



Newsletter

Glossopdale Harriers News...

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Well its December and Christmas is almost upon us - far too quickly as usual. What a hectic year it seems to have been - a full summer of mid-week fell races (which seem ages ago now), some tough runs in blazing sun and competitive tussles in the championships.

| Main Club Championship | |
|------------------------|-------------------|
| Men | Women |
| 1. Rod Holt | 1. Alison Holt |
| 2. Andy Anastasi | 2. Lindsay Palmer |
| 3. Nick Roberts | 3. Kate Cooper |
| Mid-Week Championship | |
| Men | Women |
| 1. Rod Holt | 1. Lindsay Palmer |
| 2. Andy Anastasi | 2. Alison Holt |
| 3. Nick Roberts | 3. Beryl Buckley |

Congratulations to everyone who took part.....now its time to think about race choices for 2006!

Following the successful Herod Farm race, we ran the Shelf Moor race in September with equal skill. GDHs were represented at the World Master in Keswick in September on a wonderful Lakeland day. More details on all of these are to be found within these pages. Bill reports on the story so far with the "Foster" and the actions that the FRA is taking to protect our interests. The annual accounts (prepared by Andy Anastasi) for year ended December 2004 are also included.

Many, many thanks to everyone who contributed articles or photos (especially John Pollard for his eleventh hour contribution!). Please do think about contributing to future editions - its great to "hear" different voices.

Alison

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WORLD
MASTERS



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WORLD CLASS MOUNTAIN RUNNING COMES TO KESWICK *from Glossop!!!*



Trafford AC.

I ran off to recce the course and it wasn't long before the climb kicked in, it seemed to suit me fine with its rocky surface and steep gradient. On returning to the park I was able to question

some of the older runners who had already finished about the course, one chap told me the top part of the climb was unrunnable (we would see!).

In situations like this the start of the race soon creeps up on you and so I herded into the starting pen with the other V45's ready for the off. In my Glossopdale strip (professionally untucked) and brand new shorts, I became aware of everybody looking down checking laces, stop watches, each others legs.... Then the humorous banter stopped and the race was on - sprinting through the park, along a short stretch of lane (where Alison was shouting encouragement) and onto the broad footpath climbing up the side of Latrigg Fell. I could see the front runners inching away. Runners who had overextended themselves were coming back to me

quickly. I was holding around 10th position out of 189. It was getting hot!

The steeper it got the better I seemed to do in the

field. We climbed into the light cloud cover shrouding the top of Skiddaw and the neighbouring fells which gave some welcome coolness. I managed to sprint up the unrunnable part of the



Up early on the 10th, the day of the event, and the weather was brilliant. As my race wasn't due to start at 2.20pm, it was

a question as to what to do with the morning. We cycled into Keswick from the Hostel and had a mooch around, something to eat and then strolled over to Fitz Park, the event HQ. A huge marquee had been erected near the entrance of the park and there was a jolly, carnival atmosphere in the glorious sunshine.

It was amazing how many familiar faces were there: Glossopdale was represented by me, Alan Armour (running for Scotland) and Cathy Murray. Looking around the usual running strips mingled with the exotic Atletica Trento Cavit, Beaver Creek 180s, La Sportiva, Indifesarun, Sk Jablonek and



Friday 9th September 2005 and we were off yet again to the Lakes, Keswick to be exact. The car was packed up with running gear and even our bikes in case we had any extra energy. Months earlier Alison had decided to enter me for the 5th World Masters Championships, confident that the course would be particularly suited to my strengths! The run wasn't too long - 11.5k with 684 metres of ascent, winding its way up Lonscale Fell, a straightforward out and back on a tough enough ascent and a manageable descent.

We arrived in Keswick in good time to register at the famous Moot Hall (the start and finish of the Bob Graham Round). I was given my number and a goody bag, it was all very well organised.

We were staying at Derwentwater Youth Hostel, formerly Bob Graham's B&B. His memorial can be found by ascending the path at the side of the YHA to Ashness Bridge, which we did in the dark that evening to stretch our legs.





climb to use the dibber. Then it was an about turn down a grassy slope that became an excruciating descent onto an ugly grey track which zig zagged down the fell side at an unbelievable gradient (so much for the steady descent!)

The view of Keswick opened up and I almost stopped to take it in. This is where I came unstuck, my heels bashed onto the stones and began to burn, my head was hot and I felt a bit sick. I was being overtaken, steadily losing the advantage I had gained on the ascent. One of the Pennine lads caught me and shouted encouragement. Eventually I was back on the flat and into the park with one last short climb and then down to the finish. I staggered over the finish line and drank as much water as I could. Alison caught up with me and as I lay on the ground I vowed not to run tomorrow's open race over the same course. Eventually I stopped groaning and enjoyed the rest of the event as a spectator, chatting to Alan and Cathy who both agreed that the descent was hellish.

It was great watching the end of the male and female V40 races – the winners looked so fresh, especially Sally Newman whose massive grin said it all.

After freshening up at the Hostel, we returned to Fitz Park for the evening Pasta Dinner and the award ceremony with the Pennine crowd who had gained a World Champion in the shape of Alison Brentall in the W55 category. As we strolled home we were overtaken by a tiny bat which flew ahead to roost on the wall in front of us.

Now for something completely different! As I did not want to do the open race and Alison had also changed her mind, we decided to unpack the trusty bikes and do a relaxing 20 miler, taking it easy and generally just pottering about this turned into 50 miles, including a detour around Castlerigg Stone Circle and Thirlmere, the (25%) climb up 'The Struggle' from Ambleside to Kirkstone Inn and a rough 7 mile off road C2C route on road bikes. Alison only fell off once!

It was like mid summer as we strolled around Keswick that evening and we had a great meal, co-incidentally in the company of the FRA organising committee. Monday was another beautiful day, and we pottered about taking the ferry around Derwentwater and a turn around the putting green in Keswick. After lunch we decided to walk up to the tarn at the back of the Hostel, so up the waterfall past the BG memorial, thinking it was just a short stroll in the pleasant sunshine. Some three hours later and another marathon effort we flopped into the car but it had been a lovely walk, if harder than expected with fantastic views over Derwentwater. My kind of long weekend!

