

Thanks for your contributions -please keep them coming - to Joy Good  
([joy.good@ntlworld.com](mailto:joy.good@ntlworld.com))

**Proud to be a  
Pacer**

**WYWL XC**

**News Reports**

**Power of 10 v  
Run Britain**

**GB Walks**

**Cross Training –  
swimming**

**YVAA**

**Calderdale Relay**

**Training**

**Puma Pudsey 10k**

**South Dales**

**Circuit**

**Dates for your  
Diary**

## Proud to be a Pacer!



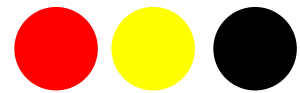
**Congratulations to our ace Men's Team at the West Yorkshire Winter League Cross Country League who came first**

**A very well done to all those taking part and a magnificent second place overall**



**Congratulations to our prize winners in the West Yorkshire Winter League Cross Country League for 2012-13:**

**1<sup>st</sup> M40 Nigel Armitage  
1<sup>st</sup> M45 Paul Gaile  
2<sup>nd</sup> M40 Rogan Ashton  
2<sup>nd</sup> M50 Rob Samuels  
3<sup>rd</sup> M45 Graeme Tiffany  
1<sup>st</sup> M60 Jim Wheldon  
1<sup>st</sup> M65 Roy Bamford**



## **West Yorkshire Cross Country Winter League v PECO – Dave Butler**

In the first inter league race the might of WYWL took on PECO. A true David & Goliath battle. In a bitter wind chill below freezing the teams ran the 3.5 laps around Temple Newsam.

Two Pacers were in the select WYWL squad James Clark (Open) and Robert Samuels (M50+). Both helped their 3 man relay team beat their rivals.

Of the six categories Open , M40+ and M50+ (Male & Female versions) WYWL won 4 vs 2.

Additionally Pudsey Pacers had a good showing with 4 teams out representing:

Team 1 : Darren Burnley , David Woodhead and Rogan Ashton

Team 2 : Dave Butler , Mark Dixon and Steve Pattison

Team 3 : Mark Smith , Neil Wallace and Dave Butler

Team 4 : Jessica Roberts , Carole Parkinson and Dave Roberts

Solid performances from the old guard and impressive efforts from the young guns.

Well done to all.

## **News reports**



Keep those results and reports coming –  
[pacersnews@hotmail.co.uk](mailto:pacersnews@hotmail.co.uk)

25/2/13

Last week heading over to the other side of the Pennines and competing in the Parbold Hill Race (6.75 miles over Parbold hill via farmers fields, roads and mud tracks), Gary Bailey finished in a top 10 position in 47:53 and Karen Pickles, 1st F40 and 2nd lady home in 53:31. Well done both.

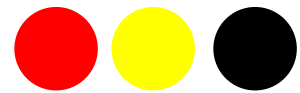
Heading down south to compete in Brighton Half Marathon on a bright sunny morning, David Coleman, achieved a brand new shiny PB with an impressive 1:25:19. David finished 143rd in a field of over 7500. Excellent running.

This week travelling even further afield, our very own globe trotting Pacer, Andrew Smithurst, experienced the highs and lows of the Hong Kong half marathon. With 72,000 runners taking part in the three events (full marathon, half marathon and 10k), Andrew completed the half (which started at the unearthly hour of 6.00am -gulp!) in 2:30:15.

Over in Blackpool for the 24th Great North West Half Marathon a small merry band of Pacers enjoyed a day at the seaside. Running were Loretta Robson 1:52:01, Anna Kirby 1:53:01, Elaine Allen 1:55:15, Carol Parkinson 2:09:52 and John Woodhead in 2:09:53.

Finally some races in Yorkshire to report. In the Snake Lane 10 mile race Anne Gowing ran in 1:33:30 and Graham Fisher achieving a 10 mile PB by some 6 minutes in 1:33:54. Superb improvement!

A sole Pacer tackled the Ilkley Fell Race. Darryl Stead completed the 8k, 401m climb route in 52:54.



