

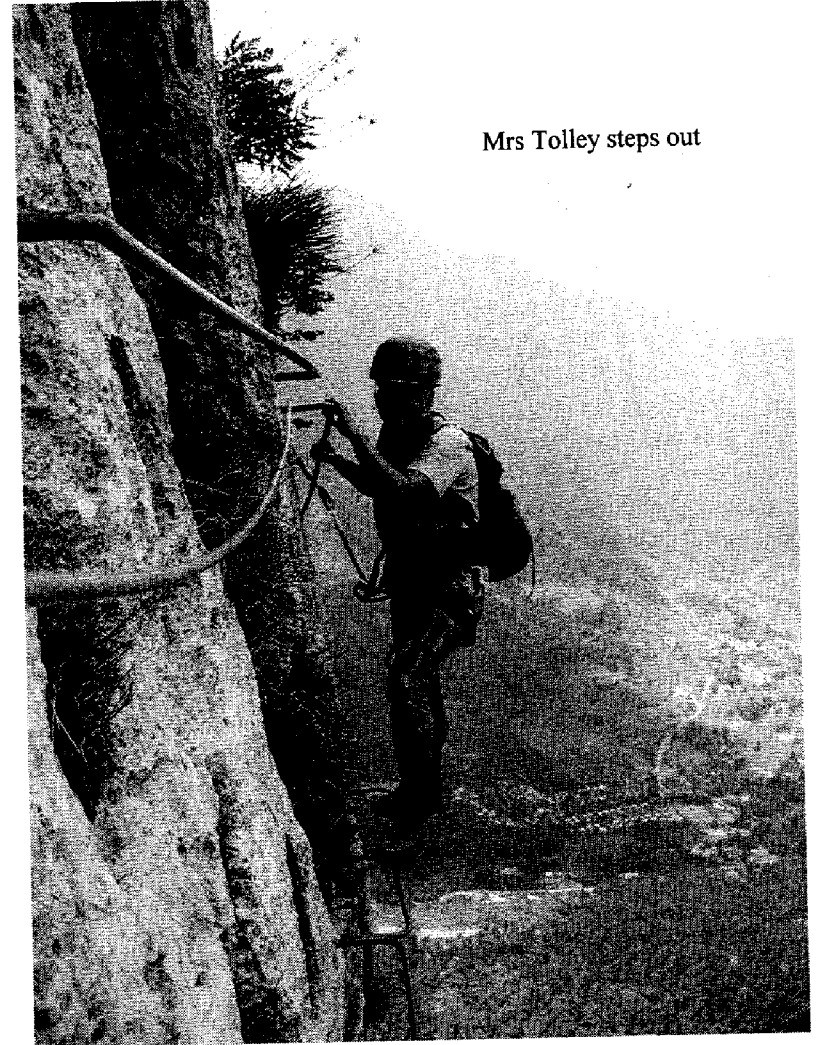
Fylde Mountaineering Club

Founded in 1950

NEWSLETTER

December 2004

Mrs Tolley steps out



Club Jottings and Information

(I keep trying to think of a better title for this bit but my mind goes blank!-Ed.)

At the last Committee meeting held on the 17th of November Tony Mitchell was welcomed to the Club as a full member.

Phil Collinson and Aaron Tonks were accepted as introductory members.

The new door is now in place at the **Stair** hut and the felling and trimming of some trees was carried out on the working weekend. The meet members seemed to have a good time, judging by the pictures. Andy Dunhill's report has more detail.

I'll have another plug for the **Socials**. The last one I went to, the members' photo competition, was excellent; plenty of members, very high quality photographs and slides (we can't really call them that any more as there were only three actual slides, I think, the rest were digital images. Should we call them dims or something like that?) and a good time was had by all. Mrs Tolley was especially pleased; she only entered two pictures and won a prize—there's confidence for you!

OK back to the plug:

You may get this in time for the next social which is on **Wednesday the 8th of December**. **Bowland Mountain Rescue** will be giving a presentation and the Committee have approved a

donation of £150 to their funds.

Future dates are:
12th January 2005
9th February
9th March

Here I'm just going to re-insert the paragraph that was in the last newsletter regarding the AGM and the socials.

The AGM will be on Wednesday 23rd of February 2005.

Members are reminded that any resolutions or proposals should be with the Secretary, in writing, by the 31st December 2004.

Comments have been made that the socials have been a little haphazard in their starting time, making them less attractive to members who have a fair distance to travel.

It is proposed that members gather from 8pm for a PROMPT 8.30pm start to the proceedings.

All the above socials and the AGM will be at the usual venue, the Raikes, unless otherwise advised.

Craig-y-Longridge update

Work seems to be proceeding apace on the new caravan site adjacent to the crag. Here's hoping that the BMC are successful in securing its future.

I'll repeat the notices about future meets in case anyone has forgotten.

Cairngorm Meet 2005

A new venue is being sought. To find out more contact Chris Bell 01772

774072

Lundy August 27/8 - 3/9 2005

We have the Barn booked & there are 14 places at approx. £80 plus the ferry. A cheque secures a place. Contact Andy Dunhill on 01434 628018

There's less text than usual in this edition. Instead I've been inundated with digital images (or dims). This is great but in actual fact increases the workload somewhat as I have to make choices and then decide how to present them. It may be easier if I only accept pictures (dims) with an article and limit the number supplied to four per contributor, then I can just slot them in. This time I have had well over 100 to deal with!