It was a great event and I feel really proud to have taken part in it (even if the selection panel was biased!). I would have liked to have finished higher in the field, especially after beating some many to the top, but the descent was just too painful – I've since learned that it was the onset of bursitis. However, next year (in Switzerland) it's uphill only... ..



| Summary of Results | | |
|-------------------------|-----|---------|
| Glossopdale Harriers | | |
| Rod Holt | Eng | 1:04:55 |
| Kath Murray | Eng | 1:19:46 |
| Allan Armour | Sco | 1:29:05 |
| Overall Classifications | | |
| M40 | | |
| Franco Torresani | Ita | 0:50:39 |
| M45 | | |
| Dave Neill | Eng | 0:52:51 |
| M50 | | |
| Nigel Gates | Eng | 0:56:56 |
| M55 | | |
| Reinhart Vogler | Ger | 0:44:38 |
| M60 | | |
| Raymond Wilby | Sco | 0:47:53 |
| M65 | | |
| Peter Covey | Eng | 0:50:05 |
| M70 | | |
| Bruno Baggia | Ita | 0:52:51 |
| W35 | | |
| Angela Mudge | Eng | 0:59:27 |
| W40 | | |
| Sally Newman | Eng | 1:03:55 |
| W45 | | |
| Cecelia Greasley | Eng | 1:05:23 |
| W50 | | |
| Maureen Laney | Eng | 1:04:30 |
| W55 | | |
| Alison Brentnall | Eng | 0:57:16 |
| W60 | | |
| Gerlinde Schmittner | Ger | 0:56:30 |
| W65 | | |
| Heather Goodman | Eng | 1:06:55 |

The World Masters, Keswick 2005 by Allan Armour.

I had sent off my race application early in the year to give me focus for the end of the summer and to motivate me over the months ahead. I really didn't give much thought to the importance of the event as such even right up to the last minute. I arrived the evening before just in time to register and it was then that I noticed the variety of nationalities taking part. I bumped into old faces from way back too, and I mean 'way back' – (I started running seriously in 1971).

I slept well at my digs that night and in the morning when I swung my legs out of bed, half awake and reminding myself that I was away from home – my eye caught sight of my race number on the bedroom

floor with bright red print along the top saying **WORLD MASTERS!** It was at this point that I woke up properly! I suddenly felt like an international and was glad I made the effort to attend.

The race itself was hard with a very punishing decent of probably close to a mile in length. I know many runners who suffered hell and shin damage from this portion of the course – I, myself, took it very easy for I could recall such a decent on Ben Lomond once that caused me similar damage at that time when both my heels were in a serious mess – a lesson you don't forget even after 30 years – it was in 1975!

The Keswick race, however, had far more good points than the one I mentioned.



It was held under superb organisation on a beautiful sunny day and what a great experience to line up amongst all those different faces, vests and accents, to tear across the Lakeland Fells! and to remember forever, the thrill of leaving the summit of the climb in poor visibility with mist to catch your first glimpse of Derwentwater and the town below

“fantastic”

Paula's Massage Secrets

This is nothing to do with the 'business' cards that are reputedly left in telephone boxes in Soho and similar areas of our great cities. Whilst browsing through a motorcycle magazine recently, this caption caught my eye:

'Emu Oil has received immense media coverage as a result of Britain's Gold Medalist Paula Radcliffe's electrifying win of the 2003 London Marathon £9.95 each'.

Apart from the fact that you'd think they'd check their spelling on an advert going into the press, the 'exclusive one off offer' shows

a guy leaning over a Triumph motorbike with a plastic bottle perched on the oil tank. So there, I never realized that Paula was 'one of us' and imagined the leather-clad Bedford lass streaking up the M1 on a Honda or Kawasaki to join the ranks of hooligans who use our local roads as race tracks during the summer months.

I'd never heard of this 'Emu' oil and naturally assumed from the placing of the advert in a motorcycling mag that it was the black stuff that incontinent old bikes like mine drip all over the drive and gets well trodden into the carpets, much

to the annoyance of 'her indoors'.

Reading the details, the guy in the advert describes various injuries sustained in a lifetime of motorcycle sport including a cracked shoulder blade, broken arm & collarbone etc, and '..it's no wonder I creak when I stand up....'. (It's a wonder he's alive at all by my reckoning). However '..after about a week of application..... remained ache free even in the cold, wet weatheretc.' So now you know, forget your physio, this is the stuff we've all been waiting for!

Bill

A New Year & A New Start?

*"Ah but a man's reach should escape his grasp
Or what's a heaven for"*
Robert Browning.

We may not all have been born with natural gifts but we can, with application, make the most of what we do have. In going forward, it is prudent to look backwards first - what has stopped you achieving your best last year? Too many missed sessions? A re-occurring injury? Not allowing yourself time to recover?

Set yourself a goal, or goals, for 2006. There are many challenges out there. Having set your destination its time to plan the journey - whether this is increasing the quantity or improving the quality of training. Maybe you need to relax and keep fit and healthy or become more professional (where professional means "the pursuit of excellence in one's chosen sphere"). It may be that you need to start with a blank sheet of paper and

reassess your whole training and racing regime.

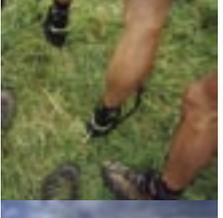
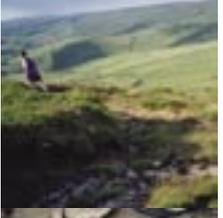
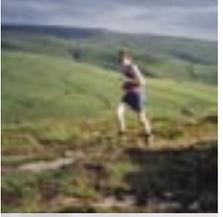
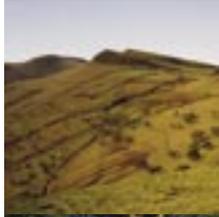
You could look to improve on last year's results, or compete in new, more challenging events. It may help to have a more long-term goal, like doing the Bob Graham in 2007. Whatever you decide - enjoy your running and the very best of luck in 2006!

