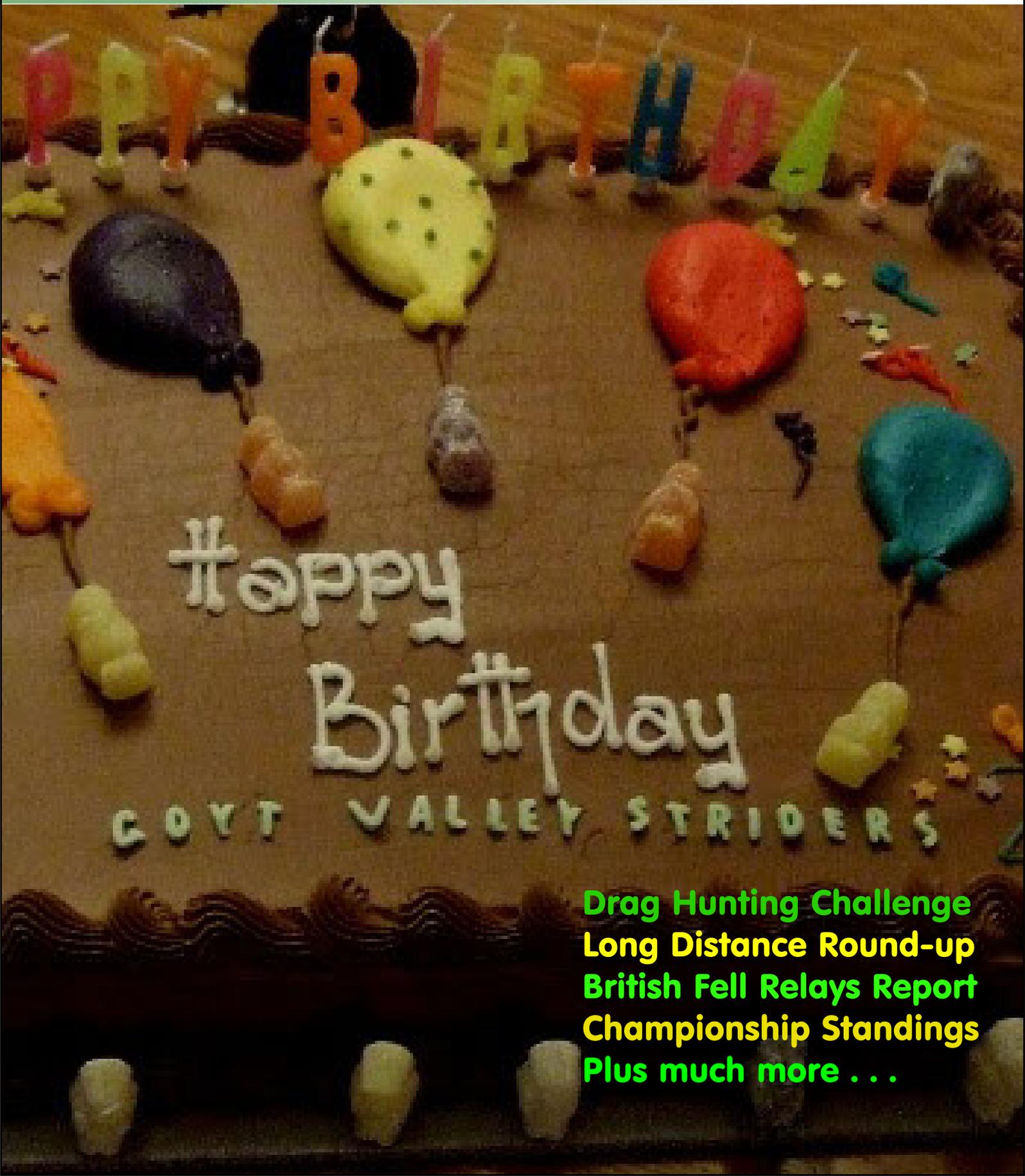


# The Strider



November  
2009

Newsletter of the Goyt Valley Striders and Goyt Valley Strollers



**Drag Hunting Challenge**  
**Long Distance Round-up**  
**British Fell Relays Report**  
**Championship Standings**  
**Plus much more . . .**

## Editor's Waffle



**W**ell, here it is - finally. I hope you think it worth the wait! (I'm keeping with tradition here. Apologising for lateness of the newsletter seems to have been normal for the last 10 years or so - and now I know why!)

Time ran out for a couple of items I would have liked to include. A "Meet the Strider/Stroller" page would be interesting and fun - a chance to learn a little more about those people we pound the roads and fells with. Also a couple of paragraphs about the newest members would have been nice.

However, these will be included in future editions - along with (hopefully) a pre or post-race Recipe and maybe something on Health. Any other ideas you have will be most welcome - along with your comments and criticisms of this newsletter.

Anyway, enough about what's NOT in the newsletter. A big thank you must go to the contributors.

Will has done a brilliant job in his round-up of all the Ultras that club members have been involved with - not an easy feat considering how many members we have covering vast distances!

Jackie once again places her heart firmly on her sleeve and tells it how it is from the back of the pack - always with humour and always incredibly inspiring.

Kev Day sums up this years British Hill and Fell Relays - the main lesson being "no matter how quick you are, if you can't navigate you're stuffed". Congratulations to the boys who came home a very credible 73rd from the 149 starters

Mark Whelan contemplates his X-factor and muses on the club's 21st Birthday celebrations which were a great success - roll on the 25th!

I also need your help with naming the magazine - "The Strider" is, apparently already in use so we need some ideas. I thought of "Cheese Foot" but I just got weird looks. Anyway, email your ideas to me at the address opposite and future newsletters will carry your title.

Remember, please, please let me have feedback - good or bad - via the email address shown opposite. Remember it's YOUR newsletter so it needs to include what YOU want - and if you feel inspired to write anything don't just think about it - do it! The Luddites amongst you can post articles to me at 60 Horsefair Avenue, Chapel-en-le-Frith SK23 9SQ.

Enjoy!

**Steve Berry**

## Officers

**The Chairman:** Peter Hill  
127 Buxton Road  
Whaley Bridge  
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**The Secretary:** Mark Whelan  
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SK6 8BX  
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**Keep those stories coming!**

Your contributions to the newsletter are vital.  
Please email your race reports, articles, photos,  
recipes, etc to the Editor

**[steve@steveberry.co.uk](mailto:steve@steveberry.co.uk)**

**Subject: GVS Newsletter**

# News

## New running shop to open in Stockport

Sometime in December. Pop along - you're sure to see someone familiar . . .

Road and Fell

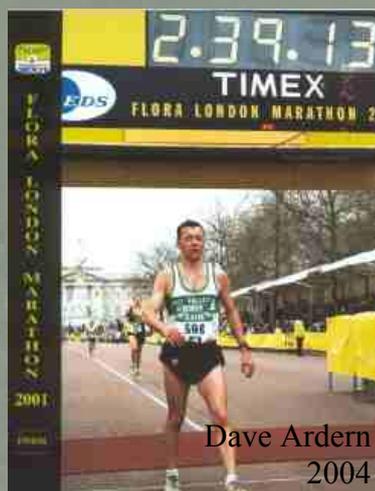
57 Middle Hillgate, Stockport.  
www.roadandfellrunning.co.uk

## London Marathon

The club will get two guaranteed places in next year London Marathon and these are up for grabs by club members.

Normal rules apply, whereby those who have entered the ballot for a place and have been rejected will be given preference. If you've not been rejected, but still fancy it let me know.

