

Denby Dale Travellers AC

# Denby Dale Traveller

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[www.denbydaletravellers.org.uk](http://www.denbydaletravellers.org.uk)

Oct/Nov 2014

## DDT Fell Relay Stars



***On 19th October, two intrepid DDT teams completed the National Fell Relay event  
Report & Results on page 30—38***

***Thanks to Pete Middleton for the brilliant photographs***

## Lands End to John O'groats (Le Jog) 2014 Cycle Challenge (Main Facts)

Conscious of the fact that this could have been a very long article I just thought it might interest a few of you if I posted a few facts about the trip.

As you may be aware I did this with 2 other guys from Wickes DIY as a charity cycle ride in aid of Leukaemia & Lymphoma Research and the company asked me to take part.

We did this as an unsupported ride, carrying all our clothes, spares, travel food etc., and stayed at pre-booked accommodation along the route. Pre-booking somewhere to stay is both a benefit i/e you know you have a bed for the night at a set distance. But...., it can also be daunting when you know you have another 40,50 miles to cover, no matter what you feel like or technical or route issues have been incurred, before you can stop!

We set off on the 10<sup>th</sup> June from Lands End and arrived in John O'Groats on the 18<sup>th</sup>. The weather was generally good throughout and we had the benefit on light well into the evening if we needed it.

Carrying all your items in 2 panniers meant the kit list took some planning. Suffice to say the golden rule was to halve the original preferred list of items and then reduce by a few more items as well, making sure we had not duplicated any common items between us.

I knew my other two colleagues well and was confident of their capabilities.. This was essential to ensure that everyone was both fit enough and had the mental toughness to complete the ride. We rode as a complete unit which ensures efficiency, comradery and just makes for a more pleasant, sociable ride. Incidentally, Saddle soreness is just one of those inevitable occurrences that becomes a way of life for the ride. I used Sudocrem initially, but after 5 days in then a combination of Ibruprofen tablets and gel.

The route taken was Land's End - Oakhampton – Churchill (Sth of Bristol) – Leominster – Warrington – Kendal – Hawick – Bankfoot(Nth of Perth) – Strathpeffer – John O' Groats. The scenery was stunning in places other areas less so as you might expect. It might interest you to know that it is possible not to touch a major road from Perth in Scotland and 20 miles north of Inverness!

### Few Facts

Distance – 888 Miles in 9 days (Last 3 days covered 110, 106, 114)

Bike – Enigma Etape Touring. For the technical amongst you I used a 50/34 Compact Chainset and a 12-30 cassette. This gave me enough gearing for when tiredness crept in and to get over some of the climbs and steep hills in Devon/Somerset, Shap Fell, Cairngorms for example. I would typically spin the pedals at around 60rpm to get a nice easy rhythm which was possible to keep up for 10's of miles at a time. Much easier that 'pushing' a big gear.

Saddle - FiZik Aliante Versus. Essential to get this right. Tried loads but this gave plenty of comfort.

Tyres – Shwalbe Marathon Plus, 700 x 25C, indestructible and puncture resistant.

Pannier weight – 11-12Kg

Food – Approx 5000-5,500 calories a day. Stopped for proper food and found gels/energy bars ok but not really effective for the number of calories consumed. We would eat anything and everything. On the road I would eat bananas, flapjack, rice, cous cous, pasta, pizza even McDonalds at times. On something like this, ‘dirty food’ also wins over energy bars.

Drink – Yes! Seriously..., 2 bike bottles, one of electrolyte and one water.

Order of the Day – Start with a banana or piece flapjack and a cup of tea just to get started and typically get on the road for 7.30 to 8am. We would then ride for around 30 miles and stop for breakfast. The other stops were as and when we needed them and finish was whenever it was.

Interesting Fact – On the fourth day one of the lads lost a large filling and part of a tooth over a meal in Leominster. He booked an emergency dentist in Shrewsbury (who gave him a discount because it was a charity ride!) for the following day. After a having complete filling with a local anaesthetic he rode another 40 miles to Warrington to that days stopover..., Respect Man! Now that’s mental toughness!

Suffice to say it was a fantastic experience with lots of memories and experiences. If anyone is considering it I am more than willing to have a chat in detail about it.

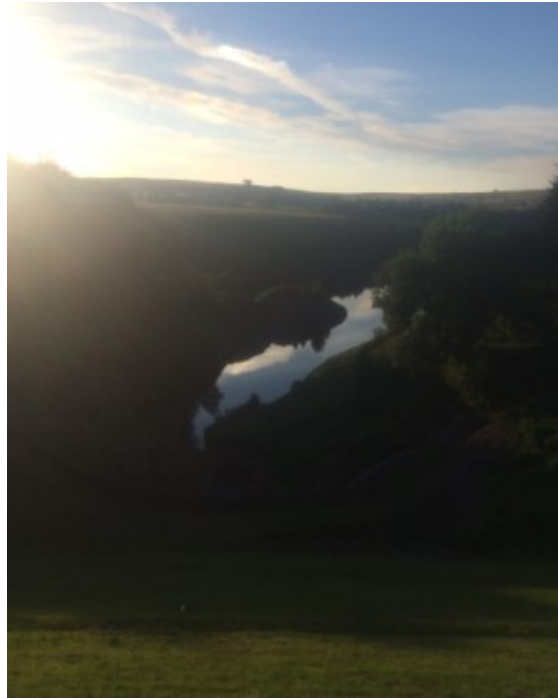
For the record we finally raised around £6000 for the charity!

Tony Weston



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**Holme Away Day**  
*pics below taken by Sue Kaye on Simon's summer away day  
run from The Fleece Inn in Holme*



## Letter from America

The early European explorers didn't have GPS capability. But they did have access to maps, albeit of dubious accuracy. In fact, when Christopher Columbus landed on the shores of San Salvador in 1492 he thought he was in Asia (which is where he had intended to land). It wasn't until the groundbreaking Waldseemuller Map of 1507 was it apparent that the USA was indeed on a continent all of its own.

The Spanish were inveterate Colonizers and had a huge influence in determining today's national boundaries in North, South and Central America as well as the Caribbean. Florida and California were Spanish Settlements as early as the 16<sup>th</sup> Century. As the Spanish Empire and influence waned during the 1800's, this precipitated the intervention of first Mexico then the fledgling USA in determining current boundaries.

When Mexico became independent from Spain in 1821, their territory included Texas, California, New Mexico, Nevada, Colorado and most of Utah and comprised about 40% of Mexico at that time. It wasn't until the Mexican-American War of 1846-1848 that the above Southwestern States were incorporated into the United States of America. A popular sentiment in these States is that they never crossed the border, the border crossed them.