Basically I suspect that you think that I can be fooled and that supplying pictures excuses putting digit(s) to keyboard or pen to paper. More words please.

As an adjunct to the above I've received more text since the Club Dinner at the Middle Ruddings Hotel so the rag is now looking a bit fuller.

Emails

Publicising the Socials by sending out emails seems to be quite successful. At the present time I have a Club list of 83 email addresses which means that roughly 100 members see the messages; I send out about 147 newsletters so around two thirds of the membership are contactable by this means.

However, some email addresses con-

stantly fail. Therefore I have deleted these members from the email list as there has recently been a spate of "spam" type emails purporting to be from mail programmes which are carriers of computer viruses (viri?). I elect to delete these from the server rather than receive them. So...here is a list of members whose email addresses have bounced back and have been deleted:

Geoff Bellingham
Duncan Hogg
Glen Harrison
Jean Osborne
Alistair Welsh
Paul Simpson
Henry Iddon
Caroline Ross
Rob Lewis
Nick Hepburn
John Kilbride

If anyone on the list has a current active email address could they let myself, Joanna Goorney and Steve Wrigley know.

I also have a message from Hotmail that messages to some hotmail addresses have been delayed. Perhaps these will get through in the end!

Donations to the Club's Library

The following have recently been donated to the club library, (held at 31 Chester Avenue, Poulton) by Barry Crook.

Assorted maps of Dolomites, Austria and Pyrenees.

Guide to Alta Via 1 & 2 plus Via Ferrata.

Guide to Scottish climbs 1 & 2 (McInnes) and Winter Climbs (Clough).

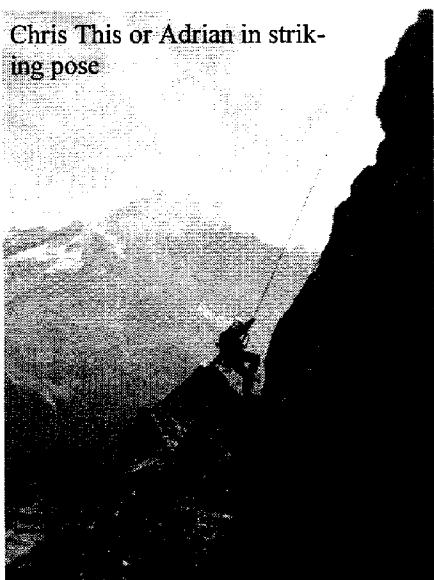
A general guide to the Pyrenees, North Scotland and Long Distance paths in the UK.

Books:

Great Days by Bonatti;
Savage Arena by Tasher;
7th Grade Messner.

Dave Earle

Chris This or Adrian in striking pose



Due to the exceptional number of pictures this time, I've printed a selection on separate sheet to try and speed up the printing process. Hopefully you'll be able to work out which goes with which article if I've forgotten to label them. Ed

FOR SALE

SPORTIVA ROCK SHOES Size 43

Hardly used
Velcro fastening £15

Contact Les Ward

01772 684681

Email:
ioletbrenda@langdalenewton.fsnet.co.uk

Club Rules

The club rules were originally written when the club was first set up some fifty years ago. Since then there have been various amendments and additions. This last year the committee has taken an in depth look at the rules, and several amendments will be put forward at the next AGM. Whilst the committee has put a great deal of time into this, in the end it is down to the wider membership at an AGM to decide what they want.

Given the scope of what is proposed, it is rather too large to be inserted in a newsletter. It will of course be circulated to all members before the AGM as usual. However, if any member wants a copy of what is proposed, or wants to comment, then please contact the secretary at :
michaelpenn@pissednbroke.fsnet.co.uk
or on 01772 632579.

Thanks,

Michael Penn

I've messed about with the point size of the text in this edition as I had quite a lot of white space that I normally fill with pictures. I hope that the slightly less professional appearance doesn't detract from the content.

John Denmark

LANGDALE WORKING WEEK-END. 8TH NOVEMBER

More of the same took place in the hut, with much cleaning, painting, tiling etc. completed and even the old gas bottles were removed. It was however a pity that only 3.5 members attended, meaning that even I had to roll my sleeves up and do some fairly hard graft. Thanks to those who made it.

The next working weekend at the hut is on 8th January. What better way to work off your Christmas excesses before the onset of perfect Scottish winter conditions? Those toilets will need quite a scrubbing....

Christopher Bell

Lune Valley Evening Walk

This fitted in nicely Between two evening downpours on the Tuesday and Thursday and for which sumptuous organisation the Committee take full credit.

A warm, calm and beautiful evening found a sizeable group setting off upstream from the Crook o' Lune car park, enjoying the spacious loveliness of the lower valley. The river was eventually crossed to the south

bank via the pipe bridge and followed upstream to the cycle path which brought us back to the car park.. The river was then crossed and followed downstream past Halton Weir, spectacular in the flood conditions, giving fine views throughout.

The cycle path was then followed back to the start, the gloaming being relieved by the odd path-side light, until fifty yards before the car park the council had closed the main bridge with its many thousands of tons of load carrying capacity on the grounds of "safety", leaving us with the much safer option of flogging up to the A683 and following the tarmac back to the vehicles, all in the pitch dark. (Editor's note: The old railway bridge has been closed because someone put their foot through it! I can't remember if the bridge has wooden boards but I'm pretty sure it has.)

