

01274 - 501957, SIMON TOWLER, 75, POPLAR GROVE, BRADFORD, BD7 4LL SUMMER SPECIAL 1999

SHEEPSHEET

SUMMER SPECIAL



*INSIDE THIS ISSUE;- RACE
REPORTS FROM AROUND THE
WORLD !!!!*

Everest Marathon 1999

Charlotte Roberts and Stewart Gardner

Did you realise that some people spend their lives doing these sort of events around the world? Firstly, they're all probably a bit mad, secondly they are often retired and/or have loads of cash. If you have £2000 and 4 weeks holiday you can take we would recommend this event but do more training that we did...it's tough. The main thing to note is that it's not like anything you've ever done before. In how many races have you spent 2 weeks getting to the start? And how often had you had gut rot the night before or during the event? The hardest thing is getting to the start fit and well, and acclimatised to the altitude....and many who were tipped to do well were affected by illness.

The Everest marathon was first run in 1987 and it runs every other year. The records are Hari Roka (Nepalese) in 3-56-10 (1999) and Anne Stentiford (UK) in 5-16-03 (1997)...I believe Anne lives at Midgeley now (she should be recruited to the club I think!). Jack Maitland used to hold the record (3-59-04) but that was broken this year. The race itself starts at 5184m at Gorak Shep which is just below Everest Basecamp, and if you climb up Kala Pattar (5623m) the day before the race you get the added **extra** of a view of all the Everest range and basecamp. The race is a marathon length and ends at Namche Bazaar, a Tibetan/Nepalese trading post at 3446m (and also a hub of activity for trekking).

Bufo Ventures (see below) organises the event but we heard that another company is going to organise the same event in the autumn. This one used to be held in autumn but the time was changed because in 1997 they had a lot of snow), so there will be two to choose from in the future. There were 73 starters and 65 finished the whole distance; some people started the race lower down because they had not acclimatised, and some had to drop out at various points because of illness. The people in the group were of like mind (which helps...all mad), different ages, backgrounds and countries (New Zealand, South Africa, South America, Austria, Germany, America). The range of ages was 20s to 60s and there were 10 women. There were retired people, nurses, computer programmers, a lawyer, teachers, administrators, firemen, RAF and army represented, a forestry worker, an optometrist, a plant breeder and an ex-SAS guy plus doctors, a physiotherapist and an osteopath to pander to our needs.

We flew to Kathmandu via Doha in Qatar and stayed in a rather nice hotel out of the main hustle and bustle of the city (Hotel Shanker...a converted palace with wonderful gardens, good food, and even staff who open doors for you!). The first couple of days was devoted to sightseeing and relaxing; we even had a short organised run in the streets of Kathmandu...never again, instant respiratory disease from the pollution (horrendous). The next day we had a 'fun run' (9 miles) out of the city and were encouraged to wear fancy dress. It was all downhill, on the road and hot but the locals loved it. Even then we knew there were some good athletes there! The next day we went to Jiri (1905m) by bus (8 hours) and started the trek to Gorak Shep. The total trek time is 17 days and most of the time you move on every day. However, when you get to the last 3 days you stay 2 nights at each stop so that you can better acclimatize to the altitude. The trekking is not hard in terms of distance travelled each day but you

do ascend and descend steep hills on the way (up to 1000m), and you go over some high passes (some, but including Garry Wilkinson, trained many evenings but the recommendation was that it wasn't a good thing to do....didn't seem to affect Garry!). The trekking is delightful and you go at your own pace with lunch and the evening camp being set in the morning so you know where you are going. The great thing is that you pass through all these villages on the way and see what life in Nepal is really like, and there are plenty of tea houses to satisfy your thirst for tea (or beer). All your gear is carried by your own porter and he sets up the tent and takes it down every day. It's luxury and you feel ever so guilty but that's the way it is done. The argument is that if tourists weren't there then there would be now work....Catering was very good, and hygiene not bad (but you couldn't control what the cooks etc. were doing in the background). It's imperative that you keep eating and drinking and bottled water is in plentiful supply. Be assured that you *will* get ill on this trip. Fortunately, we trekked in three groups which made the density of people lower and we had a couple of Cumbrians leading our group (Barry Johnson and Jeff Haslam)...good guys; Barry does a lot of the long lake distance races and doesn't look 59!