It wasn't until 1898 that the Commonwealth of Puerto Rico was incorporated into the USA. Alaska was purchased from Russia in 1867 but had to wait until 1959 to be granted Statehood as the 49<sup>th</sup> State of the USA. The 50<sup>th</sup> State, Hawaii, is part of the Polynesian Archipelago and was named The Sandwich Islands by Captain Cook when he landed in 1778. Indeed, British influence persists even today as the Union Jack is still a part of the official Hawaiian State flag.

An interesting footnote is that it wasn't until 2000 that there were more Latino citizens than African-American citizens in the USA. In 1960, 75% of immigrants came from Europe but by 2000 this group accounted for only 15% of immigrants. Today the Latino and Asian communities are far outstripping other ethnic groups immigrating to USA. Latino ethnicity is preferred over Hispanic because the latter refers specifically to Spain whereas the former includes Spanish speaking Native Americans from the Caribbean islands.

Colorado, nicknamed the Centennial State and also the more popular Rocky Mountain State, became the 38th State in 1876. It was the 2<sup>nd</sup> State to grant universal suffrage by allowing women to vote in 1893. Colorado is predominantly non-mountainous and comprises about 104,000 square miles. Shirley and I can drive to a fantastic campsite at Echo Park in about 8 hours and never leave the State. The Rocky Mountains are rich in mineral deposits. It was the presence of silver and gold that attracted the early settlers. We live about 50 miles north of Denver which was originally a gold town and played an important role during the frontier era of predominantly Anglo-American development and growth. The establishment of railroads catalyzed exploration of the State as well as the construction of roads, dams and reservoirs.

Today, snow is the modern Gold: the Rockies are rich in skiing resorts and attract an international array of foreign visitors. However, the continuing investment in a burgeoning tourism economy is such that there is now considerable environmental pressure to prevent over-exploitation of natural resources at the expense of pristine landscapes. The discussion is underway in other States as well.

In contrast, Colorado's eastern plains are fertile; it was the presence of huge, roaming buffalo herds that attracted migratory Plains Indians. There are a few buffalo farms close to home; the meat is attractive because it is very low in cholesterol and a healthy option vs. beef.

The patriotic song America the Beautiful was written by Katherine Lee Bates after a visit to Pikes Peak, one of the State's 14,000 ft. summits.

Colorado has been inhabited by Native Americans since 11,000 BC. The remains and artefacts of Puebloan Peoples can still be found in sites such as Mesa Verde, a popular tourist destination near Cortez and Durango. Apache, Arapahoe, Cheyenne, Comanche, Kiowa and Ute Nations all passed through following the migrating buffalo herds. Parts of Colorado are also included in the Navajo Nation historic homeland. Regrettably, Colorado is not unlike all other States that maltreated their indigenous inhabitants and is home to the infamous Sand Creek Massacre perpetrated by Col. John Chivington against women, children and elderly Cheyenne and Arapaho Indians.

Sporting activity is also popular in Colorado (besides skiing). The Denver Broncos are a well-established American football team that Shirley and I follow. Denver also has successful Baseball and Basketball teams whilst the Denver Avalanche Ice Hockey team has won the coveted Stanley Cup twice. The World Heavyweight Boxing Champion Jack Dempsey was born in Colorado and was nicknamed "The Manassa Mauler" after his home town. Jeremy Cousins Biffle won Olympic Gold in the long jump in 1952 and was one of the first African Americans inducted into the Colorado Sports Hall of Fame. Last year, Shirley and I watched the Ride the Rockies bicycle race and saw Chris Froome and his Team Sky mates whizz by close to home.

Boulder Colorado is home to a long list of famous athletes attracted by the high-altitude training opportunities. I bought my first pair of Saucony shoes from Steve Jones in a shop owned by Frank Shorter in downtown Boulder. It is also home to the well-established annual 10 km race – the Bolder Boulder – which has been won by Frank Shorter, Mark Scrutton (Eng), Paul Davies-Hale (Eng), Arturo Barrios and Paul Koech in the elite Men's field. And by Rosa Mota, Ingrid Kristiansen, Jill Boltz (Eng), Elana Meyer, Derartu Tulu, Deena Drossin, Uta Pippig and Mamitu Daska in the elite Ladies' field.

The attached photo of David and Lesley Gill was taken at about 12,000 ft. on Trail Ridge Road in the Rockies, the highest paved road in the USA. The photo of Judith Johnson and the late Don Powell was taken at the famous Slickrock mountain bike location in Moab, Utah. In typical thirsty DDT fashion, Judith is saying: Look, Don, they're open!

Happy Running, Travellers!  
Bob Johnson, October '14 Colorado.  
[bob.johnson@skybeam.com](mailto:bob.johnson@skybeam.com))

Acknowledgements: Wikipedia;  
Colorado: A history of the Centennial State





## The 'Other 3 Peaks' race

28<sup>th</sup> June 2014 saw the inaugural run of **The Wharfedale 3 Peaks Challenge**. This run/walk in aid of Upper Wharfedale Fell Rescue Association starts in Kettlewell and takes in Birks Fell, Buckden Pike and Great Whernside, covering 22 miles & approx. 4000ft of climbing. Apart from 3 road crossings the route is entirely off road, mostly on little-used grassy & rocky paths and sheep tracks with a healthy dollop of peat bog.

Rosalind and I went to reccy the route in May on a rather overcast day which turned out to take an epic 7.5 hours. Stuck in the cloud somewhere on the top of Birks Fell we had to resort to using a compass (for the 1<sup>st</sup> time ever). In places there was more water than dry land and an abundance of sea birds as we tip toed around trying to avoid falling up to our necks in boggy water. A misreading of the route description (by yours truly), slowed progress as we went round in ever decreasing circles before finding the correct route. We stopped briefly on Buckden Pike for a breather and photo selfie (another first after working out which way round to hold the camera!). We reached the trig on top of Great Whernside at 5pm just as the sun came out and took in the amazing views and greenness; we would have liked to stay longer but there was still a steep descent back to Kettlewell and long drive home.



With an 8am race start time Peter & I opted for a local campsite – however, on reflection, one's own bed with ensuite and an early drive might have been a better option than pasta with midges and a portaloos. Rosalind took the more sensible decision and still beat us to registration! Registration was somewhat similar to Mickledon in 2013 with queues snaking up and down the village hall and out the door and as a consequence official race start was put back to 8.15; the only snag being that quite a few competitors had decided that they would set off at 8am as originally planned, leading to some interesting interpretation of race results.