Refreshment was taken at the most easterly pub in Caton after the other was found only to sell "smooth flow" and Stones. Entertainment was provided by the local lads in fast cars only yards from a speed camera. As none of us were hit it was good to see these cameras are obviously still saving lives for which we are of course grovellingly grateful.

Dave Earle

Many thanks to all the photographers:
Mike Penn
Adrian Clifford
Mike and Jenny Tolley

If I've forgotten anybody, thanks to them as well.

FMC FELL RACE AND CURRY MEET 2004

Twenty four competitors took part in this year's fell race round the usual Cat Bells circuit. Dave Wood won the handicap race in a time of 45.00, equalling his previous best time. He was followed in by Mark Broughton with his best time since moving to the Suffolk flatlands. Dave Ward won the scratch race for the second year running (ha ha) and Joanna was fastest of the women with a time of 38.35, nearly two minutes faster than her previous best. The handicapping worked out pretty well with 14 of the 24 runners finishing within a five minute period. The curry on Saturday night was, as usual one of the culinary highlights of the year thanks to the efforts of Andy and Christine.

The results in full

			Scratch position	
1	Dave Wood	45.00	9	PB
2	Mark Broughton	38.39	5	
3	Adrian Clifford	45.41	10	PB
4	Hal Rzadkiewicz	52.24	12	PB
5	Marie Angeles Solera	59.25	17	PB
6	Aaron	39.49	6	
7	John Hickman	38.19	3	
8	Vivienne Broughton	46.27	11	PB
9	Joanna Goorney	38.35	4	PB
10	Andy Hird	41.33	7	
10	Dave Earle	56.33	15	
12	Clive Bell	62.04	19	PB
13	Chris Thistlethwaite	36.13	2	
14	Dave Ward	33.36	1	
15	Andy Dunhill	43.42	8	
16	Les Ward	59.18	16	
17	Christine Barbier	61.52	18	
18	Steve Wrigley	53.10	13	
19	Mark Harding	53.11	14	
20	Judith Swift	65.10	20	
21	Martin Dale	76.00	21	
22	Tom Knowles	100.33	24	
23	Tom Rainford	99.11	23	
24	Mike Sissons	91.11	22	

For the uninitiated PB stands for Personal Best. Congratulations to the seven.

Mark Broughton

The route: Out of the hut, down the road to the junction, right up the lane through the farm, diagonally up the fell to the western spur of Cat Bells, over the top and down into the valley back to the farm, retracing the route from the farm to the hut. About 6km and several hundred metres of climb. Phew!

VIA FERRATA

A Via Ferrata is a route, which enables the climbing of steep rocky terrain with the aid of cables, metal rungs, ladders, bridges etc. They were originally built by soldiers during the First World War in the Austrian and Italian mountains to enable them to move safely (out of gun sight) between gun emplacements etc. Anyone who has ever been to Cortina will have seen the extent to which these were developed and they are now a tourist attraction. You can still see some decaying examples, which you do not want to go anywhere near. Later in 1936 the first purpose made Via Ferrata was constructed by the Italian Alpine Club to provide a safe, relatively easy and quick route up mountains and since then over 140 have been made in Italy alone.

Over the years many club members have been out to Italy to both rock climb and Via Ferrata. These can vary from a simple scramble with a cable for safety and a handrail, to full on rock climbs with the cable seeming to be insufficient for one's safety. The ethics vary with one's ability - from donning your climbing boots and pulling on the cable the whole way, to not using the cable at all apart from being clipped in, (though this does get a little difficult when you come to a ladder or a bridge). But the point is that it's a fun way up the hill and you can pass over the ground anyway you wish.

This year whilst in the Maritime Alps we saw a Via Ferrata advertised in the tourist office so went and investigated. It appears that the French, over the last several years, have taken the idea and developed it into what I would call "Sport Via Ferrata" and these will not only go up mountains but into and along gorges and up isolated butresses. They are all fairly new, very well

equipped and quite often you have to pay a fee (shock horror). The one we did, you hardly ever had to touch the rock but we were stood on, or hanging from, various bits of metal for the whole 5 hours that the trip took us.

What they are doing is linking together various features on the mountain, either by footpaths, suspension bridges, or any other means they find amusing. On the one we did there were two cables strung across a 20m gap. While you stood on the lower cable and hung off the top one, we used the excuse of it being too windy so we could walk round. They were also constructing a fixed cable across a huge cave on which you would slide across Tyrolean style. You really do have to rearrange your mind to these antics. They are at present graded the same as mountain routes from facile F to extrême difficile ED, the one we did was D and about ¾ up the graded list.

The only specialist gear you need is a harness, a double lanyard and a helmet, gloves are recommended but we didn't bother, but a pair of fingerless mountain bike gloves worked well in the past. Footwear is what you feel comfortable in, most seemed to have trainers on and we wore our walking boots. Our Via Ferrata involved a simple ledge traverse, a 40m suspension bridge between two pinnacles, stemples up overhanging rock, holes through arêtes and lots of exposure. If you have a head for heights keep your eyes open for these the next time you are in France we would certainly recommend them. You can normally hire the gear nearby.

Later in the holiday we went to the Brenta Dolomites where Via Ferrataing is a way of life, you either rock climb or Via Fer-

rata. The walking is over cols, no summits. Here we did a 2-day trip, which included 3 classic Via Ferratas and an overnight stop in a hut. The scenery is full blown Dolomites and stunning. We found the technicalities much easier than France but the situation more serious. It is one of the more popular areas and can get quite busy. The main ridge gets an estimated 15000 people on it in a good year. This is a superb place and must be on everyone's hit list, as long as you have a head for heights.