After 9 days we got to Namche Bazaar where we moved out of tents and into lodges; this was where all the sickness really started! In Namche all 3 groups met up for the rest of the trek but we first had a few days of acclimatisation, taking of official race photographs (running on the trail above Namche with numbers on!) and a recce of the last 6 miles of the race (the Thamo loop which takes you past Namche Bazaar on race day with another 3 miles out to a village and 3 miles back...rather disconcerting when you have 6 miles to go and can see others finishing in Namche!). Following Easter Sunday service, held by one of the competitors John Webster from Scotland with Everest in the background, we set off on the last 6 days of the trek puffing up the hills! We certainly noticed the lack of oxygen from this point but there were all sorts of things to take your mind off it, like visiting monasteries, and taking side trips to cheese and paper making factories, or to Amadablam basecamp. At Pheriche (4252m) we had a talk from the head of the Himalayan Rescue Post about altitude sickness and then headed on up to our last camp but one at Lobuche (4930m). By Pheriche, it was getting very bleak and desolate with the landscape dominated by wonderful mountains, but I felt dreadful between Pheriche and Lobuche! At Lobuche we had 2 nights with the first giving us lots of snow (which had gone by the end of the next day). In fact everybody was saying it was unseasonably warm and there was little snow around even on the mountains (temperature did not drop below 7 degrees C at night). The day before the race we were given our 'medical' to check we were fit and well and acclimatised. If we passed (only one person did not at that point), we were allowed to go to Gorak Shep, the start. As it was only a short (slow) walk we got there by midday and then had the option to climb up Kala Pattar to have a great view of the Everest range of mountains. In true runner's style most refrained from the extra climb because it 'would compromise my race result'....but we decided to climb it...what the hell we might not ever have gone back again! Here we noticed the air most and climbed very slowly to the top *but* got fantastic views. A quick run down and we were back at camp (2 hours up and 30 minutes down!) to have a rather uninspiring last meal (soup, boiled potatoes and yak cheese, and chocolate cake)...earlier on we had, however, gorged ourselves with ra ra (noodle) soup at the local lodge (and I had had pizza too....glutton!). On the subject of food the camp food on the trek was pretty good and varied (except for the soup which was always different but tasted the same!).

And so to bed...good sleep and not cold (ask Stewart for the alternative). At 6am we got the usual 'bed tea' (black tea) and porridge stuck through our tents and the order not to get out of the tent until 6.50am just before the race start (in order to keep warm). And then the race started. Clear day and sunny (and hot lower down)...in fact, this was the weather most days of the whole trip. Of course, everybody ran at the start but by the first rise in terrain many had started walking and I had to stop for a couple of minutes because I was in oxygen debt! It was certainly a hard race and I didn't feel 'great' until about 15 miles (at 3867m)! The aid posts came at 3 mile intervals and had a marshall and doctor at each...wasn't too impressed with the food (Jordan's cereal bars and lots of drink of various sorts...take your own race food if you go). Stewart kindly ran with me (I'm sure he could have done really well if he hadn't but he was happy to hang back..honest). To cut what is becoming a long story short, we finished in 8 hours dead and were still running at the end (where others weren't!)...i would recommend accumulating some stamina before you try this! We were 40th= overall so I am pleased to say that we did not disgrace Calder Valley Fell Runners. Of the first 9 places, 7 went to Nepalese runners. 3rd place was Garry Wilkinson (Clayton-Le-Moors) in 4-38-42 and 9th to John Amies (UK) in 5-43-31 (aged 57 and 1st Vet). Barrie Price at 57 (who ran with CVFR for a while) came 14th in 6-02-20. 1st Lady (married to a gurkha!) was 16th in 6-07-29 and, at 43, was 1st Lady Vet. too.