Neil



The Main Club Championship Table

| All | Total | Lambs | Downfall | Buxton | R/dale | Moon | Lant Pike | Tint | m2e |
|------------------|-------|-------|----------|--------|--------|------|-----------|------|-----|
| Rod Holt | 151 | 22 | 22 | 22 | 19 | 22 | 22 | 22 | |
| Andy Anastasi | 92 | 19 | 19 | | | | 18 | 19 | 17 |
| Nick Roberts | 78 | | 18 | | 22 | 19 | 19 | | |
| Mark Ollerenshaw | 69 | | 15 | 19 | | | 16 | | 19 |
| Phil Swan | 56 | 16 | | | | | 13 | 17 | 10 |
| Vaughan McKay | 55 | 12 | 9 | 17 | 17 | | 9 | | |
| Nev McGraw | 51 | 5 | 4 | 14 | 15 | 17 | 5 | | |
| Alison Holt | 50 | 8 | 3 | | 13 | 15 | 3 | 11 | |
| Lindsay Palmer | 46 | 9 | | | 14 | | | 12 | 11 |
| John Stephenson | 40 | 11 | 6 | | | 16 | 7 | | |
| Julian Minshull | 39 | | | | | | 17 | | 22 |
| Andy Bardsley | 36 | | 7 | | | 18 | 11 | | |
| Jon Collins | 35 | 18 | 17 | | | | | | |
| Ian Martin | 34 | | | 18 | 16 | | | | |
| Craig Leith | 33 | | | | | | | 18 | 15 |
| Rob Edwards | 32 | | 16 | | | | | | 16 |
| Dave Walker | 31 | | | | | | | 13 | 18 |
| Kate Cooper | 29 | 17 | 12 | | | | | | |
| Andy Fox | 28 | 14 | 14 | | | | | | |
| Wade Hannah | 28 | | | | | | | 16 | 12 |
| Julie Cox | 25 | 10 | | 15 | | | | | |
| Carl Bedson | 23 | 8 | | | | | | 15 | |
| Matthew Brown | 22 | | 10 | | | | 12 | | |
| Jim Ollerenshaw | 21 | | 11 | | | | 10 | | |
| Alan Turner | 18 | 13 | 5 | | | | | | |
| Paul Stitt | 18 | | | | 18 | | | | |
| Duncan McGraw | 16 | | | 16 | | | | | |
| Anthony Johnson | 15 | | | | | | 15 | | |
| Carl Buckley | 14 | 7 | 1 | | | | 6 | | |
| Helen Roberts | 14 | | | | | 14 | | | |
| Mark Vogan | 14 | | | | | | 14 | | |
| Bill Clayton | 14 | | | | | | | 14 | |
| Andy Wilkins | 13 | | 13 | | | | | | |
| Beryl Buckley | 8 | 6 | 2 | | | | | | |
| Bill Buckley | 8 | | 8 | | | | | | |
| Allan Armour | 4 | | | | | | | | |
| Neil McGraw | 4 | 4 | | | | | | | |
| Ladies | Total | Lambs | Downfall | Buxton | R/dale | Moon | Lant Pike | Tint | m2e |
| Alison Holt | 50 | 8 | 3 | | 13 | 15 | 3 | 11 | |
| Lindsay Palmer | 46 | 9 | | | 14 | | | 12 | 11 |
| Kate Cooper | 29 | 17 | 12 | | | | | | |
| Julie Cox | 25 | 10 | | 15 | | | | | |
| Beryl Buckley | 8 | 6 | 2 | | | | | | |



The Midweek Club Championship Table

| All | Total | van | shin | calver | rain | cast | shelf | hope | hath | black | bamf | robin | goyt | brad | crack | stitt | eccles |
|-----------------|-------|-----|------|--------|------|------|-------|------|------|-------|------|-------|------|------|-------|-------|--------|
| Rod Holt | 154 | 22 | 22 | 22 | | | 22 | 22 | | 22 | 22 | 22 | 22 | 22 | 19 | | 19 |
| Andy Anastasi | 137 | 19 | 19 | | 22 | 22 | | | | | 18 | | 19 | | | | 18 |
| Nick Roberts | 137 | 18 | 18 | | | | 19 | 19 | | | 19 | | | | 22 | | 22 |
| Andy Wilkins | 124 | | 16 | | 19 | | | 18 | | | 16 | | 18 | 19 | 18 | | |
| Lindsay Palmer | 112 | 12 | 12 | | 15 | | 13 | 14 | 22 | | 12 | 18 | 17 | 13 | | | |
| Alison Holt | 111 | 10 | 11 | 18 | 13 | | | | | 19 | 11 | 16 | 15 | 11 | 11 | 19 | 8 |
| J Stephenson | 109 | | | 19 | | 17 | | | | | 14 | 19 | | 15 | 15 | | 10 |
| Nev McGraw | 100 | 11 | | | | | 15 | 15 | | | 16 | | | | | | |
| Alan Armour | 96 | | | | 14 | | | 13 | 19 | | | 17 | | 12 | 12 | | 9 |
| James King | 74 | 15 | | 17 | 17 | | | | | | | | | | 10 | | 15 |
| Bill Clayton | 63 | | | | | | | 16 | | | 13 | | | | | 22 | 12 |
| Andy Bardsley | 62 | | | | | | 16 | | | | | | | 16 | 16 | | 14 |
| Rob Edwards | 51 | 17 | 17 | | | | | | | | | | | | | | 17 |
| Alan Turner | 40 | 13 | 14 | | | | | | | | | | | | | | 13 |
| John Barber | 36 | | | | | | 18 | | | | | | | 18 | | | |
| Jim Ollerenshaw | 35 | | | | | 18 | | | | | | | | 17 | | | |
| Wade Hanna | 34 | | | | | | 17 | | | | | | | | 17 | | |
| Anthony Johnson | 32 | 14 | | | 18 | | | | | | | | | | | | |
| Dave Walker | 32 | | | | 16 | 16 | | | | | | | | | | | |
| Jon Collins | 32 | 16 | | | | | | | | | | | | | | | 16 |
| Mark Vogan | 32 | | 15 | | | | | | | | 17 | | | | | | |
| Carl Buckley | 24 | | | | | | | | | | | | | | 13 | | 11 |
| M Ollerenshaw | 19 | | | | | 19 | | | | | | | | | | | |
| Vaughan McKay | 17 | | | | | | | 17 | | | | | | | | | |
| Beryl Buckley | 16 | | | | | | | | | | | | | | 9 | | 7 |
| Kath Murray | 14 | | | | | | 14 | | | | | | | | | | |
| Kate Cooper | 13 | | 13 | | | | | | | | | | | | | | |
| Ladies | Total | van | shin | calver | rain | cast | shelf | hope | hath | black | bamf | robin | goyt | brad | crack | stitt | eccles |
| Lindsay Palmer | 112 | 12 | 12 | | 15 | | 13 | 14 | 22 | | 12 | 18 | 17 | 13 | | | |
| Alison Holt | 111 | 10 | 11 | 18 | 13 | | | | | 19 | 11 | 16 | 15 | 11 | 11 | 19 | 8 |
| Beryl Buckley | 16 | | | | | | | | | | | | | | 9 | | 7 |
| Kath Murray | 14 | | | | | | 14 | | | | | | | | | | |
| Kate Cooper | 13 | | 13 | | | | | | | | | | | | | | |

