

1/20

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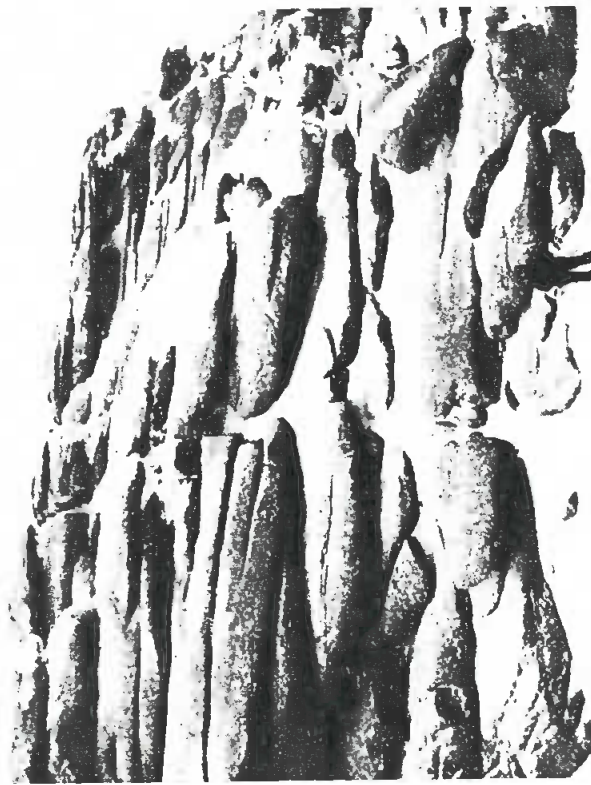
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Founded in 1950

**NEWSLETTER**

**April 2003**



**Sunny Spain!**  
**Sue Denmark in a blizzard on**  
**Septimo Pico, Sierra de**  
**Guadamarra. February 2003**



**FMC Website** [www.fyldemc.org.uk](http://www.fyldemc.org.uk)

Photo: John Denmark

## CLUB NEWS

This year's AGM was the least well attended that I can remember. Martin had wanted to retire after five years as chairman, but no replacement could be found.

We are also short of a social secretary. So if there are any power crazed egomaniacs harbouring delusions of grandeur out there that fancy being Blackpool's answer to Cecil B de Mille, then please get in touch with a committee member. For those of you unsure about how to get the attention of a committee member, buy them a beer. For their undivided attention buy them several beers!

The annual dinner this year will be held at the Middle Ruddings Hotel at Braithwaite on Saturday 6<sup>th</sup> December. The situation there is not ideal, but it was either the Middle Ruddings Hotel or no dinner. However, a large barrel of Yates's beer should be on hand in order to smooth out any problems.

Good climbing.

**Mike Penn**

We were extremely saddened to hear of the death of Gerry Senior, an active member of the club for all his adult life. There was a large "FMC presence" at his funeral. It was the family wish that flowers were from family members only but if anyone wished then donations to Langdale and Ambleside Mountain rescue team in their place could be made..

If anyone wishes to donate the address is :-

The Secretary

LAMRT

Lowfield Base

Lake Road

Ambleside

Cumbria

LA22 0DN

**GERRY SENIOR**

I have been asked some members to bring together their donations and send them en block with a covering letter. If anyone wishes to do this please send a cheque to me payable to Langdale and Ambleside MRT.

**John Wiseman**

sults, even if I can't remember the times.

As there were two reasonable routes to No 1, I didn't realise that Steve and Mari Angeles had set off past No 1 to No 12, the last control; so I asked the last starters, Team Tolley/Nisbet, to collect in the flags. Steve realised his mistake and doubled back, only to find the flag at No 1 had gone!

In the end it all worked out OK. Next time I'll pick an area with an A3 sized map but, of course, if the scale is the same (1:1000), then the size of the marked course will still be small. (Until that is, the level of navigational skill improves so that I can plan a real challenge! Men 21 Elite course at Easter is 17.9 k and the winning time is expected to be 70 minutes!)