Thanks must go to Chris Bell and Andy Hird for lending us the lanyards. We must treat ourselves soon.

MIKE & JENNY TOLLEY

Chris and Adrian let loose in the Alps

Chamonix is becoming a bit of a home from home for Chris and I now and we always find something to climb whatever the weather though often have to venture a little further out of the valley on the wettest days. We just fitted in a 12 pitch route on the Pouce, one that Martin Dale had done years ago, and a 7 pitch on the Tour des Crouches after a run of wet weather last year and hoped for a better start to the week this year. The forecast from the UK looked awful but we were pleased to note a better forecast at the guides bureau and headed for the Mirroir D'Argentine close to a vil-

lage called Solalex in the Lausanne area of Switzerland. This is a 450m slab which the alpinist Victor Saunders recommended to us when we met him on the Amone slab the previous year. The Remy brothers developed many of the routes of which there are over ten from VS to E4 or so. We chose the "Direct", a 14 pitch HVS 5a which seemed to follow a good-looking line. The guidebook said the bolts were decent but that a selection of rocks and friends would be helpful though we didn't use them much and will take 50% less when we go back.

The pitches were: 3a, 4a, 5a, 4a, 5a, 4a, 5a, 4a, 4c, 4a, 5a, 5a, 5a, 4b and a bit of thought enabled Chris and I to switch leads and climb quickly. The crux on the first half of the climb was rather wet and pushed the grade up to 5b and caused Chris to fall off once when he seconded the pitch. We met up with a guide from the ISM school in Leysin and his clients higher up as they had bypassed the first half as they thought it would be too wet though as a result they missed some excellent climbing.

Surprisingly the sun never hit the face while we were on it although it was a blue-sky day. Chris was particularly pleased with his lead

of one of the top 5a pitches as it looked steep and the bolts looked rather spaced out. To set the seal on an excellent day we stopped off at the little mountain hamlet of Anzeindaz during the walk off and had a beer.

Later that week we did Mani Puliti (150m 5b) and Nez Rouge (150m 5b) on the Aiguille De La Gliere on the same day with descent by abseil. We had to choose routes close to the index telepherique as I had developed Achilles tendonitis and had to take two rest days off prior to this on two thankfully wet days to ice strap and rest the ankle, though could still belay Chris on the local crags.

Our final route was the excellent Asia (250m F 5C+) on La Grande Floria. Chris and I had a few international rescue type moments on this route, which added to the entertainment. As we walked up to the route a bigish boulder moved on a loose slope ahead of us and wedged a rather tearful female climber who thus needed a minor extraction. Then just as we were gearing up the second in the party ahead fell off and with rope stretch landed on my back! Damned foreigners! The crux was in fact in the first 10m and Chris had to use one

point of aid though might well have made it but for a lack of chalk and all the mini dramas which were rather a distraction. During the abseil descent a rather charming blond Italian lady got a bit nervous and kept hanging on to Chris and I and we sorted out the stances and ropes for her. How trying!! (not).

There was no time for anything else now as Easyjet beckoned. As Chris and I seem to be climbing fairly well and quickly on the longer routes we may go over to the Mont Blanc side next year and try one of the classic pillars, but there is still a lot of excellent safe rock to do in the aiguilles Rouge. The French route on the Pouce looks particularly good.

As a final point could I point out to the sceptics who cruelly remind us of our late night epics on Zero and South Post that we climbed within guidebook times and always got down with plenty of daylight left! (so there!)

Adrian Clifford

Adrian, I've taken the liberty of adding a title to your contribution. Hope it's OK. Ed

WORKING WEEKEND STAIR 2 – 3 October 2004

This was a very well attended meet perhaps because most of the work planned was outside. On Saturday 14 hardy souls came armed with chain saws & bow saws etc. prepared to chop down trees, remove fences etc & generally clean the cottage.

By the end of the weekend the grounds of the cottage were transformed. One of the main jobs done was substantial 'pruning' of the large tree outside the small dorm, which required our collective climbing techniques. Ropes were used for safety (the trees & ours) & to lower the felled branches of the tree thus avoiding the cottage. Using a chain saw whilst sat or stood 25 feet up a tree requires a bit of care!

Many other trees were also cut back or in some cases felled completely. This included several in the adjoining wood where they were growing over our land or where we thought they might do soon. This then enabled us to work on the dry stone wall so much so that we have virtually rebuilt it – after a fashion. I don't think it will win any walling competitions but it will do the job. If I say so myself it looks quite good.

We also removed the decrepit barbed wire fence in front of the wall & completely cleared all the undergrowth up to the boundary. It's surprising how much land is actually there. This has given us the opportunity to widen the path with some resurfacing work on

the next working meet. We could also build some steps down from the fire exit out of the small dorm which is a requirement from an inspection we had done by the fire officer a couple of years ago. We will probably give the car park area & footpaths another covering of gravel. So there will be plenty to do for those who missed out this weekend

The stream was given a makeover, cleaned out & artistically redesigned by John Wiseman & Christine Barbier. It now flows out into the adjoining field ok.

Inside most rooms were given a general clean. All of the pots & pans etc. in the kitchen were sorted & the rubbish was thrown out. The blankets & pillowcases were taken to the laundrette. Martin Dale spent most of the weekend sat on his arse (complaining about his sprained ankle) but did manage to tidy up the bookcase in the main room & put the magazines in order so woe betide anyone who puts any back in the wrong pile or out of chronological order.