Park Run News - PB's at Bradford Park Run for Antony Mawson 24:14, David Hobbins 28:57 and Danielle Hawnt 29:33. Other pacers running - Vince Bussingham 21:36, Andrew Byrom 22:33, Neil Wallace 22:53, Chris Godbold 26:10.

Travelling to the inaugural Scunthorpe park run, Graham Fisher ran 26:11, narrowly missing out on a PB. Next time Graham!

News from Huddersfield 10k - Joy Warman reports *"a tough little 10k with some mean hills but an awesome effort by Helen Davies and Joy Warman (Guide). Helen wanted to challenge herself by getting in the middle of the field on the start line instead of doing her usual back of the pack start! As you can imagine for Helen the start can be one of the scariest parts with all those feet and so much to concentrate on for both Helen and her guide....But we settled down, hit the hills hard, worked well as a team and achieved a fantastic time of 56.45s (not yet official)"*.



4/3/13

News this week is much closer to home with all races taking place in Yorkshire. The weather was kinder to us as well – has spring arrived?

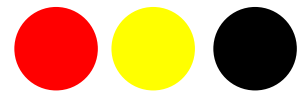
The main event this weekend was the cross country race in Dewsbury. It was all to run for in the final race of the West Yorkshire Winter League season. Going into the race the men's team were leading by a mere 26 points. Stainland had reduced the lead by 30 points at the penultimate race at Skipton so it was going to be a closely contested battle in the final race. 19 Pacers men and 3 women lined up on the start line. Our men's team ran superbly coming 2<sup>nd</sup> on the day but maintaining 1<sup>st</sup> place over the season and bringing the mens first place trophy home.

The seven male counters were Nigel Armitage (6<sup>th</sup>), James Clark (7<sup>th</sup>), Rogan Ashton (8<sup>th</sup>), Darren Burnley, running well after a 6 month break from racing due to injury (10<sup>th</sup>), Robert Samuels (23<sup>rd</sup>), Graeme Tiffany (30<sup>th</sup>) and Richard Gibson (32<sup>nd</sup>).

Other men representing the club were Dave Woodhead, Rich Allen, Rob Dixon, Mark Dixon, Dave Butler, Mark Smith, Neil Wallace, Roy Bamford, Jon Popiolek, David Roberts, Neil Berry and John Woodhead.

The ladies were led home by Trish Popiolek followed by Sarah Turner and Jessica Roberts.

Overall for the season provisional results were men's team 1<sup>st</sup>, women's team 7<sup>th</sup>, vets team 2<sup>nd</sup>, and combine overall position 2<sup>nd</sup>. Some very strong performances by many of our men which is evidenced by the large number of trophies won. Provisional individual trophies for the following members – Nigel Armitage 1<sup>st</sup> M40, Rogan Ashton 2<sup>nd</sup> M40, Paul Gaile 1<sup>st</sup> M45,



Graeme Tiffany 3<sup>rd</sup> M45, Robert Samuels 2<sup>nd</sup> M50, Jim Wheldon 1<sup>st</sup> M60 and Roy Bamford 1<sup>st</sup> M65. Congratulations to all! Full results will be found soon on [www.wymedia.co.uk](http://www.wymedia.co.uk).

In the south of the county participating in the Norton 9 mile scenic road race was sole Pacer, Sue Ransome. Sue achieved an excellent time of 66:53mins coming 1<sup>st</sup> F55. Well done Sue.

Opting for the hills and testing their endurance Mark Nolan and Steve Pattinson trotted with the trolls in the 25 mile Trollers Trot in the Yorkshire Dales. A tough course with 3064ft of ascent was completed in very respectable times - Mark Nolan in 3:53 hours and Steve Pattinson in 4:16 hours.

Parkrun news this week - at Bradford parkrun PB's for Mark Smith (21:46), Helen Davies (26:13) (guided by Andrew Byrom), Danielle Hawnt (29:13) and opting for Roundhay parkrun, Chris Smith achieved a course PB of 22:01.

11/3/13

A very well done to all our brave members out racing in the bleak wintery conditions this weekend.