Race day was cool, blustery and a little damp – but actually quite pleasant for a run and not too bad for our support crew/photographer. There were approx. 75 runners (& 125 walkers) and therefore someone else to run and chat to or at least in sight for most of the way. Blue flag markers helped guide us on tricky sections, although I was still glad to have done the reccy. The 3 checkpoints near road crossings had plenty of liquid refreshment and nibbles and even a barista at Cam Gill Road, but alas no time or appetite for such treats; no doubt the more leisurely walkers would have taken advantage of these facilities. Rosalind and I carried our own new-found running treat – *Chia Charge* flapjack – which is easy to eat on the move, tastes great and vastly preferable to any gel. The amazing warm dry weather in June had done a great job drying out much of the peat bog so there was little requirement for careful route finding and the downhill sections were wonderfully bouncy. We really enjoyed the day; managing to slash hours off our reccy time and were well within the 10 hour maximum allowed completion time. The distance, terrain and amount of climbing are quite a challenge but one that we would recommend to DDT's and there is a team trophy to be won.....so how about this as a DDT away day or fell championship idea for 2015. It's in aid of a good cause & there's pie and peas and a mug of tea at the finish!

Ed Williams	3hrs 21mins	1st
Anne Middleton	4hrs 35mins	1 <sup>st</sup> lady
Rosalind Bedford	4hrs 58mins	8 <sup>th</sup> lady
Last	Difficult to tell!	



Scribe - Anne Middleton



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## DDT Road & Fell Race Championships— Update

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### **Reminder of the rules.....**

**The club road race championship** will include 9 events to be nominated by the club captains. There will be 3 'short' events (up to 10k), 3 'medium' events, (10k-10 miles) and 3 'long' events (more than 10 miles).

Up to **6** of the nominated events can count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 3 of the other nominated races. You need to run 1 race to qualify. You must also be a paid up club member.**

**The club fell championship** will include 9 events to be nominated by the club captain. There will be 3 'short' events, 3 'medium' and 3 'long'.

Up to **5** of the nominated events will count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 2 of the other nominated races. You need to run 1 short, 1 medium and 1 long race to qualify. You must also be a paid up club member.**

The scoring system sounds complicated, but is really quite simple. The first Traveller back in each race scores 10 points, the second 9 etc. etc. At the end of the year the champion in each category is the person who scores the most points

The categories are:  
Mens Open, Vet and SupeVet (Road & Fell)  
Ladies Open, Vet and SuperVet (Road & Fell)

### **Remaining races 2014/2015—FELL**

#### **Short**

**Sun (mid) March 2015, 11.00am Lad's Leap 11.00am 5.9m/1699' Cat: AS**

Venue: Crowden Campsite, nr Woodhead, off A628. GR 073993

£?? usually entry on day. **Email: [desgibbons@live.co.uk](mailto:desgibbons@live.co.uk)**

*NB: final race date/details will be confirmed in FRA Calender published in Dec 2014*

#### **Long**

**Sun 11 January 2015 - Trigger Race (linear race from Marsden to Edale) 21.7m/4921'**

**Cat: BL.** Venue: Marsden Cricket Club, West Yorks, HD7 6NN. GR SE044106

Entry fee in 2014 was £10.00 [www.marsdentoedale.co.uk](http://www.marsdentoedale.co.uk)

### **Remaining races 2014/2015—ROAD**

#### **Short**

Huddersfield 10k 22nd Feb 2015 [www.huddersfieldroadrunners.co.uk](http://www.huddersfieldroadrunners.co.uk)

#### **Long**

Spenningshoe 20 8th March 2015 [www.spenac.co.uk](http://www.spenac.co.uk)

## DDT ROAD RACE CHAMPIONSHIP 2014-15

### LADIES OVERALL, VET & SV - after Langdale

You need to run one race to qualify.

Points will be based on your best

short, medium and long plus your best **three** others

You also need to be a paid-up club member

All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			Total Point	POINTS TO Count	Position	Age Category
	Kirkby 10K	Penistone 10K	Hudders 10K	Otley 10	Kilburn 7	Guy Fawkes 10	Eyam Half	Langdale Half	Spen 20				
DATE	4-May-14	29-Jun-14	22-Feb-15	11-Jun-14	13-Jul-14	2-Nov-14	19-May-14	20-Sep-14	8-Mar-15				
Claire Wilkinson	9			9			9	8		35	35	1	
Sarah Everett	8			8	10			7		33	33	2	V
Jo Worboys	10	9					10	10		39	20	3	V
Lesley Leggett		10								10	10	4=	SV
Sally Campbell				10						10	10	4=	
Rosalind Bedford								9		9	9	6	SV

## MENS OVERALL, VET & SV - after Langdale

You need to run one race to qualify.

Points will be based on your best

short, medium and long plus your best **three** others

You also need to be a paid-up club member

All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			POINTS TO COUNT	Position	Age Category	
	Kirkby 10K	Penistone 10K	Hudders 10K	Otley 10	Kilburn 7	Guy Fawkes 10	Eyam Half	Langdale Half	Spenn 20				
DATE	4-May-14	29-Jun-14	22-Feb-15	11-Jun-14	13-Jul-14	2-Nov-14	19-May-14	20-Sep-14	8-Mar-15				
<b>Kev Jackson</b>	<b>9</b>			<b>10</b>			<b>10</b>			<b>29</b>	<b>29</b>	<b>1</b>	
<b>Richard Bradley</b>		<b>5</b>						<b>10</b>		<b>15</b>	<b>15</b>	<b>2</b>	V
<b>Ross McClelland</b>	<b>10</b>									<b>10</b>	<b>10</b>	<b>3=</b>	
<b>Ed Townend</b>		<b>10</b>								<b>10</b>	<b>10</b>	<b>3=</b>	
<b>Tom Rowley</b>		<b>9</b>								<b>9</b>	<b>9</b>	<b>5</b>	V
<b>Phil Ellis</b>	<b>8</b>									<b>8</b>	<b>8</b>	<b>6=</b>	
<b>Dave Gill</b>		<b>8</b>								<b>8</b>	<b>8</b>	<b>6=</b>	SV
<b>Johnny Ridge</b>	<b>7</b>									<b>7</b>	<b>7</b>	<b>6=</b>	
<b>Ian Sargeant</b>		<b>7</b>								<b>7</b>	<b>7</b>	<b>6=</b>	V
<b>Dave Townend</b>		<b>6</b>								<b>6</b>	<b>6</b>	<b>10</b>	SV

## DDT FELL CHAMPIONSHIP 2014-15

### Ladies Overall, Vets & SV's - after Good Shepherd

You need to run one short, one medium and one long to qualify.