* note - races where no club members took part are omitted

News Roundup

WELL DONE JACK!

Congratulations to Jack Barber on a hard-earned 15th place in the FRA junior championships. Jack competed in four out of six counting races in what is an extremely competitive event.

KINDER TROG

Saw the hottest day of the year ever, in fact a day for doing nothing never mind running. It was a day when many found their limits, but Beryl Buckley, looking forward to the end of term and retirement thrived in the heat. On the other hand Alison Holt struggled on to come in 3rd from last but had the consolation of getting valuable points to the Hayfield Championships and

both were rewarded later in the year with a T-Shirt (along with Nev McGraw, Rod Holt and Andy Wilkins).

MANOR PARK 10k

A certain Glossop Doctor claimed acres of coverage in the Chron. Lindsay Palmer was the 1st lady by a mile on another roasting day, she was a little outside her PB set in the Manchester 10k when they had chips on their feet! (for timing purposes).

GRAVY TRAIN 6 MILER

Did you see Rod Holt and Helen Roberts (inset) featured in glorious

technicolour in 'RUNNER'S WORLD'? They did the NBLG (northernboyslovegravy) "Gravy 6" which went up the Longdendale Trail and around the ressessers. Respective spouses, Alison and Nick also competed on this fast course with "Bleaklow" winning a prize....

PLUMS

A few of us took part in the Padfield Plum Fair race. The plum tent and beers were popular. The children were having a great time whilst the adults were taking it a little more seriously. Nick Roberts had his highest position in an athletic event (4th) and got a well earned medal. Me too, since my early marathons (11th in one). I was 20th and won a spot prize.



Rod Holt, 46
(35:00)
"I do a lot of fell running, and a lot of my favourite traing runs are round here. The lads did a great job of organising it."



Helen Roberts 27
(48:33)
"I really enjoyed the race. I live in Hadfield, so it was perfect for me: I run the route all the time. I felt a bit rough at halfway, but I haven't run for a while."

KIMM

Congratulations to our two intrepid KIMM virgins who came away with certificates, sweat shirts and much inspiration. Lindsay and Alison left their partners for the weekend and joined the Glossop crew in the Karrimor International Mountain Marathon. They both enjoyed and were thrilled to do so well in their first attempt in this seriously challenging event. The other Harriers, all competing in the A class, had a tough time over an extremely difficult course. Well done to Andy and Dom for making it through to the end. Alison's son and Glossopdale Harrier James was present, marshalling with the 1st Dinting Explorer Scouts.



Obituaries

Martin's Tree

This is to be found near Torside car park. It is in memory of club stalwart Martin Morrison who died earlier in the year. He had done much for the club and was a keen one for the Tour of Tameside introducing Bill Buckley and Bill Clayton to the delights of the much-missed grueller.

Jeckyll and Hyde

Also missed by the club members is the wit and banter of another early member JOHN HYDE who died on Boxing Day last year. He came in as a road runner and took to the marathon, then did the Penine Way with Ray Ball. He edited the club newsletter under the pseudonym of JECKYLL and HYDE. His ashes were scattered at Dovedale, one of his favourite spots.

Saunders Lakeland Mountain Marathon July 2005



I have regularly competed in the 2 day SLMM for some 15 years now and for the last 10 years with my regular partner Pete, ex-Dark Peaker and a member of the illustrious BGR club. During that time we have entered virtually every class from the tough 'Scafell' through to the easier 'Wansfell' course. Our only claim to fame was a top ten finish in the toughest class in the mid 90s when we both ran well and chose the right lines. However, these days both of us are nowhere near as young and fit as we were then, but we still team up again for old times sake to enjoy a more relaxed two days out in the mountains. Our mantra is to get the navigational decisions correct, don't gain or lose height unless it is absolutely unavoidable, make sure that we do not get the wooden spoon for our class and and try to have a bloody good time in the process. This year we entered the Harter Fell course, which I suppose would be equivalent to say the C class in the KIMM. Unlike the latter, the Saunders is held at a time of the year when you have plenty of daylight and when you might reasonably expect the weather to be kinder. You also have the chance to purchase drinks at the overnight camp, which is sometimes close to a pub!

Having said that about the weather, the conditions last year were atrocious with heavy rain and hail driven along by storm force winds

Cold Pike who were lost, in some distress and on the edge of exposure. We ended up abandoning our race to perform an unlikely mountain rescue by guiding them down to Red Tarn and eventually the camp at Stool End Farm in Langdale. We were hoping therefore that 2005 would be smiling on us. A fortnight before we learned that the event centre was to be at Gatescarth Farm, Buttermere and the courses were to be centred



on Ennerdale. By sheer happenstance, it was to be the first of three visits of the summer for me to this - by Lakeland standards at least - comparatively remote valley.