First out of the starting blocks this weekend on Saturday was Neil Wallace finishing in 54:51 (unofficial time) at the appropriately named Windmill Whizz , which is a 7mile, 801ft (244m) climb on the moors to the wind turbines, starting and finishing at Ogden Water near Haworth.

Opting for a rather longer run (suspect they may be in marathon training) and running the infamous Spen 20, a very testing hilly course, were Dave Cooper 2:42:26 leading the Pacers home, followed very closely by Jonathan Smithurst 2:42:46, and then Jenny Cooper 3:02:28 and Sara Demaine 3:38:50. Well done all - only another 6 miles to go!

In the first inter league race the might of West Yorkshire Winter League (WYWL) took on PECO. A true David & Goliath battle. In a bitter wind chill below freezing the teams ran the 3.5 laps around Temple Newsam.

Two Pacers were in the select WYWL squad James Clark (Open) and Robert Samuels (M50+). Both helped their 3 man relay team beat their rivals. Of the six categories Open , M40+ and M50+ (Male & Female versions) WYWL won 4 vs 2.

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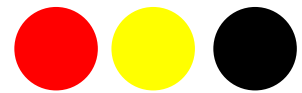
Team 4 :Jessica Roberts , Carole Parkinson and David Roberts

Solid performances from the old guard and impressive efforts from the young guns. Well done to all.

Finally, highlights of parkrun news this week - at Bradford, Nigel Armitage finished in first place in 18:02 and a course PB for Graham Fisher in 27:12.

19/3/13

Many races to report on this week with Pacers racing on both sides of the country.



On the west coast at Lytham St Anne's we had coach Dave Burdon tackling the Ultrafit St Anne's 10 mile race in an impressive time of 1:13:22

Also over in Lancashire, pacers in marathon training ran the Trimpell 20, all achieving PB's. Very well done all and in particular special mention to Sue Ransome, who added to her tally of prizes with a well deserved 1st F55 finishing first pacer home in 2:35:11. Sue was followed home by Neil Wallace 2:41:35; Andrew Byrom 2:48:33; Anna Kirby 2:56:30; Loretta Robson 2:58:36; Wendy Stephenson 4:44:18; and Karen Wilcock 4:44:19.



Over in the east, Pacers were competing in yet another pre-marathon 20 miler. The East Hull 20 was completed by Al Chapman in superb 2:13:56, Dave Woodhead in 2:22:27 and John Woodhead in 3:18:57.

A sole pacer running in the south of the county was James Clark, who did the club proud in the South Yorkshire half marathon, finishing in 15th position in an excellent time of 1:22:02.

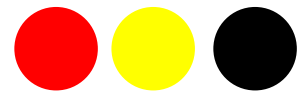
Up on the fells this weekend tackling the 15 mile Heptonstall fell race, by all accounts a very muddy, hilly 3,200ft climb were Mark Nolan in 2:53:42; Sharon Hague 3:42:58 and Jenny Cooper 3:44:23.

Over to the team event of the weekend - a large number of pacers represent the club in the YVAA cross country championships at Wentworth Hall in Barnsley.

We had four teams entered, all of whom ran very well on the undulating, muddy but very runnable course. The ladies did 5.6km while the men ran an arduous 10km.

Individuals running were Sharon Hague 24:32, Loretta Robson 26:18, Jenny Cooper 26:46, Trish Popiolek 27:00, Lynne Barrett 27:43 and Carol Parkinson 29:43.

In the 45 - 54 category 3 to score ladies took 4th place (Robson, Popiolek and Barrett).



In the mens race individuals running in the 50 - 69 age category were Jim Cantwell 39:42, Robert Samuels 41:32, Steve Pattinson 49:17, John Popiolek 51:44 and David Roberts 56:14, taking the 4th place in their age group (5 to count).

In the mens race in the 40 -49 age category, Dave Magee 44:52, Steve Boom 45:18, Dave Cooper 48:10 , Martin Robson 49:46, and Tony Mawson 54:12, taking 3rd place (4 to count).