Everyone had a good time & the usual banter prevailed. Thanks to Mike Penn, Dave Earle, Chris Thislethwaite, Chris Bell, John & Del Stockton, Mick & Jenny Tolley, John & June Wiseman, Martin Dale, Tony Mitchell, Adrian Clifford (on Sunday) of course Christine & me.

Andy Dunhill
October 2004

Orienteering Meet 2004

This year Sue and I thought we'd try something a little different and give the competitors a run out on some open fell-side as opposed to the more classic forest. High Rigg was chosen as permission is fairly easy to obtain and it has been used for championship events in the past. (nothing is too good for FMC members!)

Planning for experts and novices to use the same course is tricky and our original courses had to be modified quite a bit as the bracken hadn't died down sufficiently. This made some of our planned legs almost impossible. The result was a bit of a compromise and a little less technical and demanding than originally envisaged.

The weather held off OK after I had set off to place the controls in a deluge, and the competitors seemed to enjoy themselves. Most seemed to find it a lot easier when there are no trees so we won't do that again; it's back to a forest. I already have some ideas up my sleeve!

Long Course

4.070km. 275m. climb

1	Dave Ward	44.43
2	Joanna and Aaron	54.35
3	John and Claire	61.00
4	Adrian Clifford	64.41
5	Mike and Jenny	69.06
6	Les Ward	69.22
7	Liz and Drew Hird	71.02
8	Clive Bell and Kevan Ebbrell	77.43
9	Dave Earle	81.53
10	Chris This and Roy Nesbitt	94.30

Short Course

2.260km. 130m. climb

1	Steve Wrigley and Marie Angeles	42.01
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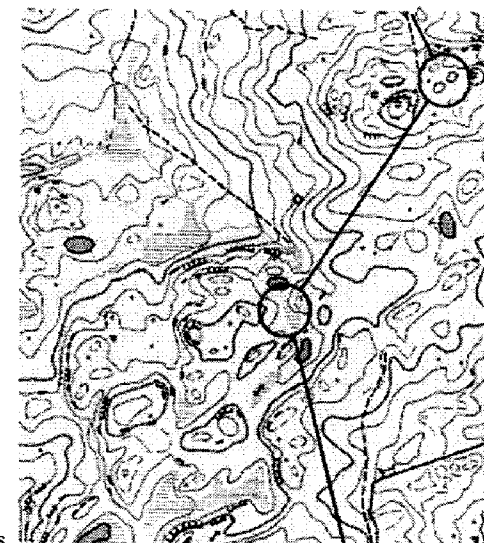
It was great to see some new faces at this year's event and it would be great if we could attract more, although I do realise that there is limited space in the hut. Perhaps next time we could have a ruling that pairs are not allowed, creating more competition.

Sue provided a great feed but spaghetti en masse is a darned sight more difficult to cook than rice!

Joanna, Les, John Hickman, Claire Addy and Steve Wrigley have all been competing in the South Ribble OC's Winter Street League, with Claire achieving a spectacular result at Poulton recently. Rumour has it that Dave Ward wants to take up orienteering to sharpen up his navigation. It really will be a championship next year!

John Denmark

Thanks to WCOC for the map and SROC for the loan of the kit



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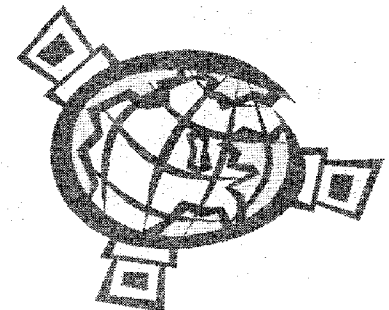
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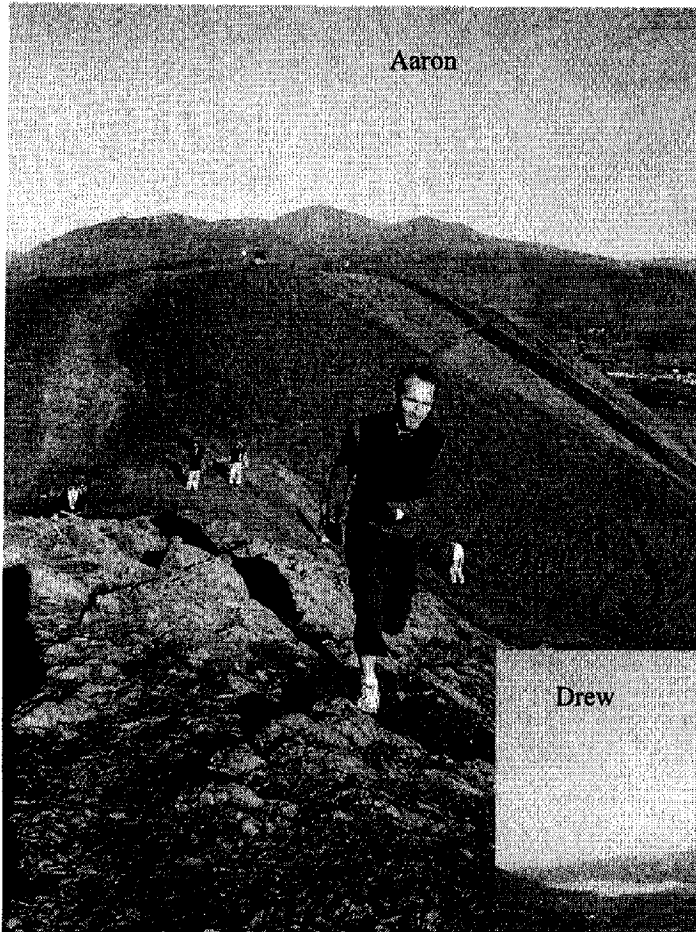
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website: www.thebmc.co.uk