If there are more than two applicants then peoples names will go in the hat. So if you fancy running the London Marathon next April and want a club place just drop the Secretary an email at [mwhelan@tiscali.co.uk](mailto:mwhelan@tiscali.co.uk)



Dave Ardern  
2004

## Committee Notes . . .

### Birthday Celebrations

Everyone agreed that the celebrations went well and that the venue would be a good option for future events.

It was noted that there is a fee of £150 for use of the room, which is something to consider; this is waived if booked by a member of the Golf Club; do we have any?

### Christmas Get Together

Agreed that we should organise an informal get together in Whaley Bridge on 18th December 2009.

Meet from 7:30 onwards in the Shepherds Arms. Those that want to go for a curry can do, but might be worth getting an idea of numbers in advance and booking a table.

The draw for the London Marathon places will take place on this night.

### AGM and Prize Giving

The AGM and prize giving will take place on Friday 12th February 2009 and this will probably be at the Moorside Grange Hotel, Disley. To be confirmed.

### Cross Country

MW reminded the meeting that the club was affiliated to UIK Athletics for Cross Country, but as a club we had not pursued this over recent years and it might be worth the effort of trying to revive this. MW to raise at AGM.

### Club Races - 2010

The dates of next years club races are as follows:

Shady Oak Tough 10k:	12th May
Whaley Waltz Fell Race:	27th June
Eccles Pike Fell Race :	18th Aug

# The Long Haul . . .

## Long Distance Round-up by Will Meredith

**H**owdy! I'm pleased to report the on-going efforts of the long-distance Striders, who have been busy notching up the miles nation wide since the last edition, building on the success of Kevin Day's superb run on the West Highland Way, Mark Richard's great Lakeland 100 performance and Paul Hunt's "Devil O' The Highlands".

Most notable was the **Bullock Smithy Hike** in early September. A 56-mile romp through the Dark and White Peak starting and finishing in Hazel Grove (formerly 'Bullock Smithy').

Well done to Strider Julian Brown who came home in first place for our neighbours Macc Harriers in 9hrs 40mins. A special mention must also go to Alistair Watts who ran a superb BSH debut to come in at 11hrs 41mins – well done Alistair - shortly followed by good performances from Steve Hennessy (11:53), and then Peter Davis scraping under the

golden 12hr mark at 11:57. Well done all!

2009 was a bumper year for BSH debuts from the Striders. As well as Alistair Watts, congratulations must go to:

Philomena Smith who came home in 13.40, Karl Smith in 15.44, Tracy Vernon 19.37 and Elaine Helme dragged Kevin Day home in 16.01 (well done Elaine). Also present were GVS regulars Jo Miles, Paul Hunt, Clare Griffin and myself (apologies if I've missed anyone out).

I've been informed that Tracy Vernon has only relatively recently started running and



*Julian Brown with Alistair and Steve Watts et al – Bullock Smithy Hike 2009.*

has already knocked off her first BSH. Great stuff. We'll put you down for a Bob Graham round next year!

**The High Peak 40** followed two weeks later.

This is a runnable ultra. A fast paced 40ml loop from Buxton, having quite a bit of road work and easy trail sections for those who can manage to keep the old pins moving after several hours.

Andy Pead came in a very impressive 3rd place overall in 5:45 followed by good runs from Nik Cook and Al Fitz to bring GVS in at 3rd team place, narrowly losing out to those damned Stockport Harriers!

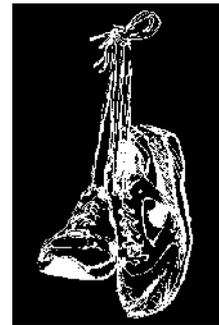
I counted 8 Striders overall on the HP40, and a few HP40 finishers at the Old Hall beer festival in Chinley afterwards (now that's stamina!).

It's great to see a good turnout for a relatively small club like ours on a 'longer' event of this sort, especially as several of those had also completed the 'Bullock' two weeks earlier.

Well done to all involved. The Bullock Smithy Hike and High Peak 40 showed an impressive Goyt Valley presence and lots of potential for more long distance antics later in the year and in 2010.



*Pete Woodhead putting his shoes on 'the right way round' HP40 Sept '09.*



Julian Brown and Paul Hunt also did well in their efforts on the **Long Mynd Hike**, completing the 50ml route in 9.51 and 11.38 respectively. This would appear to be one for the

calendar – Paul reported a good run and was pleased to find the 40,000ft a month of ascent he's been racking up recently whilst trudging up Munros hasn't taken too much toll.

Incidentally, Paul has nearly completed all the 284 Scottish Munros (Scottish Mountains over 3000 ft) and we wish him well with his efforts to round off a great achievement in 2010. What will Moira think of for you to do next Paul?



*Paul Hunt on the Long Mynd Hike, October 3*

# Bob Graham Round Presentation

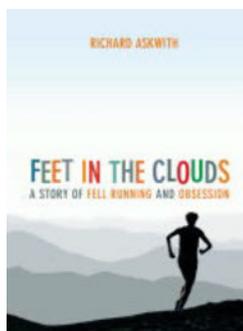
On Saturday 10th November Myself, Paul Hunt and Clare Griffin went up to the Shap Wells Hotel to collect testificates for completing the BG in June 2008.

We spent lots of time training, receiving the route etc and I think I speak for the others too when I say that it was simply the greatest of times both building up to the big day, and completing the round itself.

Many Striders helped out as well as several Macc Harriers and a few 'known unknowns'.

We owe a deep debt of gratitude to you all. Or more precisely: A deep debt of beer, Pacing, and Navigating (hint). Thank you.

I ought to mention that during the BG presentation, there was a camera crew there filming scenes for what is to be a film of the book 'Feet in the clouds'.



I'm sure many are familiar with this book which chronicles the attempts of the author, Richard Askwith, to complete the BG – and its going to star 'Dr



*Clare Griffin, Pierce Brosnan (as Paul Hunt) and Will Meredith at the Bob Graham dinner with 'sticky-feets' (testificates). Shap Wells hotel 10th October 2009*

Who' actor Christopher Eccleston. ...I also have insider knowledge that Ian McKellen is set to play Joss Naylor and Jimmie Crankie is to portray Billy Bland:



*Billy Bland after completing his superfast 13hr53m BG record in 1982*

# Around the Corner...

**T**alking of future BG contenders: I have insider (and now outsider) knowledge that Mark Richards and Andy Pead are both planning Bob Graham Rounds in 2010.

Both attempts are currently scheduled for Friday 28th May so please keep in touch with Andy and Mark via the GVS message board and I'll no doubt be bringing you up to date with any developments via future newsletters.

Heres some gumph from the BG website to wet the whistle...

“ All our members have successfully completed The Bob Graham Round; the 72 mile, 27,000 foot circuit of 42 of the highest peaks in the English Lake District within 24 hours.

First done way back in 1932 by Bob Graham, hotelier of Keswick, Cumberland, at the age of 42, the 42 Peak Round has become a testing ground for the supremely fit.

Each summer around 100 of the most highly tuned ultra-distance fell runners will attempt the 27,000 ft of ascent within the allotted 24 hours. Only one in three will return to the Keswick Moot Hall before the clock runs down. Most of the rest will be back again...!

”  
Have you got what it takes?