Saturday morning dawned bright, dry and seemingly settled. Soon the whistle blew and we trudged up the old quarry path under Fleetwith Pike bound for Honister and our first checkpoint, a knoll on the flanks of Grey Knott.

on the tops. Starting from Coniston, we seemed to have prevailed in spite of the conditions, but then, en route to the Crinkles for our last two controls, we bumped into an under-equipped pair on

Our second control was a sheepfold in Mosedale some kilometre map squares away and although the obvious attack point was the top of the Black Sail pass, there appeared to be a choice between two routes. The shorter direct line involved a lot of descent and re-ascent so true to our mantra we took the longer more level contour; Moses Trod to below Green Gable and then on to Beck Head, then a reverse of the Wasdale route round the flanks of Kirkfell to the top of Black Sail. Although the cloud level was dropping, locating the sheepfold was not a problem, but we then had a difficult climb out en route to our next control which was a stream near Dore Head, the col between Yewbarrow and Red Pike (Wasdale). In thick mist and without an altimeter - must put one on my Chrissy present list! - we went a shade too high but when we

hit the main path coming down from the mountain, we quickly re-adjusted and found the control.

Another long leg lay ahead to a stream on the other side of Seatallan and the weather was by no means guaranteed. We skirted Low Tarn then crossed Netherbeck en route to the Pots of Ashness to face another difficult contour in mist going anti-clockwise around the mountain with no other clear discernible

features to help. On the FRA Navigation course a few years ago, I learned the technique of pacing ie how many steps you take to cover 100 metres. As our next control was 1.5 kilometre squares away, we made the necessary calculations and eventually arrived at the stream. The problem with controls in streams is that, after you have located the right one, it is knowing whether to go up or down. Seeing some movement above us in the murk was a clue, so we went 50 metres upstream to locate our 4th check of the day. A couple of pairings told us that they had gone clockwise around the mountain and found number 5 first; if they had inserted their dibber – if you would pardon their expression! – they would have been disqualified..

Soon we were heading down Greendale to our last two controls en route to the overnight camp at Joss's farm in Wasdale. The great man was sinking a beer or two in his lounge as we queued up to re-fill with fresh water at his stand-by tap. Unlike the KIMM when the weather is usually colder, you now have plenty of time and daylight to relax outside your tent, drinking tea, beer,

cooking pasta, chatting to old mates and fellow competitors before drifting off to sleep later on.

Sunday provided better weather for the generally shorter courses. One problem of having overnight camps in environmentally sensitive areas means an inevitable lack of route choice early on Day 2, as the course planners have a responsibility to move over 1000 runners away quickly and safely. However, as our course crocodile headed straight up Middle Fell to a marsh near the summit, Pete persuaded me into a gentler start up the beck to Greendale Tarn and then a shorter steeper climb to the check. We then joined many others on the boggy trek to the col between Haycock and Scoat Fell and then eventually a knoll above Mirklin Cove. Another long leg loomed to a marsh on the ridge under Gamlin End on the other side of Ennerdale. The choice was between heading straight down to the forest track in the valley bottom and then 3 miles up the dale or attempt a more direct contour which would leave maybe a mile up the track before climbing up to the check.

We choose the latter and probably made a mistake as we discovered that the southern slopes of the dale were covered in knee-high vegetation masking hidden stones underneath. When you reach you the tree-line, you might be tempted to think that the descent is nearly over, but not so. You are faced with at least another mile of difficult rutted paths not always going in the direction you would want. Eventually and many courses later we landed on the valley track before hauling our by now tired bodies up the dale and slowly up to the check on the ridge. By now the finish was visible some 2000 ft below and although we had two more controls to go they were close enough to the Scarth Gap path to warrant little extra effort on our part. We both jogged happily through the finish before enjoying the cuisine of Wilf's Café as we reflected on yet another magical two days in the mountains.

For those of you who like to look at MM routes – always different in the cold light of day!- I include details of our course so you can peruse at you leisure using OS NW and SW Lakes maps.

Nev Mcgraw

| Harter Fell Day 1 | | |
|--|---------------|---------------------------|
| 16.5 kilometers / 1055 metres | | |
| START | 193148 | |
| 1. | 218129 | Knoll |
| 2. | 173007 | Sheepfold |
| 3. | 171094 | Stream 495m |
| 4. | 132081 | NE Stream 510m |
| 5. | 141071 | Sheepfold |
| 6. | 141060 | sheepfold |
| Follow tapes 400m to finish at 141055 | | |
| Courses close at 20.00 YOU MUST BE BACK BEFORE THEN | | |
| Day 2 12.5 kilometres / 1020 meters | | |
| START | 142057 | |
| 1. | 151076 | Marsh |
| 2. | 149117 | Knoll |
| 3. | 183135 | Marsh SE side |
| 4. | 191138 | E Most Stream 210m |
| 5. | 195143 | SE Wall Corner |
| Follow tapes 600m to finish at 193148 | | |
| Courses close at 16.00 YOU MUST BE BACK BEFORE THEN | | |

Secretary's Report

In October I circulated my note 'Foster Report Implementation' to all members having access to the 'Yahoo' email site for comments so that I could get a feel for how you wanted me to cast the Club vote on the four questions being posed. To all the members who didn't get a chance to comment I can only apologize - we were given very little time to circulate, read and digest several lengthy documents, each involving complicated issues. I would like to thank all the members who did respond, many of you had obviously given of your time for serious consideration of the issues raised.

As if to show they don't care what the clubs think, the Foster Project Team didn't bother to wait for the results of this national ballot, and organized an extraordinary meeting of the AAA of England with proposals to hand over all it's powers to the new body, England Athletics. A rebellion was organized and at a stormy meeting at Birmingham we managed to get the motion declared unconstitutional. A further EGM has been scheduled for December; so they're going to have another go at it!