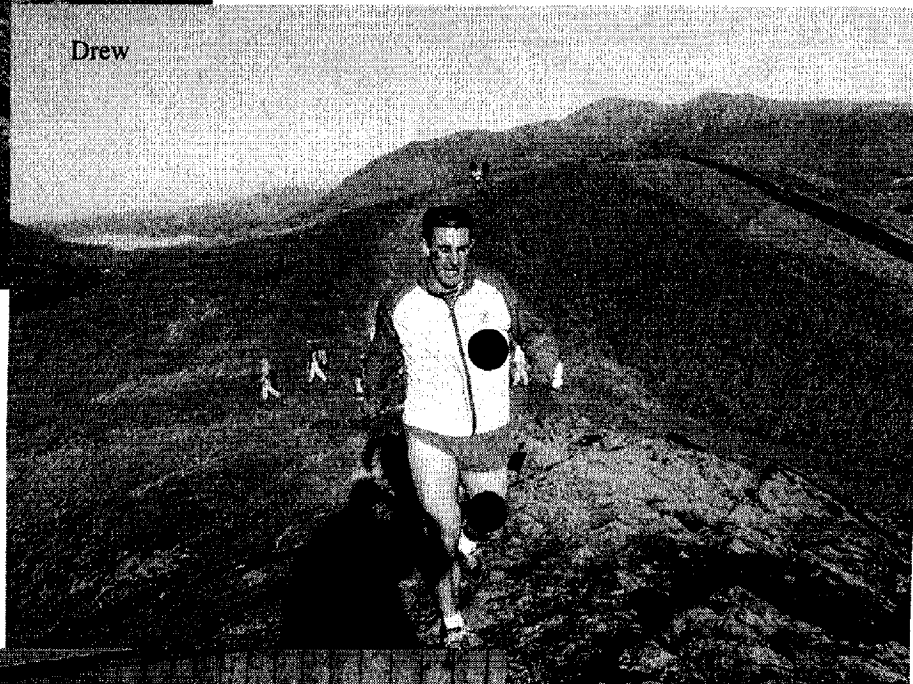
FMC Website **www.fyldemc.org.uk**

Aaron



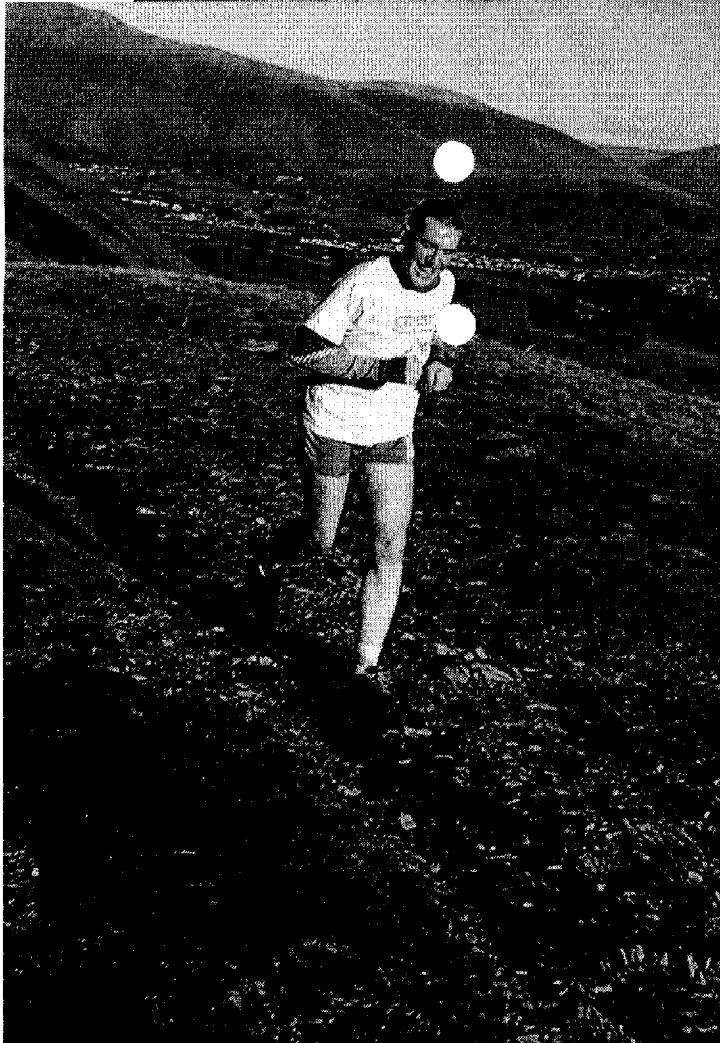
Some images from the 2004
Fell Race meet