25/3/13

Very few races to report on this weekend due to the adverse weather causing the cancellation of several local races.

However further afield two races went ahead, and the hardiest Pacers braved the elements to participate.

Travelling up to North Yorkshire and competing in the Thirsk 10 mile race, facing very windy conditions were Nigel Armitage in 11th place in a blistering 57:45 (3rd M40), followed by Mark Smith 1:15:39, John Pop 1:20:50, Don Stead 1:29:42 (3rd M70), John Woodhead 1:34:53 and Carol Parkinson in 1:38:08.

A trio of pacers ventured across the M62 to Cheshire to run the Wilmslow Half Marathon, which reports Marie O'Connor was "In a nutshell freezing (took 4 miles before I could actually feel my fingers!) but it's a great race, well organised and scenic. I would highly recommend. And it's great for a PB!". Leading the Pacers home was Michael Hern in 1:28:30, Marie O'Connor 1:38:07 (PB), and Sara Demaine, narrowly missing a sub 2 hour in a time of 2:00:06 (so close Sara!).

Well done to all those that managed to race this weekend - some great times!

## **Want to Compare yourself with Other Runners?**

### **What's your UK Ranking?**

**thepowerof10.info v runbritainrankings.com**

#### **Power of 10 website: thepowerof10.info**

(all performances (including track & field) by UK athletes)

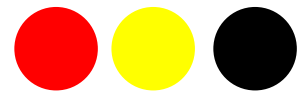
The general remit of the **Power of 10** website is to record all performances achieved by UK athletes, in line with agreed entry standards, in order to maintain a clear and accurate record of how performances are improving in all areas and across all age groups. Find out your UK Ranking here.

#### **Run Britain website: runbritainrankings.com**

(for road runners)

Once registered: you just need to log in to be taken to your bespoke personal running biog profile page featuring:

- opportunity to enter the monthly Reward Running 2012 competition
- personal progress graph
- direct comparisons with other runners with a 'head-to-head' function
- weekly mileage logger and graph
- national ladder position showing your ranking amongst all UK runners
- current rankings at each of the major distances (5K, 10K, HM, Mar)



- handicap score updated automatically after each run
- target times to bring score down to the next level
- training schedules to help you achieve your target

### **What is the difference between [runbritainrankings.com](http://runbritainrankings.com) and Power of 10?**

[runbritainrankings.com](http://runbritainrankings.com) is an initiative from the road running part of UKA - [runbritain.com](http://runbritain.com). The site is for road runners of all levels. The centrepiece of the website is the handicap score awarded to every runner who has done at least one race since the start of 2010. The handicaps are similar to golf and are intended to motivate runners to race more and at different distances and so improve their handicap.

### **What is Power of 10 all about? *(The official blurb - Ed)***

It is a set of targets for performance formulated to focus athletes on improving in every track and field event in every age group in every English region and Celtic nation of the UK. Targets are set that should be attainable by at least 10 athletes during the season. The targets are reviewed at the end of each season and re-set for the start of the following year's outdoor season so that the impetus of new challenges continues to raise standards.

Strategic Head of Coaching and Development, Kevin Tyler, acknowledges the strengths of the site but is also keen to ensure that coaches and athletes plan effectively for the long term... ***"(Coaches) The Power of 10 can support you and illustrates clearly how the athletes you work with are progressing. But of course it is only part of the answer. By using the login area, you can explore progress in the event (s) you coach and by analyzing this info further you can recognise where your planning is at with the athletes you coach. The sport is committed to deeper research and constant evaluation of event depth and will learn from this and share those findings with the sport."***



## **GB WALKS - Graham Brown**

Hi Fellow Walkers

The walks planned over the next few weeks are:

31 March	Easter Sunday - a walk will be organised if anyone is interested
7 April	Birks Fell Ridge from Buckden - 11 miles
14 April	A 12 mile walk up Ingleborough from Ingleton
21 April	A walk up Buckden Pike - 9 miles
28 April	A 10 mile walk from Malham

The above walks are subject to weather and so may change

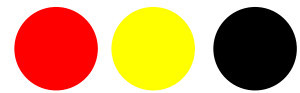
If anybody has any walks they fancy doing in May please let me know.