Points will be based on your best

short, medium and long plus your best 2 others

You must also be a paid-up club member.

All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	Age Category
	Charlesworth	Shelf Moor	Lad's Leap	Kinder Downfall	Ingleborough	Cop Hill	Hellvelyn	Good Shepherd	Trigger Race				
DATE	17-May-14	7-Sep-14	?-Mar-15	27-Apr-14	19-Jul-14	2-Nov-14	25-May-14	27-Sep-14	? - Jan 2015				
Jo Worboys-Hodgson	10	10			10			10		40	40	1	V
Anne Middleton	9			10	9			9		37	37	2	SV
Rosalind Bedford	8			9				8		25	25	3	SV

## DDT FELL CHAMPIONSHIP 2014-15

### Mens Overall, Vets & SV's - after Good Shepherd

You need to run one short, one medium and one long to qualify.  
 Points will be based on your best  
 short, medium and long plus your best 2 others  
 You must also be a paid-up club member.  
 All results to Sally Campbell please

RACE	SHORT			MEDIUM			LONG			Total Points	POINTS TO COUNT	Position	Age Category
	Charlesworth	Shelf Moor	Lad's Leap	Kinder Downfall	Ingleborough	Cop Hill	Hellvelyn	Good Shepherd	Trigger Race				
DATE	17-May-14	7-Sep-14	?-Mar-15	27-Apr-14	19-Jul-14	2-Nov-14	25-May-14	27-Sep-14	? - Jan 2015	Pts			
Phil Ellis	9			10	10			9		38	38	1	
Simon Browne	10							10		20	10	2	V
Dave Gill				9						9	9	3	SV
Stewart Yates	8									8	8	4	SV

## INGBIRCHWORTH DUATHLON - TUESDAY 19 AUGUST 2014

### Overall Results

Pos	Name	LEG 1	LEG 2		LEG 3	
		Run Time	Cycle Time	Total Time	Run Time	Total Time
1	Stuart Yates	00:10:12	00:31:03	00:41:15	00:11:08	00:52:23
2	Phil Ellis	00:09:24	00:35:58	00:45:22	00:10:27	00:55:49
3	Andy Green	00:10:34	00:33:41	00:44:15	00:11:39	00:55:54
4	Steve Blackford	00:10:06	00:35:04	00:45:10	00:10:45	00:55:55
5	Ross McClelland [R]/Tim Shaw [B]	00:09:20	00:38:53	00:48:13	00:09:53	00:58:06
6	Sally Campbell	00:11:35	00:36:36	00:48:11	00:12:19	01:00:30
7	Tony Sharpe	00:11:47	00:36:34	00:48:21	00:12:23	01:00:44
8	Jegs Morris	00:12:25	00:35:54	00:48:19	00:13:45	01:02:04
9	Ian Sargent [R]/Andy Kirby [B]	00:11:12	00:39:56	00:51:08	00:11:37	01:02:45
10	Edward Townend	00:11:51	00:41:09	00:53:00	00:11:28	01:04:28
11	Andrew Blackford	00:11:49	00:39:41	00:51:30	00:13:03	01:04:33
12	Clara Carr [R]/John R [B]	00:12:54	00:39:14	00:52:08	00:13:19	01:05:27
13	Elain White	00:12:46	00:39:47	00:52:33	00:13:38	01:06:11
14	Ian Milburn	00:12:12	00:42:49	00:55:01	00:13:58	01:08:59
15	Dave Townend	00:12:16	00:44:19	00:56:35	00:12:25	01:09:00
16	Hannah Cornwall	00:11:41	00:44:58	00:56:39	00:13:50	01:10:29
17	Graham Guest	00:12:04	00:44:53	00:56:57	00:13:47	01:10:44
	Jan, Ruby and Millie Yates	00:12:57	00:30:54	00:43:51	00:17:23	01:01:14
	Jo Worboys and family	00:14:54	00:31:40	00:46:34	00:27:09	01:13:43

### Run Ranking

### Leg 2 Cycle Ranking

Name	LEG 1	Pos	Name	LEG 2
	Run Time			Cycle Time
1 Ross McClelland [R]/Tim Shaw [B]	00:09:20	1	Stuart Yates	00:31:03
2 Phil Ellis	00:09:24	2	Andy Green	00:33:41
3 Steve Blackford	00:10:06	3	Steve Blackford	00:35:04
4 Stuart Yates	00:10:12	4	Jegs Morris	00:35:54
5 Andy Green	00:10:34	5	Phil Ellis	00:35:58
6 Ian Sargent [R]/Andy Kirby [B]	00:11:12	6	Tony Sharpe	00:36:34
7 Sally Campbell	00:11:35	7	Sally Campbell	00:36:36
8 Hannah Cornwall	00:11:41	8	Ross McClelland [R]/Tim Shaw [B]	00:38:53
9 Tony Sharpe	00:11:47	9	Clara Carr [R]/John R [B]	00:39:14
10 Andrew Blackford	00:11:49	10	Andrew Blackford	00:39:41
11 Edward Townend	00:11:51	11	Elain White	00:39:47
12 Graham Guest	00:12:04	12	Ian Sargent [R]/Andy Kirby [B]	00:39:56
13 Ian Milburn	00:12:12	13	Edward Townend	00:41:09
14 Dave Townend	00:12:16	14	Ian Milburn	00:42:49
15 Jegs Morris	00:12:25	15	Dave Townend	00:44:19
16 Elain White	00:12:46	16	Graham Guest	00:44:53
17 Clara Carr [R]/John R [B]	00:12:54	17	Hannah Cornwall	00:44:58
Jan, Ruby and Millie Yates	00:12:57	18	Jan, Ruby and Millie Yates	00:30:54
Jo Worboys and family	00:14:54	19	Jo Worboys and family	00:31:40

### Leg 3 Run Ranking

		LEG 3
Pos	Name	Run Time
1	Ross McClelland [R]/Tim Shaw [B]	00:09:53
2	Phil Ellis	00:10:27
3	Steve Blackford	00:10:45
4	Stuart Yates	00:11:08
5	Edward Townend	00:11:28
6	Ian Sargent [R]/Andy Kirby [B]	00:11:37
7	Andy Green	00:11:39
8	Sally Campbell	00:12:19
9	Tony Sharpe	00:12:23
10	Dave Townend	00:12:25
11	Andrew Blackford	00:13:03
12	Clara Carr [R]/John R [B]	00:13:19
13	Elain White	00:13:38
14	Jegs Morris	00:13:45
15	Graham Guest	00:13:47
16	Hannah Cornwall	00:13:50
17	Ian Milburn	00:13:58
18	Jan, Ruby and Millie Yates	00:17:23
19	Jo Worboys and family	00:27:09