Drew

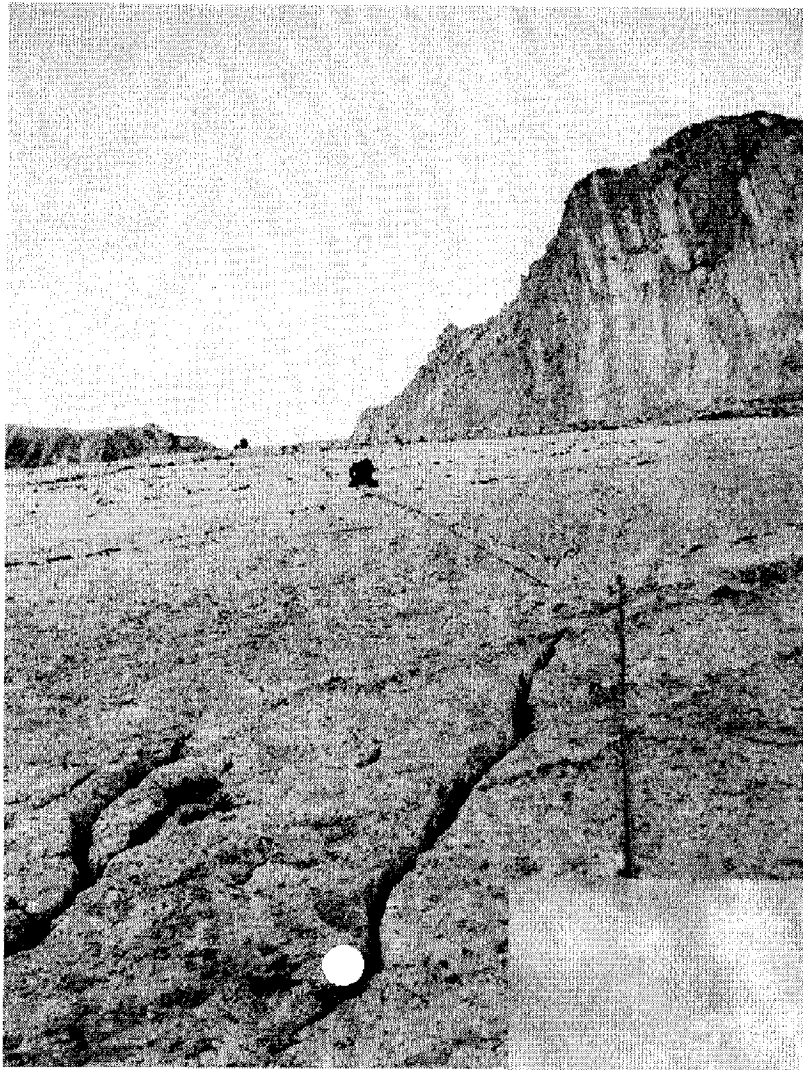


Curry Fest—
Nice table
cloth, read
while you eat!