Regards

Graham

Tel : 0113 2572323 / 0113 2568356

Mobile: 07976 248792



## **Cross Training – PPRC Swim Group – Graeme Tiffany's forum post goggles & cozzies**

An opportunity exists to build upon the growing success of Pudsey Pacers' swimming group as part of the club's desire to promote cross-training as beneficial to all runners. A block / sole use booking of Bramley Baths is being considered on Monday evenings from 8 – 9 pm, for Pacers members (but potentially for family, friends and other interested parties also).

You would be able to choose to use the gym or swim, whether under the tutelage of Arthur, who is a Masters coach, or independently. There are no restrictions on the use of flippers. The steam room would also be available. Of course, you could mix and match if you wished.

We would need to attract a minimum of about 30 - 35 people to make this financially viable, in which case you would pay about a fiver a head. Of course, if there were more it would be cheaper. We could have pint after, now its a penny cheaper.

This post is designed to gauge interest. If you think this might be for you please register your interest on the forum.



## **Yorkshire Veterans AA**

### **36th YVAA XC Champs 2013**

**Wentworth Castle, Nr Barnsley - 16 Mar 2013**

A very well done to all those who represented Pudsey Pacers at the Yorkshire Vets Cross Country Championships. The Mens 40/49 team came 3<sup>rd</sup> and the Womens F45 came 4<sup>th</sup>.

Thanks to all that ran and well done. Same time next year?

The next YVAA Grand Prix race is on April 28<sup>th</sup> at Honley.

## **Calderdale Relay Race 19/5/13 - Nigel Armitage forum post**

Thanks a lot for the great response. Please find below details of the two teams. Experience suggests there will be changes to the line ups over the coming weeks, so I would encourage everyone to get involved with as many recces as possible! Full leg route details at [www.Halifaxharriers.co.uk](http://www.Halifaxharriers.co.uk)

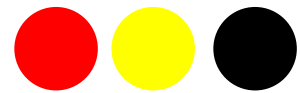
In terms of recces, it's always a good idea to get someone along who's run the route before. Calderdale veterans Graeme Tiffany and Dave Woodhead know all six legs and have generously said they will act as guides for recces on any or all of them!

Any probs please let me know!

Thanks

Nigel





#### Open Team 1

Leg 1: Robert Samuels/ Graeme Tiffany

Leg 2: Jim Cantwell/ Darren Burnley

Leg 3: Karen Pickles/ Zaheir Bashir

Leg 4: Nigel Armitage/ James Clark

Leg 5: Johnny Prideaux/ Sam Cook

Leg 6: Richard Allen/ Steve Boom

Reserve: Jim Wheldon

#### Open Team 2

Leg 1: John Woodhead/ Victoria Hague

Leg 2: Jenny Cooper/ Katy Ralph

Leg 3: Dave Cooper/ Sharon Hague

Leg 4: Stephen Pattison/ Chris Smith

Leg 5: Sue Ransome/ Neil Wallace

Leg 6: Mark Smith/ Nicola Bradford

Reserves: Graham Fisher, Joy Good, Jon Pop, Joy Warman, Jessica Roberts

### **PPRC Coaches and Leaders – Club Investment in Training**

The Committee are pleased to announce further investment in order to meet the training needs of an increasing membership and to continue to cater for runners of all abilities, including absolute beginners. The club were successful in securing a funding contribution from West Yorkshire Sport and Leeds Athletics Network. This will support members who have demonstrated a willingness to become involved in the training infrastructure.

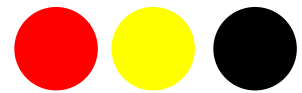
We currently have three more coaches in training and a further six run leaders which will bring our total to six qualified Coaches and ten Leaders in Running Fitness. This will enable us to develop the training programme and give you more options on Tuesday club training nights.

A new Tuesday night training schedule will be published on the website shortly. It is our intention to give a varied programme. On the first Tuesday of the month during the summer we will alternate between 5k time trials and the 31/29 pace management session.