Two nights were spent in Namche Bazaar before heading off back to Kathmandu. Did you realise that Stewart likes shopping...I've never seen any man shop like that before in Namche and also in Kathmandu. He was probably making up for the 2 days he spent in his sick bed before the race! Also whilst in Namche, a couple who had married the week before we flew out to Nepal had their wedding blessed with Everest in the background (this meant climbing a hill the morning after the race but the view was worth it!). We also visited the Sherpa Culture Museum which has a traditional sherpa house, a room full of documentation on Everest ascents, and a room of traditional sherpa 'gear' and photos taken over the years of sherpa festivals and life. We headed then off to Lukla over the next 2 days to catch the small (18 seater) plane to Kathmandu, spent another 2 days in the city visiting the sights(and a leprosy hospital), shopping again, and having a presentation dinner at the hotel. You can also do optional trips to the Chitwan National Park or rafting. A good time was had by all. Look out for the film!

If anybody is interested in this trip I can photocopy all the details of contact the address below (Diana Penny Sherpani). The final thing to say that you are encouraged to raise money for the Everest Marathon Fund (incorporating the Nepal Leprosy Trust, the TB/Leprosy Trust, Lobuche Latrines (they need them), Namche Dental Clinic, Nepal Schools Project, British-Nepal Medical Trust and Wateraid).

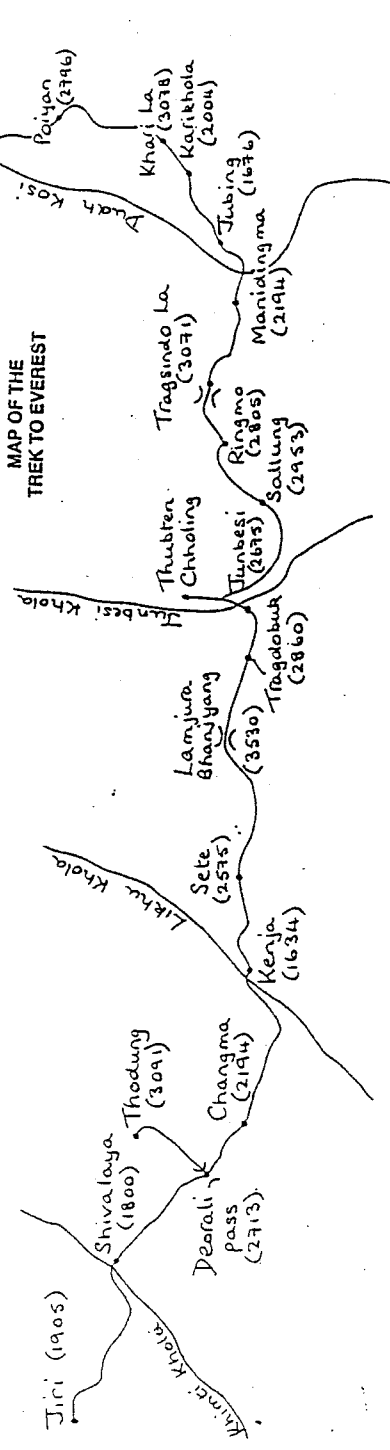
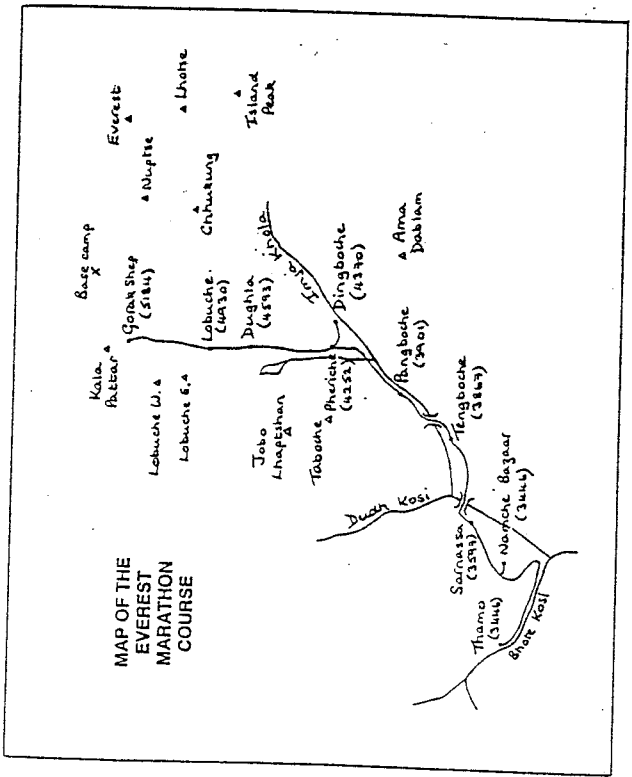
We are going to also have a slide show of the trip at Stewart's on: Wednesday 7th July at 7.30pm. If you want to come please confirm with Stewart on 01535-678620 or me on 01535-647082

