May 29th (4.5m/1400')

1.	Shaun Livesey	CLM	37.47
6.	Gary Webb	CVFR	39.46
26.	Brian Horsley	CVFR	44.17
30.	Mike Wardle	CVFR	44.36
49.	Gerry Symes	CVFR	47.29
65.	Rod Sutcliffe	CVFR	49.31
92.	Ian Hartman	CVFR	54.53

We all agreed after the race this was another good one, although the start and finish was on tracks. Once on the fell it was good running on open moorland with mostly runnable climbs apart from one very steep sharp little climb out of a deep gully. The course was well flagged and fast. Weather was warm and overcast. Gary and Brian both received nice prizes for their efforts Well Done. Gerry continues his aim to run all the "easy races" in the club championships. Rod gave us all a chance starting a few minutes after the start. (well at least he is consistent)

Mike Wardle

Pen-Y-Ghent - June 1st (5.5m/1650')

1.	G. Hull	Leeds City	43.02
12.	Mark Horrocks	CVFR	47.25
49.	Wayne Brown	CVFR	52.12
74.	Alistair Sherriffs	CVFR	53.51
115.	Brian Horsley	CVFR	57.01
123.	Carl Greenwood	CVFR	57.04
130.	Rod Sutcliffe	CVFR	58.13
194.	Graham Spencer	CVFR	62.34
220.	Eddie Proctor	CVFR	64.34
226.	Ian Hartman	CVFR	65.10
236.	Paul Whittaker	CVFR	66.40
239.	Steve Cavell	CVFR	66.47

(296 finished)

Aonach Mor - June 9th (10mils 3600') (British Championship)

1.	R. Bryson	Northern Ireland	1.13.35
55.	Sarah Rowell	P & B	1.28.04
60.	Steve Houghton	CVFR	1.29.58
64.	Greg Houghton	CVFR	1.31.20
--	Denis Gildea	CVFR	RETIRED!!

(147 finished)

An unusual race this, with the start at the top Gondola Station at about 2000' up the mountain. Then comes a climb of 1600', followed by a descent to the bottom of the mountain. The sting in the tail then is a 2000' climb back up to the finish at the top Gondola station again, which makes the Bouldsworth wall look like child's play. The race itself saw new course records for Robin Bryson and Sarah Rowell. Our Denis had to retire after about a mile with a very sore heel sustained at the Welsh 3000's the weekend before. Never mind Denis, a 650 mile round trip and a nights bed and breakfast for a one mile hobble. Maybe the lager in the pub the night before made up for it.

Greg Houghton

AND YET MORE RESULTS

Buckden Pike - June 15th (4mls/1500') (English)

1.	G. Oldfield	Brad/Airdl	32.53
46.	Tony Bradley	CVFR	43.37

Helvellyn Royal Dockray - June 15th (21mls/5500')

1.	A. Bowness	CFR	2.42.20
32.	Rod Sutcliffe	CVFR	3.24.28

(69 finished)

Gaddings Fell Race - June 25th (5mls/900')

1.	A. Maloney	Rochdale	26.31
30.	Rod Sutcliffe	CVFR	33.20

(65 finished)



Holme Moss - June 23rd (16mls/4000')

1.	Ian Holmes	Bingley	2.00.05
54.	Wayne Brown	CVFR	2.31.55
106.	Rod Sutcliffe	CVFR	2.50.07
187.	Graham Fry	CVFR	3.24.12

(221 finished)

Old County Tops - June 29th (35mls/9000')

1.	M. Fleming		
	S. Shuttleworth	Amble'de	7hr13m
2.	Duncan Thompson		
	Gary Webb	CVFR	7hr 39m
4	Mike Wardle	CVFR	
	Tom Hodds	Clayton	7hr 59m
5.	Paul Cleary	CVFR	
	S. Skelton	??	8hr 10m

Isle of Jura - May 25th (16mls/7500')