Please feel free to give us any feedback or ideas to work into the summer schedule.

#### The Committee

As part of Clubmark accreditation a meeting will soon be scheduled with all coaches and leaders to discuss all aspects of coaching and leading. This will also cover the safe and effective coach to athlete ratio of running groups.



## **PPRC Annual General Meeting and Club Awards Presentations** **Friday 5th April - Club Awards and Annual General Meeting**



At Fulneck Golf Clubhouse, 7.30pm.

A review of the year and a look forward to the coming year, rounded off with Club Awards to individual members.

Includes a free supper.

## **PPRC Puma Pudsey 10K**

You may be aware by now of the date fixed for this year's Puma Pudsey 10K - Sunday 21<sup>st</sup> July. Your help is needed to make this year bigger and better than ever before.

The 10k Sub Committee will be meeting in April and any help you can offer would be appreciated.



In particular we are taking part in the Pudsey Carnival on Saturday, 18 May where the inaugural **Pudsey Carnival Fun Run** will take place at 2 pm. This will be a race for under 8s and under 12s, running around the Arena, costing just 50p.

## **South Dales Circuit – February 2013 – Steve Boom**

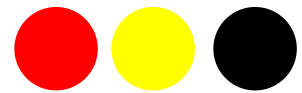
Seventy five miles, seventeen peaks all over 2000ft, three days. This is another adventure organised by Cat from Abbey Runners in preparation for a three day Bob Graham jolly scheduled for March.

We've dropped my car in Marsett near Hawes and driven back to the bottom of Fountains Fell where we'll be leaving Allison's car and hopefully picking it up in 3 days, although given the snow conditions we carefully choose the parking spot.

Getting out of the car really took my breath away, it was absolutely freezing. It was one of the few occasions when you're wishing for a nice steep hill to get your body used to the cold. And Fountains Fell, Darnbrook Fell followed



First climb of the day – Fountains Fell



by Birks Fell didn't disappoint. Deep snow filled peat hags, snow covered heather and steep climbs ensured all four of us were warmed up quite quickly.

Unfortunately the conditions slowed our progress considerably and we had to make a route change to avoid finishing our first day on Yokenthwaite Moor in the dark. Our route change involves missing bacon butties in Kettlewell (although given our lack of progress the cafe would have been serving lunch) and avoiding Great Whernside and rerouting via Buckden.



Allison and Cat enjoying lunch in Buckden

We had lunch on the village green in Buckden and then ascended Buckden Pike using a well defined but snow covered path. From the summit we could see where we had come from and more importantly we could see our last peak of the day, the infamous Yokenthwaite Moor.

Descending Buckden Pike offered fantastic views and the desire to stop and capture the moment on camera was too much for Sharon. Unfortunately being at the back of the group on this particular descent meant

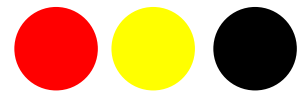
she soon lost sight of the rest of us. Meanwhile we were waiting for her in what we thought was an obvious place and after 10 minutes realised something was wrong.

Having to climb a hill you've just descended when you're 16m into a long run is guaranteed to cause a little stress, but Cat and Me took a deep breath and dutifully worked our way through the deep snow to be greeted with the sight of Sharon shouting our names, in tears worried we'd left her in the middle of nowhere. This just goes to show that communication is very important even in good visibility.

It was only later did Sharon explain she thought we were initially hiding from her and was looking over walls, in ditches, etc for us! Believe me, given the temperatures hiding would have been the last thing on our minds.

Having located Sharon and ascended the long meandering track to Yokenthwaite Moor we still had the small task of finding the trig point. Once again we made our way over peat hags filled with snow with one eye on the time and the other on the map. I lost count of the number of times I fell and it really was physically and mentally draining pulling yourself to your feet and carrying on. Eventually after what seemed miles we found the trig point and ticked it off as our last climb of day one.

We now had a couple of miles to navigate at the top of the moor then a long descent into Raydale and a mile on road back to the car, just what the feet and legs need after a long day.