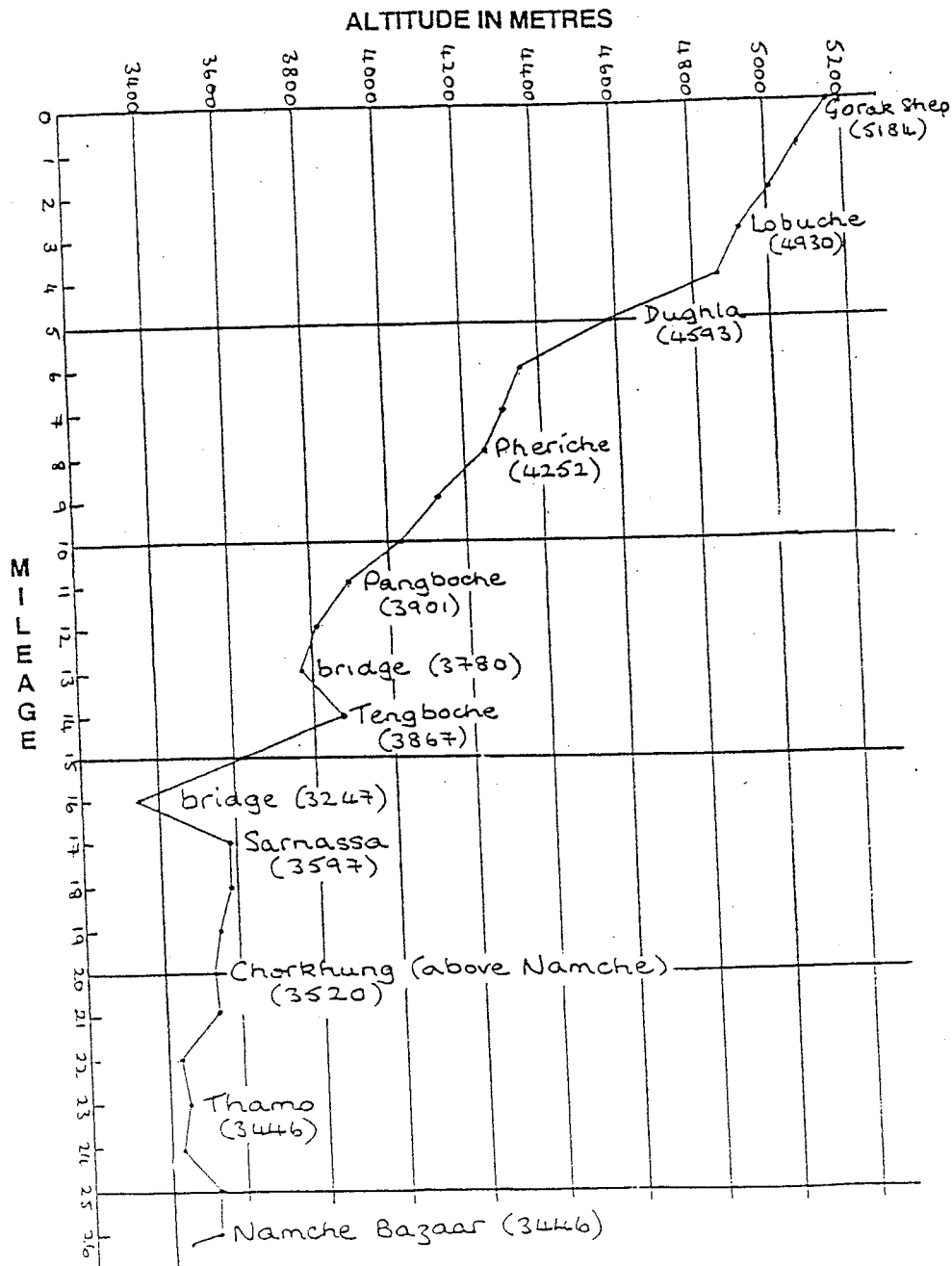
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Cumbria LA 23 2JN