For the record, only 33% of clubs nationally bothered to vote in the ballot, and over 75% of these were clubs those having membership over 500 - you now begin to get the feel for who's going to come out of this exercise smelling of roses. Proposals 1,2 & 3 were passed, number 4 relating to the proposed membership scheme was rejected. Even all these figures are open to doubt; Steve Cram, writing in the national press quoted 'only about 250' clubs, whereas our AAA Regional Development Coordinator writes '465 clubs voted'. For a poll conducted by the Electoral Reform Services this would seem to be a big discrepancy, it's more akin to what you'd expect from elections in places like North Korea

That apart, what defeats me is how anyone could even consider voting 'yes' to question 3 relating to the

'proposed financial direction for athletics in the U.K.' because we haven't yet been told what this is! We've been trying to find out what the proposed 'professional' management structures are going to cost us all at county and club level, and no one seems to know, no business plans, financial projections, nowt in fact, highly suspicious. I believe what we're now seeing is not professionalisation of athletics but commercialization - as in other sports there's a lot of money being made by 'selling' athletics under the right circumstances.

As the details are now beginning to emerge, it's becoming clear that the Foster Project is all about reorganization of athletics for commercial exploitation, through advertising, television contracts and all the rest. Track and field athletics is now a global 'product' having a large potential market, and all the effort and money is going into ensuring that the new organization will deliver this 'product' to market successfully. The sponsors (commercial, media and governmental) will want their pound of flesh in terms of Olympic medals and advertising, so the big money is all going into picking and coaching potential winners. Some clubs are and will continue to do very nicely out of this, so they're not going to bite the hand that feeds them, but a lot of us are worried that the majority (smaller clubs like ours) will get nothing but an expensive and irrelevant level of bureaucracy imposed on us. As is often said, all markets have winners and losers and the winners in this case will be the large well equipped clubs, able to offer access to the best training and coaching services to up and coming stars. A few selected road and cross country events may also attract the mega-bucks like the 'London', the Great North Run, and the odd 5K 'cross country' run round bowling greens or cricket pitches. We're unlikely to get global TV organizations queuing with fists full of dollars for exclusive rights

for the 'Karrimor' or Kinder Downfall race.

Who cares? you might think, and I'd agree, after all our races are run on a shoestring, we keep it simple and like it and long may it continue this way. We don't want to get involved with all the media hype, rules and regulations that beset many of the other sports. The worry is that those of us who've worked on our homework think that the funding for the 'professional' staff now being recruited to run the nine England Athletics regions will dry up in 3-5 years time, if not before, with insufficient income from commercial or government sponsorship. For the immediate future the money originally earmarked and 'ring-fenced' for the failed 'Picket's Lock' Olympic bid (variously quoted as £41M or £20M) is being used to fund the fledgling organization. In the Foster Report he makes reference to the need for the new organization to be financially sustainable, and also hints that we've all had it on the cheap so far. Read into that what you will, but many of us see a massive hike in affiliation costs at some time in the future, with no benefits at all for clubs like ours, and this is why we are concerned that the UKA/ Foster Project team have been very coy about giving any details on financial projections.

Moving (quickly!) on, FRA members will have seen the proposal to disassociate the FRA from UK Athletics and establish it as an independent organisation, whenever the FRA Committee 'deems it to be appropriate'. This proposal was discussed at length in a civilized manner at the FRA AGM in November and passed by the meeting. Unlike UK Athletics, the Committee did commit to balloting the wider membership before taking any action in the future. It was felt that until the fledgling new body had taken shape, it would be wise to wait.

Onto more immediate Club business: A big 'Thank You' to Lindsey for organizing

a fantastic weekend in Ennerdale. We had the Youth Hostel to ourselves, apart from an Aussie interloper, a very amiable character who took the inevitable ribbing about test cricket in good part. He struggled a bit on 'Derbyshire place names' in the 'local knowledge' questions in Nev's quiz in the evening - I don't know what they teach them in the Aussie schools nowadays. Perfect weather and a good opportunity for us to reccy the race route, ready for us all doing the race next year, no excuses now. Mark even took in Great Gable for good measure, cartwheeling down to Beck Head in sheer exuberance.

Lindsey's done the organizing for the September weekends for a number of years now and has decided to have a change and hand over to someone else. Any offers please, don't be shy!

Fortunately we're not to be denied the benefits of her organizational talents, she's taking over the 'Herod' race from Clare, who has kindly offered to help her next year to 'get to know the ropes'. A big 'Thank You' from all of us to Clare for lots of hard work on behalf of fellrunning. Please note for your diaries that the **Herod Race will move to Sunday 26th March in 2006** with an 11.am start. This should make it a bit easier to get people involved with marshalling and maybe attract a bigger field.

Thanks are also due to John Barber for the generous sponsorship of both races. Nothing like a plumbing goody bag at the end of a fell race!

On a general point, getting people to take on jobs like race organizer has never been easy, and we have discussed possible ways of involving more members. One reason that people are a bit reluctant to volunteer is that it is often seen as a life sentence, you have to actually die or move 1000 miles away to pass the job on without people questioning why. It shouldn't be so, and we're suggesting that club members should only be expected to hold a particular job for a maximum of 3 years. It would also spread experience wider through the club and help maintain continuity. What do you think?

We're a very busy club, so a big 'Thank You' to all the members who've organized events and helped in all sorts of ways to keep the show on the road during the year. I've wondered this year if we've been overstretched sometimes, and should perhaps think about concentrating our team efforts on fewer events? Anyone who's tried to organize team events like relays or races involving more than a few members will tell you it's often a nightmare - you spend night after night ringing round leaving messages on answering machines, people promise to ring back and 'let you

know' and never do, and not forgetting those who want to leave it until the night before to give you their answer. I had hoped that the 'Yahoo' email site that Paul took the trouble to set up for us would solve most of these communication problems, and I believe it almost has, we're tantalizingly near a breakthrough. The problem at the moment is that there are still a few members who've not yet joined the site, although I'd be willing to bet that the majority of the club membership now have access to email at home. If you're one of them I'm appealing to you to come and join us - it costs nothing, and it would make life so much easier and better for all of us. It would enable us all to know what was happening and wouldn't be faced in the future with team events being cancelled at the 11th hour. So if you've not already joined, please contact Paul at: pstitt@btinternet.com

Food for thought there. I've enjoyed another busy year, for 2006 think High Peak Marathon, London Marathon, County Tops, BGR, LAMM, KIMM etc..