1.	Ian Holmes	Bingley	3hrs14m
52.	Denis Gildea	CVFR	4hrs48m



Cycling across Arran and Kintyre on Friday afternoon, the weather was too say the least not brilliant, with strong winds and frequent showers - but no mist - which seemed to be the nightmare of many of the runners cycling across Jura (including me). The forecast for race day could have thrown up anything but the early mist cleared to just leave a little bit of clag on the second Pap - so the full course was definitely on and the organiser seemed to cheer up abit. The start to this race has a great atmosphere with the local pipe band and the drums playing as you amble away and the locals give you genuine support. Last year it was the first three checkpoints that people couldn't find as this is featureless countryside, but by now the sun was out (yes, sun in Scotland) which led to easy navigation - following and these three came and went with no difficulty - (what a difference a year makes eh Thirza and Louise). Most runners by now were running in vests and I was really enjoying myself talking to other runners about the epic of last year (were you passing on your TRAINING TIPS Denis!! Lager Lager and more lager), but things got abit more serious when the Paps appeared - these things are massive, the first one taking nearly an hour to climb - and nearly as long to get down. As the day went on the weather got better and it got really hot with just a light breeze on the tops which made for some great views of the surrounding islands, but in a moment of madness I came off the last Pap and ran all the way to the bottom trying to find some sheep track which didn't exist, instead of following others who were obviously going the right way, but I wasn't bothered (really). This race is an absolute classic and it was made even better by the fact you could see where you were going! instead of last year, in which surviving it seemed to be the only option. I will definitely go again and like this year pray for good weather. P.S The Ceilidh was a good laugh as well.

Denis

MILEAGE MONSTERS RESULTS

FELLSMAN RESULTS - 11/12 May - 61 miles - 11,000'

1.	Mark Hartell	10hrs 30min
4.	Jess Palmer	11hrs 50min
26.	Peter White	14hrs 23min
137.	Irene Neville	22hrs 36min
137.	Ted Long	22hrs 36min



After watching Jess, Ted and Irene stuff their faces with enough food to feed the whole of Calder Valley for a week I never thought they'd set off on Saturday morning. Along with Pete and 296 other they left Ingleton at 9am. All four of them performed brilliantly- Jess doing a PB - Jess, Pete and Joe Kyle won the Service Trophy for fastest team again. This victory was not without incident - Joe was co-opted onto the CV team as Rod did not turn up! (He was probably late!!!) On Whernside Joe ran into a wall (literally) (he must have been over doing some of Denis's training tips) and smashed up his face quite badly. In spite of receiving medical attention for an hour he carried on to finish 24th. Pete worried us all by disappearing after being in 5th place for most of the event. To our relief he arrived at Threshfield after going 'walkabout' (THAT WAS HIS EXCUSE - OLD AGE IS CREEPING IN OR RUNNING IN Eh! Pete) on Great Whernside. Well done to Irene and Ted who finished in a better time than they anticipated, looking a lot fresher than some.

Sue

100 MILES LDW EVENT - 11/12 May - 61 miles - 11,000'

Four CVFR took part in this massive event. 500 people set off from Settle at 10am on 25 May - runners in shorts, vests & trainers to old men in full waterproofs, gaiters, boots & walking sticks. Jess finished 6th in 23hours 18minutes - he is still suffering! (this article was given to me before he did his BG - you should see the state of him now Ed) Irene - what can I say - a superstar to finish in just over 35hours - just two weeks after the Fellsman. Geoff and Val also performed brilliantly completeing 65 and 85 miles respectively before retiring injured - such guts to carry on in obvious pain. Congrats to you all.

Sue

STOODLEY - CRAGG BIATHLON

The evening of the Race turned out to be cold and windy, although luckily the rain held off. There was a slight increase in the size of the field with a total of 17 assembled at the start.

Duncan led the charge up Stoodley and was the first at the change over, however Alistair was stronger on the bike and won the event for the second year.