Email: bufo@btinternet.com
Tel: 01539-445-445
Fax: 01539-447-753

PS I am sorry but I cannot advise you on socks....shoes, well we wore trail shoes (like the majority) but some wore Walshes. The trails are very good and easy going for any fellrunner

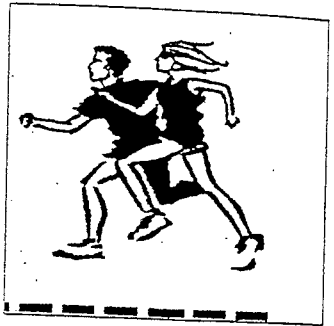






EVEREST MARATHON
ALTITUDE BY MILEAGE

RESULTS



THE FAIRFIELD HORSESHOE

POSITION	NAME	CLUB	TIME
1	MARK CROASDALE	BINGLEY	79.17
107	C. YOUNG	LEEDS	101.16
30	DUNCAN THOMPSON	C.V.F.R.	90.2
119	CARL GREENWOOD	C.V.F.R.	102.1
134	STUART GARDNER	C.V.F.R.	103.27
164	FRANK MALLINSON	C.V.F.R.	107.19
166	JEZ WILKINSON	C.V.F.R.	107.51
217	ADAM BAKER	C.V.F.R.	114.37
258	CHARLOTTE ROBERTS	C.V.F.R.	121.34

FLOWER SCAR FELL RACE. AS. 4 MILES. 1100FT

POSITION	NAME	CLUB	TIME
1	SEAN WILLIS	TOD	28.14
42	KATH DRAKE	SPEN	36.27
6	ANDY CLARKE	C.V.F.R.	31.29
22	CHRIS ROBINSON	C.V.F.R.	33.57
26	CARL GREENWODD	C.V.F.R.	34.08
33	BRIAN HORSLEY	C.V.F.R.	35.14
39	GRAEME WOODWARD	C.V.F.R.	36.13
51	ROD SUTCLIFFE	C.V.F.R.	37.22
54	GERRY SYMES	C.V.F.R.	37.45
61	PETE ROUND	C.V.F.R.	38.33
68	RICHARD HENDERSON	C.V.F.R.	39.27
83	ADAM BAKER	C.V.F.R.	41.11
101	LINDA COOPER	C.V.F.R.	44.1
110	STEVE CAVELL	C.V.F.R.	45.3

GOATFELL RACE 1999

1	GREG BARBOUR	COSMIC	1.18.42
44	ALISON LAWS	CARNETHY	1.43.36
33	ROD SUTCLIFFE	C.V.F.R.	1.39.01

RESULTS



PADDY'S POLE FELL RACE. 8TH JUNE 1999.

POSITION	NAME	CLUB	TIME
1	I.GREENWOOD	CLAYTON	32.41
47	D. GOWANS (1st LADY)	ACC. R.R.	39.01
15	DUNCAN THOMPSON	C.V.F.R.	35.18
24	CHRIS ROBINSON	C.V.F.R.	36.38
27	ANDY CLARKE	C.V.F.R.	36.47
35	BRIAN HORSLEY	C.V.F.R.	37.32
54	ROD SUTCLIFFE	C.V.F.R.	39.27
60	STEVE HOYLE	C.V.F.R.	40.11
73	GRAEME WOODWARD	C.V.F.R.	41.59
85	ADAM BAKER	C.V.F.R.	42.52
96	CARL GREENWOOD	C.V.F.R.	43.37

PEN-Y-GHENT FELL RACE. 1999

POSITION	NAME	CLUB	TIME
1	MARK HORROCKS	CLAYTON	45.42
42	HELEN JOHNSON	ILKLEY	55.35
49	BRIAN HORSLEY	C.V.F.R.	56.57
115	TONY BRADLEY	C.V.F.R.	64.1
120	ADAM BAKER	C.V.F.R.	65.12
147	NICHOLAS HOLMES	C.V.F.R.	68.5
156	STEVE CAVELL	C.V.F.R.	70.26

BUTTERMERE FELL RACE. 1999.