Descent of Buckden Pike with Yokenthwaite Moor in the distance

The keys went straight in the ignition and the heater was turned to full when we eventually arrived back at the car, although my thoughts on equality were tested when it was suggested I 'sprint' back to the car and drive it back and pick the girls up!

We'd booked into the Moorcock Inn at Garsdale Head, the name having caused much joviality amongst the females in the party and it didn't disappoint. Owned and managed by a lovely couple named Karen and Cath, the irony wasn't lost on us and the girls renamed the pub The Nock Inn.

After a lovely meal and a few pints of ale none of us could keep our eyes open and an early night beckoned. Wednesday was an early start, too early for the landladies, and we were left to fend for ourselves in the dark breakfast area (we couldn't find the light switch!). By 7.30 we were en route to a small village called Burtersett near Hawes. This time we would be leaving the car for two days so we needed to carry kit for both days and an overnight stay in Ingleton.

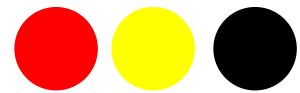
Once again, getting out of the car into freezing conditions needed steely resolve, especially as we were confronted by driving snow. As we gained height the snow depth increased and each snowflake that was whipped along by the wind and hit my face felt like it had been crafted from Sheffield steel and sharpened by a Japanese master swordsmith.

Our first peak of the day was Drumaldrace and although the driving snow was making navigation difficult we were able to locate it and get a picture at the trig point. Our next target was Dodd Fell but the conditions had taken a turn for the worse.

We continued along Cam High Road, a track dating back to Roman times which eventually brings you out onto the road between Hawes and Ribbleshead. If we were under any illusion as to how bad the weather was the conditions on this road brought it home. Three lads in a transit van had just given up and turned around and looked at us with incredulity.

It's at this point that safety kicked-in and we decided we needed to get off the peaks and into the valley quickly. The best way was to follow Cam High Road all the way to the Station pub at Ribbleshead where we could get warm drinks. Seven miles later after negotiating driving snow, snow drifts and frozen solid gates we arrived at the pub and got sat in front of the open fire.

Now most people may have decided to call it a day at this point, after all the time was



approaching 1.30pm, it was snowing heavily and very windy. But this is Cat's Adventure Tours (or trials if you're Sharon) and so it was agreed that we'd ascend Whernside, only the tallest peak in the Dales!

And so we left the nice warm pub with our sights firmly set on a relatively quick ascent of Whernside. It soon became apparent once we started to climb that deep snow and thick mist was going to make navigation difficult as the path disappeared. In addition progress would be slow due to knee deep snow. In fact, I'm not sure anyone had been up Whernside that particular day as there were no footprints.

My memory of reaching the top was trying to find the trig point. We stood where we thought it should be and all looked but couldn't see it. It was literally 20 yards from us but the mist was that thick we had no idea it was there.

After a very quick stop due to the temperature we headed off in the direction of Hill Inn and almost immediately lost our way as the deep snow and mist wiped out the path once again. Patience and clarity of thought are key in these situations as it's a common mistake to make the surroundings fit the map (something Tiff taught us on his excellent map reading course). And so Sharon headed-off along a wall believing it to be the boundary wall we expected to see even though there was raised banking to our left - the descent of Whernside towards Hill Inn is a ridge path so you'd expect both sides to be level or lower.



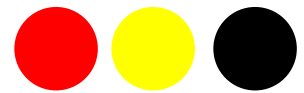
Cold, windy, snow – welcome to Whernside summit

It sounds obvious but believe me, when you're cold, hungry, tired and just want to get off the mountain it's amazing how your mind will make something fit. If we had followed the wall we would have ended-up in the wrong valley. Course corrected, it was time to have some fun on a steep descent and save our legs by sliding on our bums.

All that was left was a 7m road run into Ingleton followed by beer, shower and food.