*Mark Richards frantically sorts schedules and equipment whilst assisting the 2008 GVS triple Bob Graham at the first stop in a clockwise round: 'Threlkeld' beneath Blencathra.*

Mark Richards is planning an extended Bob Graham to complete a 50 at 50 (50 peaks at 50yrs) round in 2010. As mentioned above, the Bob Graham is a 70ml (ish) route over 42 Lake-land fells with around 27,000ft of ascent, which has to be completed in less than 24 hours. So increasing all that by another 8 tops is no mean feat. Mark plans to include extra tops around the Grasmoor range (leg 5 of a clockwise round) and he's keen to receive any advice around route choice.

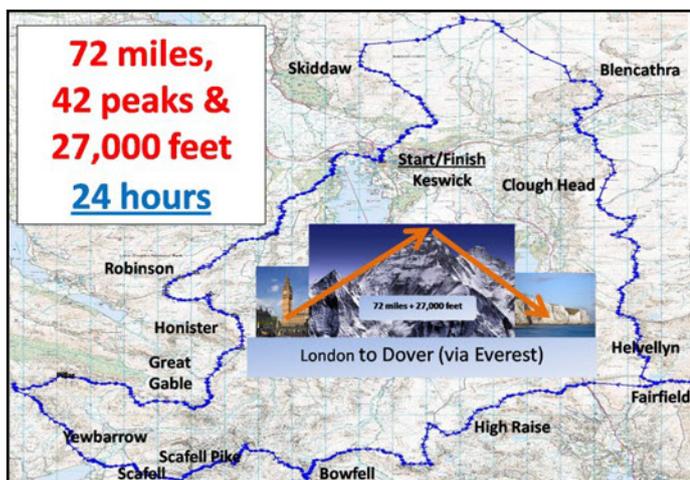
Both Andy and Mark have the potential to do excellent rounds and it will be great to have some more Goyt Valley Bob Grahams under our collective belts. I know Clare, Paul and my BG would've been impossible without our friend's support so lets rally round and get some good GVS support for Mark and Andy – we may need multiple supporters on each leg if these two decide to dash off..

On a similar note, I am planning a Paddy Buckley round for next year (and intend to actually do it this time!).

I'm aiming for April/May at the moment, so any help will be greatly appreciated and more definite details regarding dates etc will follow.

I think Clare Griffin and possibly Paul Hunt may also be tempted into a PB – although neither have made their minds up yet and are being extremely cagey.

I remember Steven Watts has also mentioned he may be forced into an impromptu jaunt round it by Spike (Steve Pike – Staffs Moorlands) at some point. Watch this space. WM



## Here's a few random upcoming events you may like to consider:

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### Lakeland 100:

The entries are now open for the Lakeland 100 and are currently at £65, soon to increase after Dec 31st.

Everyone who's done this one has talked favourably about it and I reckon it'll soon gain classic status – Never mind the Ultra Tour Du Mont Blanc!

This one's home-grown and very tough (5 of my toenails fell off after): harder than the UT-MB (At least that's what Mark Richards says.

I've not done the UTMB – when I have, that'll be tougher). Certainly no torch-lit mid-night prancing pathways or clapping (bah!) at checkpoints – soggy custard creams are about as continental as this gets - and rightly so!

If your feet bleed too much it costs extra...

There's a 50ml option for part-timers: What is the Lakeland 100 & Lakeland 50?

The Lakeland 100 (UTLD) takes place on the weekend of July 23rd - 25th and is the most spectacular long distance trail race which has ever taken place within the UK.

The circular route encompasses the whole of the Lakeland fells, includes in the region of 6300m of ascent and consists entirely of public bridleways and footpaths.

The Lakeland route starts in Coniston in Cumbria and heads South before completing a clockwise loop which takes in the Dunnerdale fells, Eskdale, Wasdale and Buttermere before arriving in Keswick. From here, the route heads to Matterdale and continues over to Haweswater before returning via Kentmere, Ambleside and Elterwater to the finish at Coniston.

In addition to the Lakeland 100, the Lakeland 50 event also takes place with 3100m of ascent, starting from Dalem Estate north of Pooley Bridge and finishing at Coniston.

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### High Peak Marathon

Usually taking place around the start of March, this is an overnight 42ml circuit of the Derwent watershed, which starts and finishes in Edale.

Teams of four compete through some trying boggy terrain, and those with diesel powered legs and good navigational skills can do as well as the whippets who get lost over Bleaklow.

Many Striders have done this one in the past although I don't think there's been an official Goyt Valley team recently – any takers?

New website in progress so keep checking for entry details.

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### Four Inns

27th March 2010

[www.fourinnswalk.org/](http://www.fourinnswalk.org/)

'The Four Inns Walk is a tough competitive walk in the Peak District, approximately 65km (40 miles) long, over some of the roughest moorland in Britain (apparently).

The Walk takes its name from the four inns along its route – The Isle Of Skye (site of), Snake Pass Inn, Nags Head and Cat & Fiddle.'

Another local team event. Not done it. Quite expensive as you pay for meals etc in Buxton which most wouldn't need/want to pay extra for. Sounds like good fun though. Julian's probably done it several times so ask him.

For those interested in making the transition into longer distance events these might prove useful:

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### Six Dales Circuit

A great 'short' event with a friendly atmosphere for those wanting to get into the swing of the Longer runs. Plenty of cake at checkpoints and also CHEESE OATCAKES en route! November 14th.

25ml in 11hr from Biggin village hall (nr. Hartington) (GR SK155592) Route via Long Dale, Bradford Dale, Lathkill Dale, Monyash, Hartington, Beresford Dale, Wolfscote Dale & Biggin Dale. Map: OL 24.

Start: walkers 08.00; runners 09.00. Entry: in advance £6 (non-LDWA £7.50); OTD £10 incl refreshments at Cps, meal at finish & cert.

Limited floor space at village hall on Fri 13th November, £2 per person. Entrants must carry / wear waterproofs, compass, whistle, torch, map & mug. Organised by & cheques to LDWA Staffs. SEF accepted with SAE. Contact Janet Eames, 24 Airdale Road, STONE ST15 8DW.

Tel: 01785 817059 (before 21:00). Email:  
staffsldwa@yahoo.co.uk

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## The Hebden

Sat 23rd of Jan 2010. This is another relaxed LDWA (Long Distance Walkers Association) event with plenty of tea and cake to keep those leggings trotting...

22 or 14.5ml in 9 hr from Mytholmroyd Community Centre, HX7 5DY (GR SE012259) Same route as last year, via valleys around Hebden Bridge of Hardcastle Crags, Colden Clough, and Crag Vale, with 4000ft+ of ascent.

Start: 08.00 both routes. Entry: in advance £7 (non LDWA + £2); OTD +£2 incl hot/cold drinks & refreshments at Cps, start and finish & cert. Embroidered badge £1.

Entry limit 350+10%. Detailed Route Description provided. Dogs allowed on leash but not in hall. Further details on website. On line entry at:

[www.sportident.co.uk/entries/index.php](http://www.sportident.co.uk/entries/index.php).

Contact Carole Engel, 10 Brookfield, Penistone Road, Kirkburton, HUDDERSFIELD HD8 0PE. Tel: 01484 606850. Email: [caroleengel@yahoo.co.uk](mailto:caroleengel@yahoo.co.uk) Web site: [www.alangreenwood.biz/index.html](http://www.alangreenwood.biz/index.html)

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## Wuthering Hike/Haworth Hobble

Beginning of March...

32 miles traversing gritstone moors around Haworth, Todmorden and Hebden Bridge – 4,400 ft of ascent/descent

Maximum time allowed 12 hours refreshments available en route with a meal at the finish.