POSITION	NAME	CLUB	TIME
1	JOHN BLAND	BORROWDALE	1.27
28	YVETTE BAKER	PUDSEY	1.51
31	JEFF WINDER	C.V.F.R.	1.51
35	DAVE HYDE	C.V.F.R.	1.52
39	GREG HOUGHTON	C.V.F.R.	1.54
97	ADAM BAKER	C.V.F.R.	2.26
100	STEVE CAVELL	C.V.F.R.	2.3
101	GRAHAM SPENCER	C.V.F.R.	2.3

The Isle of Controls Fell Race (A Pap too far?)

Myself and Charlotte decided after after last years bad weather that it would be worth another shot at this race on the premise that it couldn,t be that bad again! This logic seemed to work as the weather improved over the weekend and we could actually see where we were going.

We travelled up on Friday with the bikes on the back of the car in time to catch the 6pm ferry from Kennacraig to Port Askaig on Islay. On the journey up the weather was fairly typically Scottish,yuk, but once you decide to enter that,s it, no turning back. The passage by ferry was very pleasant and sociable as we met a couple of runners from this years Everest marathon. Discussions about bowels and movement were held with much interest. "I,m not as solid as I should be" seemed to be the conclusion. A good substantial meal i.e. plenty of chips and other such fell running fodder was consumed.

We disembarked with the bikes and caught the small but beautifully formed Feolin ferry across to Jura; journey time being about 5 minutes. Once across the bike ride is about 9 miles to Craighouse. This is the campsite next to the coast, hotel and distillery. Naturally after swiftly erecting the tent in record time (cos it was getting wet and I wanted my pint) it was off to the pub well hotel actually. Helen and Jez Wilkinson were staying (apparently got a late cancellation). Plenty more socialising in the bar, limited myself to just the three as I didn,t want to take the edge off my performance !!! There was a extremely convivial atmosphere with that heady mix of old friends and new aquantainces plus the added spice of being in a foreign and dangerous place. Sorry Thirza and Andy but the plastic beer glasses were there for a purpose. A cold night was spent under canvas the only bonus being the subdued state of the midges.

Saturday morning we awoke to cumulus clouds and patches of blue sky with occasional glimpses of Paps and pain to come .Three Calder Valley members were on the start line girding their loins, myself, Charlotte and Jez. Helen had decided to go into support mode and place herself strategically on the course to supply much needed drink.

A steady start as per normal because the first control at Dubh Bheinn involves 530 metres of ascent. Myself and Charlotte were running together as I had been bribed yet again with offers of ----- and ----- plus one of those new megga Kitkat bars. How could I resist the offer as my weak spots are well known now. You know what women are like, devious ! The map was not needed yet, as the crocodile stretched all the way to the summit. Extremely boggy under-foot though extra time was allowed for the first cut off point because of this.

The second control is Glas Bheinn which we arrived at by way of a ridge with some lochans en route to help with navigation. The route to C3 involved similar terrain following a N.W. ridge. By now the field was spreading out and I relaxed and started chatting to one of the local Jura runners. This was his first race and he was raising money for Kosova. We followed for the next two controls as he was taking some very good lines. I asked what was his occupation on Jura. Apparently he was the local painter and decorator and also owned one of the few B & B,s on the island. Eventually he started to tire so reluctantly we left him with promises of sponsorship.

The first Pap was now approaching , Beinn Chaolais which sounds slightly French to moi, obviously the Auld Alliance was in evidence here. Rocks and mist were the order of the day now. We thanked the marshalls who looked extremely cold at 734

metres and descended through boulders and scree to Na Garbh lockanan. More ascent followed to the second Pap ; Beinn an Oir at 785 metres and finally the third Pap , Beinn Shiantardhs. A prize to the first Calder Valley member who can pronounce that ! The descent off this one is tricky even in good weather. If the wrong line is taken as we did last year then half an hour can be lost. Fortunately luck favours the brave and we found the path. This was much needed as Mandy Goth from Tod Harriers was close on our heels. I estimated we had 5-6 minutes on her so the pressure was on. Charlotte now muttered something about Mandy being a better climber and tough little bugger. The last climb of the race was to Corra Bheinn at 575 metres, easier terrain but Mandy was closing ! I thought with Charlottes superior descending prowess we should keep the gap.