Charlotte managed to turn right at Littleborough this year and was rewarded with the Ladies Prize. In the vets Paul Frechette had an impressive bkie ride to finish in a credible third overall.

The wind up Cragg Vale slowed everybody down, and the times generally were much slower than last year.

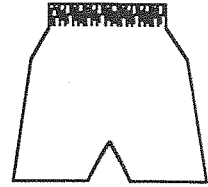
It was remiss of me at the presentation not publicly to thank those who helped on the event. I was abit 'spaced out' at the end and wasn't thinking straight. So may I take this opportunity of offering a big thank you to Sue Palmer who guarded the bikes, Ian Strachan from CVMRT who covered the event and Steven Lilley for the time keeping.

I would like to run the event one more year and then perhaps look elsewhere. There is an obvious Biathlon course on the other side of the valley with real "Alpe D'Heuz' cycling. But that is for the future.



See you next year
Dave Gilyeat

IS THERE ROOM FOR LYCRA PANTS?



The Cons and Pros, plus highlights from the Three Peaks.

At this years Three Peaks Race, it was noted by the intrepid observations of past masters of fell running (me and Russ, - now now stop laughing Ed!), that two club members were trying out the enhanced effect of Lycra Pants. The members were Richard and Rod. Could it be that the effect of Lycra gives you a swollen ego! Ready to take on all comers, or is there more to it?.

Rod claimed to have had his best ever descent and a personal best. Obviously due to the slip streaming and the tobogganing effect of his Lycra Pants.

However, the down side showed on Richard's face as he could not even smile, perhaps he was forced into under-sized pants. This can have devastating results, last years drop out and this years grim face. Richard ---- get a bigger pair of pants - you obviously need them!!

Although the majority of runners still wear cotton or nylon shorts is there room for improvement? I have heard Russ is searching for a pair of Lycra Shorts, but up to press Liz has not been able to get her hands on a pair large enough to satisfy him. Don't give up Liz the rewards could be great.

I have toyed with a pair of over-sized lycra shorts - be warned - I found the pendulum effect on tight corners made me under steer and drop over the edge! On steep descents jumping off large boulders can result in black eyes.

However I have found women in lycra can have their ups and downs (but more about that later after I've given it some in depth research).

PS One dietary note crossed my desk from Andy Thompson (Mr Lycra himself), apparently after over eating bran flakes he experienced a ballooning effect, followed shortly after by a blow out! Be warned always carry a spare pair.

Jimmy Sheard



(One of these will be issued to all male CVFRs who purchase Lycra Shorts, Ed)

CONGRATULATIONS

to Rod Sutcliffe on his recent marriage
All the very best for the future.
(Did you make it on time Rod?)



The 8th wonder of the world: Charlotte's BG Round (June 1st/2nd 1996)

To anybody contemplating this challenge I have a few recommendations:

1. Start planning early - 2 years before you intend to attempt it so that if you get injured (like I did in 1995), you can defer for a year
2. Do it whichever way round you want - there are pros and cons to both - if you want a good night's sleep before it do it my way (anticlockwise) - if you want a pint or two at the end do it the Calder Valley way (clockwise)! Whichever you choose, train the way round you intend to do it, stick to it and don't get phased by what people say!
3. Choose a 1st class support team (like I did) because it really does help
4. Don't wear a watch and don't ask the time until you get on top of the last peak (this may not suit everyone)
5. Don't go eyeballs out; enjoy it and take as much of the 24 hours as you want (it's not a race!)

The hardest thing about the BG is organising the day - the training's easy. I left it late, probably because I still had doubts about my attempt even three weeks beforehand. Anyway, everybody I asked to help were happy to do so which was a great weight off my mind (and they were chosen very carefully, mainly for their cheerful easy going dispositions i.e. people who could cheer me up if the going got tough!). So....if you are going to get a good night's sleep, don't camp, go to a B and B - I did - and the B and B advertised in the FRA calendar run by the Knoxes is fine (they have both done the BG so you are assured of understanding hosts, although it has to be DIY breakfast as 6am is too early for them!)