Start at 08-00 am. Entry fee: £20-00 per team or £11-00 solo, to cover administration, catering, transport, prizes and donations to various good causes!

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This is the first Long Distance Roundup I've done for the newsletter so apologies for any omissions/mistakes/offence, etc. Please keep me informed of any more Long runs/events/plans and I'll try to include them in future newsletters

Will Meredith: [willis\\_meredith@hotmail.com](mailto:willis_meredith@hotmail.com)

## Useful websites:

Runfurther Series: [www.runfurther.com/](http://www.runfurther.com/)

LDWA 100: [www.heartofscotland100.org.uk/](http://www.heartofscotland100.org.uk/)

LDWA main page:  
[www.ldwa.org.uk/index.php](http://www.ldwa.org.uk/index.php)

UTMB: [www.ultratrailmb.com/accueil.php](http://www.ultratrailmb.com/accueil.php)

High Peak Marathon:  
[highpeakclub.union.shef.ac.uk/hpm/](http://highpeakclub.union.shef.ac.uk/hpm/)

Bob Graham: [www.bobgrahamclub.org.uk/](http://www.bobgrahamclub.org.uk/)

Macc Harriers:  
[www.mh.k313.com/mh/index.php](http://www.mh.k313.com/mh/index.php)

Beyond Marathon (Ultra listing site)  
[www.beyondmarathon.com/bm.html#europe](http://www.beyondmarathon.com/bm.html#europe)

Tankys Trog:  
[www.dpfr.org.uk/Tankys/TrogEntry09.pdf](http://www.dpfr.org.uk/Tankys/TrogEntry09.pdf)

Next newsletter I'll try to include a description of the Kinder Killer or Kinder Dozen for those who wish to have some BG esque challenges closer to home

Apologies for the excessive amount of Bob Graham related stuff...

Here's a bit more:



## Chinley Runner's

# Arctic Adventure



In March next year Chinley resident Nik Cook will be taking part in the the 4th edition of the **6633 EXTREME Ultra Marathon** ([www.6633ultra.com](http://www.6633ultra.com))

“What does the 6633 mean?” – well it’s the latitude in degrees and minutes of the Arctic Circle, and that is precisely where this awesome challenge will take anyone mad enough to enter. It is a genuine Arctic Race, where Nik will undoubtedly experience all the delights the Arctic has to throw at him (minus 44C and winds in excess of 100 mph). It’s even tougher than the Marathon des Sables which he completed in 2000.

The 6633 ultra is an annual event over a distance of either 120 miles or 350 miles along the Dempster highway - suffice to say at this time, this is no normal highway!

Nik will race *non stop* on foot and be predominately self sufficient for the entire time, having to drag all food and equipment behind him on a sledge.

Nik will be competing in the 120 mile race and raising money for two great causes:

**Lupus UK** [www.lupusuk.org.uk](http://www.lupusuk.org.uk)

Nik’s mother suffers from a variant of this disease and, the fact that for her to simply get a concrete diagnosis took years, shows how little is known and how much research needs to be done into this disease.

**Kinder Mountain Rescue Team** [www.kmrt.org.uk](http://www.kmrt.org.uk)

KMRT provides a search and rescue service in the hills and moorlands of the Peak District. The team is also called upon to assist police in non-mountain searches. They are all unpaid volunteers who are on call 24 hours a day, 365 days a year.



To donate go to:

[www.justgiving.com/nikalcascook](http://www.justgiving.com/nikalcascook) (KMRT)

and/or [www.justgiving.com/nikalcascook1](http://www.justgiving.com/nikalcascook1) (Lupus)

or drop a cheque into 38 Lower Lane, Chinley (01663 751 126)

You can follow Nik’s training on his blog at [www.planetfear.com](http://www.planetfear.com)

Or contact him at [nikalcascook@googlemail.com](mailto:nikalcascook@googlemail.com)