The final section is a tiresome slog involving a long gradual descent over bogs and tussocks to the river bridge and on to the road along the coast back to the finish. Helen had done us proud before the last climb with drink and encouragement. Jez seemed to be having a good run obviously taking revenge for the severe thrashing I gave him at the Fairfield Horseshoe a fortnight before. The road section seems much longer than 3 miles especially when you think a close rival may be closing in on you. Never fear though the illustrious name of Calder Valley was not disgraced as Mandy was defeated. I must admit to looking over my shoulder a few times as Charlotte went into non communicado mode for the final push.

At the finish excellent refreshments were provided by the bonnie wee lassies of Jura plus all finishers received a T shirt. Afterwards Mandy came across to congratulate Charlotte saying " I just couldn't close the gap". " Oh really Mandy I hadn't realised you were so close." replied the good doctor. Little liar !!!

It's all good fun though and I'm sure Mandy will be thirsting for revenge at the next race. After a very cold bath in Jez and Helens hotel room food and beer were needed to resuscitate the aching body. Last year we went along to the ceildh and danced til we dropped but this time a certain amount of lethargy crept in so eventually we sloped off to the tent for a well earned kip.

Sunday morning awoke to to beautiful blue sky and midges. Seems you can't have one without the other in Scotland. After a superb breakfast of porridge (this time not substituting Staminade for powdered milk by mistake) and marmalade sarnies we set off on the bikes for the ferry across to Islay. Because it is Sunday you have to catch the ferry from the other end of Islay at Port Ellen which is about 25 miles away. There is plenty of time to enjoy the countryside and arrive in good time to get back to the mainland for the drive home. It's such an excellent weekend that we suggest next year a gathering of the Calder Valley clan on Jura.

Stewart Gardner.

Winner	Robin Lawrence	Bingley Harriers	3.38.02	
54th	Jez Wilkinson	Calder Valley	4.52.46	
87th	Stewart Gardner	Calder Valley	5.36.48	
88th	Charlotte Roberts	Calder Valley	5.36.49	1st lady Vet
96th	Mandy Goth	Tod Harriers	5.43.05	

97 GRAND PRIX

GRAND PRIX 99	BUNNY KUN Z	FLOWER'S CAR	BLACKSTONE	PADDY'S POLE	SHEEP'S STONES	STOODLEY PIKE	TOTAL
2 GRAEME WOODWARD	37	37	36	34	36	37	217
1 CARL GREENWOOD	38	39	38	32	33	36	216
4 ANDY CLARKE	40	40	0	38	40	40	198
5 BRIAN HORSLEY	0	38	37	37	39	38	189
7 ADAM BAKER	29	32	0	33	30	31	155
8 CHRIS ROBINSON	0	0	39	39	38	39	155
6 ROD SUTCLIFFE	32	36	0	36	37	0	141
3 DUNCAN THOMPSON	39	0	40	40	0	0	119
14 GRAHAM SPENCER	28	0	32	0	28	29	117
10 JEZ WILKINSON	34	0	34	0	0	35	103
15 JOHN MURRAY	35	0	0	0	35	33	103
19 STEVE CAVELL	0	30	0	0	26	28	84
9 SEAN BIRTWELL	36	0	35	0	0	0	71
11 GERRY SYMES	0	35	33	0	0	0	68
23 STEWART GARDENER	0	0	0	0	34	32	66
12 PETE ROUND	31	34	0	0	0	0	65
13 STEVE HOYLE	30	0	0	35	0	0	65
25 TONY BRADLEY	0	0	0	0	31	34	65
26 PHIL SWAINE	0	0	0	0	27	30	57
16 RICHARD KELLETT	33	0	0	0	0	0	33
17 RICHARD HENDERSON	0	33	0	0	0	0	33
24 FRANK MALLINSON	0	0	0	0	32	0	32
18 LINDA COOPER	0	31	0	0	0	0	31
21 PETE WHITE	28	0	0	0	0	0	28
22 HELEN TAYLOR	27	0	0	0	0	0	27
27 SIMON TOWLER	0	0	0	0	27	0	27
28 EDDIE PROCTOR	0	0	0	0	0	27	27
29 THIRZA HYDE	0	0	0	0	0	0	26
30 MIKE BELL	0	0	0	0	0	0	25

Relays 1999-2000

This year I am asking members to let me know their availability for relays. If you want to run it is up to you to tell me or complete this form and return it to me or leave it in one of the transparent envelopes on the noticeboard. Alternatively you can phone me or email me, particularly if your availability changes.