Finally Best Wishes for Christmas to all Club Members and for every success in the New Year,

Bill



Glossopdale Harriers Income and Expenditure Account For the year ended 31st December 2004

| | | | £ | £ |
|--|-------|--|--------|--------|
| | Notes | | | |
| Income | | | | |
| Membership Subscriptions 2003 | | | 480.00 | |
| Herod Farm Profit | | | 81.90 | |
| Shelf Moor Profit | | | -15.94 | |
| Sale of Kit | | | 33.00 | |
| Cross Country Membership Fees | | | 114.00 | |
| | | | | |
| Total Income | | | | 692.96 |
| Expenditure | | | | |
| Cost of stock | 1 | | 60.00 | |
| Postage & Stationery | | | 10.00 | |
| Championship Prizes | | | 94.12 | |
| Relay Entry fees | | | 130.00 | |
| North of England A.A.. Affiliation Fees | | | 191.00 | |
| Manchester & District XC Affiliation Fee | | | 20.00 | |
| Red Rose Affiliation Fee | | | 20.00 | |
| SE Lancs Affiliation Fee | | | 10.00 | |
| Cross Country Membership Fees | | | 83.00 | |
| YHA Membership | | | 14.00 | |
| | | | | |
| Total Expenditure | | | | 632.12 |
| | | | | |
| Membership Period Surplus | | | | 60.84 |
| | | | | |

Interest received

7.38

Account Period Surplus

68.22

Glossopdale Harriers Statement of Affairs. As at 31st December 2004

| | Notes | | £ | £ |
|----------------------------|-------|--|---------|---------------|
| Equipment | 2 | | | 50.00 |
| Stock | 3 | | | 295.91 |
| Owed for Races | 4 | | | 65.96 |
| Nat West Current Account | | | 1328.56 | |
| Lloyds TSB Current Account | 5 | | 59.00 | |
| Lloyds TSB Deposit Account | 5 | | 1.02 | |
| Nat West Reserve Account | | | 513.25 | |
| Cash in Hand | | | 11.08 | |
| | | | | 1912.91 |
| | | | | 2324.78 |
| Creditors | 6 | | | <u>118.91</u> |
| | | | | 2205.87 |
| Brought Forward Surplus | | | | 2137.65 |
| Income surplus | | | | 68.22 |
| | | | | 2205.87 |

*Prepared from books & records provided **Andrew Anastasi Bsc(hons), FCCA***

Notes

1. The cost of stock shown through income and expenditure account is an estimate based on the fact that I'm not happy with level of stock figure. See stock note.
2. I have no list of assets for this figure and have simply used brought forward figure.
3. No list of stock was ever provided at previous year ends. This figure is not accurate moreover no record of individual costs make it difficult to establish any real stock movement figure. I will try to correct this at 31 December 2005 which may result in adjustments in that years income and expenditure account. An invoice was provided for the purchase of new vests in this year though appeared unpaid at year end.
4. Herod farm profit cheque not banked until following year £81.90:

| | |
|--|---------|
| Herod farm race account | |
| Entries 72 @£3.00 | £216.00 |
| Results 23 @£0.50 | £ 11.50 |
| Total Income | £227.50 |
| Costs | |
| Drover's inn | £ 60.00 |
| Various prizes | £ 85.60 |
| Race profit | £ 81.90 |
| | |
| Shelf Moor(English champs) | |
| Income | £750.50 |
| Expenditure | |
| Vouchers | £486.00 |
| Postage | £ 14.44 |
| Porter-loos | £160.00 |
| Results service | £ 90.00 |
| Sundries | £ 16.00 |
| Net loss | £ 15.94 |
| This loss was not paid back to Andy Fox. | |
5. I have no recent statements for these accounts.
6. Creditors are unpaid vests invoice £98.91 and brought forward x-country fee £20.00.

Confessions of a Glossopdaler part 1 by John Pollard



The following was meant to be a footnote to a descriptive article about the group of clubbers who participated in the September weekend at Ennerdale Youth Hostel. It was hugely enjoyable, and I was cajoled into penning something to capture the spirit of the good time that was had by all. I was full of enthusiasm for this task and energised by the prospect of some more purposeful running after returning from the break.

It was the first time in quite a while that I had been injury-free but in my first race for a year, - the Autumn Leaves race - the following weekend, an old foot injury resurfaced and hey presto I was on the treatment table again. Since then it's been a tale of knees and back crumbling, with new ailments confining me to the couch (in more ways than one!) So all the well-being I felt in September has since dissipated into a winter of discontent.

Compounding this inactivity was the frantic nature of a difficult time at work which meant the article never got written, the enthusiasm having waned.

Writing this now it strikes me it sounds suspiciously like an apologetic note "to sir," along the lines of "sorry, my homework has been eaten by the dog..." So instead of some insight into the joys and travails of completing about 17 miles of the Ennerdale Horseshoe in thoroughly agreeable

company, we have a preamble and a footnote, but no main course.

Lindsay deserves a huge pat on the back for organising the last 3 Autumn weekends - Coniston

and Helvellyn were great too, - but as I said to her as we passed over Haystacks, this was the best location she'd chosen: both for the hostel and its environs.

If you don't know Cat Crag hostel it's a 2.5 mile drive (or walk) down the forestry trail blanketed in dark pines from Bowness Knott at the start of the valley. The remote location is enhanced by the forbidding of vehicle access beyond Bowness Knott car park. Two intimate forestry cottages lie in wait for the intrepid hosteller, though the legendary Black Sail bothy/hostel is a more truly remote 4 miles further on at the head of Ennerdale - you can only get to this on foot. (Visitors there emerge with tales of a fairly heroic sole warden's efforts to make your stay hospitable.) Likewise the one man band that was Jim the warden at Cat Crag hostel, whose admirable multi-tasking made for a comfortable stay.

He was certainly welcoming when a lone Australian hiker at the end of his Coast to Coast walk turned up at twilight on the Saturday night hoping for a bed. The apparently amiable Aussie bunked down in our room with me, Nev and Mark. He cooked his meal and kept himself to himself, though had a chat with Bill and me before the team quiz. He seemed a sociable fellow from Melbourne. Shaun he said he was. I only mention this because a few weeks later when Rod rang to encourage this article he

related a story that had appeared in the local press about a tattooed Australian, a keen walker, who was on the run in connection with the murder of his girlfriend.