### **1st Place:**

Team Tolley/Nisbet (Mike, Jenny and Roy)

### **2nd:**

Andy Hird (special mention for extra course length via Stair)

### **3rd:**

Steve Wrigley & Mari Angeles (Gave the others a start)

**4th:** Chris Thistlethwaite (ability to run fast is not always an advantage)

Retired: Chris's friend Adrian.

This year I'm hoping to get a different area which will be technically a little easier but still physically demanding. Sue

says she will bake or something to that effect.

I hope we get a few more competitors this year so we can have more of a challenge and fun (nearly wrote laugh there but didn't like to)

**JD**

## **SCOTTISH WEEKEND MACINTYRE HUT 22-23 FEBRUARY**

Thirteen attended the above, eleven members and two guests. A good day on Saturday when climbers had excellent conditions (albeit on high routes) on Ben Nevis, Aonach Mor and Aonach Beag.

There was plenty of beer and festivities in both the Clachaig or Four Seasons bar in the evening, although some were a little late in arriving.

Walkers climbed Ben a Beitheir and Ben Nevis, our Chairman practising his navigational skills on the Ben with great success. (This could necessitate seeding in this year's Orienteering Trophy-Ed)

Sunday arrived with a few members less than 100% and the weather not as good as the Saturday. Most people settled for a short walk and early travel home..

Another good February Scottish weekend.

**Les Ward**

map to Mari Angeles so she could hone up her navigation skills, or was it so I would not be so hasty and cock things up again.

By now the other teams had set off, Mike & Jenny Tolley were running as a team with Roy Nisbet, Chris This was out there somewhere as was Andy Hird and Chris's friend Adrian. It was like being on covert ops in Nam except for swamps and napalm we had... well I suppose we also had swamps but instead of Napalm we had Lakeland drizzle.

You should have been there: micro-navigating, the Mike Tolley picking up flags and moving them, avoiding being seen near a flag, meeting people running the opposite way to you.... it was just like a big game for kids.

We all eventually found our way back to the start or end depending on how you want to view it. John and Sue kept us all in suspense as the data was processed back at the cottage. Finally the results were announced with the Tolley team Jenny, Mike & Roy winning the event. In close second was Andy Hird followed by Mari Angeles and myself. Adrian withdrew half way round whilst our champion fell-runner Chris This managed to end up last.

After some customary shopping in Ambleside and a pint in the

Rule we headed back to the hut for a stupendous Hot Pot supper courtesy of Jenny followed by an equally stupendous Dutch apple pie and cream hand crafted by Sue.

Overall it was a really great event and we all had a fantastic time. Thanks a lot to John and Sue who put a lot of effort into organising it and to Jenny and Sue for the Grub. Hopefully we can persuade John to repeat this event although the more optically challenged club members will be hoping for a larger map next time.

See you at the second FMC International Orienteering Championships. Don't worry about not knowing anything about orienteering most of the 'competitors were virgins' (in the navigational sense of the word) and obviously being fit as the proverbial Butchers Dog didn't do Chris much good!

**Steve Wrigley**

**Results in Full:**

There is a bit of a problem here: They seem to have disappeared! This is a disaster for someone who never throws anything away.

However, all is not lost. I can remember the order of the re-

## FMC FELL RACE AND CURRY MEET 2002

A record number of competitors lined up for the 2002 fell race over the Cat Bells circuit, in excellent conditions for running: Andy Dunhill was the winner of the handicap race in an excellent 41.45, just ahead of Ali Welsh and Dave Ward. Both Ali and Dave beat the previous record of 32.31 held by Chris Thistlethwaite, they started together in the final group and whilst Dave led to the summit of Cat Bells, Ali passed him on the descent and finished 20 seconds ahead. Clare Kenny was fastest female and 4<sup>th</sup> overall in a new record time. Congratulations to the five runners who achieved personal best times, these were Andy Dunhill, Christine Barbier, Joanna Goorney, Clare Kenny, and Marian Solera. The curry on Saturday night was excellent as usual, Andy and Christine had prepared a selection of dishes and there was also a contribution from Hal. Thanks to everyone who took part or helped to make what for me at least was an excellent weekend - bit of a race with record numbers taking part, new male and female records, climbing on Shepherds, George, Coledale, loads of curry, Swinside, top stuff!