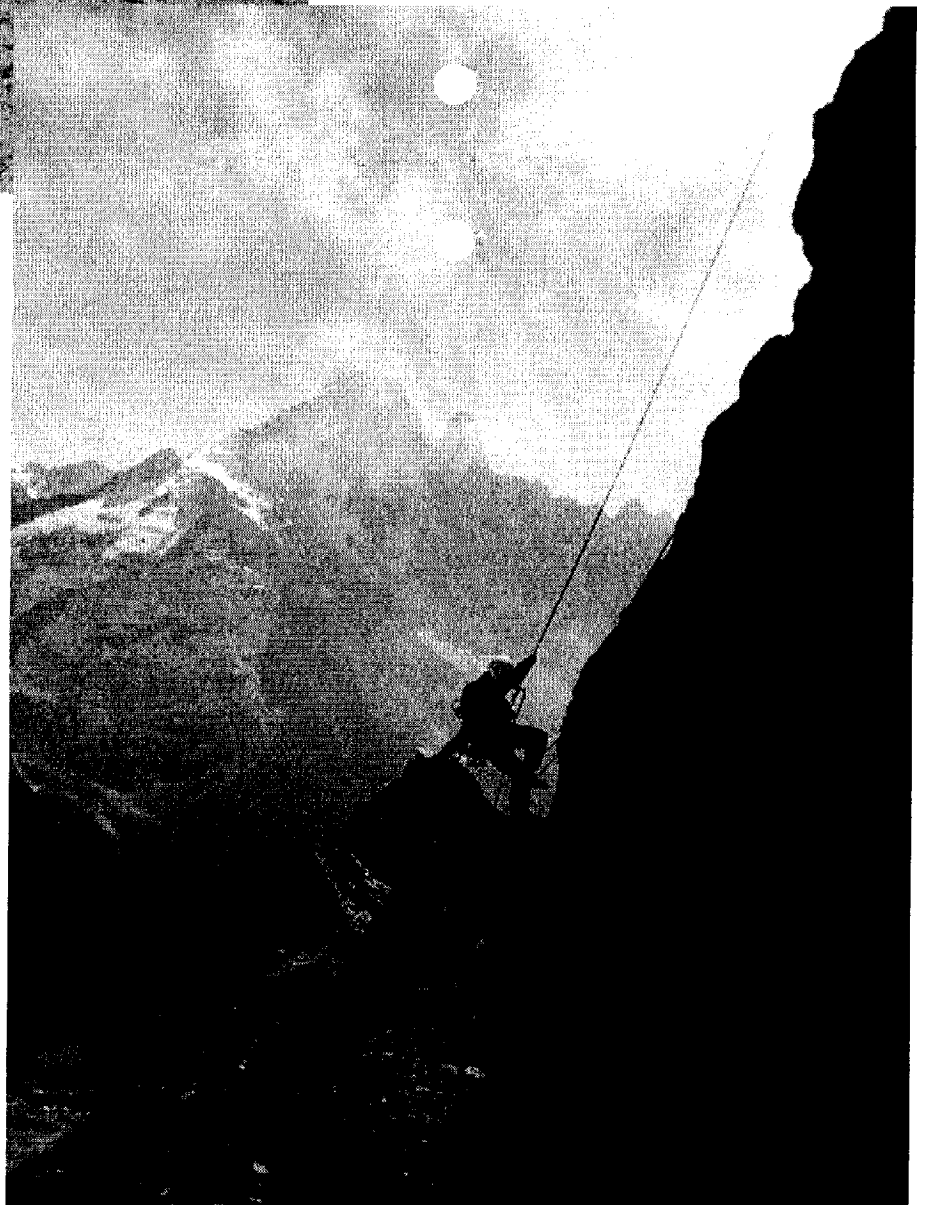


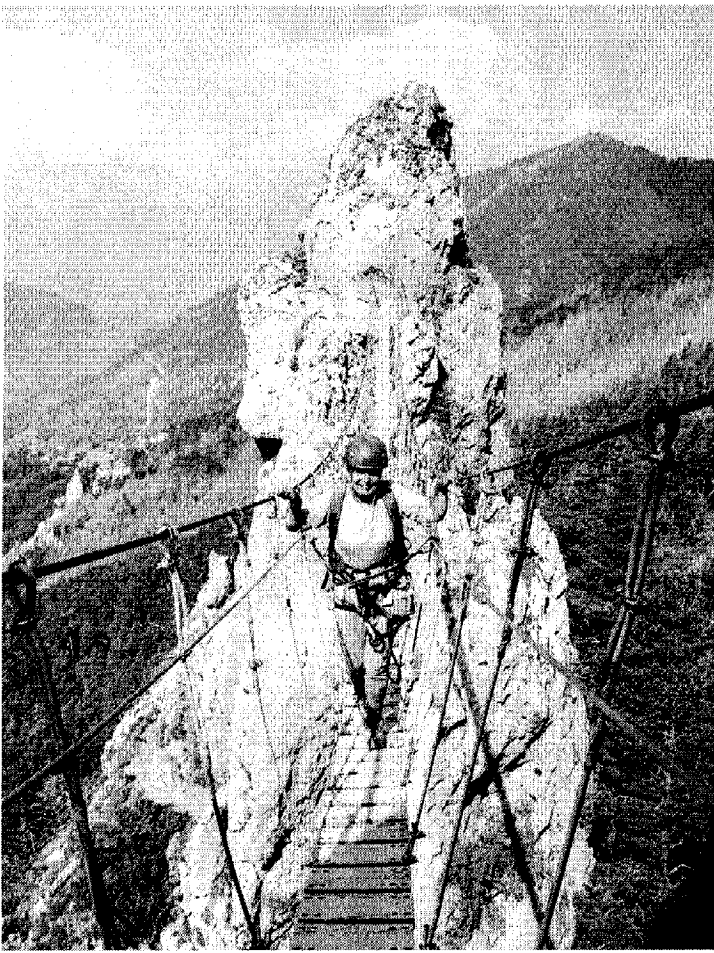


The crowd at the O meet and David Ward on his way to winning the Fell Race. Also, of course winner of the Orienteering Champs

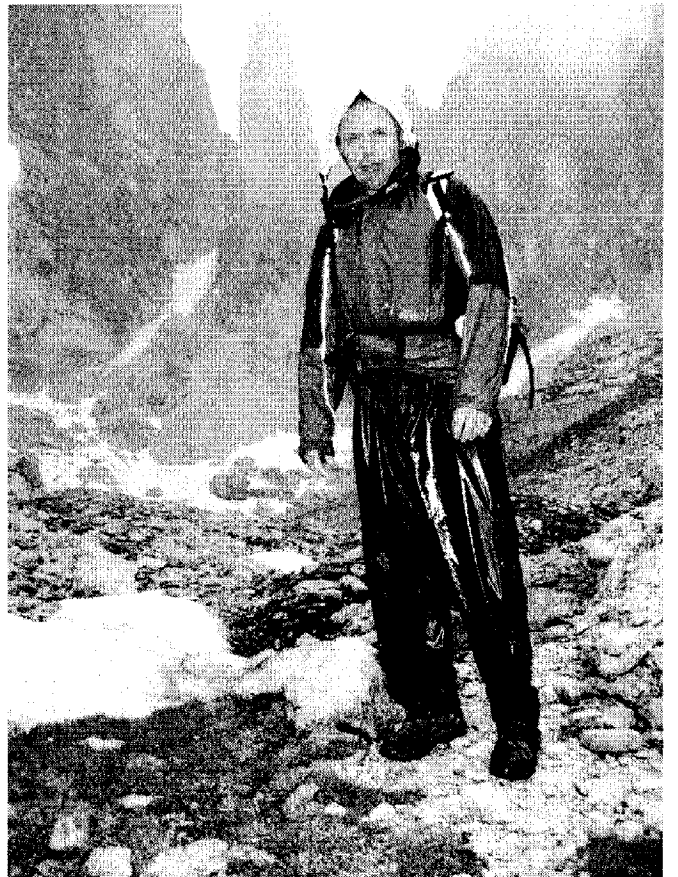


Chris (or is it
Adrian) in the
Alpes





Mike and Jenny in the Dolomites





The reprobates

Working Weekend at Stair

Name this bum



This one's John Stockton