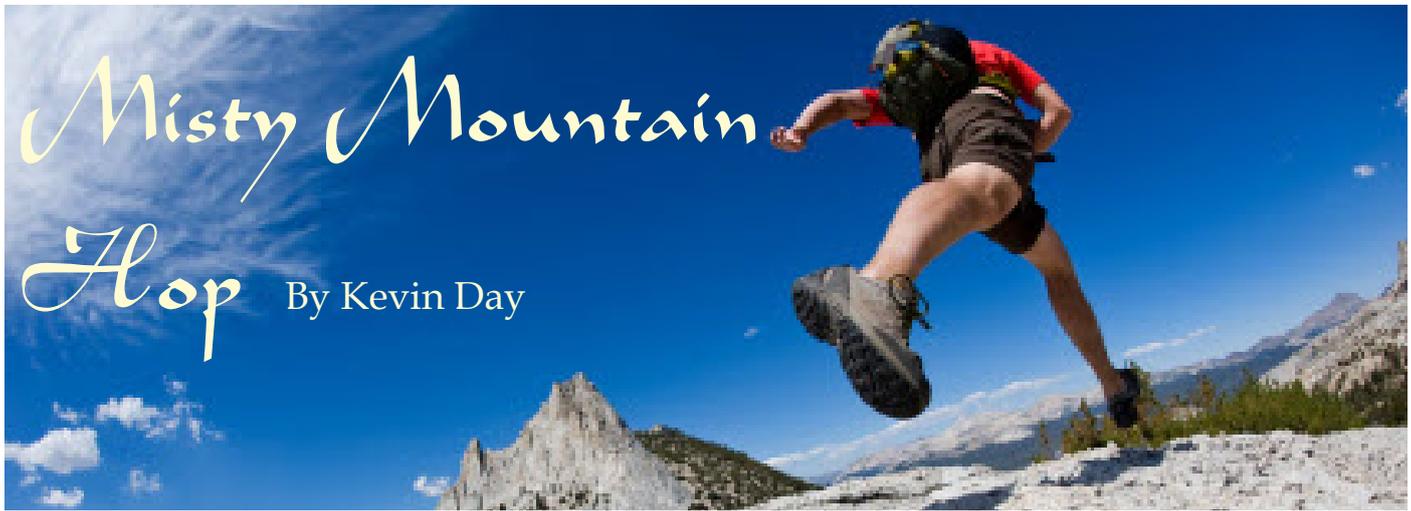


## 2009 LADIES CHAMPIONSHIP STANDINGS

Name	RACES																Total
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Philomena Smith	29	29	29	28	30	-	29	29	25	-	-	-	-	27	29	-	284
Tracy Vernon	28	27	28	23	26	-	26	23	22	26	-	-	25	26	24	-	259
Rebecca Glen	-	-	30	-	28	-	27	27	28	28	29	-	-	-	28	-	225
Clare Barstow	-	-	-	24	-	-	28	28	26	-	-	27	28	29	26	-	216
Jo Miles	-	30	-	30	-	-	-	-	29	29	-	30	30	-	-	-	178
Tracey Potts	30	-	-	29	29	-	30	-	-	-	30	29	-	-	-	-	177
Sarah Bull	-	-	-	-	-	-	-	-	-	27	27	26	29	30	27	-	166
Sally Smith	-	-	-	25	-	-	-	-	27	-	-	28	-	28	30	-	138
Sue Holland	-	28	-	26	-	-	-	24	24	-	28	-	-	-	-	-	130
Clare Griffin	-	-	-	-	-	-	-	30	30	30	-	-	-	-	-	-	90
Kath Ward	-	-	-	27	-	-	-	26	23	-	-	-	-	-	-	-	76
Melanie Watts	-	25	-	18	-	30	-	-	-	-	-	-	-	-	-	-	73
Jenny Danson	-	-	-	16	-	-	-	-	-	-	-	-	26	25	-	-	67
Mary Jones	-	-	-	-	-	-	-	-	-	-	26	-	27	-	-	-	53
Lisa Harbord	-	-	-	-	27	-	-	-	-	25	-	-	-	-	-	-	52
Rebecca Clark	-	26	-	-	24	-	-	-	-	-	-	-	-	-	-	-	50
Moira Hunt	-	-	-	-	-	-	25	-	21	-	-	-	-	-	-	-	46
Ciska Kemper	-	-	-	-	25	-	-	-	-	-	-	-	-	-	-	-	25
Lissa Cook	-	-	-	-	-	-	-	25	-	-	-	-	-	-	-	-	25
Liz Stillo	-	-	-	-	-	-	-	-	-	-	-	-	-	-	25	-	25
sarah George	-	-	-	-	-	-	-	-	-	-	-	-	-	-	23	-	23
Christine Bowen	-	-	-	22	-	-	-	-	-	-	-	-	-	-	-	-	22
Sally Hunter	-	-	-	21	-	-	-	-	-	-	-	-	-	-	-	-	21
Cynthia Burton	-	-	-	20	-	-	-	-	-	-	-	-	-	-	-	-	20
Karen Duddridge	-	-	-	19	-	-	-	-	-	-	-	-	-	-	-	-	19
Sarah Robinson	-	-	-	17	-	-	-	-	-	-	-	-	-	-	-	-	17
Wendy Delhaney	-	-	-	15	-	-	-	-	-	-	-	-	-	-	-	-	15
Angela Davies	-	-	-	14	-	-	-	-	-	-	-	-	-	-	-	-	14
Jane Butler	-	-	-	13	-	-	-	-	-	-	-	-	-	-	-	-	13

## 2009 SUMMER CHAMPIONSHIP -FINAL RESULT

Name	RACES							Total
	1	2	3	4	5	6	7	
Chris Harding	29	-	24	28	-	-	29	110
Mike Buckenham	30	27	23	29	-	-	-	109
Karl Smith	-	20	15	23	20	-	26	104
Nik Cook	-	29	29	30	-	-	-	88
Julian Brown	-	-	28	-	26	-	30	84
Lee Grant	-	-	-	26	25	30	-	81
Dave Bowen	-	-	22	27	29	-	-	78
Mark Whelan	-	23	21	-	-	29	-	73
Jim Harbord	28	21	-	-	19	-	-	68
Stephen Sanders	-	22	18	-	24	-	-	64
Tracy Vernon	-	16	8	21	16	-	-	61
Philomena Smith	-	19	17	25	-	-	-	61
Andy Pead	-	30	30	-	-	-	-	60
Clare Griffin	-	-	19	-	22	-	28	69
Clare Barstow	-	17	16	24	-	-	-	57
Jonathan Hull	-	28	27	-	-	-	-	55
Shaun Coram	-	25	-	-	27	-	-	52
Brian Holland	-	26	25	-	-	-	-	51
Lissa Cook	-	18	10	22	-	-	-	50
Jo Miles	-	-	-	-	21	-	27	48
David Guy	-	-	20	-	23	-	-	43
Sarah Bull	-	-	-	-	17	-	24	41
Steven Berry	-	14	12	-	15	-	-	41
Paul Hunt	-	-	13	-	-	-	25	38
Melanie Watts	27	11	-	-	-	-	-	38
Rebecca Glen	-	-	14	-	18	-	-	32
Pete Woodhead	-	-	-	-	30	-	-	30
Michael Vernon	-	-	-	-	28	-	-	28
Alistair Fitzgerald	-	-	26	-	-	-	-	26
Steve Hennessey	-	24	-	-	-	-	-	24
Christine Bowen	-	15	-	-	-	-	-	15
Lisa Harbord	-	-	-	-	14	-	-	14
Sally Hunter	-	13	-	-	-	-	-	13
Jenny Danson	-	12	-	-	-	-	-	12
Kath Ward	-	-	11	-	-	-	-	11
Sue Holland	-	-	9	-	-	-	-	9



**T**his year's British Hill and Fell relays were held at The Leaps, Kirkland, nr. Ennerdale, West Cumbria on Sunday 18th October.

This year we took one team to the relays. As ever, the course was testing.

One thing to remember with the relays is although only leg 3 is called a navigation leg, as you don't get the route until after you have started, on the other legs you still have to navigate as the routes are not marked and you can take any route you wish between checkpoints.

The 1st leg was over 5.8 miles with ascent of 1500ft, weather conditions were fine with good visibility and Mark Richards represented us on this leg. Mark, not at his best due to a cold, gave his best and completed the route in 50.11 in 75th place, the fastest time for the leg was 39.22 by Gareth Raven (Sale A).

Leg 2 was the longest run at 6.7 miles and having 2500ft of climb was taken on by Brian Holland and myself.

This route started with a steady climb to the 1st checkpoint about 2 miles in, the 2 other climbs on the route were totally unrunable due to the steepness.

Brian really like these climbs, he complained quite a bit on both of them about the steepness and having to walk. The weather started out fine but by half way round the rain and low cloud had arrived making things a bit more interesting.

We completed our leg in 1.30.14 finishing in 115th place putting the team in 103rd place. The leg was won by Jim Davis / Mark Roberts (Borrowdale M40) in 59.18.

The 3rd leg was undertaken by Alistair Fitzgerald & Dave McCann, this was listed as 5.6

## British Hill and Fell Relays 2009

miles long with 1410ft of climb. By the time Brian and myself arrived back, we found Al had already put on his waterproofs due to the rain and cold. Dave liked the low cloud as it made the navigating harder.

Al and Dave performed fantastically on this leg. Dave said afterwards that he could have been better with his navigating, but that said (taking into account, he is not as fast a runner as Al) we did exceptionally well. They got round in 1.32.57 in 53rd place, putting us in 70th place.

The leg was won by Graham Gristwood / Andy Davis (Mercia A) in 59.35.

The final leg was taken on by Andy Pead. Andy had an arm injury that he sustained the previous weekend. The low cloud and poor visibility again made the going tricky and Andy had to use his map and compass to find his way round but he managed a good round and finished in 1.00.01 in 85th place. We finished in 73rd place.

149 teams started with 131 teams finishing, 15 teams were disqualified due to missing checkpoints, 3 of them were the 1st 3 teams home and 4 teams' last runner retired on their leg and 1 team retired on leg 3.

We performed very well this year and everyone did their best on the day. I would like to thank them all for their time and effort.

Next years relays are in Scotland, so if you would like the job of organising the team or have another relay you would like to see us do and would like to organise the team for, let me or Mark know. KD

# 2010 Championship Races (To be confirmed)

## Summer Series:

1 Herod Farm	April	Fell
2 Rainow	May	Fell
3 Castleton	June	Fell
4 Boars Head	June	Fell
5 Black Rocks	July	Fell
6 Cracken Edge	Aug	Fell
7 Hope Wakes	July	Fell

## Main and Ladies Championship:

1 Alsager 5	February	Road
2 Cloud 9	March	Fell
3 Grindleford Gallop	March	Trail
4 Herod Farm	April	Fell
5 Errwood Trail	April	Trail
6 Boars Head	June	Fell
7 Bollington Nostalgia	July	Fell
8 Tracks to Trig	July	Fell
9 Wizard 5	July	Trail
10 Cracken Edge	Aug	Fell
11 Bullock Smithy	Sep	Trail
12 Macclesfield Half	Sep	Road
13 Windgather	Oct	Fell
14 Langley 7	Nov	Road
15 The Roaches	Nov	Fell
16 Cheddleton 10k	Dec	Road

# Happy Birthday

## GVS!

By Mark Whelan

Pictures: Pete Hill

I had been thinking about the Goyt Valley Striders 21st birthday for some time. It was back in 2008 when I decided to research the history of the Striders that I found the club was established in September 1998.