IF YOU SAY YOU ARE AVAILABLE YOU CAN SAFELY ASSUME
YOU WILL BE RUNNING, AND SO WILL I!

NAME

EVENT	DATE	YES	NO	COMMENTS/REQUESTS
Ian Hodgson Mountain Relay (Brotherswater)	Sun 3 October			
British Fell and Hill Running Relay Championships (Alva, near Stirling)	Sun 17 October			
Calderdale Way Relay	Sun 12 December			
Rossendale Way Relay	Sun 13 February (To be confirmed)			

Return to: Rod Sutcliffe, Raw End Cottage, Raw End Road, Warley, Halifax, HX2 7SR
Or Tel: 01422 882082 email: r.i.sutcliffe@leeds.ac.uk

Karrimor International Mountain Marathon 1998 (Howgill Fells) Charlotte Roberts

Now that you are all starting to enjoy the off road running and a bit of better weather, I have actually got around to doing a report on the KIMM 98 (which will remind you what the weather *can* be like).

I must admit I don't remember the socks I was wearing but I do know they got wet very quickly. 'Some of the local farmers have told us that they cannot remember a worse day' and 'The weather on Day 1 was possibly the worst single day in the history of the KIMM' were two comments in the KIMM report from the organisers (that was Saturday... Sunday was like a tropical day in contrast). Some statistics for you: 224 teams of 817 starters (27%) finished the set courses (E, A, B, C), and 426 of 629 (69%) finished the score classes:

I entered the Long Score class as usual with Inken Blunk (as fit as ever). Having stayed in a very nice B and B the night before and looked at starry skies, we were certainly unprepared for the rain next day. We were soaked before we got to the start and I believe that some people even retired on the way to the start. Straight into the wind and driving rain we headed off and soon we were fighting to stay upright on the hills. Apart from the wind, rain and low cloud it was cold and I wore all the clothes I had all day. I am pleased to say that we had no problem with navigation..... the main thing was just keeping warm and positive about the whole ordeal! Towards the end of the first day (as a final reminder of the atrocious conditions) we had a waist deep high river to cross and nearly got swept away despite holding hands! On the one hand I was glad to reach camp (4pm) but on the other I just dread the length of time we spend in the tents (until our start time came at 9.40am the next day). What do you do? You can only eat as much as you've brought and Inken won't let me bring books/games/a walkman/beer/etc. (too heavy). Anyway, we were glad to retreat to the tent and watch the thunder, lightening and hailstones and feel glad we were where we were and not up there on the hills. By that time I had dry gear on and clean dry socks (it has slipped my mind which socks I had chosen for that delight), and felt great. Even the tent hadn't started leaking (5pm). However, by the time Jeff and Stewart arrived, the tent had acquired a large puddle underneath it. This tent that Inken brings is a home made one *but* it is lighter than anything on the market (but it leaks a bit....one night of roughing it isn't that bad is it?).

We had accrued 270 points despite everything (as had Rod and Paul Frechette), but we were heading the ladies by only 10 points (help!). Forgot to say that Jeff and Stewart's gear was all wet by the time they got to camp, and their tent fell down in the middle of the night (but I am sure that they had had a *great* day). The night passed... slowly. Inken had kindly brought with her a gortex bivvy bag for me, being aware of how cold I get trying to keep warm in those damned lightweight Karrimor sleeping bags, but by about lam she was asking if she could borrow it back (first time in three that Inken has got cold on the KIMM.. something must have been wrong). Anyway, Sunday dawned bright, clear and windy but by that time the organisers had decided to shorten the courses. As the weather was so much better there was a fair amount of grumbling from people wondering why? (including me). By the time I got to the end I was *glad*.