### BIKE FOR SALE

Specialized Dolce Sport 27 2012 women's road bike, 51cm aluminum frame, carbon forks, Shimano Sora transmission, triple 50-39-30, 12-27 cassette. Cost £700 Jan.'12, little used, excellent condition. All documents available. Realistic offers. View/test ride, contact Maggie/Steve 01484 863985, [maggiesteve.rob@tiscali.co.uk](mailto:maggiesteve.rob@tiscali.co.uk)

## Porto City Race weekend

This weekend consisted of three separate races – an evening race round the centre of Porto on Friday evening, a score event round Porto's City Park on Saturday morning, and the main city race on Sunday round the streets of Foz. After sight-seeing round Porto on Friday morning we went to the event centre in the afternoon to collect our race numbers plus a technical shirt and baseball cap all for the princely sum of 17 euros for all three races!

The night race began at 8pm and Judith was off at 8.22 me at 8.33 but I could see there was a problem when her start time went and she was still on the line – Eventually she came back and said 'They've got me down in W55 class which is flattering but I've told them I'm nearer W75 class so I need to go to registration and get it altered'. We hurriedly did this and got back in time for my start time and she got a fresh one. When it came to start I grabbed the map and set off down the same street as everyone else, when I'd found out when I found the start triangle on the map I realised I would have better off taking the adjacent street which meant I wouldn't have had to go round many corners. After No 1 it was downhill to N2. Then instead of coming back up to the main street I descended further – big mistake, a narrow street full of restaurants with tables full of diners overflowing onto the streets – wended my way through them including getting a friendly pat on the rear end by a woman in white (reckon she must have been drunk or desperate) and into a main square again full of diners. I thought it might be easier to cross up by a fountain – but no luck, past a load of startled diners, wondering what these runners with headlamps were doing. Up a load of steps and that's No 3, After a couple more it was a long climb back up for the rest of the controls, one of which was inside the railway station on the main concourse surrounded by people looking up at the departures board. Then up yet more hills to the finish. Finished last in M65 class. Didn't stay for the prize presentation which didn't start until 11.15pm so Judith lost out on getting a bottle of Port for 2<sup>nd</sup> in W65.

Map here

<https://plus.google.com/photos/10531...08160193486976>

The next day it was a score race – idea is there is a set time to visit as many controls each having a 'value' within the time limit – go over the limit and points are deducted for every late. However this race had an additional twist – there were 47 controls out in the park but you had to visit 30 and try and come back with exactly 1000 points and you'd 90 minutes to do it. If you were late you lost points, if you got more than 30 controls they deducted any points gained from the extra controls, if you amassed over 1000 points with your 30 controls they deducted the surplus off a 1000 (eg if you scored 1020 points they deducted 20 to give a final score of 980 points.) I and a lot more set off without any plan just getting any high scoring controls I could spot - I foolishly punched one which was only worth points can't afford to get them, look at the map and I've missed a 75 The map was enclosed in a polythene bag and I'd taken a biro and was putting a cross through each control I'd visited. Decide to head west, better count up how many controls I'd been to, look at the map.....disaster my sweaty hand has wiped off most of the crosses on the polythene bag! Stop and try and recall where I'd been, think it's 17 but not really sure. Get a few more then spot a motorway running northwards and on the far side of it are 3 controls with 50, 30 and a juicy 95! The motorway is elevated so just run underneath it then realise where I am .. on the beach! The controls are simple to spot but its hard work running across the soft sand, now back under the motorway up a flight of



steps, turn left up a slight rise for a 25 get it then try and recount how many controls I've got (I'd given up how many points I'd got ages ago) I reckon I need one more – get a 20 then cross a public carpark heaving with cars, through a wooded area to the finish. Go to download – got the 30 controls OK and my final score is 935 points which places me 29th in the Vets class. A number of people scored exactly 1000 points. The secret was to sit down after the start – work out exactly which controls would give you that then mark them on the map and belt round!

Map here

<https://plus.google.com/photos/10531...08160193486976>

The main race of the weekend was centred in Foz, a bus ride away along the riverfront. I'd a 10.33 start so we were down fairly early at assembly which was in a park on the seafront. Queued up at the pre-start and when you'd started it meant heading out of the park across a busy main road. However on approaching the traffic was brought to an immediate standstill by a rather imperious looking policeman so we could safely cross. The start triangle is up a steep cobbled street, in fact most of the streets in Foz that we ran on were cobbled. No 1 is up this street, turn right, first left, first right, first left then run up alongside a large wall until I can enter a works complex and the control is over a grassed area by the side of a building. Out the way I came in but a faster runner than me stays in the complex but heads north. As I'm running up an alley I notice what he's obviously spotted – there's a gap in the wall higher which will save him time. At the top of the alley turn left and it's on the 2nd street left. Exit that street run downhill across a grassed area to a tree for No 3. No 4 is straight forward but then I opt to go downhill to No 5 but this I'd have been better going back uphill then on a street to descend to No5 as my route involves dropping too low and more climbing up later on. I north with a gradually descending road here because to go east means that you suddenly come to a big drop to the road below and no easy way to get down. Luckily I can see No 6 behind a wall as I approach. The route to 7 looks easiest to the east but I haven't looked at the map properly – the control is on the far side of an uncrossable wall so I have to run right to the bottom of the street and up the other side to get there. No 8 is uphill, No 9 is a bit tricky involving more climbing then down a couple of narrow streets, across a carpark and a grassed area to the corner of a building. 10 involves going round a building, finding a small path through some deep grass up a couple streets, up some steps to the inside corner of a wall. Nice to see a few have gone to the outside corner which is about 20 feet higher!. 11 is easy and 12 involves more uphill picking my way round blocks of flats. 13 is round a large building complex to a single tree then onto 14 past 2 flat blocks and down between another. Now for 15 down over a grassy area, hesitate here, not sure if there's a way out down a steep embankment (there wasn't) play it safe and go over the car park I'd been through earlier and down a street which went far lower than where the control was on an adjacent street which meant yet more climbing. By now I was going 'braindead' and went further up the street to turn left and down past the church where all the people were coming out of morning service (I would have been better dropping straight down the street opposite the control (which was downhill) and running along the main road.) Across the main road into the park, punch the last control and try to sprint to the finish. I end up 5th out of 6 in the Ultravets(65+) class. My better half finishes 3rd in her class.