I think I've got this right but when Alison saw the photo of this guy she and Rod thought it could be Shaun from the hostel... but they hadn't taken much notice of him and didn't even realise he was Australian at the time. They also hadn't noticed him pick up a mysterious brown parcel he had posted on to the hostel... were the police still looking for the murder weapon? or was it the secluded location that fuelled fevered imaginations...? Now with hindsight they were putting 2 and 2 together and coming up with... well no, it seems 'Shaun' wasn't the wanted man but it would have been a good story. (A phone call to Jim at Cat Crag to confirm his identity by YHA number wasn't conclusive but I'm sure he didn't have a lizard tattoo on his back as the paper described. After all, this 'killer' slept above Nev all night - though he was gone in the morning when we awoke.)

At the time of the Ennerdale weekend the two part Martin Scorsese documentaries on Bob Dylan were televised, and as myriad Dylan lyrics started to fill my head I thought I might incorporate them into the article in the form of a quiz, i.e to recognise which songs they were from. It seemed like a good idea at the time - but it's going to have to be shelved for now, because as Sir Bob once said "time is a jet plane, it moves too fast" - one of his more banal lyrics.

So here finally is the footnote; vaguely in the spirit of Christmas, approximately 12 things I learned about fellow-Glossopdalers during the weekend, though no doubt some of this will remain a mystery to those who were not there;

- 1.** Phil Swan has no TV (which may explain why he didn't know who his celebrity neighbour Bez was... no great loss.)
- 2.** Pete Apps has a very good rock-based knowledge - not music, the hard stuff.
- 3.** Kate is an inspiration to everyone - a real game gal and a fine team captain.
- 4.** Alison is a big Neil Young fan, like myself.

5. Nev is an astute non-driving navigator, great company and a quiz-master par excellence.

6. Mark V. has serious stamina and showed his NHS training in the late night drinking on Friday and Saturday.

7. Dave's family has a geographical bent, but he hasn't - in fact he surveys all he sees...

8. Lindsay is 'cool', calm and never phased - a consummate organiser: thanks Dr Palmer.

9. Rod is... a phenomenon (haven't worked out what sort exactly), but an addict (exercise and drug... with his ethanol habit on the fells!... don't ask.)

10. Aussie hikers remain stereotypical in my eyes - called Shane or Shaun, wear bushman's hats, are laconic and resourceful at the same time.

11. Neil is a mine of information (much of it useful too); his collation of Wainwright's notes on the surrounding fells was a characteristic touch.

12. Bill is the 'cement' that binds so much of the club's bricks together. What would Glossopdale do without him, and his dry sense of humour.

And everyone's a winner.

Shelf Moor

Two internationals used the six mile Shelf Moor Fell Race from Old Glossop, the 21st that the Harriers have organised, as a warm-up for the forthcoming World Cup in New Zealand.

Lloyd Taggart representing the Dark Peak Fell Running club was the race winner in 42 minutes and 45 seconds, an excellent time on a very warm afternoon. Staffs Moorlands runner Dave Neill, was runner-up and first veteran. Altrincham's Andry Norman was third after holding the lead with Taggart for initial part of the race. Nearly one hundred athletes ventured out despite the scorching conditions.

Norman and Taggart went on to compete for England in the World Cup for Mountain Running at the end of September. Taggart had completed a gruelling week-end with four race wins in

three days. On the Saturday after noon, three hours after starting the Longshaw Sheep Dog Trials race near Hathersage, he set a new record in the Lads Leap fell race at Crowden. Taggart, aged 36, ran for England in the 2003 World Cup when they were silver medalists. He said, "I'll have a rest on Monday as I am rather tired".

The first woman back was Sally Newman, competing for Calder Valley FR. Glossop-born Newman, who was also the first veteran over 40, retained her title from last year when it was nominated an English Championship Race. She was timed at 55 minutes and 1 second, similar to 2004.

Taggart's marvellous feat of four wins in three days exceeds that by last year's winner of the Shelf Moor race. Then Tim Austin ran (and won) races on the

Friday and Saturday prior to winning the Shelf Moor. Austin this year was absent due to an injury.

Most of the Harriers were involved in marshalling the race, although six did compete. First home was Mark Ollerenshaw in 18th, then 32, Andy Bardsley; 41, Anthony Johnson; 55 Alan Turner; 63 Carl Bedson; and 74 Gary Burton. They collected the third team prize behind Dark Peak, the winners and Pennine Fell Runners, in second spot.

Neil





SAMOENS and the VALLEE du GIFFRE

The atmospheric and historic resort of Samoens just over an hour by road from Geneva provides an ideal location for relaxing or some serious sporting activity.

At the heart of the valley of the Haut-Giffre Samoens forms part of the Grand Massif ski area, which also includes the resorts of Morillon, Flaine, Sixt Fer a Cheval and Les Carroz. In winter the opening of the 8-person telecabine in 2004 has provided quick and easy



access to 265 km of pistes between 700 and 2500 m, covering some spectacular skiing. The snow record is good thanks to its geographic position close to the Mont Blanc Massif. Labelled as a " Station P'tits Montagnards " by Ski France, Samoens is an ideal family destination, with all-in services and products available to make things easy.

We offer an accommodation base from a well-appointed studio apartment from which you can enjoy this beautiful area. Samoens nestles at the base of the majestic Criou Mountain and it is the only french ski resort to be listed as a Monument Historiques. It has remained unspoilt by tourist development and maintains a thriving life throughout the year. This is not a purpose built resort.



Besides recharging one's batteries and enjoying a change of scene, holidaymakers can try out a host of new activities.

In summer the choice of alpine activities in the area are endless. There are family adventure parks, stunning walking and hiking trails to mountain lakes and waterfalls, rock climbing for all levels, river adventure sports and 600km of marked tracks for mountain biking with challenging mountain passes for the roadies.

Dave and Lindsay Palmer are contactable at:

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Please feel free to contact us with any questions.