**Mark Broughton**

The results are on a separate sheet. This not because I couldn't get the table in; it's because I'd got the Newsletter all together, printed a proof and spotted that the results had disappeared from page 4! Rather than add 4 pages and fill three of them with my holiday snaps, I opted for the easier option. Ed.



2002 winner Andy Dunhill  
strolling to victory

(actually nearing the top of Cat  
Bells in the previous race)

Photo: Clive Bell

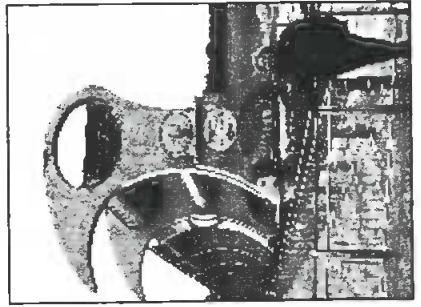
## Editor's Bit

For those of you who had been wondering where the newsletter had got to, it's here at last.

I have now been retired seven and a half years and Sue and I decided to do what retired people tend to do - \*\*\*\*\* off to sunnier climes for an extended period! We left a pile of stuff to do because we volunteer to do too much and it has taken me two weeks to pull this one together. It has to be with you all for Easter so that the summer programmes are relevant, so if I've missed anything please accept my apologies.

### Next Newsletter

I'd like to produce the next one in the middle of June as we are very busy enjoying ourselves in Scotland and Norway for most of June and July. I suggest that items should be with me by the 3rd of June for inclusion. Hopefully this will allow me time to get it in the post before the Norway trip at the end of June.



### Picture Quiz

No prizes for this, but does anyone know what this is, it is, and what it does? (I don't mean Sue, I mean the structure behind her.)

Photo John Denmark

## The 1st FMC International Orienteering Championships

get going.

As the team, who had stopped at Langdale overnight, were adjusting their running kit and doing some last minute scoffing, Andy Hird burst in through the door in a fluster. He had just circumnavigated the Lakes paying a fleeting visit to Stair on route to Langdale where the event was taking place. We all felt our chances had now improved of not coming last; Andy was obviously on top navigation form....not.

As mid day approached we all made our way to the race start by the Colwith Bridge. Here we were issued with a start time and waited like, coiled springs, for the start gun. Mari Angeles and myself were off first working on the assumption that we would be last back. I grabbed a map from Sue, scanned it quickly, then shot off towards the Colwith Falls explaining to Mari Angeles how important it was to get a bit of distance from the next starter so they could not follow you to the check point flag. (Having being an experienced fell runner I had picked up such tips by competing with the elite runners of this fair country)

We soon found the first flag and I was just about to clip it when we realised we were at flag 12 not flag 1.....ooooops. So it was back retracing our steps to find the first flag after that I gave the

The first weekend in November saw a strong field line up for the inaugural FMC international Orienteering Championships. The event organiser was our very own international champion (in the dodgy foot, half blind class) Mr. John Denmark. John had set out a very professional course in the woods at Colwith 2.150 km long with 150m of ascent, assuming that is, that you manage to visit all the check points in the right order and not get lost.

The first problem most competitors had was that of being unable to see the map. John was castigated by every competitor over the size of his survey. Reading glasses had to be passed around the living room at Langdale as the competitors tried to make sense of the 3" x 4" map (76.2 x 101.6 mm for our continental friends).

On this beer mat size map (now there's a good idea for Christmas presents personalised beer mats with your favourite bit of the lakes on it) John had managed to fit twelve check points all connected with straight lines cutting through various swamps, marshes and water features. It all looked gripping stuff and we were all chomping at the bit to

The following publication I would like to have out at the beginning of October so I'll make a provisional copy date of the **22nd of September**. This coincides nicely with my return from cycling over the French Alps and should give you all time to write plenty of articles about your summer exploits and hois.

As a reminder to all, email is the easiest way of sending stuff, or supplied on a disk. The format is immaterial really, but Excel spreadsheets are difficult to deal with. For those without a computer, typed script is best, but these days most people have access to a computer or knows someone who has one.