Map here

<https://plus.google.com/photos/10531...08160193486976>

As previously mentioned the entry fee for the weekend was 34 euros for the two of us including technical t shirts and hats. The race organisers had a deal with an hotel which cost 192 euros for 4 nights B & B plus evening meal including wine. 226 euros plus airfares for the two of us. All in all, a brilliant weekend.

If anyone is interested in going next year the races will be on the weekend of 26/27Sep

Guy Goodair



## 22<sup>nd</sup> Jungfrau Marathon, Switzerland – 13<sup>th</sup> Sept 2014

Much earlier in the year I was musing on what running challenge I should attempt in 2014 and as I had enjoyed the Mont Blanc Cross race the previous summer must have muttered something to Pete about another uphill challenge. Happy for a legitimate reason to use his new iPad, he quickly came up with the Jungfrau Marathon, a full marathon distance (42.2km) with over 5000ft of climbing and very little downhill. Registering was easy, (though not cheap, being Switzerland), with no previous race or medical certificate requirements. Training was more tricky as it was virtually impossible to find anywhere in the UK with similar ascent. The other snag, which I hadn't appreciated when registering, was that almost half the route involved tarmac (roads or paths), an alien racing surface for me, necessitating some road training, the odd race (Joe Percy 10K, Burnsall 10 & Shepley 10K) and some new trainers!

### Race route & profile



As the race approached I started reading internet blogs from elite runners who had finished in ridiculously quick times. At the end of July I received an information pack including details of various cut-off times which added to the panic. I had envisaged that it would take me over 7 hours – the rules allowed a maximum of 6.5 hours! I continued to follow my race training plan, including Barnsley parkrun as often as I could, some long runs with Rosalind on the pretext of race reccy's and was fortunate to have more time than usual to get out and about walking and running in the Peak District. Despite all this, I still arrived in Interlaken feeling like a lamb to the slaughter but determined to do my best and at least enjoy the mountain scenery.

After a fitful night's sleep and all the breakfast I could stomach, we left before sunrise to catch the ratchet train back to Interlaken Ost - at least being Switzerland, one could be reasonably certain that the train would run on time! The train slowly filled with other bleary runners and supportive family and friends. There was an oompah band (one of many that day) to greet us off the train. After a cursory warm up, it was time to line up behind the start line, searching in vain to find others with race numbers bearing the Union Jack (108 apparently). With almost 4000 competitors, this was the largest race I'd ever entered. I failed to spot the pace setter flags and settled to stand near a Swiss lady who said she usually finished within 6 hours, so thought I'd try to keep her in my sight. I had calculated that to avoid being disqualified I needed to complete the first half in 2.25 hours, leaving 4.25 hours for the majority of the ascent.



A burst of fireworks and we were off at a leisurely pace. First a flat loop of the city, the streets lined with noisy supporters. We then headed out to the Brienersee lakeside before turning towards the Lauterbrunnen valley and big mountains. Pete had already headed back to the station hopeful to get to Wilderswil to see the elite runners (including GB's Emma Pooley) leading the pack and in fact he spent the rest of the day hopping on and off the mountain trains to give me encouragement as I passed through various villages. For the first half of the race we ran on a mixture of small roads, rural tracks and wooden bridges criss-crossing the milky blue glacial waters of the Weisse Lutschine. At the 15km point we had to cross the railway line – I made a mad dash in front of a train as it slowly started to move out of the station, others were more law abiding and were forced to wait.

There were crowds of people in Lauterbrunnen cheering and ringing huge cow bells and brass bands playing. The atmosphere was amazing and narrow streets gave it a TDF Holme Moss type-feeling; I felt quite emotional. Up until this point I had ignored the water/feeding stations since, unlike the majority of fellow runners, I was carrying my camel and a variety of gels and emergency rations; however I decided to stop for a drink as we were nearing the half-way point. Unfortunately I inadvertently grabbed a cup of warm *Bouillon* soup, took a gulp before realising and HAD to spit it out. This appears to be a European custom and an acquired taste. After this, I learnt to look out for the H<sub>2</sub>O signs.

Out of Lauterbrunnen, we ran along the grassy floor of the 'U' shaped valley with sheer rock faces soaring 1500ft either side and occasional vertical waterfall. We passed a couple of lads packing away their paragliders; a popular sport in these parts as well as madder BASE jumping. I reached the half-way point after 01:56; so far so good.



Soon it was time to start the climbing. The zigzag path up to Wengen was at an impossible gradient; time to switch to fell walking technique and start overtaking. The route levelled a little as we reached the car-free town and Pete was there with his camera. I took advantage of a bucket of wet sponges outside a lady's house – the day was warming up! By now we were high up above the valley and snowy peaks were more clearly visible. The route went through a muddy forested area and then continued climbing, now above the tree line. I managed to overtake a few more runners and reached Wixi (37.9km), the second cut-off after 04:16, with well over an hour to spare – relief....I knew I was going to finish now, but the last 5km were harder than I could have imagined and not remotely like a parkrun. I was starting to feel a bit woozy and losing concentration despite water stops and Chia flapjack, so resorted to a caffeine gel – sickly, but it seemed to do the trick. Fatigue and the narrow path meant we were mostly walking quietly in single file – no-one had energy for conversation (even if you were multi-lingual). We clambered up a rocky path past an enclosure of pigs (or did I imagine this?) and then around the corner where 6 alpine horns were being played. The final climb took us up a ribbon of glacial moraine, the Eigergletscher having



A runner was being treated with IV fluids and looked in a bad way. A couple of helicopters were circling close by, one filming, the other possibly air ambulance. We were helped over a rocky outcrop, offered chocolate squares and then started the 1.3km descent to the finish line. This sounds easier than it was, as by now our legs were unaccustomed to any form of descent. Doing my best penguin impression, I waddled by a small lake with mountain views reflecting in the water and then around the next corner the Finish banner and waiting crowds came into view at Kleine Scheidegg.



Slightly dazed, I was given my finishers medal and a tumbler of Rugenbrau (excellent local lager) and wandered around in search of Pete. We sat in the sun taking in the mountain view (Eiger, Monch & Jungfrau close by) and atmosphere – tired happy runners with friends and family.