6am came quickly; the weather looked promising and Irene and Ted came to find me at 7.30 with all my belongings and food enough to feed everybody in the Lake District for 24 hours! What was great about my support was that I didn't have to tell anybody what to do, they just knew. Jeff Winder and Neil Kemp were waiting at the Moot Hall for the 1st leg but there were also the Simons (Lee and Fowler), and Andy Thompson with 4 children to see me off (one his, one Jeff's and another two for good luck - Irene and Ted were looking forward to entertaining them for a while!). And so we set off to Honister on really a quite pleasant morning. Jeff knew the footpaths to avoid the Newlands Valley road - very pleasant - and we made good time to Honister even though the wind got up a bit (if you are keen on leg times see below).

I felt good and with some food and drink I was soon off up to Grey Knotts with Louise, Jeff and Andy leaving a veritable army of support (Val Smith had turned up too) back at the youth hostel. Then we hit mist but Jeff's route finding was superb and before long we had got to Great Gable. Then a mini disaster struck - me and Jeff hurtled (well, Jeff really, I just went as fast as I could!) off down the scree to the tarns. We arrived at the bottom to no sign of Louise or Andy...what to do...we waited a while, blew the whistle a few times (and attracted other people who we never actually saw) and then decided to move on. There were two, no three problems here: 1. Andy

had all my gear (in my caving days the motto was never be separated from your gear); 2. Andy was doing the recording and had the paper and pencil; and 3. We did not know whether they were OK. Jeff assured me he had enough food and an extra cag for me and so we continued (assuming Louise and Andy were OK); between us we remembered the times for all the tops on the next section. The mist lifted and dropped as we made our way to Wasdale with no further mishap (and excellent navigation by Jeff - book him for your BG, I would recommend him). As we dropped into Wasdale we got a brilliant view and a great welcome from Irene, Ted, Jackie, Pete, Jess, Val (and Louise), whilst Andy arrived spluttering behind us by about 10 minutes with my rucksack - a great effort, pure dedication to the cause.

Irene's soup was perfect fodder here before the long climb to Scafell with Pete White and Jess Palmer. I was looking forward to this leg more than any other because during training I had enjoyed it the most, and how could I not enjoy the time with Pete and Jess? And so, up into the clag again but Pete already had his compass out and the bearings from his 1981 round (he did admit they would have changed a bit over the years). We had organised for Simon F to meet us at the top of the descent to Broad Stand - very helpful. It was desperate down to the ropes, very greasy. As we neared them a display of food appeared and Simon L assured us we could eat what we wanted so we did! The ropes (one round the waist and one as a handline - although Pete chose just the latter, what a man!) were invaluable and we were soon on our way. One problem, Neil had got lost somewhere and had intended to accompany us to Dunmail! The details were as follows: he had followed Simon up to the top of Broad Stand to check he was in the right place to lead us down! He missed the four of us as we came down and was later discovered coming up Lord's Rake having been nearly to Scafell, back down Lord's Rake to Mickledore and almost to Scafell Pike where he had turned 180 degrees around and returned back to Lord's Rake where he was found by Simon! This made them all somewhat late getting down to Wasdale, knowing they had to pick up John Crummett and Mick Banks in Keswick (Simon nearly got left in Wasdale but fortunately Jackie saved the day!). Amazing how I was totally unaware what was going on. To resume...we started to meet lots of lost people in the Scafell Pike area eg. coming up Broad Crag a party coming down told us it wasn't Scafell Pike (relieved or what?). Between Pete and myself (and John Crummett's description) we successfully managed to navigate the section to coming off Bow Fell when we dropped out of the mist to the most stupendous views of Langdale (which we stopped to enjoy). Now, any normal person who had done the Fellsman and the 100 this year wouldn't have dreamt of doing a leg of the BG with me - well, Jess isn't normal is he?! This must be the first and last time I've been in front of him and he was heard to say at Dunmail that the pacers are supposed to be in front! We had a very pleasant jaunt to Dunmail soaking up the views - this is what the BG is all about, enjoying yourself (nearly forgot, one of my two lows on the BG was trudging up Martcrag Moor - it seemed to go on a bit).