Have a good Summer

PS Enclosed should be a separate sheet detailing the summer programme. If it is missing please give me a shout.

ground, but the café I had hoped for on the Dundonnell Road turned out to be a craft shop. Fortunately after buying a book and admiring a woodpecker on the bird feeder, we were given a hot drink which sustained us for the drag up the road. Then down the Land rover track to the Allt na h Airbhe Hotel (this is for sale if anyone is interested), where we waited for the 5.07 p.m. ferry across Loch Broom to Ullapool. The ferryman watches out from Ullapool pier to see if anyone is waiting, but it is wise to check with him beforehand. Finally, only a short walk to the house we had booked for the following week, and a chance to relax.

In conclusion, a magnificent route to get away from it all, some excellent paths and as much bog and heather as you could wish for.

#### Contacts

Ullapool Tourist Office. Tel. 01854 612135  
 B&B Mrs Moffat, 1, Broombank, Ullapool. Tel. 01854 612953  
 Fort William Tourist Office. Tel. 01397 703781  
 B&B Martin Page, Tigh Na Claddach, Gairloch. Tel. 01397 712843  
 Tomdoun Inn. Tel. 01809 511218  
 Scottish Youth Hostel Central Booking. Tel. 08701 553255  
 Strathcarron Hotel. Tel. 01520

## BOGS AND HEATHER FROM FORT WILLIAM TO ULLAPOOL

Inspired by David Paterson's book on the 'Cape Wrath Trail' from Fort William to Cape Wrath and weeks of poring over maps, persuaded me that it would be possible for Gillian and myself to walk not to Cape Wrath but at least to Ullapool where we were sharing a house with FMC friends for the second week of our main annual Scottish holiday.

We would be carrying no tent, only sleeping bags, staying in a YHA hostel, bothies and hotels, the success of our plans therefore depended upon available places at the Tomdoun Inn and the YHA in Glen Affric. The Central Booking Office for the Scottish YHA confirmed our accommodation for the night of 3 June (Golden Jubilee Day). I cannot think of many more remote places to be during the Golden Jubilee and World Cup (pity to miss, but you have to have priorities), however the Tomdoun Inn was full, prompting plan B, which was to leave a tent at the Inn and come back after our walk to pick it up.

Other bookings made; B&B in Ullapool on the Friday night, Gairloch on Saturday (this was not easy due to a clash with a World Cup Mountain Bike Event on the Nevis Range), Strathcarron Hotel for Wednesday, and

B&B in Kinlochewe on Thursday, with a gamble on bothies for Tuesday and Friday nights, meant that the trip was on.

### The Itinerary

#### Friday.

Drive to Ullapool via the Tomdoun Inn where we left the tent and some food. Stay B&B where we were fortunate to be able to leave our car for the week.

#### Saturday.

9.0 a.m. bus from Ullapool to Inverness (this coincides with the arrival of the Stornaway ferry). 11.15 a.m. bus from Inverness to Fort William for 13.00ish where we stocked up with the dreaded Ryvita etc before we could replenish supplies at Kinlochewe.

#### Fort William to Gairloch. 9 miles.

After a tedious road walk from Fort William to the Caledonian Canal, we reached Neptune's Staircase, an impressive flight of eight locks. The sun then shone. The Ben was clear and we were in fine spirits, as we were at last on our walk proper. A little foot sore after all the walking on the flat, a hot bath at our B&B was very appreciated.

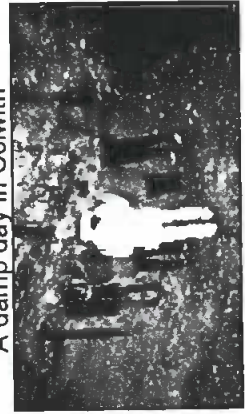
#### Sunday. Gairloch to Tomdoun. 17 miles.



Winning team at the O Champs being presented with their prize. Photos courtesy of A Hird



A damp day in Colwith



Last minute coaching

We were later told that the path was unofficially closed and notices advising of the recommended detour had been torn down by the local rambblers. Our next hurdle was the river which we had to cross, as we did not want to walk a further mile to Kinlochewe and back unnecessarily. By now we were a little biased about river crossings and we soon found a line of stepping stones with the two middle ones of course missing! Undaunted, with the aid of lengths of rotten fence posts we survived to reach our B&B.

set menu and enjoyed Texus real ale, excellent.