After a while I picked up my Finishers T-shirt and change bag, which had amazingly found its way from a jumbled heap in the back of a lorry in Interlaken to an organised mountain warehouse



There were more bands and local dancers and stalls selling bratwurst & sauerkraut, although I opted for a much travelled pot of Ambrosia rice pudding. Eventually we caught a small ratchet train, overflowing with people wearing medals around their necks, back down to Grindelwald.

After all my pre-race angst, I was pleasantly surprised to have finished in 5:06:10 (1430/3990 overall, 208/943 women and 14/137 women aged 50-54) and so lucky to have been fit & able to run amongst such amazing scenery – in what is claimed to be ‘the most beautiful marathon in the world’.

(Contributed by Anne Middleton)

### Langdale Half Marathon 20 September

1	Ross Anderson	MJ	Jarrow	1:18:58	
27	Lucy Snowball	F	Unattached	1:32:52	1 <sup>st</sup> Lady
82	Jo Worboys-Hodgson	F40	DDT	1:49:08	
151	Rosalind Bedford	F50	DDT	2:01:59	
177	Claire Wilkinson	F40	DDT	2:07:14	
188	Richard Bradley	M45	DDT	2:10:10	
243	Sarah Everett	F40	DDT	2:25:58	

DDT = First Ladies Team



## Good Shepherd Fell Race 27 September 2014

The fact that there were only 16 ladies out of a field of 106 proves that Calderdale is not a girly-friendly place to run .....**please** can we think twice before including Calderdale races in the fell championship for next year ...there are other nicer places to run! I think Phil's ankle might agree as well.

### Race results

Position	Name	Club	Time	
1	Oliver Barnes	U/A	01:50:43	
13	Gayle Sugden	CVFR	01:58:55	1st lady & new record
31	Simon Browne	DDT	02:05:22	
51	Jo Worboys-	DDT	02:16:38	1st FV40 & 6th lady
61	Phil Ellis	DDT	02:20:25	
79	Anne Middleton	DDT	02:29:50	
103	Rosalind Bedford	DDT	03:09:59	
	Last		03:28:16	

### Anne

Photo on Left © Woodentops—Phil & Jo pass Stoodley Pike  
Photo on Right, Pete Middleton—Rosalind Stoodley summit





28 September 2014

**Penistone Hill Race**

1	Clive Fitzpatrick	M40	Stockport	43:52	
10	Caitlin Rice	F	Glossopdale	49:14	1 <sup>st</sup> Lady
39	Tony Weston	M60	DDT	59:24	1 <sup>st</sup> V60
93	Pete Andrews	M65	DDT	104:49	1 <sup>st</sup> V65



**Berlin Marathon**

Peter Ramsden DDT 4:04:06



## 37th YVAA XC Champs 2014

Nunroyd Park, Guiseley, 28 Sept

### Race 1: Ladies 35+

28	Joanne Worboys-Hodgson	DDT	19:18	F40
43	Sally Campbell	DDT	20:51	F35
45	Clara Carr	DDT	21:00	F35
56	Rosalind Bedford	DDT	22:04	F50
57	Vicky McClelland	DDT	22:10	F40
60	Claire Wilkinson	DDT	22:32	F40
63	Bronwyn Morris	DDT	22:44	F55
67	Debbie Daniels	DDT	23:14	F40
73	Sarah Everett	DDT	23:42	F40
83	Abbie Dagg	DDT	25:21	F35
86	Sam Dickinson	DDT	25:40	F35
88	Kay Couldwell	DDT	26:16	F45
92	Corrin Harris	DDT	29:35	F45

F35-44: 7<sup>th</sup> Team = DDT

F45-54: 4<sup>th</sup> Team = DDT

F35-44 'All to Count' – Winners = Denby Dale Travellers

### Race 2: Mens 50-69

27 Mick Collinson DDT M55 – no times for this race

### Race 3: Mens 35-49

15	Ross McClelland	DDT	31:50	M35
21	Jonathan Ridge	DDT	32:48	M35
35	Phil Ellis	DDT	34:53	M35

M35 – Individual winners: 3<sup>rd</sup> = Ross McClelland

M35-39 – 3<sup>rd</sup> Team Medal winners = Denby Dale Travellers



## Withins Skyline 12th October 7 mile 1000 ft

Great conditions - bright and sunny. No kit check problems.

Nice little race - a bit boggy in places. Billed as 7 miles, but only 6.1 on my Garmin.

1st	Simon Bailey	Mercia	41.05	
16th	Lindsey Brindle	Horwich RMI	48.53	1st lady
123rd	Stewart Yates	DDT	58.42	23rd Vet

50 - wish I hadn't bothered to count !  
163rd Jan Yates DDT 62.38  
255 finishers

Stew

Photo © Woodentops



## Northern Athletics Cross Country Relay Champs 2014

### Graves Park, Sheffield, 18 October

#### W35

2 <sup>nd</sup> Team	DDT A	Jan Yates	15:24	Sally Campbell	16:24	Jo Worboys	15:20
4 <sup>th</sup> Team	DDT B	Sarah Everett	19:03	Vicky McClelland	17:49	Claire Wilkinson	18:04
5 <sup>th</sup> Team	DDT C	Abbie Dagg	19:35	Sam Dickinson	20:24	Deborah Daniels	18:40

#### W45

4 <sup>th</sup> Team	DDT	Rosalind Bedford	17:31	Anita Nicholson	19:06	Corrin Harris	23:23
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#### M35

2 <sup>nd</sup> Team	DDT	Ralph Barker	14:02	Simon Browne	12:47	Ross McClelland	12:28
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**XY Relays—Graves Park**

**Top: DDT Ladies Squad; Bottom: Anita & Ralph in action**



## Cannon Hall Run 19 October 2014

1	Tom White	Barnsley AC	37:26	M
6	Fiona Davies	Kingstone	40:31	F40
146	David Townend	DDT	54:18	M60
175	Graham Guest	DDT	56:24	M40
207	Dave Daniels	DDT	58:37	M
209	Deborah Daniels	DDT	58:42	F40
212	Rachel Warsop	DDT	59:38	F40
224	Rachel Marsen	DDT	60:11	F
226	Chris Walker	DDT	60:14	M60

## West Yorkshire Cross Country League 2014

### Race 1: Thornes Park, Wakefield, Sun 19 Oct

#### Ladies

44	Sally Campbell	W35	DDT	27:55
53	Clara Carr	W35	DDT	29:08
62	Vicky McClelland	W40	DDT	31:30
68	Sarah Everett	W40	DDT	32:40
75	Samantha Dickinson	W35	DDT	35:26