At first it didn't register, but I then realised that it would be our 21st birthday the following year. I was relieved that we hadn't missed the actual date and that being over 12 months away I didn't have to do anything immediately, apart from mentally registering the date that is.

Of course the time flew by and before I knew it 2009 arrived. At the February committee meeting of the club I put the 21st birthday on the agenda. Everyone agreed that a celebra-



*"Beautiful? Me? Gosh. Thank you!"*

tion was called for and a number of suggestions were made.

"A hog roast", somebody said, "a barn dance" another said and a "weekend of festive fun and drinking" was suggested by a third. I think the minutes of the meeting said "we'll put something on the forum and see what response we get...!"

Well, a few more months passed and nothing, or more importantly, nobody came forward.

At the July committee meeting it was decided we needed to make a decision; a disco and buffet were plumped for!

As usual we relied on Philomena and she swung into action. She really has become a stalwart of the club and whenever there is a task to be done she's at the front of the queue.

I know that Karl thinks she takes on too much and has warned her not to put her hand up as a volunteer at future meetings; as an extra precaution he has started to accompany Philomena to the meetings as well!



*Rick's attempt to "hover" over to the bar was going horribly wrong . . .*

Phil tried a number of venues for the event but all, except Chapel-en-le-Frith Golf Club were unavailable or didn't meet our needs, so Chapel it was.



*Latest Strider almost sucked up into blue vacuum cleaner . . .*

Much to the annoyance of me of course who thinks it should be Whaley every time!

Next the entertainment. We had thought about a live band, but thinking was about as far as we got. A disco and karaoke was agreed on and so it was left with Phil to book.

Could she find one? No. I had a go; could I find one? No. In the end we had to rely on Phil's next door neighbour.

Phil's next door neighbour is Andy; he'd just



*"Karl shows off his new Silly-Cone implants . . ."*

started in the DJing business and this was the break he was looking for!

I won't bore you with the remaining logistics, other than to say we had to print the tickets, arrange decorations, choose the buffet, persuade the Treasurer to subsidise the tickets and finally ... convince you all to turn up!

We needn't have worried. Over 80 of you turned up and made it a real party. We even had a couple of fell running royals who joined us in the form of international athletes Lloyd Taggart and Jackie Lee.

The evening got off to a great start with an

opening speech by our Chairman Peter Hill. Not one of your classics Peter, but one nevertheless to savour!

This was soon followed by a rendition of 'Don't You Want Me Baby' by Phil and me on the karaoke; I was so taken aback by the response, I'm thinking of auditioning for X Factor next year!

The rest of the

night went pretty quick for me. I know there was more dancing, more karaoke, a great buffet and prizes galore. Oh, I nearly forgot, a few units of alcohol were also consumed!

All in all I think it was a good night and was enjoyed by all. I think we all owe Philomena and others that got involved in the organisation, a big thanks for their efforts.

Of course the real celebration will be the 25th party. If we plan now, and a few more get involved, it could be a real party to remember. Cheers! MW

*PS:* I still have the ladies cardigan and scarf that somebody left. If it's not claimed by the end of December they're going to the charity shop.

**More Pix in next newsletter!**



*After the 5th white wine, Donna's halo finally slips.*

## Race For (your) Life

Well, not really - they're just after your biscuits . . .



**H**unters say runners and foxes are not interchangeable (well, that's a relief - ed).

Drag hunting is the sport often cited by members of the anti-bloodsports lobby as the alternative to chasing foxes with hounds.

The activity involves hunting down a live human being, who has taken on the challenge of running the equivalent of half a marathon over open countryside - with a pack of hounds hot on their heels.

The runner carries a piece of scent-impregnated rag with him, leaving a trail for the hounds to follow.

But both fox hunters and drag hunters say that the two activities are not interchangeable.

Brian Stern, spokesman for the Masters of the Drag and Bloodhounds Association, said: "We are an entirely separate and distinct sport

from fox hunting, and there are many reasons why you could not substitute a runner for a fox. "We are pleased that people show an interest in our sport, but we would rather they found out more about it before putting it up as a panacea for their dilemma over fox hunting."

Like fox hunting, most drag hunts have their own kennels - although there are a few that get the fox hunt to look after their hounds, which are either fox hounds or bloodhounds.

Bloodhounds or foxhounds are used in drag hunting.

Hunts which do have their own kennels will also have their own kennel man.

The drag hunt also only tends to go out twice a week at most - in comparison with some of the larger fox hunts which will go out four or five times a week.

Apart from organisation, said Mr Stern, the sport itself is very different to a fox hunt - not least in the area of land it covers.

He said: "We can go for five hours, say, and cover some 15 miles - that can be many times the area covered by a fox hunt. We don't ride in a curve or in a figure of eight - we ride in straight lines. We ride fast and we like to jump big jumps.

"That is because the experience and horsemanship required in the drag hunt is such that anyone who is not in the best of health, or fitness, simply couldn't keep up.

#### The Runner

- ▶ Often marathon or fell runners
- ▶ They climb in with the hounds before the hunt and play with them
- ▶ Get a 40-60min start on the hounds
- ▶ Carry a scent impregnated rag
- ▶ When he is finally "caught", gives the dogs biscuits

"It would be dangerous. We don't have any followers - everyone has to keep up - and we jump some big hedges."

Fell runners, triathletes or marathon runners volunteer to be hunted.

There isn't the space in the UK for fox hunters to become drag hunters, he said.

"We aren't performing any essential services for the farmer in the way of pest control, so our hunt takes place at the grace and favour of the farmer.

"And it has to be admitted that there are farmers who wouldn't allow a drag hunt on their land where they once permitted a fox hunt."

A drag hunt looks traditional enough, he said, with all the riders dressed in red and mounted. It takes place in stages, or lines, each of which can contain 10-30 jumps.

Because of the pace at which the hunt travels, breaks are taken between lines (stages) - and on a six-line day, a change of horses is performed half way through proceedings. Some hunts run faster, further, and over more jumps than others.

"The line manager organises the day with the farmer or the land owner," said Mr Stern.

"Mid-week, the line manager and the master then reconnoitre the route so that the runner knows where he is supposed to go.

"On the day of the hunt, the runner is given a 40-minute - one hour start. Before he sets off he will have spent time with the hounds, either getting into the lorry with them, or playing with them and giving them biscuits so that they know the scent they are following."

The hounds will be taken into the field and asked to 'speak' - that is, they will be asked to pick up the scent."

The advantage for the master is that he knows roughly where the runner is supposed to have gone, so he can direct the hounds if they lose the scent.

"But if they pick up a stray scent - which is airborne incidentally, they don't go looking for footprints - such as walkers, they can go charging off in that direction. When something like that happens, the master may even have to get off his horse and run after the hounds to get them back on track."

Riders, horses and hounds take breaks between lines.

The whips have their work cut out for them, keeping the dogs in line, especially so with bloodhounds, said Mr Stern.