**Thursday. Strathcarron to Kinlochewe.** 16 miles.

After a hearty breakfast of kippers and smelling sweeter we managed to hitch a lift for five miles to Achnashellach Station with a Dutch couple who explained that they only gave lifts to the old ones! There were a few options from Glen Carron to Glen Torridon but as I had never previously been through the Coulin Pass I was keen to see this.

The day turned out to be the hottest of the week and mid-day saw us resting up in the shade, with the knowledge that it was only a further 8 miles to our booked B&B at Cromasaig, where we did not want to arrive too early - Mistake, as rather than walking down the Glen Torridon Road we opted for a traversing path through a forest. I should have known by now that any path through a forest is wet as it never dries out and secondly that forestry enterprises have no respect for footpaths. In addition, as there had been a lot of windblow, the area would most probably have been marked in the 'fight' category on an orienteering map. Eventually after a lot of time wasting we emerged, climbed a deer fence and found that we were only 100 metres from the side of the forest that we could so easily have walked around.

found us exhausted at Allt beithe YHA where we met the hard men of Glen Affric, all Munro baggers to a man plus one woman, many who were only there because of a newly discovered Munro.

**Tuesday. Glen Affric to Maolbhuidhe.** 16 miles.

A gloriously remote day through Gleann Gaorsaic, down past Carnach and Iron Lodge in Glen Elchaig and then over the pass to the Maol-bhuidhe bothy with only our own company for this and the next day, in a very remote situation. The bothy was excellent and with down sleeping bags and self-inflating carry mats we had a reasonably comfortable night.

**Wednesday. Maol-bhuidhe to Strathcarron.** 11 miles.

We awoke to a fresh sunny morning - magic! All on our own miles from anywhere and only another eleven miles to our hotel!

The River Ling was easily forded and a new bulldozed track reached alongside Loch Calavie, after a three wire traverse bridge.

There followed an excellent stalkers path past Ben Dronaig Lodge and over Bealach Alltan Ruairidh in the Attadale Forest to Achintee and the Strathcarron Hotel where we washed and dried all our clothes, soaked in a bath, ate all of the three course

Beautiful beech trees in the woods between Loch Lochy and Loch Arkaig, then over Bealach na h'Urchaire. Lack of a proper path or only a sodden one led us through to the forestry plantations in Glen Garry and a difficult river crossing before the forestry bridge near Aultnaslat. In hindsight a further mile of wet moorland to pick up a forestry road might have saved us a lot of bother.

This was followed by a two mile walk down the road to the Tom-doun Inn where we had left the tent earlier. Putting up a tent in the rain on a very boggy and midge infested site was not pleasant but fortunately the owner alternatively allowed us to sleep on the floor in his nearby staff cottage.

**Monday Tomdoun Inn to Glen Affric.** 14 miles.

Leaving the midges behind, we were glad to accept a lift back up the road to a good path over to Glen Loyne, one of the several truly remote places crossed. Finding a suitable crossing point at the River Loyne took a while, and a climb up took us to the old Thomas Telford Road to Cluanie. What a wonderful road this must have been to travel to Skye. Looking down to Cluanie Lodge was certainly one of the highlights of our walk.

After re-charging at the Cluanie Inn a wet path and ten hours

**Friday. Kinlochewe to Shenavall Bothy.** 15 miles.

We restocked with bread cheese and Mars bars, and were advised that Gleann Bianasdail to Lochan Fada and then over Bealach na Croise, was better than our planned route via the Heights of Kinlochewe.

There were no problems with the river crossing at the end of the loch and from the Bealach picked up a path to Loch an Nid and Shenavall with fine views of the magnificent slabs coming down from Sgurr Ban. The bothy was not too crowded and we found an upstairs room to ourselves.

**Saturday. Shenavall to Ulla-pool.** 10 miles.

Our last day, on mostly familiar