8<sup>th</sup> Ladies Team

#### Men

119	Stewart Yates	M50	DDT	45:52
121	Mick Collinson	M55	DDT	46:07
137	Kevin Jackson	SM	DDT	49:00
156	Peter Frankland	SM	DDT	55:15
157	Richard Bradley	M45	DDT	55:45
165	Pete Andrews	M65	DDT	

16<sup>th</sup> Mens Team

## British FRA Relays 19<sup>th</sup> October 2014

12 Plucky Travellers (plus a couple of spectators!) made their way up to the Middleton Fells in the Sedbergh Area of the Lake District for the Annual British Fell and Hill running Relay Championships. This is the opportunity for the Denby Dale runners to rub shoulders with the cream of British Fell running with clubs such as Dark Peak, Calder Valley, Borrowdale, Eyri, Hunters Bog Trotters, Helm Hill, Bingley Harriers, plus many others fielding their top runners. This was none more true than some of the men's team bumping in to Johnny Brownlee at Kirkby Lonsdale on the way up (more on him and his stalker later!). I bet he was a bit worried about the competition as Simon and Adam bought bacon butties at the snack van!!

The competition is run over four legs with leg 1 being a solo leg over 5 or so miles, leg 2 is pairs over approximately 10 miles, leg 3 is a navigation leg also run in pairs and over approximately 10 miles (if you go the right way!!) and finally leg 4 is a solo leg over 5 miles ish.

### The Teams

Our teams for the day were as follows:-

Men – Leg 1 – Ross, Leg 2 – Ralph and Adam, Leg 3 – Steve and Andrew and Leg 4 – Simon

Ladies – Leg 1 – Claire, Leg 2 – Christine and Jan, Leg 3 – Jo and Anne and Leg 4 – Rosalind

### The Race in Pictures

On arrival at the venue Jo was very excited to hear about a certain Mr Brownlee being somewhere in the vicinity. As we went to the club tent area we found Pete (Anne's Husband) clinging to our tent (which by the way was something from the 1980's) to stop it blowing away while Anne was desperately trying to find someone to help get it erected and pegged down. We got the tent pegged down and then tried to survey the area to try and determine where we would be running (and spectating).



Simon & Adam Outside our Tent



Middleton Fells

There was an amazing buzz about the place and I think it is fair to say that our very own warrior Claire was feeling the nerves, she was even quiet at one stage (but not for long!!).  
The **Leg One** runners got themselves ready and the race was underway.



The leaders on the 1<sup>st</sup> climb

Ross on the 1<sup>st</sup> climb



Claire on the 1<sup>st</sup> Climb

Ross looking good early on

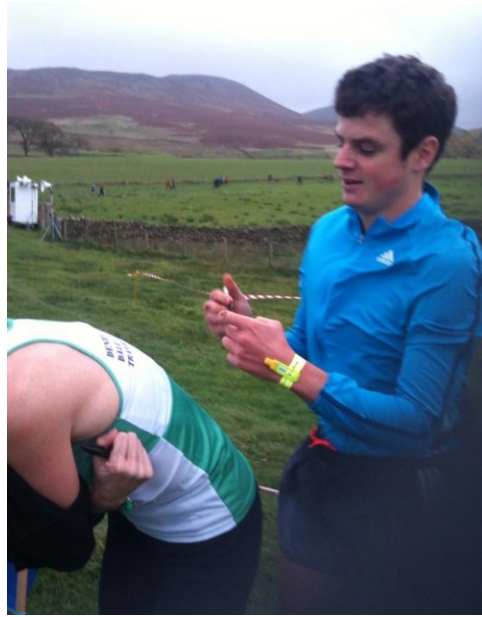


I can Fly!!

Claire's special hair do!



Claire feeling the effects  
dies  
captain is a little preoccupied!!



While her team is working hard on the Fells the la-

**Leg 1 Results**

Denby Dale Men – 85<sup>th</sup> – 85<sup>th</sup> Overall

Denby Dale Ladies – 212<sup>th</sup> – 212<sup>th</sup> Overall

**Leg 2**



Johnny Brownlee trying to escape Jo



Daftest kit award goes to??





Ralph & Adam looking focused, is that a Holmfirth vest in the background behind the boys?



Jan & Christine Heading out



Looking strong



Full speed ahead!!



The Piper



Working hard through the braken

**Leg 2 Results**

Denby Dale Men – 170th

Denby Dale Ladies – 199th

**Leg 3**



Brothers in Arms!



Go get 'em Ladies



It's a bit windy!!



Sprint finish!!



It's been a tough day! Words of encouragement from the younger brother.

**Leg 3 Results**

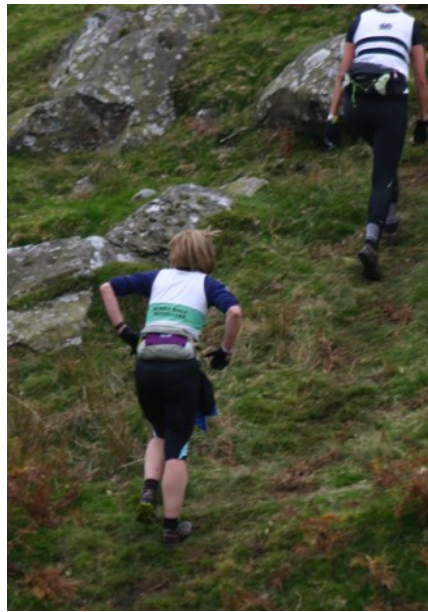
Denby Dale Men – 194th

Denby Dale Ladies – 177th

Leg 4



That looks steep!!!



Will this hill ever end???



Rosalind Dibbing



Looking good Fell captain!



The Winners, Dark Peak

Finished, well done Men



Time for a smile well done ladies

#### Leg 4 Results

Denby Dale Men – 65th – 158th Overall

Denby Dale Ladies – 196th – 185th Overall



Final team photo, minus Ross who had to go home!!!

Will done Everyone, fantastic day out and well run everyone!!!

**Denby Dale Travellers AC**

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*All contributions to the newsletter  
welcome by email, post or in person  
(email is preferable though so I can  
'cut & paste')*



**Pedalling to success—spotted in  
Holmfirth by Paul Carr**

**Next Issue Jan/Feb 2015**

Please let me have  
contributions by mid Jan

Check out the 'Denby Dale  
Travellers' page on Face-  
book for extra photos,  
web-links & gossip!



Ladies captain Jo Worboys–  
Hodgson finished the Last of  
the Summer Tri as first  
unattached lady

Thanks to Paul for the pics

Well done Jo!