"Fox hounds are pack animals and they have a pecking order and they work as a team. Bloodhounds, well they're bolshy and they're all out for themselves, so they can all run parallel to one another across a field. The whipper-in can have a real job on his hands sometimes."

The line manager, said Mr Stern, tries to ensure that there are places for the hounds and horses to drink at the end of each stage.

"When - if - we finally catch the runner, the hounds are delighted to see him - it's a big game, and they've found the man who's got the biscuits."

Taken from The BBC website:

<http://news.bbc.co.uk/1/hi/uk/417435.stm>

## Up for the Challenge?

We have been asked by a local Drag Hunting group if anyone would be interested in running for them; they go out in Derbyshire or Cheshire most Sundays over distances of 12-18 miles. The run is done in stages with breaks.

They provide the lift and pay £35 for what I understand to be a Sunday mornings work. Any of the Striders interested in this either as a one-off or as a slightly more regular thing? If so contact The Secretary.

# Day's Ahead . . .

**Kevin Day highlights some interesting runs coming up in the weeks ahead**

## CARSINGTON WATER SANTA FUN RUN

Carsington Water Visitor Centre. **Sunday 6th December 2009**. 11.00 a.m. Please arrive in time for registration and warm up from 9.00 a.m. Circular, flat, 5.65 km. 3.5 miles route suitable for all abilities. Route from the Visitor Centre outside assembly area to the Sheepwash Car Park returning to finish at the control point. Pushchairs O K, You will find it very difficult not to have a great time! Adequate free parking or buy advanced voucher, which must be displayed in car; pay £1 additional with entry to cover time at the event. e-mail [wirksrotary@btinternet.com](mailto:wirksrotary@btinternet.com) Telephone 01629 822771 to request a form to be posted. Proceeds to Rainbows Children's Hospice.

## GRAVY PUD FELL RACE 2009

This years Gravy Pud fell race is being held on **Sunday 6 December 2009**. 5m/1000' BS. From the Bulls Head Pub, Tintwistle (GR 024973) Start time 11am. £4 pre-entry or on day. Teams free. PM. Over 16. Records: 34.12 S. Bailey 2005; f. 43.15 L. Lacon 2005. No safety pins. All race proceeds to charity. Cake Competition for fun!! Details: Andi Jones, 9 Calico Crescent, Carrbrook, Stalybridge, SK15 3FJ. Tel: 07970 770635. Email: [roadrunneraj@btinternet.com](mailto:roadrunneraj@btinternet.com) Entries from 9-45am in the pub. Please car share if possible and park respectfully of local residents.

## TATTON PUD PLOD 10K

Date and Time **Sunday 13th December 2009** at 10am Location Tatton Park, Knutsford, Cheshire (WA16 6) Age groups 16yr + for 10k, 12yr+ 5k, 8yr+ 3k Prizes For 1,2,3 M&F, 1st M&F V40,V50,V60 Facilities include Changing, Toilet, Shower, Parking Organiser Nicky Owen.email: [nicky@epigram.co.uk](mailto:nicky@epigram.co.uk) Web Site <http://www.tattonpudplod.co.uk> How to Enter via website - online or postal Entry fee £10 UKA affiliated, £12 unattached Classification 10k XC - flat/undulating Restrictions Notes Traffic free circuit, entirely in Park.

## THE CHESHIRE SANTA DASH

Jingle all the way! Cheshire will host its first ever Santa Dash in aid of Sandbach charity Railway Children. Hundreds of people dressed as Santa Claus will be pounding the pavements of Nantwich Town Centre on **Sunday December 20th**. You are invited to take part in the hilarious festive event which includes a 2.5km fun run and 5km race. Both distances start and finish in Nantwich Town Square. The 2.5km event (two laps) and the 5km race (four laps) will both start at 10.30am (PLEASE NOTE: THIS IS A NEW START TIME). The registration fee is just £15 (or £12.50 for children aged 10-14) and this includes a free Santa Suit with long jacket, hood, belt and beard. All finishers will also receive a commemorative medal. Children under 10 can participate FREE of charge and are invited to wear festive dress. Proceeds will be donated to the charity and participants are asked to raise a minimum of £20 sponsorship. We expect this race to be a sell out. Places will be allocated up until the race limit is reached. Please note: There are no entries on the day.

## SHELL ROUND THE WALLS RACE

This multi-terrain race has had many variations of it's route since 1972. The distance is around 4.5 miles, starting on the Roodee and then running almost the full length along the path on top of the Roman City walls, weather dependant and finishing back on the Race Course. A new course was used in 2007 due to a closure of a section of the Walls. As the reconstruction of the collapsed section is not completed yet and the suggested diversion for walkers is unsuitable for runners as it crosses the busy Inner Ring Road, it means the 2007 course will be used again. Hopefully for 2010 we will be able to revert to the original course round the walls. **Boxing Day**, 11:00am start on Chester Roodee Racecourse.

### WHINBERRY NAZE FELL RACE

**Saturday December 26.** WHINBERRY NAZE (R). BS. 11.30 a.m. 4m/750' from Marl Pits Sports Centre, Rawtenstall (GR 821230). £3. PM. Over 14. Records: 22.13 A. Norman 2005; f. 27.46 L. Whittaker 2002. Fancy dress preferred (prizes for it). Sweets from Santa at summit. Details: Steve Duxbury, Greenville, 114 Haslingden Old Road, Rawtenstall, BB4 8SA. Tel: 01706 224377. Email: stevedux@btinternet.com

### PEAK 'O' TRIAL

**Sunday December 27.** PEAK "O" TRIAL (R). O. 10.00 a.m. 8m/2000' and 4m/1000' routes (approx) from Drovers Arms (GR 033929), Turnlea Road, Glossop. £5 pre-entry by Dec. 19th. Use Entry Form from FRA website/Calendar or send SAE to organiser for form. LK/NS. Over 18. Intended as 1 hr and 2 hr events. No safety pins. Details: Des Gibbons, 68 Charlestown Road, Glossop, SK13 8JN. Tel: 07826 249324. Email: desgibbons@live.co.uk

### DALESIDE BREWERY AULD LANG SYNE

**Thursday December 31.** (R). BM. 11.30 a.m. 6m/900' from Penistone Hill Country Park, nr Haworth, Keighley (GR 025364). £4 pre-entry on form from website (inc coffee/biscuits), with SAE if confirmation needed. Limit 400, early entry advised. Teams free. PM/NS. Over 16. Records: 39.07 A. Brownlee 2007; f. 47.05 O. Walwyn 2007. Daleside beer to all finishers. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, BD21 5DF. Tel: 01535 669100. Website: woodentops.org.uk

### SHINING CLIFF WOODS

**Sunday January 10.** (R). BM. 12.00 p.m. 6.5m/1173'. Venue: Hurt Arms, Ambergate. GR 346515 on OS 794. £4.00, pre-entry or on day. PM. Over 18. Records: S. Bond, 40.52, 2009; f. K. Pickles, 48.38, 2009. Juniors: 3.25m/386' for over 14s; free for U16, £1.50 for U18. No safety pins. Food/beer available at HQ. Details: David Denton, 5 Swinney Lane, Belper, DE56 1EF. Tel: 01773 880338. Email: z2r0u0n8z@yahoo.co.uk. Website: runningwithdavid.com.