Day 3 was to be a 'relaxing' day - 16m over Ingleborough, Pen-y-Ghent and Plover Hill. After a good hearty breakfast provided by Kwok at the YHA, a guy we had met the night before in the lounge asked if we could help him. He'd driven his car down a path whilst looking for the YHA stopping just short of the river and decided to abandon it given the snowy conditions.

It didn't sound a big deal so we followed him and a nice police lady who had come to see what the problem was - this is big news in Ingleton! As we walked down the path and eventually saw the car we looked at each other with smirks on our faces. What



sort of dumb ass would drive his car down here, and then the dumb ass got in his car and tried to back out of his predicament.

It was difficult not to laugh as he spun his wheels, got stuck in a tree with the branches actually in his car as he'd left the passenger window open, nearly slid into the river and the finale was spinning his wheels and covering the nice police lady head to toe in mud. It was like a comedy sketch, the best bit he offered us money for our help - we felt we should be paying him!

The ascent of Ingleborough from Ingleton is relatively straightforward and ours was uneventful except for Sharon complaining she was too hot and removing layers of clothing, only to be putting them back on half a mile later. The temperature dropped very quickly once we reached the snow line.

Again, windy conditions and mist greeted us at the summit of Ingleborough and given the conditions we (Cat!) took a bearing from the trig point. Off we marched through ankle deep slush looking for some visual clues that would get us on the right path. After about 20 minutes it became clear we'd strayed off the bearing as we couldn't find a way off the summit.

Back to the trig we went although this could have proved more difficult than it sounds as visibility was down to about 20 yards. Through the slush we trudged and took another bearing from the trig. The thought of walking through the slush again didn't really appeal as my feet felt like blocks of ice even though I had SealSkin socks on but off we went.

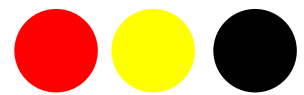
We managed to pick-up what looked like a path and it felt right for the first few hundred yards but then it didn't look right to Cat or me. Out with the map and we spent some time trying to work out exactly where we were. Only later would we realise we'd picked-up the Clapham path which in normal conditions would have been obvious.



Day 3 and the last peak – Pen-y-Ghent

We now had to make a decision as to what to do. We didn't know where we were, the only visual clue we had was our footsteps in the snow and a mental image of where we'd come from. It was important to get back to the trig for reference and in what felt like a 'Touching the Void' moment, we had to decide whether to try again or go back to Ingleborough.

Given that we'd now been trying to get off the summit for over an hour and were all cold and in danger of making bad decisions we decided to get back to the trig and then head



back to Ingleborough where we'd formulate a plan for the rest of the day over a mug of tea!


In what was fast becoming a scene from Planes, Trains and Automobiles, our plan was to catch the bus to Settle and the train to Horton. We'd then climb Pen-y-Ghent picking up the Pennine Way and miss out Plover Hill.

Just short of the summit there is a T junction of paths, left to the summit via a steep rocky climb, or right back along the Pennine Way to the car. After I'd embarrassingly picked up all the toys I'd thrown out of my pram after learning everyone else fancied going to the summit, we climbed the last few hundred yards and as the clouds parted we were rewarded by fantastic views.

All in all a wonderful few days spent in some of the most beautiful landscape Yorkshire has to offer.



**Dates for your diary**  
**Good luck and safe running to all our Pacer Racers**

<b>April 5</b>	<b>PPRC Annual General Meeting &amp; Club Awards Presentations</b>
<b>April 7</b>	<b>Baildon Boundary Way</b>
<b>April 14</b>	<b>Wakefield Hospice 10k Overgate 10k @ Elland Meanwood Valley Trail 7.5ml</b>
<b>April 20</b>	<b>Over the Odda 10k, Leeds</b>
<b>April 21</b>	<b>Virgin London Marathon – go team Pacers!</b>
<b>April 25</b>	<b><u>PPRC Club night</u> away run at Woodhall golf club</b>
<b>April 28</b>	 <b>Veteran's Grand Prix, Race 2, at Honley (yvaa.org)</b>
<b>May 18</b>	<b>Pudsey Carnival Fun Run at 2 pm, under 8s and under 12s</b>