At Dunmail Ted, Irene, the Simons, Neil (found), Jackie, Mick Banks, John Crummett and Penny White (the dog - I believe Penny had the last toffee apple tart which had been saved for me!) were patiently waiting although I don't think I was that behind schedule! It was at this point that I started not to feel like eating but I had eaten and drunk so much up till then that I wasn't too worried. It wasn't long before we (John, Mick and Neil) were heading off up Seat Sandal - I was dreading this next bit but it

really wasn't that bad at all! - Neil and Mick had a very interesting (?) conversation about quantum physics which I was glad not to be able to contribute to so I could concentrate on the climbing, and John went ahead leading the way. It was dark by the time we got to Fairfield but it was pretty clear and it wasn't long before Dollywaggon was conquered (again, another hill I wasn't too keen on but in the dark it's fine!). We stopped for sustenance at the shelter before Helvellyn briefly - very cold and windy now and the mist was down - and then walked briskly along the Dodds to Clough Head. I couldn't quite believe how well everything was going and how reasonable I felt at this point (and the mist cleared). John found the bog by the fence down to Threlkeld from the coach road (thanks John) and we were met at the road by Irene, Ted, Simon L, Simon F and Jess (the latter two a little worse for wear from alcohol). I think some whisky had been drunk at Dunmail and then they had proceeded to drink in the pub at Castlerigg, and in Simon L's car (the carry'outs!) - I don't think Irene and Ted realised what they would have to deal with.

The last leg beckoned and some more of Irene's soup set me on my way (and John said I was late - it turned out one minute late by his watch). My other low point was going up Blencathra, and I was desperately hoping dawn wouldn't break before I reached the top. Anyway, we got there and things improved; a wonderful dawn came, the sun shone and the Lakes looked fantastic. Great Calva was a doddle because all the heather on both sides has been burnt this year and, Skiddaw wasn't as bad as I anticipated - just a long slog but pleasant. I felt a bit light headed on Skiddaw so stuffed some jelly babies down and felt much better. At this point I asked if we were OK for time - yes, 90 minutes! The morning was perfect, the company great and we sauntered down (walked most of the way actually) to Keswick. Irene, Ted, the Simons, Pete and Jackie were there to greet me at the Moot Hall. I felt pretty good, another of my life's ambitions accomplished.

Many thanks to all of you who helped me on the day (I would book you all again!) and to those who weren't there but encouraged me during those winter training months (and thanks to work for being so stressful that days in the hills had to be the best way of relieving the tension).

Schedule (start 8am)

Keswick to Honister: 2-17 (Jeff Winder, Neil Kemp)

Honister to Wasdale: 3-51 (Jeff Winder/Andy Thompson/Louise Atkin)

Wasdale to Dunmail: 6-24 (Pete White, Jess Palmer with the Simons and Neil Kemp on Broad Stand)

Dunmail to Threlkeld: 5-17 (John Crummett, Mick Banks, Neil Kemp)

Threlkeld to Keswick: 4-42 (John Crummett, Mick Banks, Neil Kemp)

Total time: 23-42

Rest time: 1-11

Assisted on the roads by Irene Neville and Ted Long

PS I would recommend the BG to anyone but then I would wouldn't I?!

And here's some poetry (not mine)

"Energy and persistence will conquer all things"

"If you think you can...you can"

"The race is not always to the swift...but to those who keep on running"

"Running is the road to self-awareness and self-reliance...you can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet. But when you are through, exhilarated and exhausted, at least for a moment everything seems all right with the world"