### HIT THE TRAIL

**Sunday January 10,** 2010 at 11a.m. (Licence 2009-100160) The return of "HIT THE TRAIL – Under UK Athletics Rules – an approx 5 mile course around beautiful Reddish Vale including the lovely Tiviot Way. Late entries up to 10.30 a.m. at the Carousel Public House, Reddish Road, South Reddish, Stockport, SK5 7HR. Half a mile jog from registration to start. Allow time. Race start at Tiviot Way bridge over River Mersey – 100 metres from Portwood Roundabout, M60 Stockport, opposite Tesco Extra. Parking at The Carousel, Woodhall and Tiviot Way car parks – do not park on main road, clamping possible. Presentation at Carousel Pub (B6167) in registration office or in the pub if open.

### LAMB'S LONGER LEG

**Sunday January 17.** (R). AS. Start reverted to 11:00 a.m. 3.1m/950'. Venue: Lamb Inn, Hayfield, Chinley Road. GR 049844. £3.00, pre-entry. ER/LK/NS/PM. Over 18. Records: S. Bailey, 23.27, 2006; f. J. Lee, 30.24, 2006. Limited car parking. Public car park behind Kinder Lodge pub in Hayfield - meet and share cars. Counter in Hayfield Championship. No toilets. No safety pins. Details: Brian Shelmerdine, . Tel: 07817 662825. Website: cs.man.ac.uk/~temples/hc/.

### KINDER TRIAL

**Sunday January 31.** (R). O. 10.00 a.m. Interval starts till 11 a.m. 11m/2000'. Venue: Hayfield Scout Hut. GR SK035873. £6.00, pre-entry. By Jan 24th. Map, soup and cake included. ER/LK/NS. Over 18. Records: S. Coldrick, 01.49.28, 2009; f. J. Lee, 02.05.30, 2009. Winners - not records!. Distance/climb approx. "Long" counter in Hayfield Championships. Details: Andy Howie, The Chalet, Tunstead Clough, Edale Road, Hayfield, SK22 2LL. Tel: 01663 742138. Email: andyhowie@talktalk.net. Website: cs.man.ac.uk/~temples/hc/.



# C is for Competition, Chums and Confidence

A Stroller's ABC - by Jackie Tomney

**I** have entered and even completed a few 5k races and fun runs during the last two years.

It may seem strange to you (and is a complete mystery to me) why I put myself forward for any type of competitive event, considering how ... shall we say, unsuited I am to this sort of thing.

By the way, which bright spark way back invented the term 'fun run'? Speaking personally, there's not much fun in it (not at the time, anyway) and I know Kevin hates it when people are referred to as 'fun runners' during races such as the London Marathon – they are usually the people dressed up in totally inappropriate clothing, who look really out of place ... hmm, perhaps I am a fun runner, after all.

The first race I did was the Cheddleton 2 mile fun run in December 2007, possibly not the easiest one to begin my racing career (massive exaggeration there, I'm sure), as it has this long, gradual incline right at the start. Bear in mind that my 'long' is probably not the same as your understanding of the word, but it seemed never-ending to me.

I somehow managed to arrive at the finish having walked most of it; even the embar-

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'Because it's all relative, isn't it? My slightly improved time is equivalent to your fantastic, never-before-achieved time at such-and-such a race'

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rassment of seeing 7, 8, 9 and 10 year olds haring past me with such effortless grace wasn't enough to make me speed up. I was determined not to look behind me throughout the race as I was convinced I must be last and felt I was better off not knowing and just try to soldier on.

Do you remember when you crossed the finish line of your first race? It's a great feeling and I know that every runner must feel the same way, just (except there's nothing 'just' about it, is there?) an "I did it!" and such a sense of achievement.

My time was 33:47. Yes, I know I could've walked to Buxton and back in that time, but that's not the point. I wasn't last (180ish out of 230ish) and I even thought I might be able to go in for some 5k races in the future. Well, to update the Cheddleton race, I did it again last year (more prepared for that long, slow incline that time) in a time of 25:53, so at least there was an improvement – thank the Lord for that!

Because it's all relative, isn't it? My

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It's the Theory of Relativity again,  
isn't it? I told you I was slow - but  
I'm getting a bit less slow

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slightly improved time is equivalent to your fantastic, never-before-achieved time at such-and-such a race – it's trying to make that improvement; shave a bit of time off and to enjoy the whole experience.

I must admit the atmosphere at races is always good (I say this as a seasoned pro, as I'm sure you realise); there's this kind of buzz and definite enjoyment, a "We're all in this together" kind of feeling and people are very modest about their achievements. Even the good runners, in my experience anyway. It's no great revelation to say it's not everyone else you race against ... it's yourself (I always was one to state the obvious).

**Chums** ... where would we be without them? The Strollers are a great bunch of people and endlessly encourage me along the highways and by-ways of our routes, very kindly waiting for me to catch up from my rear-guard position, week after week. Sometimes I wonder if they dread me turning up because I'm so slow and hold them

up ... but if they do, they hide it really well!

I have had nothing but kind and supportive comments from everyone at GVS and you should all feel immensely proud of yourselves that I continue to run – it's because the club welcomes all abilities of runners and because I feel so well supported in my endeavours by Striders and Strollers. I'm still not sure whether I'm a good advert for the club - if I was to be used on any advertising posters I think I would be the 'Before' picture, definitely never the 'After.'

A big thank you to everyone who makes it possible for someone like me to come along each week and feel part of it all.

As I said at the beginning, I have entered some races over the last couple of years, so I guess I have got more confident in my running, or there's no way I'd be able to put myself forward for anything like that. And I have got better and improved on my times.

So that there can be no secrets between us (and you know I bare my soul in these articles), here are some results:

Race for Life 5k Tatton Park – **43:54**  
Sett Valley 5k New Mills – **41:08**  
Winston Ladies 5k Wythenshawe – **37:03**

It's the Theory of Relativity again, isn't it? I told you I was slow, but I'm getting a bit less slow and of course, there's still plenty of room for improvement, wouldn't you say?

My next race is Cheddleton again at the end of November and I hope to continue to do as well as I can ... with a little help from all of you.

P.S. One of my sporting achievements (not normally two words anyone would associate with me) of which I'm most proud is doing a sponsored swim – I did 30 lengths in 30 minutes. The other one is running up the very steep hill by Taxal Church. Twice. Gordon Ramsay has his F word; I have my R word. JT

## Application to join the Goyt Valley Striders/Strollers

If you want to join The Striders or know of anybody who wishes to join, then please complete the form below and send it to The Secretary: Mark Whelan, 11 Shallcross Mill Road, Whaley Bridge SK23 7JQ

### MEMBERSHIP APPLICATION FORM

<b>SURNAME</b>	<b>SEX</b>
<input type="text"/>	<input type="text"/>
<b>FIRST NAME</b>	<b>DATE OF BIRTH</b>
<input type="text"/>	<input type="text"/>
<b>POSTAL ADDRESS</b>	<small>Day      Month      Year</small>
<input type="text"/>	
<input type="text"/>	
<b>TOWN</b>	
<input type="text"/>	
<b>COUNTY</b>	<b>POSTAL CODE ESSENTIAL</b>
<input type="text"/>	<input type="text"/>
<b>DAYTIME TELEPHONE (STD ESSENTIAL)</b>	<b>HOME TELEPHONE (STD ESSENTIAL)</b>
<input type="text"/>	<input type="text"/>

I fully understand that I shall train and race with Goyt Valley Striders Running Club entirely at my own risk and that the organisers of Goyt Valley Striders Running Club are in no way responsible for any injury, illness or loss that I may suffer or any injury that I may cause during any activity connected with the club.

**SIGNED:**

**DATED:**

(If under 16 year of age, signature of parent or guardian):